



FORTINOS®



Moredays

More savings, more deals,
more points!

Boneless!

9.99/lb beef tri tip steak
cut from Canada AA
grade beef or higher
22.02/kg 20874387_KG

5.99/lb Ovation New Zealand
lamb shoulder chops
13.21/kg 21091613_KG

7.99/lb fresh Pacific
rockfish fillets
17.61/kg 20046308_KG

Product of
British Columbia!

Ovation®
✓ 100% Grass Fed
✓ Free Range
✓ NON GMO
✓ Raised without
antibiotics & hormones

Organic
Lil Snappers
organic apples
selected varieties,
product of U.S.A.,
Extra Fancy grade
3 lb 20997913_EA/20712841001_EA

2.49 blueberries
product of Chile
or Mexico,
no. 1 grade
170 g 20152465001_EA

3.88/lb/ea. Sumo citrus
3.88/lb, 8.55/kg, product of U.S.A.
or dragon fruit 3.88 ea.,
product of Vietnam or Ecuador
8.55/kg 2056257000_EA/20168395001_EA

3.99 PC® 50-50 blend,
baby spinach
or spring mix
product of U.S.A.
283/312 g 21204253_EA/21204386_EA

9.99 Yorkshire Valley Farms
organic chicken
drumsticks or wings frozen
1 kg 20940293_EA/20940328_EA

8.99 PC® white
cooked shrimp
31-40 per lb
or SeaQuest® pink
salmon fillets frozen
400 g 20791381_EA/21314740_EA

7.99 PC® feta cheese
selected varieties
400 g 20216975_EA/20219690_EA

11.99/lb Ziggy's®
cooked or smoked
chicken breast
deli sliced or shaved
2.64/100 g 20299046_KG/20311436_KG

7.99 Lou's entrees, Swiss
Chalet or St. Hubert
frozen meat pies
selected varieties
375-800 g 20078077_EA/21047194_EA

4.99 Marcangelo
deli sliced meats
selected varieties
85 g 21706422_EA

2.99 Rudolph's bread 500 g,
PC® mini naan 180 g,
English muffins 6's
or Wonder buns 8's
selected varieties
each 20038335_EA/20080181_EA

6.99 butter
croissants
baked in store
12's 21683000_EA

La Molisana
pasta 450 g or
Molisana strained
tomatoes 680 mL
selected varieties
20016661_EA/20303498008_EA

1.99
each



Colavita
olive oil
20617955_EA

13.99
1 L



2.98
340 g

Hereford
corned beef or
Spam luncheon meat
selected varieties
20050622_EA/20968255_EA



7.99
17.61/kg

milk
chocolate
covered
almonds
20052339_KG

.99

Neilson 1% chocolate milk 750 mL,
shakes 310 mL or Oikos yogurt
drinks 190 mL, selected varieties
20766719_EA/21040942_EA



2.49
144-303 g

Christie Oreo, ChipsAhoy!
or mini cookies selected varieties
21358407_EA/21361508_EA



1,000 pts

Prego
pasta sauce
selected varieties
20325820001_EA

2.99
645 mL



Kikkoman
soy sauce 148 mL,
Indomie noodles 5's,
PC® udon noodles 4's
or LKK Hoisin
sauce 445 mL
selected varieties
20043711_EA/20045048_EA

2.88
each



5.99
each

Perrier Chic or
San Pellegrino sparkling
water or beverage
selected varieties, 6x330 mL,
6x500 mL, 4x250 mL
21604035_C04/21433193_C08

Maxwell House
ground coffee
631-900 g
or Muskoka
K-Cup pods
20's or roast and
ground coffee 454 g
selected varieties
20610167002_EA/20987246_EA

15.99
each



Oikos or Activia
Expert 650/750 g,
Danone Activia
12x100 g, drinkable
8x93 mL yogurt
or Stok cold brew
coffee 1.42 L,
selected varieties
20640892_EA/21203739_EA

6.49
each



5.49
480-650 g

Kellogg's cereal
selected varieties
21449784_EA/21652002_EA

Tide laundry
detergent 1 L,
pods or flings 12-16's,
Downy or Gain fabric
softener .946-1.31 L,
Bounce sheets 40-80's
or beads 141 g
selected varieties
21182552_EA/21549771_EA

4.99
each



up to
40%
OFF

Jamieson
vitamins
selected varieties
and sizes
20299993_EA/20303216001_EA

Zevia sugar-free
soda 6x355 mL,
La Croix sparkling
water 8x355 mL,
or Sap Sucker
sparkling maple
water 4x355 mL
selected varieties
21106231_C06/21392631_C08

5.49
each



Prices effective at all Burlington, Oakville and Waterdown stores only.

Flyer prices effective from Thursday, January 29th, to Wednesday, February 4th, 2026

Visit us at fortinos.ca. FOLLOW US ON

Quantities and/or selection of items may be limited and may not be available in all stores. No Rainchecks OR Substitutions on clearance items or where quantities are advertised as limited. Advertised regular pricing and product selection (flavour, colour, patterns, style) may vary by store location. We reserve the right to limit quantities to reasonable family requirements. We are not obligated to sell items based on errors or misprints in typography or photography. Pricing: All references to "Save, Was, Now, Savings, etc.," is in comparison to our own regular prices. Coupons must be presented and redeemed at time of purchase. Savings shown may be greater depending on store location. Applicable taxes, deposits, or environmental surcharges are extra. No sales to retail outlets. To register as a PC Optimum™ member visit pcoptimum.ca. We are not obligated to award points based on errors or misprints. No cash value. Minimum redemption 10,000 points. These offers cannot be combined with any other coupons, discounts or promotions. Receive the points specified when you spend the qualifying dollar amount on the displayed product (s) and/or category. The trade-marks, service marks and logos displayed in this flyer are trade-marks of Loblaws Inc. and others. ©2026 Loblaws Inc. All rights reserved.

FORT BACK

this product is printed using vegetable-based inks



Produce

Nature's Bounty arriving fresh daily!



NEW

Oishii Koyo strawberries
product of U.S.A.,
no. 1 grade



12.99
121 g



large Honeycrisp apples
product of Ontario,
Canada Extra
Fancy grade

3.99 lb
8.80/kg



No peeling needed,
just pop them
in your mouth!

4.99
125 g

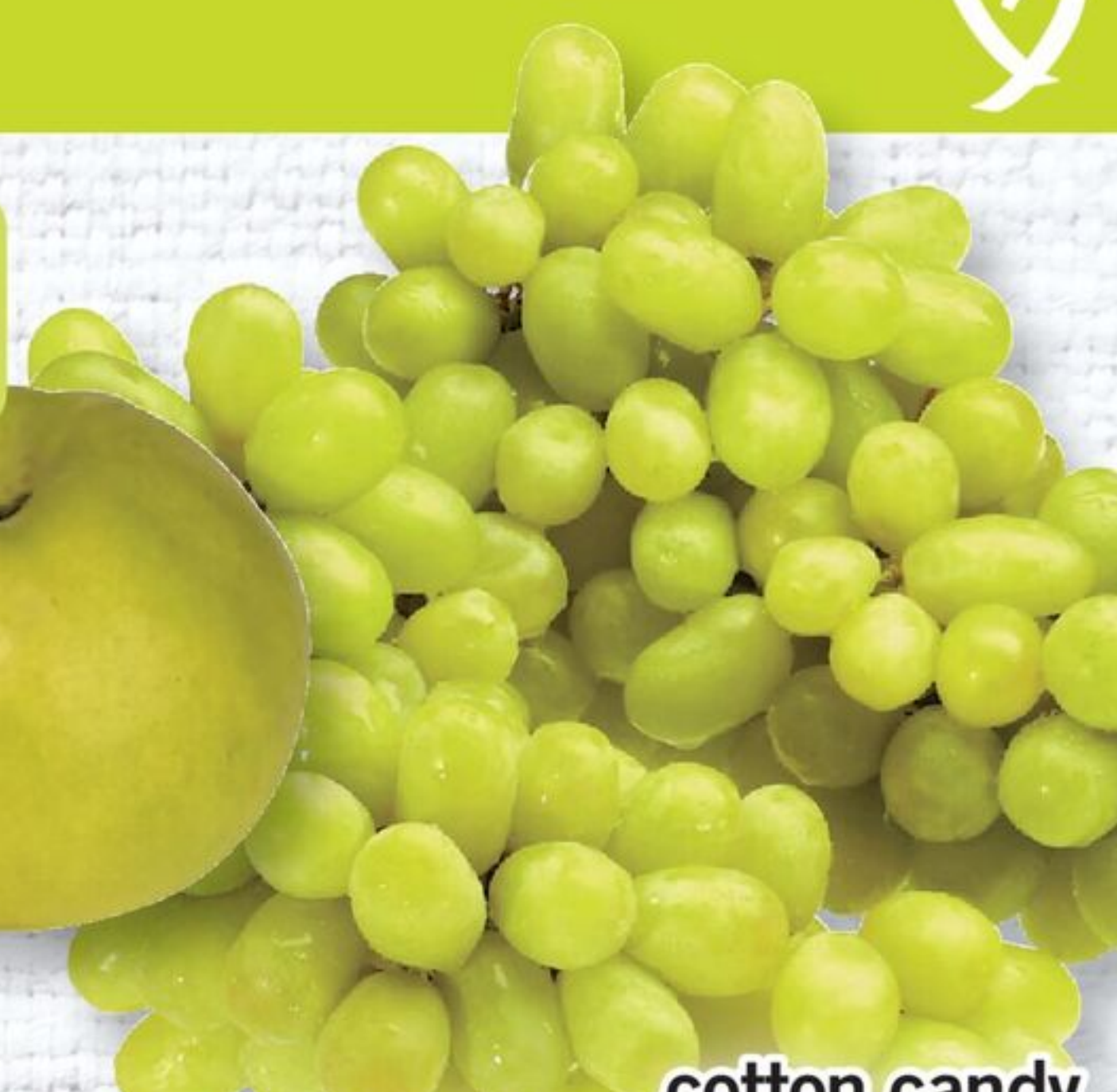
**kiwi berries
or red currants**
product of Chile



