

food
Basics
CANADIAN AND PROUD

**ALWAYS
MORE
FOR LESS**

WOWZA!

SCHNEIDERS RED
HOTS OR MAPLE LEAF
TOP DOGS WIENERS
375 g
SCHNEIDERS
MEAT PIES
330 - 400 g
FROZEN
SELECTED VARIETIES



WOWZA!
3.48
EACH

\$



FRESH BONELESS
SIRLOIN TIP ROAST
CUT FROM CANADIAN AA OR HIGHER GRADE OF BEEF
INCLUDES HALAL
15.17/KG

WOWZA!
6.88
/LB

HALAL
AT SAME
PRICE

IRRESISTIBLE
PACIFIC
WHITE
SHRIMP
COOKED OR RAW
31 - 40 CT FROZEN
340 g
SELECTED VARIETIES



WOWZA!
5.98
EACH

\$



SELECTION BACON
375 g
SELECTED VARIETIES

WOWZA!
2.98
EACH

DOLE
CHOPPED
SALADS KIT
269 - 346 g
SELECTED VARIETIES



WOWZA!
3.98
EACH

\$



RED OR GREEN SEEDLESS GRAPES
PRODUCT OF SOUTH AFRICA AND/OR PERU NO. 1 GRADE
4.37/KG

WOWZA!
1.98
/LB

IRRESISTIBLE
MUFFINS
100 g
SELECTED VARIETIES



WOWZA!
4.98
EACH

\$



PEACHES
PRODUCT OF CHILE, NO. 1 GRADE
NECTARINES
PRODUCT OF CHILE
4.37/KG

WOWZA!
1.98
/LB

Smartfood
150 - 255 g
SELECTED VARIETIES



WOWZA!
2.98
EACH

\$

HANS DAHI
400 - 750 mL
SELECTED VARIETIES



WOWZA!
1.98
EACH

save
MORE with moi



LACTANTIA
BUTTER
454 g
SELECTED VARIETIES

LIMIT
OF 4

moi price
3.99*
ea.

non moi price **4.99**
ea.

* Scan Moi card to receive Moi price

GET READY TO SAVE! GREAT PRICES START ON THURSDAY, JANUARY 22ND TO WEDNESDAY, JANUARY 28TH, 2026
PRICES IN THIS FLYER AVAILABLE AT ALL BRAMPTON, ETOBICOKE, MISSISSAUGA, NORTH YORK, RICHMOND HILL, SCARBOROUGH, TORONTO, THORNHILL, EMERALD PARK,
MARKHAM, AJAX, OSHAWA, COURTICE, NEWMARKET, AND PICKERING STORE LOCATIONS ONLY.
To view local store flyer, visit foodbasics.ca, where you can create an account (or sign into your account) and select your preferred location.

food Basics

CANADIAN AND PROUD

WOW

Campbell's

CHICKEN - POULET

100 mL

KD ORIGINAL

CAMPBELL'S BROTH

250 - 700 mL

KRAFT DINNER

50 - 200 g

SELECTED VARIETIES

\$

WOWZA!

125

EACH

ACTIVIA EXPERT

4 x 100g

2.8% M.F. PROBIOTIC

pre-pro

Silk

Almond

35 CALORIES

ZERO SUGAR

1.0 L

LACTOSE FREE & SUGAR FREE

\$

298

EACH

SILK DRINKS 1.75 - 1.89 L ACTIVIA EXPERT YOGURT 4.1 L M.F. SELECTED VARIETIES

Healthy Choice

Steamers

Chicken Teriyaki

Poulet Teriyaki

HEALTHY CHOICE MEALS

250 - 280 g

FROZEN

SELECTED VARIETIES

\$

298

EACH

PEPSI, DIET PEPSI, COCA-COLA OR CANADA DRY GINGER ALE SOFT DRINKS 24 x 355 mL SELECTED VARIETIES

PEPSICO

1198

EACH

Timothy's

MEDIUM

COLOMBIAN LA VERDE

125g

Timothy's

LIGHT

BREAKFAST BLEND

125g

Timothy's

COFFEE CAPSULES

30'S

SELECTED VARIETIES

\$

1398

EACH

125 points = \$1

GET READY TO SAVE! GREAT PRICES START ON

PRICES IN THIS FLYER AVAILABLE AT ALL BRAMPTON, ETOBICOKE, MARKHAM, AJAX, OSHAWA, CO

To view local store flyer, visit foodbasics.ca, where

SAVINGS FOR THE WIN AGAIN!

#1 GROCERY RETAILER FOR COMPETITIVE PRICES

#1 GROCERY RETAILER FOR COMPETITIVE PRICES

#1 ON PRICE AND PROMOTION

WQW 2024

WQW 2025

dunnhumby 2025

BAQUETTE

French Baguette

255 g

ALWAYS GREAT PRICE

99¢

EACH

BAKERY² BAGUETTE 255 g

CLASSIC CLASSIQUE

SELECTION CHIPS

200 g

SELECTED VARIETIES

ALWAYS GREAT PRICE

149

EACH

IRRESISTIBLE ICE CREAM

1.5 L

ICE CREAM CREAMIEST BARS

4'S

FROZEN

SELECTED VARIETIES

ALWAYS GREAT PRICE

488

EACH

Lasagna

with MEAT SAUCE

Traditional Lasagne

viande

2.27 kg

FAMILY FAMILIAL

SELECTION MEAT LASAGNA

2.27 kg

FROZEN

SELECTED VARIETIES

ALWAYS GREAT PRICE

1349

EACH

Food Basics ranked first for Price & Promotions performance among grocery retailers in Ontario in the 2024 dunnhumby Retailer Preference Index, a study of customer perceptions and retailer preference conducted among 2,100 respondents in Ontario (6,000 total across Canada) conducted between September 12 and October 20, 2024.

WOW 2024 In-Store Customer Experience Study conducted by Leger among 12,000 Ontarians from October 12 to November 22, 2023.

WOW 2025 In-store customer experience study conducted by Leger among 11,000 Ontarians from October 17 to November 15, 2024.

0502

FOOD BASICS FLYER V4

FOOD BASICS FLYER

WOWZA!

Black Diamond
OLD • FORT
Cheddar Cheese
Fronage cheddar

Black Diamond
MARBLE MARBRÉ

Galbani
Ricotta
Ricotta

Black Diamond CHEESE 400 G
SHREDS 12/6

NATURAL-CHEESE SLICES 229 • 240 G
GALBANI MOZZARELLA 260 G
SLICES 12/10

\$4.99
EACH

Dr. Oetker's

Ristorante

PIZZA SPINACI

PIZZA SPINACI E FUNGHI
PIZZA SPINACI E FUNGHI
PIZZA SPINACI E FUNGHI

\$19.95

Dr. Oetker's

Casa di Mama

PIZZA SAUSAGE & MUSHROOMS
PIZZA SAUSAGE & MUSHROOMS
PIZZA SAUSAGE & MUSHROOMS

\$4.99 EACH

A promotional graphic for Lactantia Cream. On the left, a red vertical bar contains a white dollar sign (\$) inside a yellow circle. To the right of the bar are two Lactantia cream cartons. The top carton is 'Half & Half Cream, Crème à café' with a '10' in a gold circle. The bottom carton is 'Whipping Cream, Crème à fouetter' with a '35' in a gold circle. A white maple leaf is positioned between the two cartons. On the right side, the text reads 'LACTANTIA CREAM 473 mL (16 FL OZ) SELECTED VARIETIES'. Below this, a yellow vertical bar contains a white dollar sign (\$) inside a yellow circle. To the right of the bar, the price '349' is displayed in large black numbers, with 'EACH' written below it.

