



Chinese Eggplant
Product of Honduras
2.8kg

99¢
/lb



Raspberries or Blackberries 170 g
Product of USA or Mexico

\$3.49



Avocados 5 pk
Product of Mexico or
Pineapple Product of
Costa Rica

50 PTS
when you buy 1

\$3.99



Bagged Clementines 3 lb
Product of Morocco or Turkey
1.36 kg

50 PTS
when you buy 1

\$5.99



Hothouse Tomatoes
Product of Canada, Canada No. 1 or
Mexico No. 1 Grade 5.49/kg

\$2.49
/lb



Yellow or
White Flesh Peaches
Product of Chile
No. 1 Grade 5.49/kg

\$2.49
/lb



Red Delicious or
Ambrosia Apples
Product of Ontario
Extra Fancy Grade
3.95/kg

\$1.79
/lb



Cherries
Product of Chile
No. 1 Grade 11.00/kg

\$4.99
/lb



Green
Seedless Grapes
Product of
South Africa
No. 1 Grade 8.80/kg

\$3.99
/lb



Cilantro or
Green Onions
Product of USA or
Mexico

\$1.29



Sweet Potatoes
Product of Ontario
Canada No. 1, 2.84/kg

\$1.29
/lb



Romaine Hearts 3 pk or
Mini Baby Bell Peppers
4 pk Product of USA
or Mexico

50 PTS
when you buy 1

\$4.99



Seedless Cucumber
Product of Ontario,
Canada No. 1 or
Mexico No. 1 Grade

50 PTS
when you buy 2

\$1.79



Our Promise Grass Fed Halal Extra
Lean Ground Beef 450 g

50 PTS
when you buy 1

\$8.50



Sliced Pork Belly
170g/kg

50 PTS
when you buy 1

\$7.99
/lb



Roman Lasagna,
Ravioli or Cannelloni
Frozen 397 g

\$5



Compliments
Garlic Sausage 750 g

\$6.99



Compliments
Stuffed & Breaded
Chicken Outlets
Frozen 284 g

SAVE 50¢

\$3.99



High Liner Family
Favourites Frozen
350-700 g

SAVE \$2

\$7.99



Janes Tavern
Battered Premium
Cod Fish Frozen 1 kg

1 kg

\$19.99



Maple Leaf
Natural
Selections
Shaved Lamb
175 g

SAVE \$2

\$5.99



Castello
Pate Suisse
125-165 g

SAVE \$1.10

\$5.49



Castello
Sliced
Cheese
125-165 g

SAVE \$2

\$4.99



Villaggio Bread
550-675 g

SAVE \$1.10

\$2.99



BROWNIES
L'ORIGINAL
THE ORIGINAL
SAVE \$1.10

\$3.49

SPEND \$25 IN BOSTON PIZZA GIFT CARDS
AND GET 500 SCENE+ POINTS!