Perfect for jam,
pies & sauces!

3.49
each

quince
product of Turkey



4.99 lb
11.00/kg

cotton candy grapes
product of Peru,
no. 1 grade



4.99
5 ct bag

avocados
product of Mexico

2.29 lb
5.05/kg

large sweet potatoes
product of U.S.A.



2.49
454 g

red radishes
product of U.S.A.,
no. 1 grade



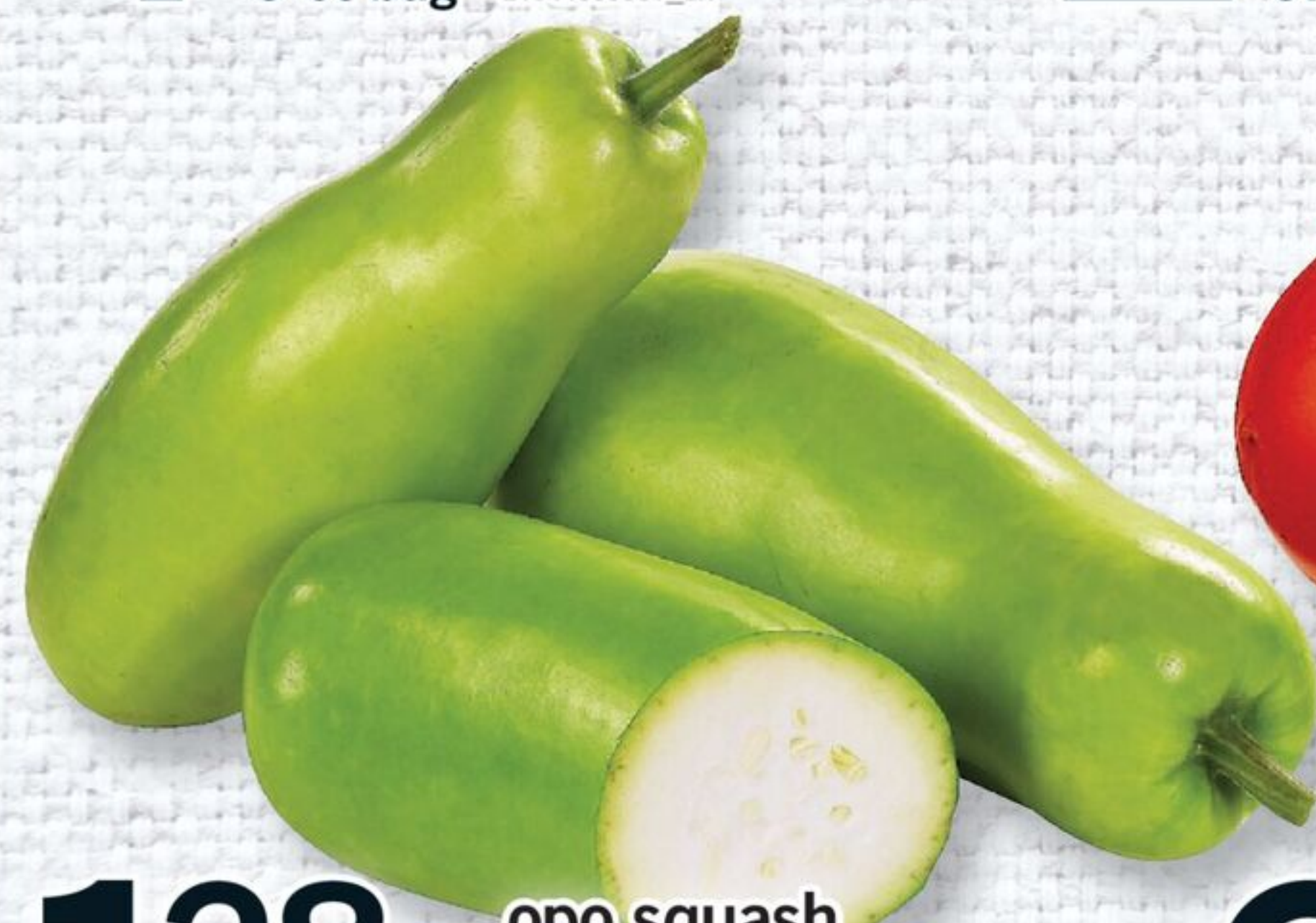
**coloured carrots
or sweet Nantes
carrots** 454 g,
product of Canada,
Canada no. 1 grade
or local garlic 115 g,
product of Canada