BEATRICE
CHOCOLATE MILK

199
EACH

NO ARTIFICIAL FLAVORS OR COLORS
SWEETENED WITH REAL SUGAR
NATURAL FLAVORS

QUAKER
Dipps

CHOCOLATE CHIP
BRISURES CHOCOLATÉES

140 CALORIES PER SERVING

100% WHOLE GRAIN
QUAKER OATS

156g
SERVED IN A BAG
OF 100% WHOLE GRAIN
QUAKER OATS

QUAKER GRANOLA BARS 120 - 156g
DEL MONTE CANNED FRUITS 100 ML

NO SUGAR ADDED

Del Monte
Quality

PEAR HALVES

100% WHOLE FRUIT
NO SUGAR ADDED

\$

\$

199
EACH

SALE

SALE

ACTIVIA 3% Greek Yogurt (Vanilla Caramel flavor)

Minute Maid Zero Sugar Zero Sucre Lemonade (Pink Lemonade flavor)

Simply Lemonade (Lemon flavor)

DANONE Danino Drinkable Yogurt (Berry flavor)

\$ 3.49 EACH

SIMPLY OR MINUTE MAID LEMONADE 1.5L

ACTIVIA YOGURT 500 G

DANONE DANINO DRINKABLE YOGURT 6 X 150 ML

HOLIDAY LUNCHEON MEAT OR

FLAKES OF CHICKEN OR FLOCONS DE POULET

\$1.88 EACH

SELECTED VARIETIES

Goldfish
 CRACKERS
 100% WHOLE GRAIN
 100% BUTTER
 100% REAL CHEESE
CHEDDAR
 100% REAL BUTTER
 100% REAL CHEESE

Dare
 Ultimate
Maple
 creme
 maple
 brownie
 100% WHOLE GRAIN
 100% BUTTER
 100% REAL MAPLE SYRUP

Dare
Bear Paws
 No 1
 100% WHOLE GRAIN
 100% BUTTER
 100% REAL MAPLE SYRUP

\$
2/\$5

DARE ULTIMATE OR BEAR PAWS COOKIES
 168 - 3355
PEPPERIDGE FARM GOLDFISH CRACKERS
 167 - 2046

MAPLE LEAF FLAKES 156-340 G SELECTED VARIETIES

QUAKER
YOGOURT
VANILLA CUSTARD
1 LITRE (33.8 FL OZ)

QUAKER
MAPLE & BROWN SUGAR
OATS
1 LITRE (33.8 FL OZ)

QUAKER
LARGE FLAKE OATS
CHOCOLATE & PEANUT BUTTER
1 LITRE (33.8 FL OZ)

QUAKER
QUICK OATS 900 G • 1 KG
INSTANT OATMEAL 232-344 G

\$2.99 EACH

20 points

SELECTED VARIETIES

CASHMERE BATHROOM TISSUE
12-24 ROLLS

SPONGE TOWELS ULTRA
PAPER TOWELS
12-24 ROLLS

SCOTTIES
FACIAL TISSUE
12-24 ROLLS

SELECTED VARIETIES

\$ 7.49 EACH

Cashmere
12-24 ROLLS
MADE IN CANADA

the
app-solute
best way
to save



SCAN TO DOWNLOAD

While quantities last. Visit our app for details.
*Limit one per customer, per transaction.

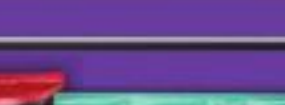
save
\$1



DIGITAL DEAL
3.99
EACH
WITH COUPON

POP CORNERS®
TAC & SELECTED VARIETIES

save
\$1



GATORADE
SPORT DRINKS®
6 X 590 ML
SELECTED VARIETIES

DIGITAL DEAL
5.99
EACH
WITH COUPON

this week only

*IN STOCK POLICY: Food Basics® offers an in-stock guarantee for all items in its current flyer. If we are temporarily out-of-stock on an advertised item in our current flyer, a Rain Check will be issued with 10% off the advertised price of the item redeemable within 30 days from the date of issue. Rain Checks are not issued if the item in the flyer states, "While Quantities Last," "No Rain Checks," or "on in-store cooked BBQ Chicken and Hot Pizza, Beer, Cider and Wine, Independent Third Party Vendors," "Our Seafood Market" and "Our Butcher Shop by Nostalgia". Please see the Customer Service desk at your Food Basics for full details. For retail sale only. If there is a limit stated in the ad, Rain Checks up to the stated limit may be issued. If there is no limit stated in the ad, we reserve the right to limit quantities to reasonable requirements. Limit: One Rain Check per household per item per day.

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*NO PURCHASE NECESSARY. Contest runs January 15, 2026 to February 11, 2026. Open to residents of Ontario of the age of majority at time of entry. Four (4) Prizes consisting of 100,000 Mtl points valued at approximately \$800 each (ARV) are available to be won. Odds of winning dependent on the number of eligible entries received. Staff testing question required to claim the prize. Certain exclusions and restrictions apply. For Official Rules and how to enter visit www.foodnetwork.ca/entries-and-regulations/who-to-join-contest. Sponsored by Metro Ontario Inc. 5555 Dundas St. West, Etobicoke, ON M9B 1B9.

Get an extra 2,500 Moji points

Coca-Cola.

Canada Dry
GINGER ALE

Coca-Cola
ORIGINAL TASTE
GOUT ORIGINAL

BODYARMOR
HYDRATION DRINK
40 FL. OZ.
SELECTED VARIETIES

BODYARMOR
LYTE
40 FL. OZ.
SELECTED VARIETIES

smart
water
MINERALIZED TREATED WATER
50 FL. OZ.

vitamin water
NATURAL FLAVORS
50 FL. OZ.

GLACEAU
VITAMIN
OR SMART
WATER
50 FL. OZ.
SELECTED VARIETIES

Monster
ENERGY DRINKS
40 FL. OZ.
SELECTED VARIETIES

fuze
iced tea
Lemon
NATURALLY FLAVORED LEAN TEA
12 FL. OZ.

PRICE TAGS:

- Canada Dry: \$1.99 EACH
- Coca-Cola: \$1.99 EACH
- BodyArmor: \$1.99 EACH
- smart water: \$1.99 EACH
- vitamin water: \$1.99 EACH
- Monster Energy: \$2.79 EACH
- fuze iced tea: \$6.99 EACH