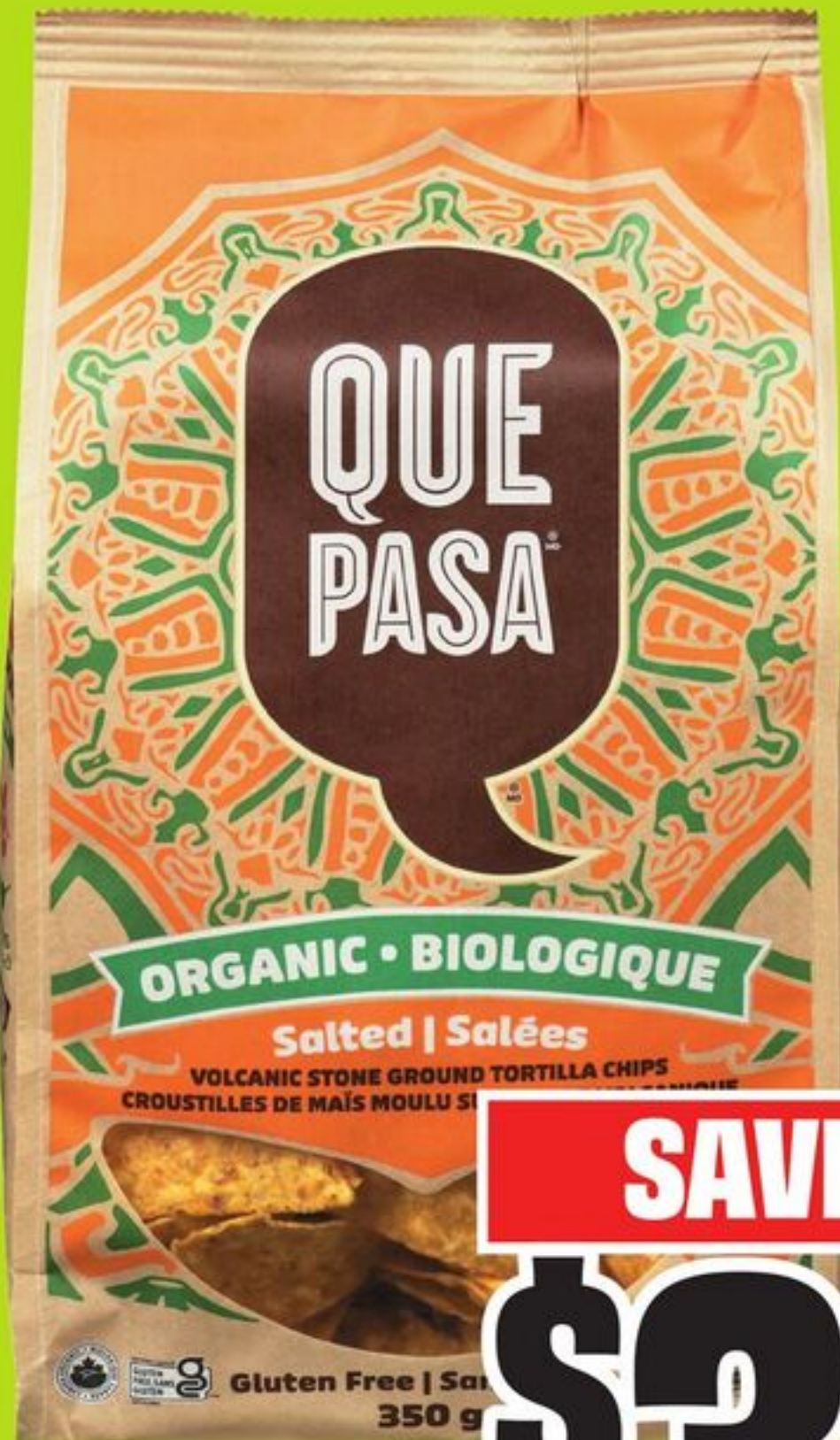
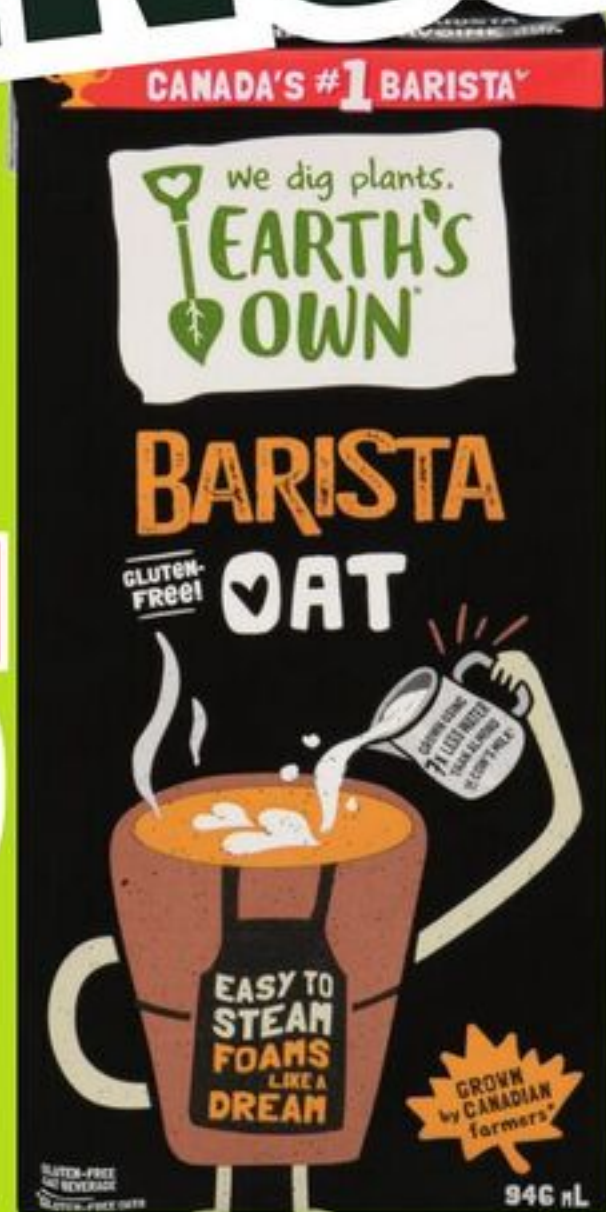
Offer valid during January 29 – February 4, 2026.
Sorry no rainchecks or price matching.
See gift card for details, terms, conditions,
and (if applicable) fees. Subject to availability.