2.99
each



1.49
each

large green onions
product of Mexico



1.28 lb
2.82/kg

opo squash
product of Honduras
or Mexico



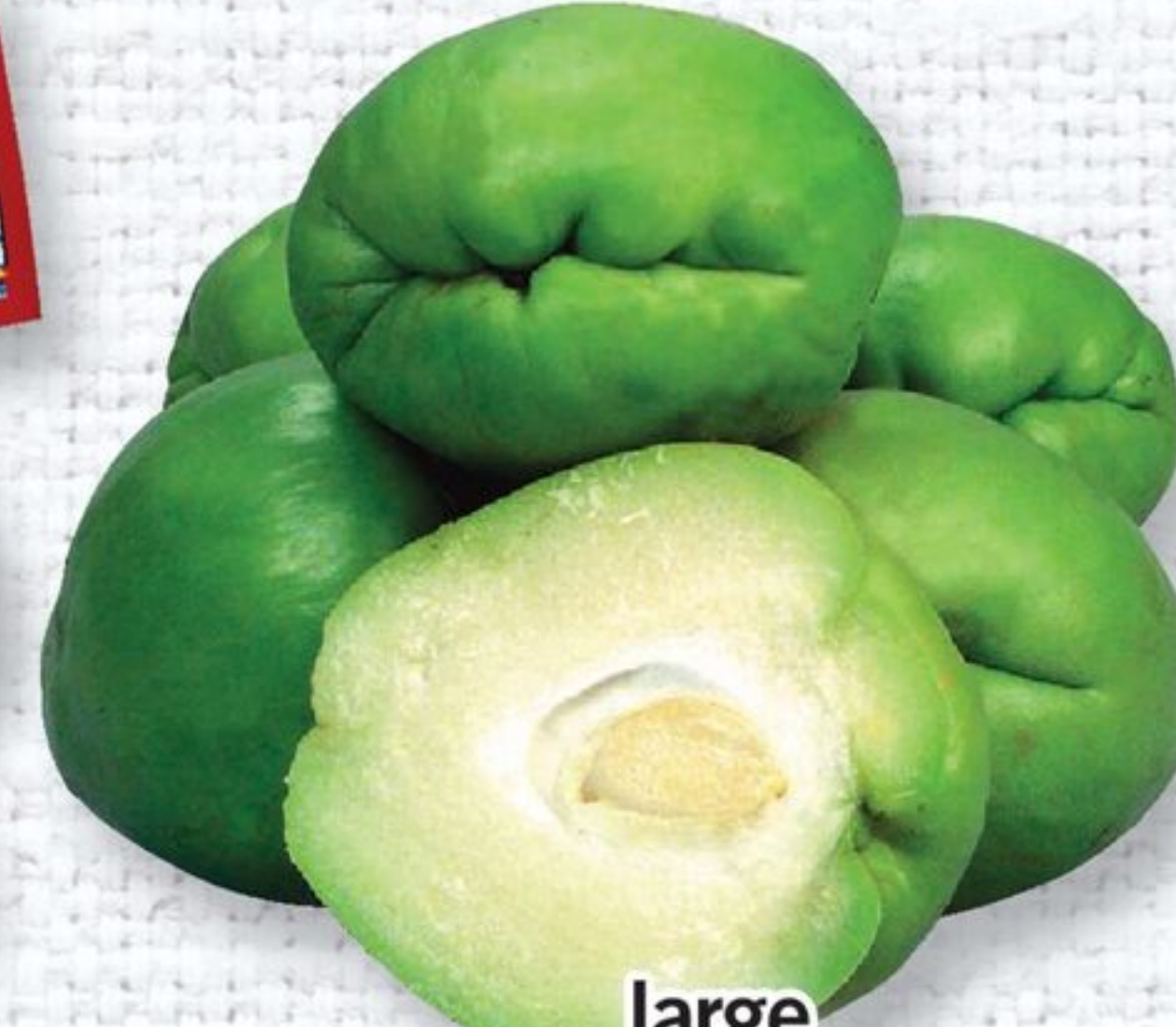
2.49 lb
5.49/kg

Roma tomatoes
product of
Mexico or U.S.A.,
no. 1 grade



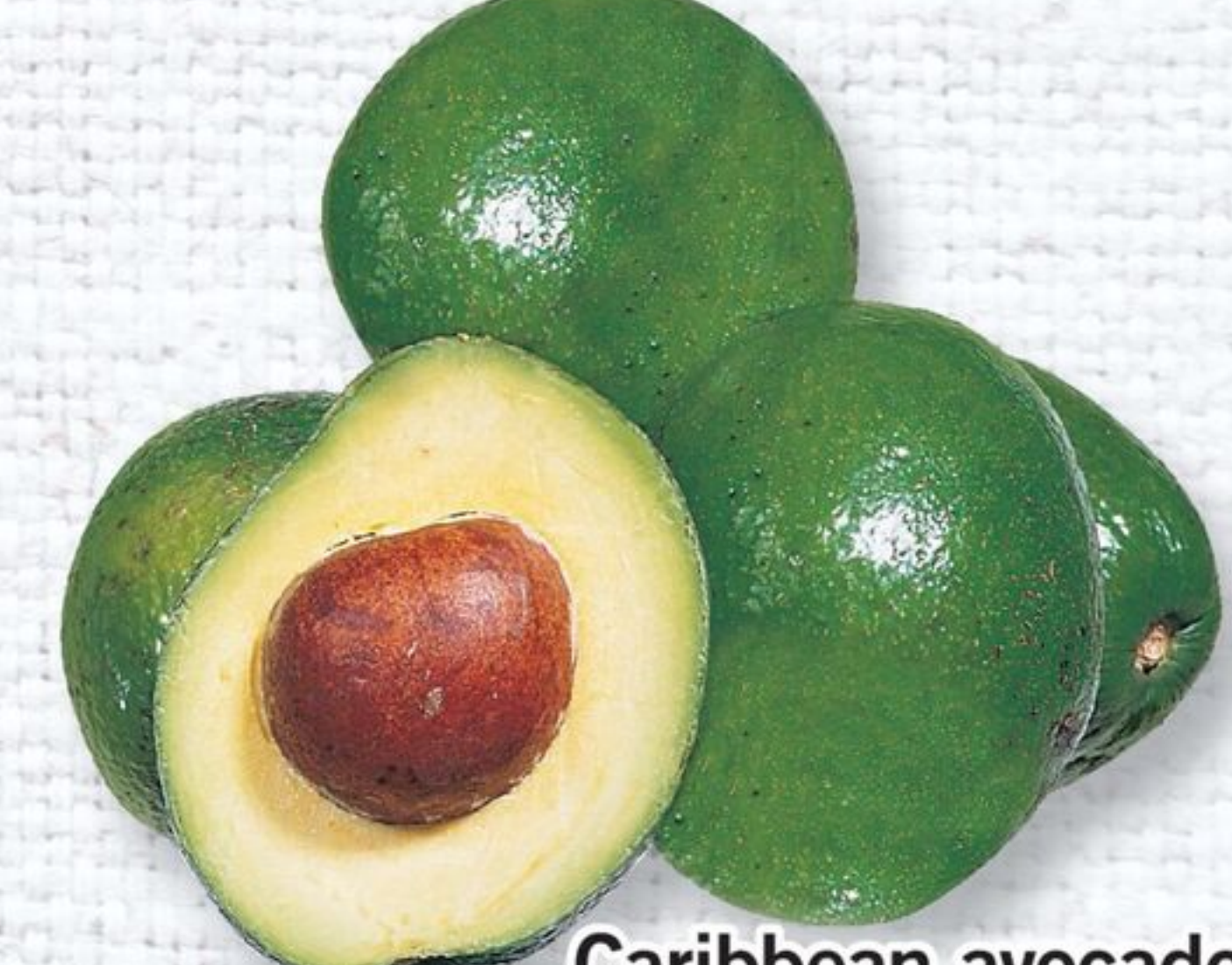
Rooster™ garlic
product of China

.89
3's



1.29
each

large chayote squash
product of
Costa Rica



2.49
each

Caribbean avocado
product of
Dominican Republic
or U.S.A.

Pick Organic

Over 150 items available every day!

PC® Organics
romaine hearts
product of U.S.A.



6.99
3's



3.99
170 g

PC® Organics oyster mushrooms
product of Ontario



5.49
2's

PC® Organics sweet peppers
product of Mexico



4.49
454 g

organic limes
product of Mexico

Greenhouse organic wellness boosters
\$13.49 4x60 mL

Greenhouse organic wellness booster
product of Ontario

3.49
60 mL



NEW

Wester Ross

**Premium Salmon
Raised off the coast of Scotland
Imported fresh!**



PRODUCT OF SCOTLAND



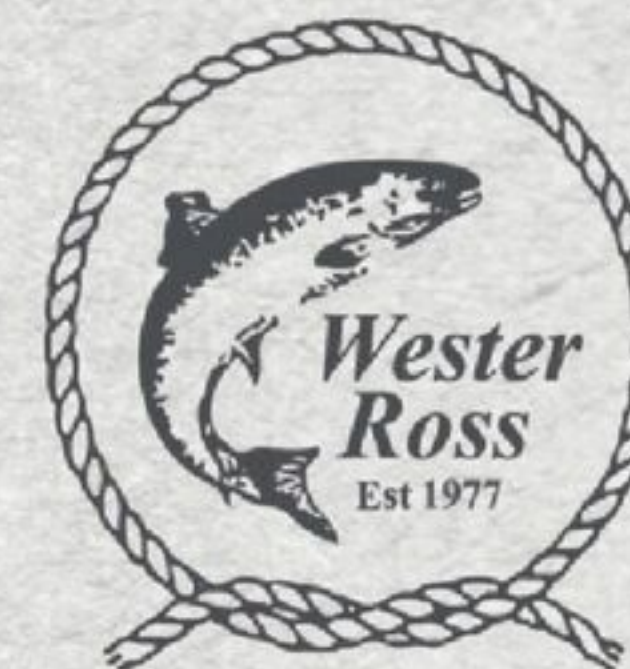
*Exclusive to
Fortinos!*



Wester Ross salmon is a truly artisanal product.