Campbell's
CHUNKY
CHICKEN NOODLE
POULET ET NOUILLES

\$

2.99
EACH

CAMPBELL'S
CHUNKY SOUP
515 ML
SELECTED VARIETIES




\$

CAMPBELL'S
CONDENSED SOUP
204 ML
SELECTED VARIETIES



\$

1.25
EACH

CAMPBELL'S
READY TO SERVE SOUP
515 ML
SELECTED VARIETIES




\$

CAMPBELL'S
CONDENSED SOUP
204 ML
SELECTED VARIETIES



\$

1.88
EACH

HABITANT
READY TO SERVE SOUP
700 ML
SELECTED VARIETIES

Triscuit
ORIGINAL
MADE WITH SEA SALT
NO ARTIFICIAL COLOURS OR FLAVOURS

Mondelez International

Christie
Dad's
ORIGINAL
PÂTISSERIE D'AYVOINE

Christie
OREO OR CHIPS AHOY! COOKIES
251 - 348 G
SELECTED VARIETIES

Christie Peek Freans or Dad's Oatmeal Cookies
250 - 300 G
SELECTED VARIETIES

Christie
Fruit Creme
Biscuits
300 g

Ritz
original
180 g

Chips Ahoy!
ORIGINAL
CHOCOLATE
251 - 348 G
SELECTED VARIETIES

The Original Oreo
Original
251 - 348 G
SELECTED VARIETIES

Christie
Crispers
DILL PICKLE
251 - 348 G
SELECTED VARIETIES

Christie
BITS & BITES OR CRISPERS SNACKS
145 G
SELECTED VARIETIES

Bits & Bites Meli-Melo
Crispers
ORIGINAL
251 - 348 G
SELECTED VARIETIES

Cadbury
DAIRY MILK
MILK CHOCOLATE
CHOCOLAT AU LAIT
90 g

Cadbury
DAIRY MILK
FRUIT & NUT
PROTEIN SNACKS
90 g

Cadbury Bars
90 g
SELECTED VARIETIES

Price Tags:
\$ 2/\$5
\$ 2/\$5
\$ 2/\$5
\$ 2/\$6

HEINZ
ALPHA GETTI
ALPHABET PASTA
IN TOMATO SAUCE
142g (5.0 OZ) FURNAS DEL ESTE
SAUCE TOMATE

HEINZ
BEANS
ORIGINAL
In Tomato Sauce
350 mL (12 FL OZ)
GOOD SOURCE OF FIBRE

TACO BELL® TACO BELL®
NACHO CHEESE
DIPPING SAUCE
425 mL (14.5 FL OZ)
SELECTED VARIETIES
WHILE QUANTITIES LAST

TACO BELL® TACO BELL®
CREAMY CRUNCH DIP
CRISP TROPICAN SUPREME
TROPICAN SUPREME
CREAM CHEESE
425 mL (14.5 FL OZ)
SELECTED VARIETIES
WHILE QUANTITIES LAST

CATELLI
Garden Select
THE VEGETABLE DIPLOMAT
Tomato & Basil
700 mL (24 FL OZ)
SELECTED VARIETIES

CATELLI
Garden Select
THE VEGETABLE DIPLOMAT
Garlic & Onion
700 mL (24 FL OZ)
SELECTED VARIETIES

Kool-Aid
Liquid Lite
LEMONADE
480 mL (16 FL OZ)
SELECTED VARIETIES

MIO
LEMONADE
16 FL OZ
SELECTED VARIETIES

LUNCHABLES
HAM & CHEDDAR
80g
SELECTED VARIETIES

LUNCHABLES
TURKEY & SWISS
80g
SELECTED VARIETIES

HEINZ BEANS OR PASTA
200 ML
SELECTED VARIETIES

Jamieson
NATURAL SOURCES | SINCE 1922

Jamieson
NATURAL SOURCES | SINCE 1922
Iron/Fer
GENTLE/FORMULE DOUCE
28 mg
Helps to prevent iron deficiency
Aids in preventing anemia
Supports energy on fer

Jamieson
NATURAL SOURCES | SINCE 1922
D₃
1,000 IU
BONUS 200 + 40
Supports a healthy immune system and bone health

Jamieson
NATURAL SOURCES | SINCE 1922
C
500 mg
Supports a healthy immune system

Jamieson
NATURAL SOURCES | SINCE 1922
Omega-3 Select
Helps reduce cholesterol and promote heart health

Jamieson
NATURAL SOURCES | SINCE 1922
Calcium Magnesium + D₃
10 mg
Helps to build strong bones and prevent osteoporosis

Jamieson
NATURAL SOURCES | SINCE 1922
Melatonin
10 mg
60 tablets
Helps to regulate sleep

Jamieson
NATURAL SOURCES | SINCE 1922
Probiotic 10 Billion
DAILY MAINTENANCE
14 STRAIN STRAINS

Jamieson
NATURAL SOURCES | SINCE 1922
B₁₂
1,000 mcg
100 tablets
FASTER ACTING
Naturally energizing
Nervous system support

Jamieson
NATURAL SOURCES | SINCE 1922
Magnesium
ULTRA STRENGTH
250 mg
90 tablets
Supports bone, muscle & heart health

Jamieson
NATURAL SOURCES | SINCE 1922
Multi
100% COMPLETE
WOMEN
With calcium, cranberry & Biotin
115 tablets

Jamieson
NATURAL SOURCES | SINCE 1922
Multi
100% COMPLETE
MEN
With Zinc
115 tablets

Jamieson
NATURAL SOURCES | SINCE 1922
Omega-3, PROBIOTICS
80, 200'S
SELECTED VARIETIES

Jamieson
NATURAL SOURCES | SINCE 1922
Multi-VITAMIN
115'S
SELECTED VARIETIES

\$ 7.99 EACH

\$ 11.99 EACH

\$ 13.99 EACH

\$ 18.99 EACH

\$ 19.99 EACH

VH NO Artificial Colours or Flavours
PLUM SAUCE

VH **SWEET & SOUR SAUCE**

VH SAUCE
341 - 430 ML
SELECTED VARIETIES

HUNGRY-MAN
BOLE XL BOWLS
COUNTRY FRIED CHICKEN CROQUETTES BOWL
BOUL DE CROQUETTES DE POULET FRUIT MUSTARDE

HUNGRY-MAN MEAL
FROZEN
SELECTED VARIETIES

PAM
ORIGINAL

PAM
OLIVE OIL
MULLE D'OLIVE

PAM COOKING SPRAY
341 - 430 ML
SELECTED VARIETIES

P.F. CHANG'S
CHICKEN LO MEIN
LO MEIN AU POULET

BERTOLLI OR P.F. CHANG'S MEALS
SELECTED VARIETIES

Orville Redenbacher's
EXTRA BUTTER
POPPING CORN

ORVILLE REDENBACHER POPPING CORN
16.1 OZ (454g)
SELECTED VARIETIES

BERTOLLI
CHICKEN FLORENTINE
FARFALLE POULET FLORENTINE ET LAMELLE

BERTOLLI OR P.F. CHANG'S MEALS
SELECTED VARIETIES

Orville Redenbacher's
POPPING CORN

ORVILLE REDENBACHER POPPING CORN
16.1 OZ (454g)
SELECTED VARIETIES

ALWAYS FRESH. *ALWAYS IN STOCK. ALWAYS GREAT PRICES.

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MASTRO GENOVA-DE-GENES
MASTRO OR SAN DANIELE SLICED DELI MEAT 100-150g SELECTED VARIETIES
\$4.49 EACH

SOFINA
MASTRO CALABRESI 100-150g SELECTED VARIETIES
\$5.99 EACH

SAN DANIELE MORTADELLA 100-150g SELECTED VARIETIES
\$8.99 EACH

JANES PUB STYLE FULLY COOKED BREADED CHICKEN OR WINGS 500-750g SELECTED VARIETIES
\$8.99 EACH

JANES PUB STYLE CHICKEN STRIPS 700g
MADE WITH WHITE MEAT
NO PRESERVATIVES
AIR FRYER FRIENDLY
\$11.99 EACH

JANES BONELESS BITES 700g
RESTAURANT STYLE STRIPS
MADE WITH WHITE MEAT
NO PRESERVATIVES
AIR FRYER FRIENDLY
\$11.99 EACH

PRINGLES POTATO CHIPS 140-165g SELECTED VARIETIES
\$2.49 EACH
15 points

Kellanova
CHEEZ-IT CRACKERS 100-125g SELECTED VARIETIES
\$2.49 EACH

Kashi CRISPS / BARRES CROQUANTES 100-125g SELECTED VARIETIES
\$2.99 EACH

KELLOGG'S EGGO WAFFLES 280g FROZEN SELECTED VARIETIES
\$2.99 EACH

KELLOGG'S NUTRI GRAIN BARS, RICE KRISPIES SQUARES OR POP-TARTS 170-280g SELECTED VARIETIES
\$2.99 EACH

McCafé Premium Roast Medium Dark Roast 30'S 373g
\$26.99 EACH

MOTT'S Keurig DrPepper Canada
NESTEA ICED TEA 1.8L SELECTED VARIETIES
\$3.99 EACH
20 points