[illegible]

NATURAL SAVINGS

SAVE \$1
\$4.99

Earth's Own Barista
946 mL



SAVE \$1
\$3.99

Que Pasa Chips
156-350 g



Remedy
Kombucha
4x355 mL

150 PTS
when you buy 2
SAVE \$2
\$6.99



Blue Diamond
Almond Breeze
946 mL

100 PTS
when you buy 2
\$2.49



Little Northern
Bakehouse Bread
482-567 g reg 7.99

100 PTS
when you buy 1
SAVE \$1
\$6.99



Manitoba Harvest
Hemp Hearts 227 g
reg 8.99

50 PTS
when you buy 1
SAVE \$2
\$6.99



Wowbutter
Tosted Soy Spread
500 g reg 5.49

SAVE 50¢
\$4.99



Halo Top
Frozen Dessert 473 mL
reg 6.99

SAVE \$1
\$5.99



Violife Vegan Shreds
or Slices 200-227 g

100 PTS
when you buy 2
\$3.99



Sensible Portions
Veggie Snacks
120-142 g

SAVE 70¢
\$2.79



Clif
Energy Bars 5 pk

SAVE \$1
\$8.99



Barebells
Protein Bars 55 g

SAVE 80¢
\$3.49

WHILE SUPPLIES LAST. PRODUCT SELECTION MAY VARY BY STORE.

\$549



Product of Saudi Arabia



Salem Fresh
Sukkary Dates 1 kg
Product of Saudi
Arabia



Salem Segal
Dates | kg
Product of
Saudi Arabia



Compass
Pitted Algerian
Dates 200 g
Product of
Algeria

\$199



\$399



\$6⁴⁹



Greenworld
Date Paste 1 kg
Product of Saudi Arabia



\$129



Parnoosh
Honey Pitted Dates 907 g
Product of Iran



Mabroom Safawi
or Sugai Dates 500 g
Product of Saudi Arabia



Ajwa
Dates 500 g
Product of Saudi Arabia



Orsini
Dried Figs 200 g
Product of Turkey



\$299



**Sally's
Walnuts 1 kg**

WHILE SUPPLIES LAST. ITEM SELECTION MAY VARY BY STORE.

LUNAR
NEW YEAR DEALS

新春優惠

\$33⁸⁸

Calamondin
6" Pot



\$10⁸⁸

Money Trees
5" Deco Pot

\$10⁸⁸

Anthurium
5" Deco Pot



Orchids
5" Deco
Plastic Pot

\$14⁸⁸



3-Piece
Lucky Bamboo
in Glass

\$11⁸⁸



Lunar New Year's
Large Mixed
Bouquets

\$12⁸⁸



Pomelo
Gift Box
4 pk Product of
China

\$8⁸⁸



Honey Pomelo
Product of China
Fuji Apples
Product of China
Extra Fancy
Grade 4.44/kg

\$1⁸⁸
ea or /lb



Asian Yellow,
Asian Brown or
Ya Pears Product
of China Fancy
Grade 4.44/kg

\$1⁸⁸
/lb



Pink or Yellow
Dragon Fruit
Product of Vietnam
or Ecuador

\$2⁸⁸
/lb



M.Y. San Sky Flakes
Saltine Crackers
800 g reg 7.99

SAVE 52%
\$5⁴⁸



Flat Cabbage
Product of USA
No.1 Grade
Bok Choy Product
of USA or Mexico
Nappa Cabbage
Product of USA
2.16/kg