More than 40 years of hand wrought experience go into every fish that comes to your table. Wester Ross salmon are slowly grown to market size at a natural rate that takes more time. Natural growth is more humane. It rewards us with a firmer salmon that resembles its wild cousins in appearance and texture.

Wester Ross Salmon are hand selected and individually tagged to assure quality and traceability.



*Raised without Antibiotics,
growth promoters or GMOs.
Slow grown. Premium quality,
exceptional taste.*

Click here

17⁹⁹lb
39.66/kg

Meat

FULL SERVICE BUTCHER • Custom cuts your way!



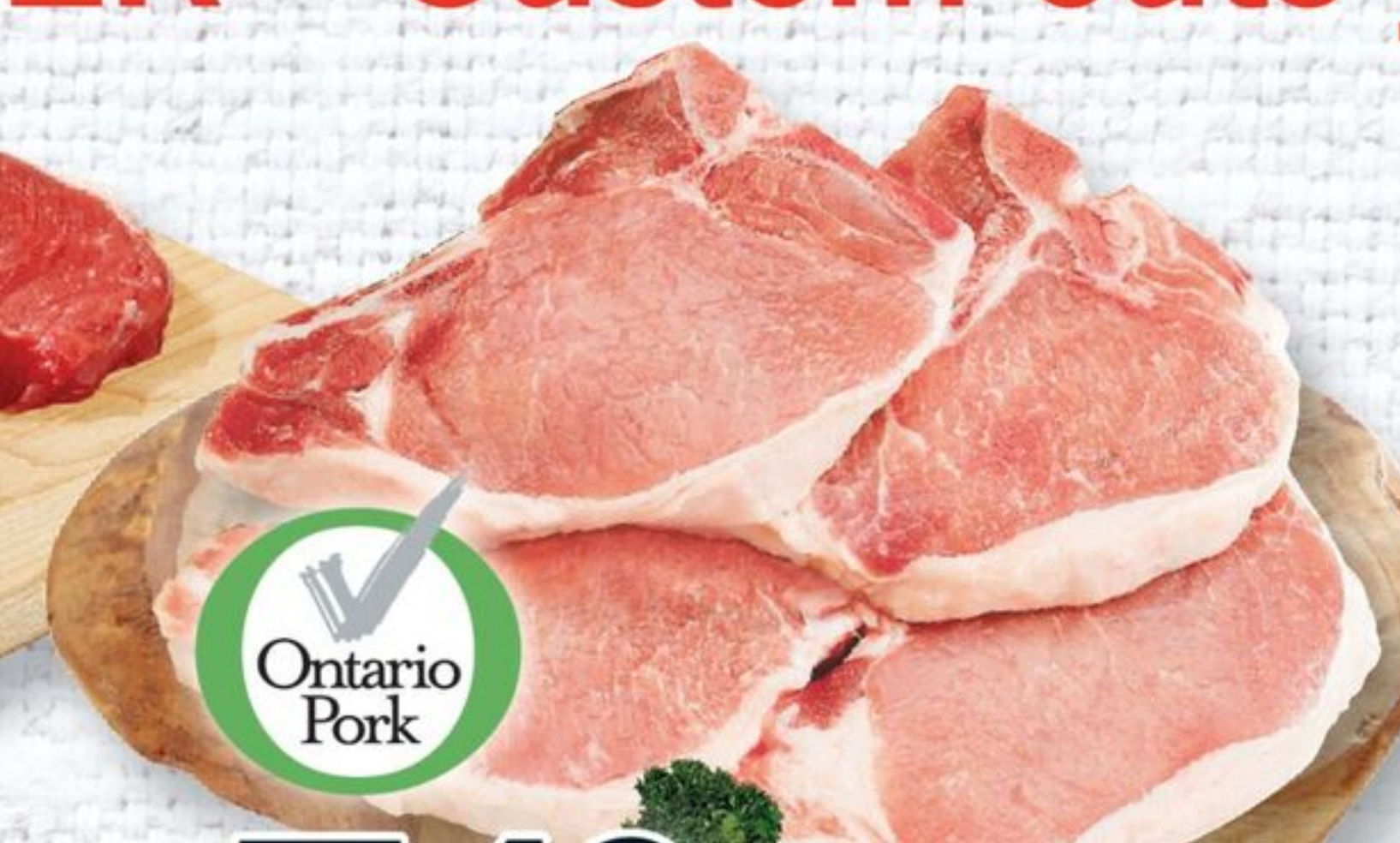
19⁹⁹lb
44.07/kg

rib steak cap-off
cut from Canada AA
or USDA Select grade
beef or higher
20812082_KG



16⁹⁹lb
37.46/kg

striploin
steak fast fry
cut from Canada AA
or USDA Select grade
beef or higher
20798455_KG



5⁴⁹lb
12.10/kg

pork loin fast fry
centre-cut chops
20823073_KG



15⁹⁹lb
35.25/kg

beef chuck
short ribs, fast fry
Certified Angus Beef®
brand, cut from Canada
AAA grade beef or higher
21044933_KG



Halal Chicken

Optimum
1,000 pts

4⁴⁹lb
9.90/kg



Mina Halal
whole chicken
21617979_KG

Optimum
1,000 pts

7⁹⁹lb
17.61/kg



Mina Halal
boneless skinless
chicken thighs
21635520_KG

Optimum
1,000 pts

4⁹⁹lb
11.00/kg



Mina Halal chicken
drumsticks or thighs
21618064_KG/21618074_KG

Optimum
1,000 pts

8⁴⁹
454 g



Mina Halal extra lean
ground chicken
21618141_EA



Grab & Go Sandwiches

Made fresh in store with
Pane Fresco breads!



Grab & Go sandwiches
ham & cheese sandwich, tuna salad
sandwich, egg salad sandwich,
chicken salad sandwich or
tomato & cheese sandwich

21186519_EA

5²⁹-5⁴⁹
each



Deli

Always freshly sliced or shaved your way!

9⁹⁹lb
2.20/100 g
San Daniele
mortadella
selected varieties
20090246_KG/20163535_KG

13⁹⁹lb
3.08/100 g
Piller's Black Forest ham
or smoked turkey breast
20097076_KG/20178087_KG

14⁹⁹lb
3.31/100 g
Piller's salami
selected varieties,
deli sliced
20300824_KG

24⁹⁹lb
5.51/100 g
Chianti Tuscan
prosciutto DOP
21053533_KG/21297813_KG

13⁹⁹lb
30.85/kg
Balderson old
or extra old
cheddar
20187665_KG

5⁹⁹
200/220 g
Daiya vegan cheese
selected varieties
21070311_EA/21355692_EA

\$4
PC® naan crisps
sea salt or garlic
& cheese, 170 g
21683375_EA/21683470_EA

6⁹⁹
454 g
PC® dips
selected varieties
20583652_EA/20584001_EA

Bakery

Baked fresh by Bakers with passion!

31⁹⁹
800 g/1.4 kg
8 inch cake
selected varieties
21551228_EA

16⁹⁹
616/656 g
bar cake
selected varieties
21551228_EA

3⁹⁹
90-110 g
zeppole pastry
or fresh fruit tart
selected varieties
20592677_EA/20592789_EA

2²⁹
50/65 g
butter croissants
or pastries
20705085_EA/21416864_EA

5⁴⁹
454/550 g
Stonemill bread
selected varieties
21556097_EA/21556254_EA

4⁴⁹
each
PC® white 10's
or PC® Blue Menu®
whole wheat 6's tortillas
2018659_EA

4⁹⁹
each
Kimberley's Valentine's
frosted cookies 383 g
or mini cupcakes 12's
selected varieties
21296834_EA

5⁹⁹
each
Two-Bite Valentine's
sprinkle brownies
310 g or mini heart
sugar cookies 284 g
21572381_EA



Get more on

More savings, more deals, more points.