NESTEA ICED TEA 1.8L SELECTED VARIETIES
\$3.79 EACH

CLAMATO 1.89L
The Original
\$2/\$7

MOTT'S CLAMATO COCKTAIL 1.89L SELECTED VARIETIES
\$21.99 EACH

Corona Cero 12x 355ml
ALCOHOL FREE BEER
SELECTED VARIETIES
\$21.99 EACH

OASIS SMOOTHIE 1.6L
LACTOSE FREE
\$3.99 EACH

ANTIOXIA HEALTH BREAK 1.6L
OASIS HEALTH BREAK JUICE BLEND OR SMOOTHIES 1.6L
SELECTED VARIETIES
\$3.99 EACH

Del Monte GUAVA-MANGO BLEND 1.8L
OASIS ORANGE JUICE BEVERAGE OR DEL MONTE JUICE BLEND 1.8L SELECTED VARIETIES
\$3.99 EACH

ALLEN'S APPLE JUICE 1.8L
FRUIT COCKTAIL 1.8L SELECTED VARIETIES
\$2.99 EACH

FRUITÉ DRINKS 1.5L
SELECTED VARIETIES
\$2.99 EACH

FRUITÉ DRINKS 1.5L
DEL MONTE NECTAR OR OASIS JUICE 1.5L SELECTED VARIETIES
\$2.29 EACH

SMUCKER'S JIF PEANUT BUTTER 500g SELECTED VARIETIES
\$4.99 EACH

Carnation EVAPORATED MILK 2% Partly Skimmed 354ml
SELECTED VARIETIES
\$2/\$4

SMUCKER'S JAM OR JELLY 500ml SELECTED VARIETIES
\$5.49 EACH

Robin Hood ALL PURPOSE FLOUR 2.5kg
ORIGINAL
ROBIN HOOD OR FIVE ROSES FLOUR 2.5kg SELECTED VARIETIES
\$4.49 EACH

SMUCKER'S UNCRUSTABLES SANDWICH 2.5kg
SELECTED VARIETIES
\$4.99 EACH
25 points

ACTIVIA SMOOTHIE OR OIKOS DRINKABLE YOGURT 100-125g SELECTED VARIETIES
\$1.25 EACH

DANONE OIKOS GREEK YOGURT 4X 100g SELECTED VARIETIES
\$3.99 EACH

Silk ALMOND OR OAT BEVERAGE 2.7L
SELECTED VARIETIES
\$2.49 EACH

ACTIVIA YOGURT 8X 100g
SELECTED VARIETIES
\$3.99 EACH

ACTIVIA DRINKABLE YOGURT 8X 100g
SELECTED VARIETIES
\$4.99 EACH

ALWAYS FRESH. *ALWAYS IN STOCK. ALWAYS GREAT PRICES.