98¢
/lb



Purple or
White Flesh
Sweet Potatoes
Product of
Ontario, Canada
No. 1, 3.29/kg

\$1⁴⁸
/lb



Ginger Root
Product of China
4.14/kg

\$1⁸⁸
/lb



Samyang Buldak
Spicy Noodles
5 pk Selected
Varieties reg 8.99

SAVE 52%
\$7⁹⁸



Crafty Ramen
Frozen Ramen
500-520 g
Selected
Varieties reg 9.99

SAVE 51%
\$8⁹⁸



Nissin
Instant Noodles
Pocket 500 g
Selected Varieties
reg 5.99

SAVE 51%
\$4⁹⁸



Chen Ko Ming
Noodles 1 kg
Selected
Varieties reg 3.99

SAVE 51%
\$3⁴⁸



O'Food
Luncheon Meat
or Hormel Spam
Tocino-Flavoured
340 g reg 4.49-4.99

SAVE 51%
\$3⁸⁸



O'Food Assorted
Fried Fish Balls or
Watson Assorted
Premium Fish
Balls 500 g
reg 5.49

SAVE 61%
\$4⁸⁸



Woo Yung
All Mozzarella or
Potato &
Mozzarella Corn
Dog 400 g reg 9.99

SAVE 51%
\$8⁹⁸



Samlip Soft
Cake with
Cheese Original
or Strawberry
Flavour 420 g
reg 9.99

SAVE 52%
\$7⁹⁸



Glico
Pocky Biscuit
Sticks 33-40 g
Selected Varieties
reg 1.49

\$1²⁸



Mini Crush
Fruit Jelly 1.4 kg
reg 6.99

SAVE 51%
\$5⁹⁸



Vida
Sparkling Water
325 ml Selected
Varieties reg 1.29

98¢



Hata
Ramune
Soda
200 mL
Selected
Varieties reg 2.79

\$2⁴⁸



Wahaha
Yogurt-Flavoured
Drink 4x100 mL
reg 2.49

SAVE 81%
\$1⁶⁸

WHILE SUPPLIES LAST. ITEM SELECTION MAY VARY BY STORE.

RAMADAN MUBARAK



Lal Qilla or Qilla Rice 4.54 kg Selected Varieties reg 15.99

SAVE \$4

\$11⁹⁹



Aashirvaad Whole Wheat Flour 9.07 kg reg 20.99

SAVE \$8

\$12⁹⁹



Brar's Desi Ghee 800 g reg 16.99

SAVE \$4

\$12⁹⁹



Aman's Brown Sugar 4.5 kg reg 10.99

SAVE \$2.04

\$8⁹⁵



Happy Dairy Paneer 300 g reg 5.49

SAVE \$1.50

\$3⁹⁹



Hamdard Rooh Afza 800 mL reg 5.49

SAVE \$1.50

\$3⁹⁹



Brooke Bond Red Label Tea 900 g reg 12.49

SAVE \$2.50

\$10⁹⁹



Hamdi Fried Onions 400 g reg 5.99

SAVE \$1.50 when you buy 2

\$3⁴⁹



National Vermicelli 150 g

59¢



Taza Jumbo Parathas 1.6 kg reg 7.49

SAVE \$1.50

\$5⁹⁹



Aloo Tikki or Spring Rolls 750 g 1 kg reg 7.99

SAVE \$1.50 on 2

2/\$10



Chalol or Modhani Dahi 2% or 3.2% 750 g

\$2⁴⁹



Aman's Milk or Squ Rusk 500 g reg 5.29

SAVE \$1.50

\$3⁹⁹



Rubicon Juice 1 L Selected Varieties reg 2.99

SAVE 50¢

\$2⁴⁹



Brar's Rasmalai 850-900 g Selected Varieties reg 10.99

SAVE \$1

\$9⁹⁹



EBM Cookies 112-163 g Selected Varieties reg 1.49

SAVE 50¢

99¢



Surati Snacks 250-341 g Selected Varieties reg 2.99

SAVE 70¢

\$2²⁹



KFI Cooking Sauces 375-385 mL Selected Varieties reg 5.49

SAVE \$1.50

\$3⁹⁹



Musafir Frozen Appetizers 336-480 g Selected Varieties reg 9.99

SAVE \$1

\$8⁹⁹



Santosh Naan 500 g

SAVE \$1

\$2

WHILE SUPPLIES LAST, ITEM SELECTION MAY VARY BY STORE.

GIVE YOUR SCENE+ POINTS A BOOST

Earn Scene+ points **3.7X faster** with
the Scotiabank Scene+ Visa Card.♦

APPLY NOW

♦Conditions Apply