Moredays Moredays Moredays



Optimum
2,000 pts

Chapman's super premium ice cream
selected varieties, frozen, 500 mL
21511147_EA/21511200_EA



Optimum
1,500 pts

Del Monte juice blends
selected varieties, 2.5 L
21437381_EA/21595736_EA



Optimum
1,500 pts

Whiskas Perfect Portions wet cat food
selected varieties, 12's
20945383_EA/20945387_EA



Optimum
1,000 pts

Lysol disinfecting wipes
selected varieties, 75's
21449819_EA/21449826_EA



Optimum
1,000 pts

P.F. Chang's sauce
selected varieties
350 mL
21557164_EA/21629528_EA



Optimum
1,000 pts

Dutchman's Gold Summer Blossom honey
500 g
21053161_EA



Optimum
750 pts

Chanteclair degreaser
all purpose cleaner
750 mL
21686798_EA/21686902_EA



Optimum
700 pts

Ily Nespresso compatible pods
selected varieties, 10's
21701935_EA/21701951_EA



Optimum
500 pts

Old Dutch Dumpty snacks
selected varieties
175-290 g
21367509_EA/21367543_EA



Optimum
500 pts

Tre Stelle cream cheese
selected varieties
200 g
20016786_EA/21177728_EA



Optimum
500 pts

Static Guard 156 g
20620043_EA



Optimum
500 pts

Loacker wafers
selected varieties
150/175 g
20321447001_EA/20325908_EA



Optimum
500 pts

Cucina Della Nonna vanilla or baking powder
selected varieties and sizes
20560901_EA/20880358_EA



Optimum
500 pts

Aurora or Allesia bread crumbs
selected varieties
227-680 g
20083212_EA/20184061_EA



Optimum
500 pts

Aurora canned tomatoes, pasta or passata
selected varieties and sizes
20004992_EA/20064896_EA

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Get more on

More savings, more deals, more points.

Moredays Moredays Moredays



Optimum
6,500 pts
for every \$30
spent on

McCafe, Van Houtte ground coffee
or beans 340-900 g or McCafe,
Van Houtte, Lavazza or Kicking
Horse K-Cup pods 10-48 ct

21238495_EA/21589798_EA



Optimum
3,500 pts
for every \$15
spent on

Club House spices,
gravy or extracts
all varieties and sizes

20061848_EA/20302816001_EA



Optimum
3,500 pts
for every \$10
spent on

Crown corn syrup
& Fleischmann's
selected varieties and sizes

20006692_EA/20160687_EA



Optimum
3,000 pts
for every \$12
spent on

Jif peanut butter
or Smucker's jam
selected varieties and sizes

20308043001_EA/21023784_EA



Optimum
2,000 pts
for every \$10
spent on

Blue Buffalo dog treats
selected varieties and sizes

21360936_EA/21360949_EA



Optimum
2,000 pts
for every \$12
spent on

Milk-Bone dog treats
selected varieties and sizes

20303865002_EA/21014573_EA



Optimum
2,000 pts
for every \$20
spent on

Caledon Farms products
selected varieties and sizes

20992393_EA/21358526_EA



Optimum
3,000 pts
when you buy 2

Clorox, Pine-Sol, Liquid Plumr,
Green Works or Glad Waste Indoor
selected varieties and sizes

20326078_EA/21280246_EA



Optimum
2,000 pts
for every \$10
spent on

Knorr Sidekicks
selected varieties, 120-162 g

20321430007_EA/20321430011_EA



Optimum
1,500 pts
when you buy 2

Yoplait Tubes
selected varieties
448 g

21547595_EA/21547629_EA



Optimum
1,000 pts
when you buy 2

Green Giant
frozen vegetables
selected varieties,
frozen, 340-750 g

21022094_EA/21022302_EA



Optimum
1,000 pts
when you buy 2

Blue Diamond
almonds
selected varieties
170 g

20500386003_EA/20500386004_EA



Optimum
1,000 pts
when you buy 2

Goldfish or
Snyder's pretzels
selected varieties
and sizes

20300320_EA/20316052004_EA

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APP EXCLUSIVE OFFERS

Open your PC Optimum™ app to get the offer†.

More days
More days
More days
More days



APP EXCLUSIVE OFFER*

Optimum **5,000** pts

for every \$10* spent on

Cheerios, Chex or Oatmeal Crisp cereals selected sizes and varieties

21103495_EA/20887566_EA



APP EXCLUSIVE OFFER*

Optimum **5,000** pts

for every \$10* spent on

Pizza Pops & Bites, Pillsbury Toaster Strudel or Scrambles, Pillsbury refrigerated products 200-760 g

21505340_EA/20318034001_EA



APP EXCLUSIVE OFFER*

Optimum **2,500** pts

for every purchase of

Oreo or Chips Ahoy! family size cookies 303-503 g or **Oreo Cakesters** 285 g selected sizes and varieties

21520747_EA/21014087_EA



APP EXCLUSIVE OFFER*

Optimum **4,000** pts

for every \$10* spent on

Premium Plus 402-481 g or **Good Thins** 100 g selected sizes and varieties

21109004_EA/21023024_EA



APP EXCLUSIVE OFFER*

Optimum **20,000** pts

for every \$50* spent on

Progressive, Iron Vegan, or Smart Solutions vitamins selected sizes and varieties