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PRODUCE

RED MANGO
PRODUCT OF BRAZIL OR PERU

THIS WEEK ONLY

1.28
EACH

BLACKBERRIES
PRODUCT OF MEXICO, NO. 1 GRADE
150 G

THIS WEEK ONLY

2.98
EACH

AVOCADO
PRODUCT OF MEXICO AND/OR PERU
5 OR 6 PACK

THIS WEEK ONLY

3.98
EACH

WE LOVE LOCAL
WHOLE WHITE OR CREMINI MUSHROOMS
PRODUCT OF ONTARIO
227 G

THIS WEEK ONLY

2.77
EACH

RUSSET POTATOES
PRODUCT OF PRINCE EDWARD ISLAND, CANADA NO. 1 GRADE 5 LB

THIS WEEK ONLY

2.77
EACH

RASPBERRIES
PRODUCT OF U.S.A. OR MEXICO, NO. 1 GRADE
150 G

THIS WEEK ONLY

3.98
EACH

STRAWBERRIES
PRODUCT OF U.S.A. OR MEXICO, NO. 1 GRADE
454 G

THIS WEEK ONLY

3.98
EACH

CAULIFLOWER
PRODUCT OF U.S.A. NO. 1 GRADE
1.50 KG

THIS WEEK ONLY

3.88
EACH

GREEN BEANS
PRODUCT OF U.S.A.
340 G

THIS WEEK ONLY

3.88
EACH

WE LOVE LOCAL
McINTOSH APPLES
PRODUCT OF ONTARIO, EXTRA FANCY GRADE
1.50 KG

THIS WEEK ONLY

4.98
EACH

WE LOVE LOCAL
GALA APPLES
PRODUCT OF ONTARIO, EXTRA FANCY GRADE
1.50 KG

THIS WEEK ONLY

4.98
EACH

JUMBO CHERRIES
PRODUCT OF CHILE, NO. 1 GRADE
10.98/KG

THIS WEEK ONLY

4.98
/LB

BROCCOLI CROWNS
PRODUCT OF U.S.A. AND/OR MEXICO

THIS WEEK ONLY

2/\$5

SWEET ASSORTED PEPPERS
PRODUCT OF MEXICO AND/OR HONDURAS, PKG OF 4

THIS WEEK ONLY

4.98
EACH

ROMAINE HEARTS
PRODUCT OF U.S.A. AND/OR MEXICO, 3 PK

THIS WEEK ONLY

4.98
EACH

BARTLETT, BOSCH OR ANJOU PEARS
PRODUCT OF U.S.A. EXTRA FANCY GRADE
5.47/KG

THIS WEEK ONLY

2.48
/LB

RED GRAPEFRUIT
PRODUCT OF U.S.A.
2.3 LB

THIS WEEK ONLY

4.88
EACH

CLEMENTINES
PRODUCT OF MEXICO
2 LB

THIS WEEK ONLY

4.88
EACH

HOthouse GRAPE TOMATOES
PRODUCT OF CANADA OR MEXICO
NO. 1 GRADE
280 G

THIS WEEK ONLY

2.98
EACH

WE LOVE LOCAL
THE LITTLE POTATO COMPANY POTATOES
SELECTED VARIETIES

THIS WEEK ONLY

3.48
EACH

HOMESTYLE RANCH RANCH Fajon MAISON
SELECTED VARIETIES

THIS WEEK ONLY

3.99
EACH

SPINACH PARFAITS
SELECTED VARIETIES

THIS WEEK ONLY

3.99
EACH

IRRESISTIBLES DRY ROASTED PEANUTS
1 KG

THIS WEEK ONLY

4.98
EACH

10 STEM TULIPS
WHILE SUPPLIES LAST

THIS WEEK ONLY

8.88
EACH

LARGE BOUQUET
WHILE SUPPLIES LAST

THIS WEEK ONLY

\$12
EACH

6" SPRING BULBS
WHILE SUPPLIES LAST

THIS WEEK ONLY

6.98
EACH

6" AZALEA
WHILE SUPPLIES LAST

THIS WEEK ONLY

16.98
EACH

MEAT

PRIME RAISED WITHOUT ANTIBIOTICS CHICKEN DRUMSTICKS FAMILY PACK
AIR CHILLED
8.80/KG

THIS WEEK ONLY

3.99
/LB

FRESH AUTHENTIC PORK SAUSAGES
HOT, MILD, HONEY GARLIC OR ENGLISH BANGER

THIS WEEK ONLY

4.99
EACH

FRESH BONE-IN PORK COMBINATION CHOPS
INCLUDES CENTER CUT CHOP
9.90/KG

THIS WEEK ONLY

4.49
/LB

Zabiha Halal CHICKEN BREAST
FRESH FROM THE FARM OR ZABIHA HALAL BONELESS SKINLESS CHICKEN BREAST FAMILY PACK
17.61/KG

THIS WEEK ONLY

7.99
/LB

COHO SALMON FILLET FAMILY PACK
PREVIOUSLY FROZEN SELECTED VARIETIES
26.43/KG

THIS WEEK ONLY

11.99
/LB

LEAN GROUND BEEF FAMILY PACK
INCLUDES BEEF
17.61/KG

THIS WEEK ONLY

7.99
/LB

MARC ANGELO JUMBO PORK SAUSAGES
100% PORK
SELECTED VARIETIES

THIS WEEK ONLY

6.99
EACH

WONG WING ASIAN STYLE ENTRÉES
400-480 G
SELECTED VARIETIES

THIS WEEK ONLY

6.99
EACH

NATURAL CHICKEN POULET NATUREL
400-480 G
SELECTED VARIETIES

THIS WEEK ONLY

7.99
EACH

MAPLE LEAF PREPPED & READY SHREDDED CHICKEN
200 G SELECTED VARIETIES

THIS WEEK ONLY

7.99
EACH

LEGACY MARINATED BONE-IN PORK CHOPS
400-480 G
SELECTED VARIETIES

THIS WEEK ONLY

8.99
EACH

SKILLET GNOCCHI POELER
200 G SELECTED VARIETIES

THIS WEEK ONLY

3.99
EACH

OLIVIERI SKILLET GNOCCHI
200 G SELECTED VARIETIES

THIS WEEK ONLY

3.99
EACH

ORIGINAL OKA
190 G

THIS WEEK ONLY

5.99
EACH

AGROPUR OKA OR SAINT-PAULIN OR KERRYGOLD OR EN TREMONT BIE OR CAMEMBERT
190-227 G

THIS WEEK ONLY

5.99
EACH

SUMMER FRESH SALADS
150-180 G
SELECTED VARIETIES

THIS WEEK ONLY

7.99
EACH

LOU'S KITCHEN FULLY COOKED ENTRÉES
400-480 G
SELECTED VARIETIES

THIS WEEK ONLY

9.99
EACH

THE DELI-SHOP SLICED DELI MEAT
2.3-2.75-3.00 G

THIS WEEK ONLY

5.99
EACH

BONED SALTED FISH
POISSON SALE DESALTE
170 G

THIS WEEK ONLY

1.99
EACH

CHELSEA SALTED POLLOCK FISH FILLET
170 G
SELECTED VARIETIES

THIS WEEK ONLY

1.99
EACH

HIGH LINER BREADED & BATTERED FISH FILLETS OR SHRIMP FAMILY PACK
FROZEN 115-170 G
SELECTED VARIETIES

THIS WEEK ONLY

7.99
EACH

LIFE SMART NATURALIA FISH FILLETS
FROZEN 400-480 G
SELECTED VARIETIES

THIS WEEK ONLY

8.99
EACH

BAKERY

CEDAR BAKERY LEBANESE STYLE PITA
130 G
SELECTION GARLIC BREADSTICK
240 G
SELECTED VARIETIES

THIS WEEK ONLY

1.29
EACH

GRANDMOTHER'S TARTS
140 G
LA PETITE BRETONNE COOKIES
240 G
SELECTED VARIETIES

THIS WEEK ONLY

5.49
EACH

BUTTER TARTS
120 G
SELECTED VARIETIES

THIS WEEK ONLY

5.49
EACH

MIX & MATCH! 2\$6.50 3\$7.99 FOR OR FOR

Twinkies

Tia Rosa TORTILLAS

Villaggio BREAD

Dempsters SIGNATURE BUNS

Dempsters SIGNATURE BAGELS

Dempsters SIGNATURE 12 GRAIN BUNS

Dempsters SIGNATURE CLASSIC BUNS

Villaggio TOSCANA BREAD

Villaggio CLASSICO BREAD

*MIX & MATCH ANY VILLAGGIO BREAD, BUNS, DEMPSTER'S 7" TORTILLAS, BAGELS, SIGNATURE BUNS, WHOLE GRAIN BREAD, TIA ROSA TORTILLAS, NATURAL RYE BREAD OR HOSTESS SNACK CAKES
SELECTED SIZES, SELECTED VARIETIES, OR PRT 3.49 EA.

ALWAYS FRESH. *ALWAYS IN STOCK. ALWAYS GREAT PRICES. ALWAYS FRESH. *ALWAYS IN STOCK. ALWAYS GREAT PRICES.