21519271_EA/21154467_EA



APP EXCLUSIVE OFFER*

Optimum **2,000** pts

for every \$5* spent on

Crispers or Bits & Bites 145 g selected sizes and varieties

21358333_EA/21395350_EA

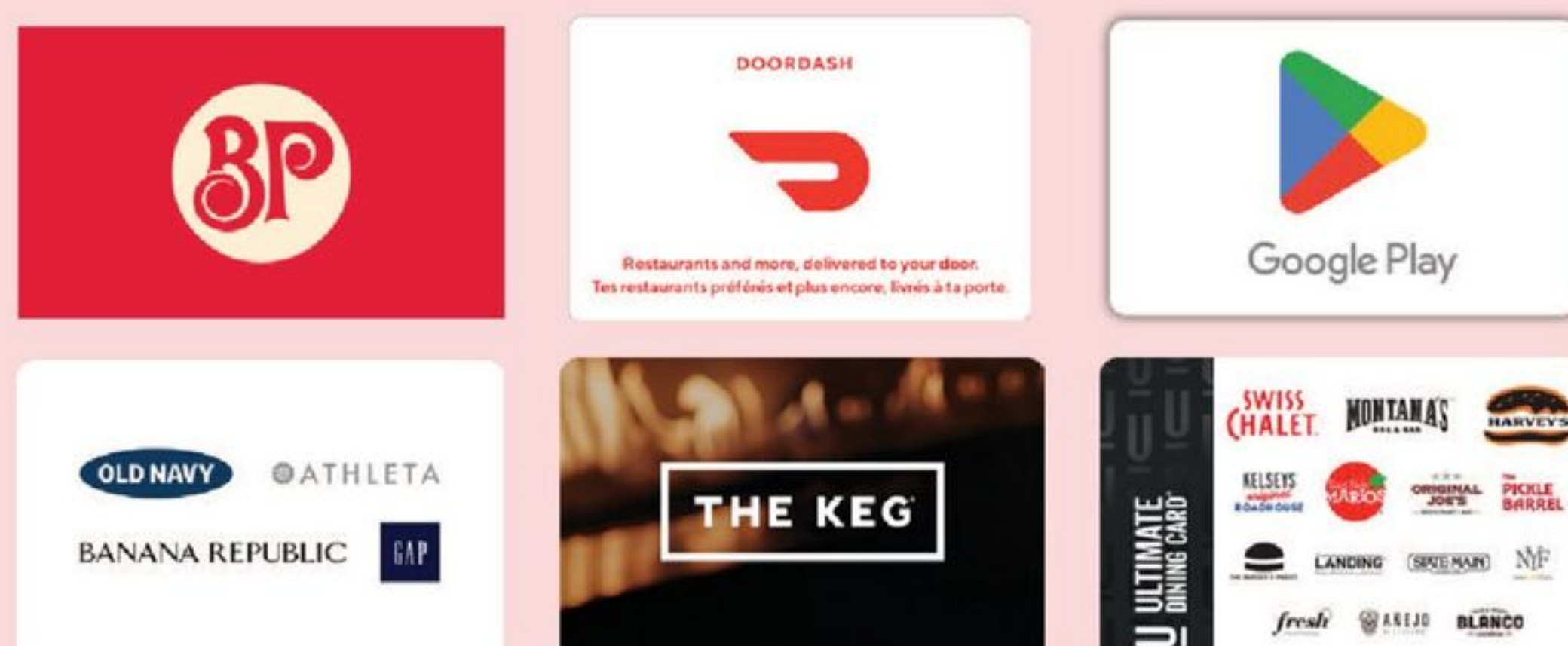
APP EXCLUSIVE OFFERS†

APP EXCLUSIVE OFFER*

Optimum **15,000** pts

for every \$100* spent on

ANY COMBINATION OF BOSTON PIZZA, DOORDASH, GAP INC. BRANDS, GOOGLE PLAY, THE KEG, AND ULTIMATE DINING CARD GIFT CARDS



Google Play gift card purchases are subject to a \$200 limit. Offer valid in-store only. Subject to availability; selection may vary by store. We reserve the right to limit quantities. See gift card for details, terms & conditions. Offer applies to every \$100 spent on any combination of Boston Pizza, DoorDash, Gap Inc. Brands, Google Play, The Keg, Ultimate Dining Card, Harvey's, Swiss Chalet cards in a single transaction. Cannot be combined with any other gift card offers. Not valid on prior purchases. PC Optimum points cannot be redeemed toward the purchase of gift cards. All other trademarks are property of their respective owners.

JOE FRESH



More days

Jan. 29 - Feb. 4



Open the app to get your offers.



Members get

20,000

 pts

for every \$60 spent on apparel*



More days™

3,000

 pts

when you spend \$30 or more on fuel.

Jan 29 - Feb 1



Open the app to get this offer.

*Conditions apply. Complete details on the PC Optimum™ app or at www.pcoptimum.ca

†Must be a registered PC Optimum™ member to load and get these offers. These offers are only available to valid PC Optimum™ program members. Membership is free. To register as a PC Optimum™ member, see in-store or visit pcoptimum.ca. We are not obligated to award points based on errors or misprints. No cash value. See fortinos.ca for full program details including redemption restrictions. Minimum redemption 10,000 points. These offers cannot be combined with any other coupons, discounts or promotions and no adjustments on previous purchases. We reserve to modify or cancel these offers without notice. Product availability may vary by store. While supplies last. We reserve the right to limit quantities. *Receive the points specified when you spend the qualifying dollar amount on the displayed participating product(s) and/or category(ies) before taxes and after redemptions and all coupons and discounts are deducted in a single transaction. Offers valid through to Wed. Feb 4, 2026 unless specified.

Dairy & Frozen



4.49 siggi's
skyr yogurt
selected varieties
4x100 g
21589925_EA/21590027_EA



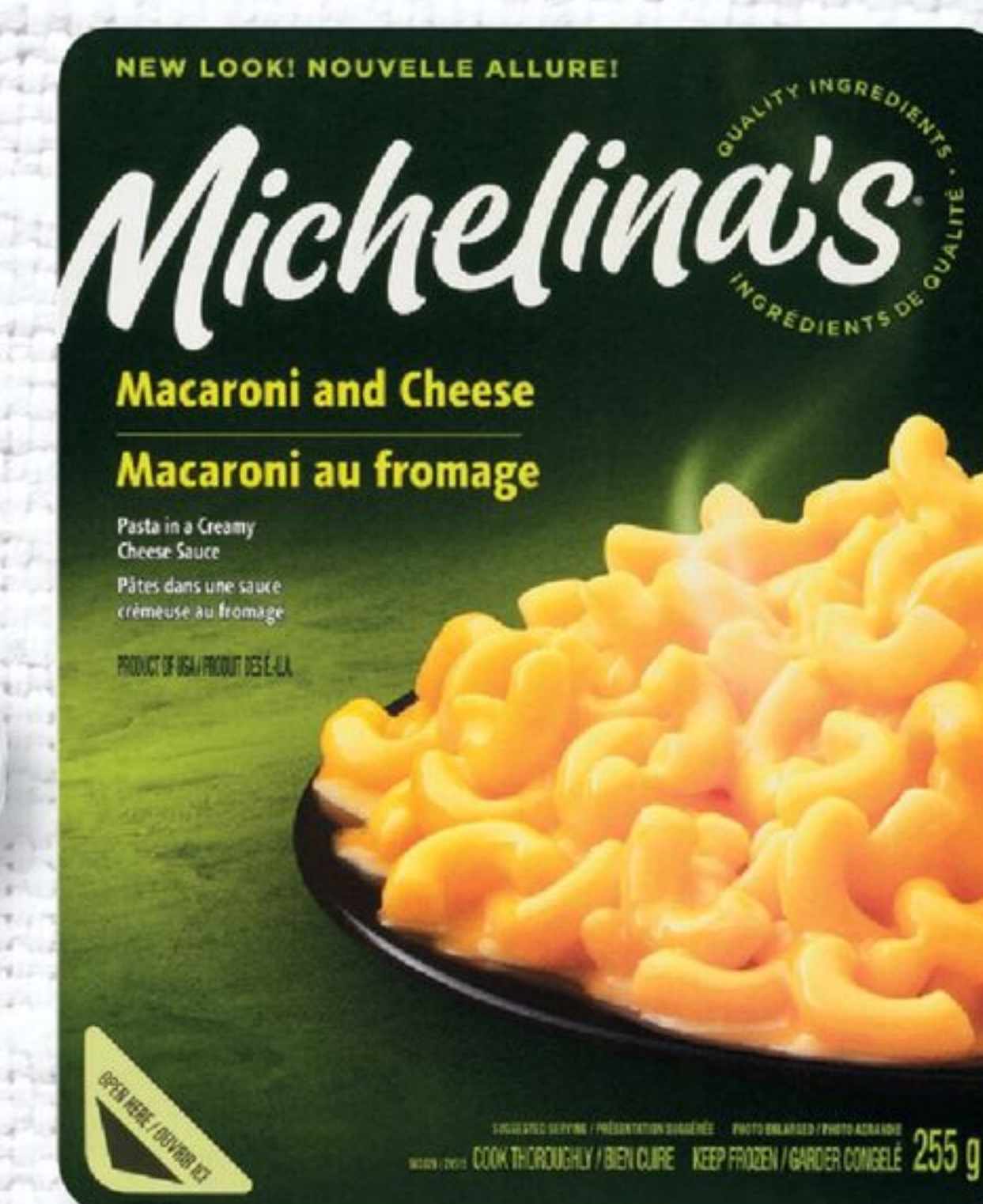
3.99 iÖGO nano
drinkable yogurt
selected varieties
6x93 mL
20609687001_EA/21690943_EA