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in rewards



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PINTY'S CHICKEN WINGS OR CHUNKS
750-780 G FROZEN SELECTED VARIETIES

THIS WEEK ONLY
15⁹⁹
EACH
55
points



HIGH LINER
MARKET CUTS FISH FILLET
227 G FROZEN
SELECTED VARIETIES

THIS WEEK ONLY
5⁹⁹
EACH
30
points



PILLER'S
POLISH SAUSAGE
1 KG
SELECTED VARIETIES

THIS WEEK ONLY
12⁹⁹
EACH
55
points



SILK PLANT BASED
YOGURT
650 G
SELECTED VARIETIES

LOCKED DOWN
5⁴⁹
EACH
30
points



KIRI CREAM CHEESE
PRODUCT
144 G
SELECTED VARIETIES

LOCKED DOWN
4⁹⁹
EACH
25
points



BURNBRAE
EGG BITES! OR BAKES!
236-240 G
SELECTED VARIETIES

LOCKED DOWN
6⁹⁹
EACH
35
points



NESTLÉ COFFEE MATE
COFFEE WHITENER
400 G
SELECTED VARIETIES

LOCKED DOWN
5⁹⁹
EACH
30
points



HOT-KID
RICE CRACKERS
100 G
SELECTED VARIETIES

LOCKED DOWN
2⁹⁹
EACH
15
points



J.L. KRAFT PURE
DRESSING
355 ML
SELECTED VARIETIES

LOCKED DOWN
4⁹⁹
EACH
25
points



JACK LINK'S JERKY
80 G
SELECTED VARIETIES

LOCKED DOWN
5⁹⁹
EACH
30
points



CORONA CERO
ALCOHOL FREE BEER
6 x 330 ML
SELECTED VARIETIES

LOCKED DOWN
12⁴⁹
EACH
55
points



COTTONELLE
FLUSHABLE WIPES
45
SELECTED VARIETIES

LOCKED DOWN
10⁴⁹
EACH
55
points



FINISH DISHWASHER
TABS
30-353
SELECTED VARIETIES

LOCKED DOWN
13⁹⁹
EACH
55
points

CHOOSE CANADIAN



WE LOVE LOCAL Ontario

WHOLE WHITE OR CREMINI MUSHROOMS
PRODUCT OF ONTARIO 227 G

2⁷⁷
EACH

WE LOVE LOCAL Ontario

McINTOSH
PRODUCT OF ONTARIO, EXTRA FANCY GRADE 3 LB BAGS

4⁹⁸
EACH

Summer Fresh

DILL PICKLE
750 - 900 G
SELECTED VARIETIES

Greek Pasta Feta Salad
Salade Grecque aux Pâtes
750 - 900 G
SELECTED VARIETIES

7⁹⁹
EACH

LOU'S KITCHEN

PULLED PORK
PORC EFFILOCHÉ

LOU'S KITCHEN

BEEF POT ROAST AU JUS
RÔTI DE BŒUF BRAISÉ AU JUS

LOU'S KITCHEN FULLY COOKED ENTRÉES
300 - 400 G
SELECTED VARIETIES

9⁹⁹
EACH

IRRESISTIBLE MUFFINS
600 G
SELECTED VARIETIES

4⁹⁸
EACH

GRANDMOTHER'S TARTS
600 G
LA PETITE BRETONNE COOKIES
500 G
SELECTED VARIETIES

BUTTER TARTS

5⁴⁹
EACH

Beatrice

BEATRICE CHOCOLATE MILK
1 L

1⁹⁹
EACH

Timothy's

TIMOTHY'S COFFEE CAPSULES
30'S
SELECTED VARIETIES

13⁹⁸
EACH

125 points = \$1

Black Diamond

OLD • FORT
Cheddar Cheese
Fromage cheddar

Black Diamond

MARBLE • MARBRÉ

Black Diamond CHEESE
SHREDS 400 G
NATURAL CHEESE SLICES 220 - 240 G
GALBANI MOZZARELLA 300 G
SELECTED VARIETIES

4⁹⁹
EACH

Dr. Oetker

Ristorante
PIZZA SPINACI

Dr. Oetker

Casa di Mama
PIZZA SPINACI

DR. OETKER RISTORANTE PIZZA
300 - 390 G
CASA DI MAMA
395 - 410 G
FROZEN SELECTED VARIETIES

4⁴⁹
EACH

Lactantia

LACTANTIA CREAM
473 ML • 1 L
SELECTED VARIETIES

3⁴⁹
EACH

Lay's

LAY'S POTATO CHIPS OR SMARTFOOD POPCORN
150 - 235 G
SELECTED VARIETIES

2⁹⁸
EACH

PEPSI, DIET PEPSI, COCA-COLA OR CANADA DRY GINGER ALE SOFT DRINKS
24 X 333 ML
SELECTED VARIETIES

11⁹⁸
EACH

Cashmere

CASHMERE BATHROOM TISSUE
12 - 24'S
SPONGE TOWELS
ULTRA PAPER TOWELS 3 - 4'S
SCOTTIES FACIAL TISSUE 6'S
SELECTED VARIETIES

7⁴⁹
EACH

*We are currently working on updating the origin of all our products. This information comes from certification agencies, product suppliers, and other Metro partners. We cannot be held liable for any information that may prove to be inaccurate.

LOCKED DOWN



Natrel
FINE FILTERED - FINEMENT FILTRÉ
SANS LACTOSE FREE
2L



Natrel
FINE FILTERED - FINEMENT FILTRÉ
Organic Biologique
2L

NATREL LACTOSE FREE OR ORGANIC MILK
2L
SELECTED VARIETIES

LOCKED DOWN 
5.99
EACH



Kellogg's
VERY HIGH FIBRE
MADE WITH 100% WHOLE GRAIN
MINI-WHEATS!
ORIGINAL
440 g



VECTOR
HIGH PROTEIN
WITH CRUNCHY GRANOLA CLUSTERS
440 g

KELLOGG'S MINI-WHEATS CEREAL
VECTOR
440 g
SELECTED VARIETIES

LOCKED DOWN 
4.49
EACH



LIBERTÉ GREEK
YOGURT
4 x 100 g
SELECTED VARIETIES



LIBERTÉ GREEK
YOGURT
4 x 100 g
SELECTED VARIETIES

LOCKED DOWN 
2.99
EACH



Smart Eating™
BLUE DIAMOND
ALMONDS - AMANDES
Smokehouse
La boucanerie
170 g

BLUE DIAMOND ALMONDS
170 g
SELECTED VARIETIES

LOCKED DOWN 
4.79
EACH



TACO BELL
TACO KITS
CRUNCHY & SOFT TACO
TACO BELL CREAMY SAUCE
304 mL
SELECTED VARIETIES



RED ROSE
ORANGE PEKO
TEA
70 g
SELECTED VARIETIES

LOCKED DOWN 
3.99
EACH

LOCKED DOWN 
4.99
EACH



Michelina's
GRANDE
1 LB
MACARONI & CHEESE
MACARONI AU FROMAGE
726 g



Michelina's
GRANDE
1 LB
MACARONI & BEEF
MACARONI AU BOEUF
726 g

LOCKED DOWN 
2.99
EACH



nutella
SPREAD
235 g

LOCKED DOWN 
6.99
EACH



KitKat
CLASSIC CLASSIQUE
100 g



KitKat
CLASSIC CLASSIQUE
100 g

NESTLÉ FAMILY SIZE BARS
99 g
SELECTED VARIETIES

LOCKED DOWN 
2.49
EACH



MOTT'S Fruitsations
Original
4 x 100 g
SELECTED VARIETIES



MOTT'S Fruitsations
Unsweetened
4 x 100 g
SELECTED VARIETIES

LOCKED DOWN 
2.79
EACH



Mazola
100% PURE
VEGETABLE, CANOLA OR CORN OIL
1.8 L
SELECTED VARIETIES

LOCKED DOWN 
5.99
EACH



ALLEN'S
WHITE VINEGAR
FRANCIS BLANC
4 L



ALLEN'S
WHITE OR CLEANING VINEGAR
2.5 L
SELECTED VARIETIES

LOCKED DOWN 
3.49
EACH



SUN-MAID
RAISINS
175 g
SELECTED VARIETIES



French's
Classic YELLOW
MUSTARD
230 mL
SELECTED VARIETIES

LOCKED DOWN 
4.49
EACH

25 points

LOCKED DOWN 
2.99
EACH



FEVER-TREE
PREMIUM GINGER BEER
4 x 200 mL
SELECTED VARIETIES

LOCKED DOWN 
6.99
EACH



Red Bull
ENERGY DRINK
4 x 330 mL
SELECTED VARIETIES

LOCKED DOWN 
12.99
EACH



Mega Pack Mega-format
Tasty TREATS
Temptations
1.8 kg
SELECTED VARIETIES



MILK-BONE
DOG SNACKS
1.8 kg
SELECTED VARIETIES

LOCKED DOWN 
3.99
EACH

25 points



glade
CANDLES
200 g
SELECTED VARIETIES

LOCKED DOWN 
4.99
EACH



CLOROX
BLEACH
1.8 L
SELECTED VARIETIES



PINE-SOL
ALL PURPOSE CLEANER
1.8 L
SELECTED VARIETIES

LOCKED DOWN 
4.99
EACH

ALWAYS GREAT PRICE ✓

SELECTION JUICE BLEND 2.5L
SELECTED VARIETIES

4.99
EACH

SELECTION VEGETABLES 30g - 750g FROZEN SELECTED VARIETIES

2.99
EACH

SELECTION OR IRRESISTIBLES BREAD CRUMBS 227-425g
SELECTED VARIETIES

2.99
EACH

SELECTION OR LIFE SMART NATURALIA PEANUT BUTTER 750g - 1kg
SELECTED VARIETIES

4.44
EACH

SELECTION WATER ENHANCER 480ml
SELECTED VARIETIES

2.79
EACH

SELECTION PASTA OR GNOCCHI 500-900g
SELECTED VARIETIES

1.97
EACH

SELECTION OR LIFESMART VEGETABLE COCKTAIL 1.89L
SELECTED VARIETIES

2.99
EACH

SELECTION SPARKLING WATER 1L
SELECTED VARIETIES

99¢
EACH

SELECTION LIGHT OR FLAVOURED TUNA 85g - 120g
SELECTED VARIETIES

1.49
EACH

SELECTION JAM OR LIFE SMART NATURALIA SPREAD 250g - 500mL
SELECTED VARIETIES

4.49
EACH

SELECTION WAFERS 100g
SELECTED VARIETIES

1.79
EACH

SELECTION PICKLES 12
SELECTED VARIETIES

3.27
EACH

SELECTION JELLY POWDER 85g
SELECTED VARIETIES

99¢
EACH

IRRESISTIBLES BBQ SAUCE 300mL
SELECTED VARIETIES

3.49
EACH

SELECTION MULTI PURPOSE CLEANER 750-1000mL, 1:2:1
SELECTED VARIETIES

2.99
EACH

SELECTION PAPER TOWELS 60
SELECTED VARIETIES

5.99
EACH

SELECTION FACIAL TISSUE 12's
SELECTED VARIETIES

13.99
EACH

SELECTION BATHROOM TISSUE 30-100's

19.99
EACH

GAME DAY

FOR LESS



HALAL
AT SAME
PRICE

LEAN GROUND BEEF
FAMILY PACK
INCLUDES HALAL
17.61/KG

7⁹⁹
/LB



PINTY'S
CHICKEN WINGS OR CHUNKS
750 - 780 G FROZEN SELECTED VARIETIES

15⁹⁹
EACH

55
points



GAY LEA SOUR CREAM
250 ML
SELECTED VARIETIES

1⁹⁹
EACH



SELECTION
SOFT DRINKS
12 X 355 ML
SELECTED VARIETIES

5⁹⁷
EACH



MARS
M&M'S OR
MALTESERS
CHOCOLATE
BITES
160 G
SELECTED VARIETIES

4⁴⁹
EACH



CHOLULA
HOT OR
CREAMY
SAUCE
150 - 325 ML
SELECTED VARIETIES

4⁹⁹
EACH



NANDO'S
PERI-PERI SAUCE
150 ML
SELECTED VARIETIES

6⁴⁹
EACH



LIFE SMART NATURALIA
TORTILLA CHIPS
150 G
SELECTION SALSA
400 ML
SELECTED VARIETIES

2⁹⁹
EACH



CLUB HOUSE
DIP MIX
28 - 42 G
SELECTED VARIETIES

1²⁹
EACH



LA COSTENA
FRIED BEANS
OR PEPPERS
180 - 240 ML
SELECTED VARIETIES

2⁹⁹
EACH



1⁹⁹
EACH

2⁴⁹
EACH

3⁸⁸
EACH

24⁹⁹
EACH



5⁴⁹
EACH

7⁴⁹
EACH

8⁴⁹
EACH

11⁹⁹
EACH

新年快乐 HAPPY LUNAR NEW YEAR 2026



新年快乐 HAPPY LUNAR NEW YEAR 2026



Y&Y VIET/MILI OR ROYAL ORCHID JASMINE RICE
8 kg
1299
EACH



BILLY BEE HONEY
1 kg
SELECTED VARIETIES
999
EACH



VH SAUCE
347.5 ml
SELECTED VARIETIES
299
EACH



HEREFORD CORNED BEEF OR SPAM LUNCHEON MEAT
340 g
SELECTED VARIETIES
399
EACH



CHAO KOH, CASABLANCA OR COOL RUNNINGS COCONUT WATER OR MILK
520 ml
SELECTED VARIETIES
125
EACH



KIKKOMAN TERIYAKI OR SOY SAUCE, PANKO BREAD CRUMBS
294 ml, 227 g, 283 g
SELECTED VARIETIES
399
EACH



LEE KUM KEE SOY SAUCE, Y&Y RICE STICKS, SOY BEANS OR SESAME OIL
100 ml, 300 ml, 400 g, 454 g
SELECTED VARIETIES
229
EACH



JASMINE TEA, POCKY, STICK COOKIES, HAO OR ANN TEA
120 g, 150 g, 180 g
SELECTED VARIETIES
499
EACH

GRACE PLANTAIN CHIPS OR PEANUT PUNCH
120 g, 150 g, 180 g
SELECTED VARIETIES
129
EACH



INDOMIE NOODLES, LUCKY KOI SRIRACHA, HOISIN OR OYSTER SAUCE
5 x 80 g, 450 g, 500 ml
SELECTED VARIETIES
299
EACH



BLUE DRAGON COOKING SAUCE OR CURRY SAUCE
240 ml, 270 ml, 270 ml
SELECTED VARIETIES
399
EACH

SAPPORO ICHIBAN NOODLES
100 g
SELECTED VARIETIES
99c
EACH



WING SALAD NOODLES OR COOKIES, Y&Y SEAWEED OR NONGSHIM SNACKS
45 g, 150 g, 3.5 g
SELECTED VARIETIES
169
EACH



NONG SHIM NOODLES MULTIPACK
45 x 100 g, 4 x 100 g
SELECTED VARIETIES
599
EACH

GRACE OR COOL RUNNINGS SODA, CASABLANCA BASIL DRINKS
250 ml, 400 ml
SELECTED VARIETIES
129
EACH



AUTHENTIC ASIA MEALS, PH FOOD DUMPLINGS, SOYBEAN PASTE
300 g, 300 g, 300 g
SELECTED VARIETIES
499
EACH



SUM EXOTIC PINEAPPLE COCONUT DRINK, OKF ALOE DRINK, SUN EXOTIC DRINK, RIBENA BLACKCURRANT NECTAR
300 ml, 300 ml, 300 ml, 300 ml
SELECTED VARIETIES
199
EACH

1099
EACH

MORE

RAMADAN FOR LESS



POMEGRANATE PRODUCT OF EGYPT
METHI LEAVES PRODUCT OF U.S.A. AND/OR MEXICO

1.98
EACH



ZABIHA HALAL
FRESH BONELESS
SKINLESS CHICKEN
BREAST
FAMILY PACK
AIR CHILLED
17.61/KG

7.99
/LB



NOOR OR LAL QILLA SELLA, PARLIAMENT
GOLD OR ERAVAT BASMATI RICE
4.54 KG SELECTED VARIETIES

9.99
EACH



NANAK
DESI GHEE
800 G

12.99
EACH



99¢
EACH



PILLSBURY
CHAKKI ATTA
9.07 KG

9.99
EACH



CEDAR
CANNED BEANS
340 ML
SELECTED VARIETIES

1.49
EACH



CEDAR DRY
BEANS, BARLEY,
BURGOL OR
SEMOLINA
907 G
SELECTED VARIETIES

2.99
EACH

ADONIS
BAKLAVAS
275 G

5.99
EACH



NOOR DATES, ROOH AFZA SYRUP OR
SHERBON JUICE
800 G, 800 ML, 2 L SELECTED VARIETIES

4.99
EACH



INDOMIE
NOODLES
1.58 G, 1.58 G
SELECTED VARIETIES

2.99
EACH

PARLE-G, LU OR
EBM COOKIES
60 G, 100 G
SELECTED VARIETIES

99¢
EACH



CEDAR KATAIFI OR PHYLLO PASTRY DOUGH,
FROZEN SPINACH OR STUFFED VINE LEAVES
FROZEN 375 - 734 G SELECTED VARIETIES

2.99
EACH



CEDAR
PEACHES OR
POMEGRANATE
JUICE
250 - 794 ML
SELECTED VARIETIES

3.49
EACH

KURKURE
CHIPS
115 G
SELECTED VARIETIES

1.79
EACH



CASABLANCA
BUTTER COOKIES,
PURE HEAVEN
OR CASABLANCA
DRINKS
454 G, 750 ML
SELECTED VARIETIES

3.99
EACH



BEST NECTARS,
DIVYA MANGO
PULP OR NORDEX
KASHTA CREAM
1 L, 1.5 L, 800 G
SELECTED VARIETIES

2.99
EACH

CEDAR
MARSHMALLOWS,
ROSE OR
ORANGE WATER
200 G, 200 ML
SELECTED VARIETIES

1.99
EACH

MORE

RAMADAN FOR LESS



DIVYA
LENTILS OR
BLACK CHICKPEAS
1.5 - 2.5 KG
SELECTED VARIETIES



DIVYA
BLACK CHICKPEAS
POIS CHICHES NOIR
KALA CHANA
1.5 - 2.5 KG
SELECTED VARIETIES

3⁹⁹
EACH



INDIA GATE
ROZZANA OR QILLA PREMIUM
BASMATI RICE
4.54 KG, 8 KG
SELECTED VARIETIES



CEDAR
Long Grain Parboiled Rice
Riz arboré à grains longs
8 kg - 12.5 kg

12⁹⁹
EACH



KFI
BUTTER CHICKEN
Cooking Sauce
375 - 400 ML
SELECTED VARIETIES



PATAK'S
BUTTER CHICKEN
POULET AU BEURRE
Cooking Sauce
375 - 400 ML
SELECTED VARIETIES

3⁹⁹
EACH



DIVYA
GARLIC CORIANDER NAAN
PAIN D'AIL CORIANDER
Just Heat & Eat!
Chaudh par example!
320 - 400 G FROZEN
SELECTED VARIETIES