4.99 Simply drinks
selected varieties
1.5 L
21170793_EA/21592206_EA



2.99 Imperial or
I Can't Believe
It's Not Butter
margarine
selected varieties
427 g
20061949001_EA/20152424_EA



1.79 Michelina's
frozen entrées
selected varieties,
frozen, 156-284 g
21208614_EA



7.49 Natrel milk
selected varieties
4 L
20120856_EA



4.99 PC® cheese slices
selected varieties
210 g
21405953_EA/21406181_EA



3.99 Kozy Shack
rice pudding 624 g
or no sugar added
4's, selected varieties
20321764003_EA/20323829001_EA



6.99 Dr. Oetker
Giuseppe
easy pizzi
selected varieties,
frozen, 200-576 g
21359564_EA/21362407_EA



5.99 Chapman's
collection
novelties
selected varieties,
frozen, 8x55 mL
20323757001_EA/20323757004_EA



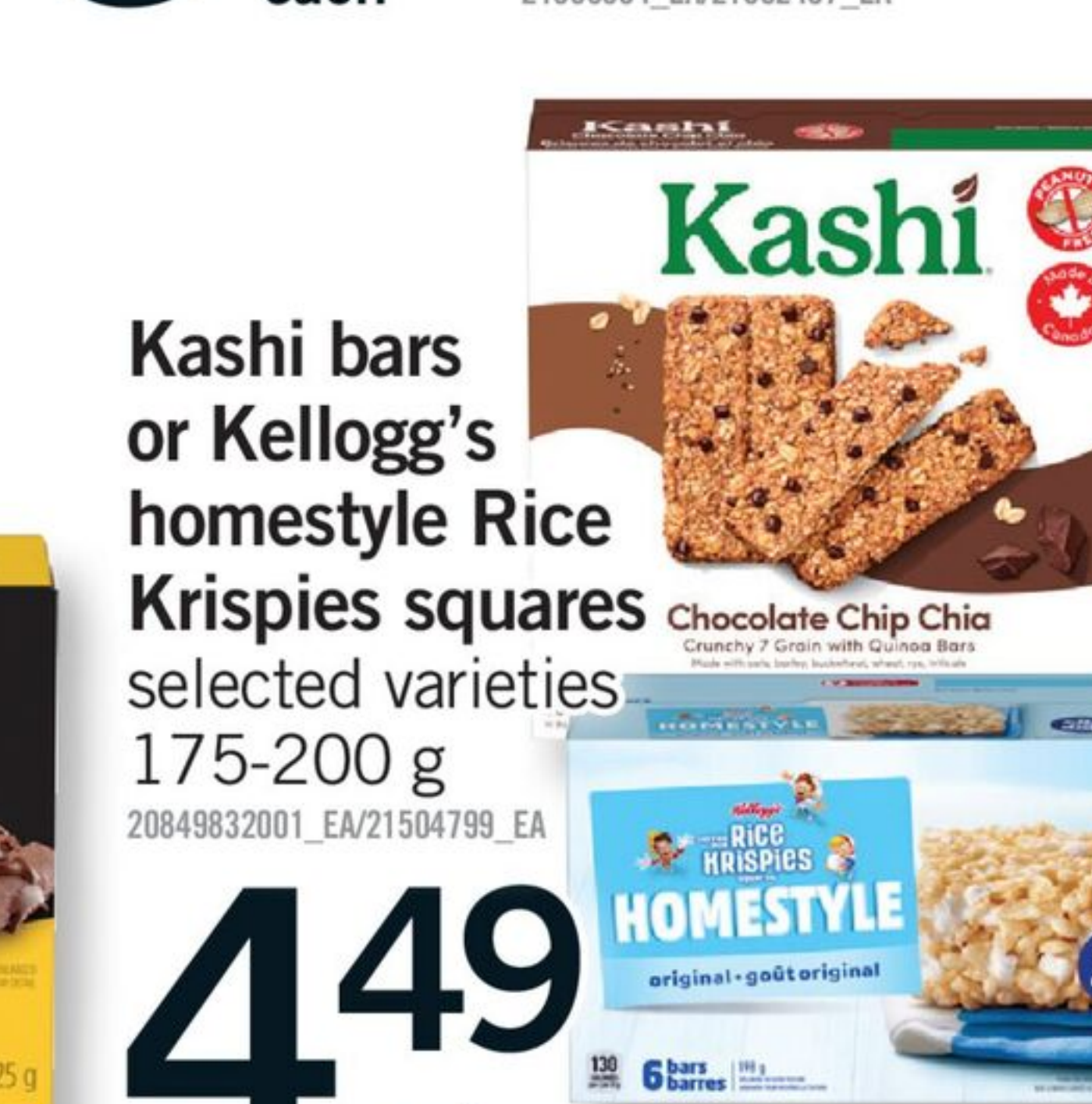
3.99 Smartfood
popcorn
selected varieties
20972859_EA/20972855_EA
150-220 g



4.79 Leclerc
Célébration
cookies 200-350 g
or Dad's cookies
305/320 g
selected varieties
21014045_EA/21014049_EA



4.29 Fibre 1 or
Nature Valley
sweet & salty bars
selected varieties
125-210 g
20587504001_EA/21213559_EA



4.49 Kashi bars
or Kellogg's
homestyle Rice
Krispies squares
selected varieties
175-200 g
20849832001_EA/21504799_EA



5.99 PAM
cooking spray
selected varieties
20178204001_EA/20315275004_EA
141-170 g



7.29 Carnation
hot chocolate
selected varieties
400/450 g
21194486_EA/21397690_EA



3.49 Monster,
Reign or
Reign Storm
energy drinks
20938521_EA
355-473 mL



4.49 Ritter Sport
chocolate
selected varieties
100 g
20887920_EA



4.49 Nestea
iced tea
21687028_EA/21687074_EA
1.89 L



3.49 Nerd
Gummy Clusters
selected varieties
21564627_EA/21628482_EA
142 g

Grocery



159 Unico beans or chick peas selected varieties
540 mL
20313447001_EA/20313447002_EA

299 Minute Rice ready to serve cups or Tilda ready to heat rice selected varieties
250 g
20695681_EA/20944993_EA

229 Bush's Best beans selected varieties
398 mL
20101518001_EA/20101518002_EA

249 Ben's Original single serve rice cups
62-68 g
21680683_EA/21680713_EA

799 Nescafé Gold instant coffee selected varieties
90-100 g
21074532_EA/21074565_EA

Cafe William whole coffee beans selected varieties
21589686_EA/21589711_EA
1299
300/340 g

Glaceau Vitaminwater selected varieties
20333194006_EA/20562362003_EA
249
591 mL

Patak's cooking sauce 400 mL or paste 284 mL selected varieties
20217180002_EA/20307057001_EA
499
each

Tre Stelle grated parmesan cheese
20126049_EA
749
200 g

Kuhne sauerkraut
20068748_EA
529
796 mL

PC® Favourites

PC® appletreet apple sauce selected varieties 6x100 mL
20309701001_EA
279
each

PC® frozen entrées selected varieties, frozen, 214-365 g
20312253001_EA/20987543_EA
399
each

PC® Albacore white tuna selected varieties
20529153_EA/21081427_EA
349
170 g

PC® salad dressing 475 mL or croutons 140 g selected varieties
20628488001_EA/20796248002_EA
329
each

PC® or Blue Menu® pancake mix 905 g or table syrup 750 mL selected varieties
20318589_EA/20374908_EA
399
each

PC® Blue Menu® Twice the Fruit™ spread selected varieties
20300537_EA
599
500 mL

PC® kefir
20840914003_EA
499
1 L

PC® mayonnaise selected varieties
20618892_EA/20769626_EA
599
750/890 mL

PC® scalloped crackers selected varieties
20603888003_EA
299
185 g

PC® Kettle chips selected varieties
21422931_EA
249
200 g



Celebrate Lunar New Year



12⁸⁸
340 g

T&T® sliced rolls
beef or lamb
selected varieties,
frozen
21570350_EA/21570410_EA