DIVYA
PLAIN PARATHA
PAIN INDIEN PLAIN
Just Heat & Eat!
Chaudh par example!
320 - 400 G FROZEN
SELECTED VARIETIES

1⁹⁹
EACH



LAZEEZ
Vegetable Samosa
FROZEN SNACKS
10 PCS
Lazeez Spring Rolls or Samosas, National Cooking Sauce
300 - 400 G
SELECTED VARIETIES



2⁹⁹
EACH



CEDAR
Tahini
Sesame seed paste
From the sesame
hull
300 g



ALKANATER
OR CEDAR TAHINI,
PHOENICIA HONEY
200 - 300 ML
SELECTED VARIETIES

8⁹⁹
EACH



ALJUICE
POMEGRANATE
100% POMEGRANATE
NO ARTIFICIAL PRESERVATIVES
1.75 L



ALPHONSO
100% POMEGRANATE
NO ARTIFICIAL PRESERVATIVES
1.75 L

3⁹⁹
EACH



CEDAR
CONDENSED MILK
300 ML
SELECTED VARIETIES



Maggi
2-Minute Noodles
Authentic Indian Flavour
Tasty Indian restaurant style
74 g

39¢
EACH



CASABLANCA
BASIL DRINKS,
SURATI CHIPS
200 ML, 100 G
SELECTED VARIETIES

1²⁹
EACH



CEDAR
MARINADES,
CUCUMBERS
OR GRAPE LEAVES
700 ML, 1 L
SELECTED VARIETIES



4⁹⁹
EACH



National
SPICE OR
GITS MIXES
45 - 200 G
SELECTED VARIETIES

1⁶⁷
EACH



Indomie
Instant Noodles
75 g



National
VERMICELLI
75 - 125 G
SELECTED VARIETIES

79¢
EACH



alfa
PIES
700 - 850 G
FROZEN
SELECTED VARIETIES



7⁹⁹
EACH



SHAN
MIXES OR
DIVYA GINGER
GARLIC PASTE
100 - 200 G
SELECTED VARIETIES

1⁹⁹
EACH



SHAN
MIXES OR
DIVYA GINGER
GARLIC PASTE
100 - 200 G
SELECTED VARIETIES

4⁹⁹
EACH



PHOENICIA
YOGURT
YOGOURT
3.25% M.F.
1.5 L



CEDAR
Plain Yogurt
Yogourt nature
3.25% M.F.
1.5 L

2⁴⁹
EACH



Desi-Licious
KULFI
1.5 L FROZEN
SELECTED VARIETIES

5⁹⁹
EACH



TATA TEA
Masala Chai
Peanut Chikki
DIVYA
PEANUT CHIKKI
OR TATA TEA
80 G, 100 G
SELECTED VARIETIES

3⁴⁹
EACH

PERSONAL CARE FOR LESS



HUGGIES
PULL-UPS,
GOODNITES
TRAINING
UNDERWEAR
66-105
SELECTED VARIETIES



HUGGIES
little movers
OUTSTANDING
ACTIVE FIT
HUGE VALUE
GRANDE VALEUR
84
DIAPERS
COUCHES
6



HUGGIES
little snugglers
GENTLE
SKIN PROTECTION
HUGE VALUE
GRANDE VALEUR
148
DIAPERS
COUCHES
2

HUGGIES LITTLE MOVERS,
SNUGLERS DIAPERS
84-148'S
SELECTED VARIETIES

THIS WEEK ONLY

34⁹⁹
EACH



always
ULTRA THIN PADS
100% LEAK FREE
22
PADS
SELECTED VARIETIES



TAMPAX
PEARL
LOCKED DOWN

5⁴⁹
EACH



Dove
MEN+
CARE
daily
moisture
hydration
quaternium
150
ML
SELECTED VARIETIES



DOVE
BAR SOAP & S.
HAIR CARE
828 ML
SELECTED VARIETIES

LOCKED DOWN

10⁹⁹
EACH



Colgate
Max Fresh
151%
TOOTH PASTE
150-150 ML
TOOTHBRUSH
EACH
SELECTED VARIETIES



SENSODYNE
Fresh Mint
#1 DENTIST RECOMMENDED BRAND
24-7 Sensitivity Protection + Strong Teeth & Healthy Gums
135 ML
SELECTED VARIETIES

LOCKED DOWN

6²⁹
EACH



SCOPE MOUTHWASH
1 L
CREST TOOTH PASTE
45 ML
ORAL-B TOOTHBRUSH
EACH
SELECTED VARIETIES

LOCKED DOWN

4⁹⁹
EACH



Softsoap
REFILL HAND SOAP
1.47 L
SELECTED VARIETIES

LOCKED DOWN

7⁹⁹
EACH



GILLETTE OR **SECRET**
DEODORANT
45-100 G
SELECTED VARIETIES

LOCKED DOWN

5⁹⁹
EACH



Old Spice
HAIR+BODYWASH
332 ML
SELECTED VARIETIES

LOCKED DOWN

7⁹⁹
EACH



Gerber
Snacks
Lil' Crunchies,
Cereal Puffs
42 G
SELECTED VARIETIES

LOCKED DOWN

3²⁹
EACH



JOHNSON'S
CALMING
SHAMPOO,
HEAD-TO-TOE
WASH OR
BABY OIL
100-400 ML
SELECTED VARIETIES

LOCKED DOWN

5⁹⁹
EACH



LIVE CLEAN
BABY SHAMPOO
& WASH, BABY
LOTION
227-300 ML
SELECTED VARIETIES

LOCKED DOWN

6⁹⁹
EACH



LIVE CLEAN
HAIR CARE
310 ML
SELECTED VARIETIES

LOCKED DOWN

6⁹⁹
EACH



PERSONNELLE
HAND SOAP
251 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE

1⁹⁹
EACH



PERSONNELLE
BODY WASH OR
SHOWER GEL
400-575 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE

2⁹⁹
EACH



PERSONNELLE
HAIR CARE
310-375 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE

2⁹⁹
EACH



Pampers
BABY WIPES
80'S
SELECTED VARIETIES

LOCKED DOWN

7⁴⁹
EACH



Back to Busy? Dairy's Got Your Back!

Lactantia UltraPur Milk
1.5 L
20g PROTEIN
NO SUGAR ADDED
10 ESSENTIAL NUTRIENTS

LOCKED DOWN
5.49 EACH

Lactantia Cream Cheese Product
227 g
Simple Ingredients
Rich & Creamy
Riche et crémeux
Ingrédients simples

LOCKED DOWN
3.49 EACH

20 points

Lactantia Lactose Free Cream
475 mL
EASY TO DIGEST

LOCKED DOWN
4.99 EACH

Beatrice B-Fit Protein Milkshake
400 mL
34g PROTEIN

LOCKED DOWN
2.99 EACH

Astro Original Balkan Yogurt
12 x 100 g
ORIGINAL
FRUIT ON THE BOTTOM • FRUITS AU FOND

LOCKED DOWN
5.49 EACH

Krema Organic Yogurt
650 g
RICH & CREAMY YOGURT

LOCKED DOWN
4.99 EACH

Parkay Margarine
850 g
FRESH & CREAMY TASTE

LOCKED DOWN
4.49 EACH

Black Diamond Cheddar Slices
410 g
22g PROTEIN

LOCKED DOWN
3.98 EACH

iöco Nano Drinkable Yogurt
6 x 93 mL
ALWAYS GREAT PRICE

3.49 EACH