5⁹⁸
340 g

Anchor's Bay
cooked clam meat
or mussel meat
frozen
20791670_EA/20792247_EA



jumbo cherries
product of Chile,
no. 1 grade
20159690001_KG

4⁸⁸lb
10.76/kg

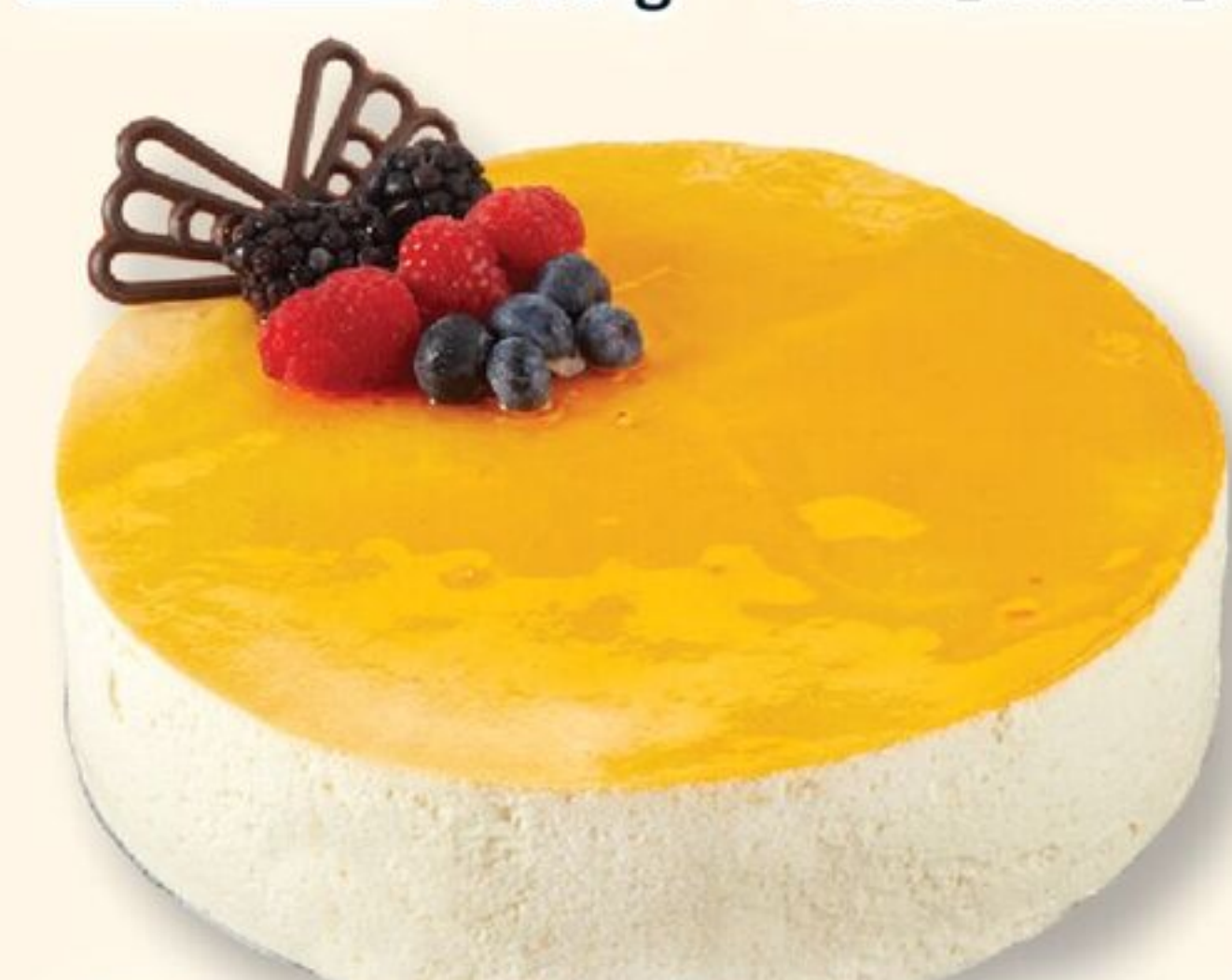
large ripe papaya
product of Mexico
20817066001_KG

2²⁸lb
5.03/kg



Lunar New Year
orchid garden
21733452_EA

4⁹⁸⁸
each



21⁹⁸
each

Gala 8" mango
mousse cake
680/800 g
20592165_EA



19⁹⁸
530 g



Dan-D Pak
cashews
salted or unsalted
20314862001_EA/20314862002_EA

14⁸⁸
908 g



Aroy-D
coconut milk
selected varieties
20063864_EA

1⁸⁸
400 mL



2⁴⁸lb
5.47/kg

Shanghai or
baby bok choy
product of Mexico,
U.S.A. or Canada
20082279001_KG/20032454001_KG



Kewpie
mayonnaise
456 mL
or O'Food
gochujang 215 g
21453162_EA/21644268_EA

5⁸⁸
each



6⁴⁸
800 g

M.Y. San Sky
Flakes crackers
21176798_EA



Rooster™
jasmine rice 2 kg or
Teriyaki sauce 350 mL
20144395_EA/20876697001_EA

4⁸⁸
each



Uni Eagle
sriracha sauce
815 g or T&T®
potstickers 567 g
21495823_EA/21499504_EA

4⁴⁸
each



Bibigo
steamed
dumplings
21592062_EA

3⁸⁸
187 g



1²⁸
75-120 g

Nongshim
noodles
20032441005 & 21504277_EA



4⁸⁸
each

Melona bars 560 mL,
T'aom bars 5x75 mL
or T&T® ice cream 1 L
21300559_EA/21566307_EA



3⁴⁸
each

China Lily
soy sauce 483 mL,
Heiwa sushi ginger
340 g or Canada
HW Japanese
bread crumbs 227 g
selected varieties
20072045_EA/20624111_EA



7⁸⁸
650/700 g

Samyang
noodles
selected
varieties
21345870_C05
21412584_EA



3⁸⁸
397 g

Farkay chow
mein noodles
selected varieties
20147835001_EA/20147835002_EA



Authentic fan-favourite Asian food!



10⁸⁸ T&T® Gourmet
650 g stewed beef
21586322_EA



T&T® vegetable
spring rolls
frozen
21615702_EA
6⁸⁸
500 g



1⁴⁸ T&T® Bakery
180 g tropical cake
selected varieties
20826092_EA/20826537_EA



1⁴⁸ T&T® Korean
3's roasted sea laver
20593313_EA



5⁹⁸ T&T® BBQ pork
540 g steamed buns frozen
21495784_EA



2⁹⁸ T&T® roasted
27 g seaweed sheets
20703060_EA



T&T® aloe
vera drink
selected varieties
20593585_EA
2⁴⁸
1.5 L



11⁸⁸ T&T®
454 g Monthong Durian
21541463_EA

T&T® light or
dark soy sauce
selected varieties
20698024_EA/20698142_EA

2⁷⁸
500 mL



4⁴⁸ T&T® 3-minute
504 g ramen noodles
selected varieties
21447367_EA



T&T®
sweetened
creamer
21448178_EA
3⁴⁸
374 mL

The Giant of Tropical Flavour

- ✓ High in protein, fibre & potassium!
- ✓ Aids in digestion & helps boost immune system!

JACKFRUIT

Don't be daunted by the look or aroma!

- When ripe, it has a sweet tropical flavour
- Shred flesh and use as a meat substitute or add to dessert
- Grown in Mexico



precut
\$2.29/lb 5.05/kg
20897656001_KG

.99lb
2.18/kg
whole
jackfruit
20787577001_KG

JACKFRUIT PODS

We've done the work for you in preparing these bright yellow chunks, ready to enjoy.

TIP: Try freezing.

Then thaw when ready to eat to soften the pods for an even juicier texture!



7.99
350 g
jackfruit pods
21607056_EA

154

/100 g

small conversation hearts

6.99/lb

21660156_KG

331

/100 g

Valentine Hershey's Kisses

14.99/lb

20249420_KG

331

/100 g

yogurt covered pretzels with red & pink drizzle

14.99/lb

21433394_KG

.88

/100 g

Valentine jube hearts

3.99/lb

21350345_KG

110

/100 g

cherry jelly hearts

4.99/lb

21433396_KG

.99

/100 g

Valentine jelly beans

4.49/lb

21001952_KG

110

/100 g

Valentine gummy bears

4.99/lb

21718319_KG

132

/100 g

Valentine gummi hugs and kisses

5.99/lb

21073551_KG

110

/100 g

cupid heart sprinkles

4.99/lb

21570956_KG

154

/100 g

heart shaped lollipops

6.99/lb

20064615_KG

331

/100 g

peanut butter hearts

14.99/lb

21436453_KG

286

/100 g

chocolate red foil hearts

12.99/lb

21665068_KG

110

/100 g

cinnamon hearts

4.99/lb

21516907_KG

121

/100 g

hot lips

5.49/lb

20028595_KG

110

/100 g

hi five gummies

4.99/lb

21718407_KG

.88

/100 g

big foot

3.99/lb

20795405_KG



GRAB & GO SOUPS

13 varieties!



PANE Fresco

family-sized chilled Soup To Go

Tomato Basil, Turkey Chili, Lentil and Potato, Mediterranean Lentil, Chicken Broth, Carrot Ginger Low Sodium, Vegetable Chili Low Sodium, Chicken Quinoa, Mushroom, Thai Squash, Jambalaya, Sausage & Lentil or Cabbage Roll

949
900 mL

21345574_EA

Soups On!



299
515 mL
Campbell's ready to serve soup
21479030_EA/21480539_EA



229
900 mL
PC® or Blue Menu® broth selected varieties
21184643_EA/21189891_EA

Campbell's broth selected varieties
20322348002_EA/21347245_EA

249
250/900 mL



399
398 mL
Haiku soup
20596863001_EA/20596863002_EA



329
540 mL
Swiss Chalet soup selected varieties
21313330_EA/21313335_EA

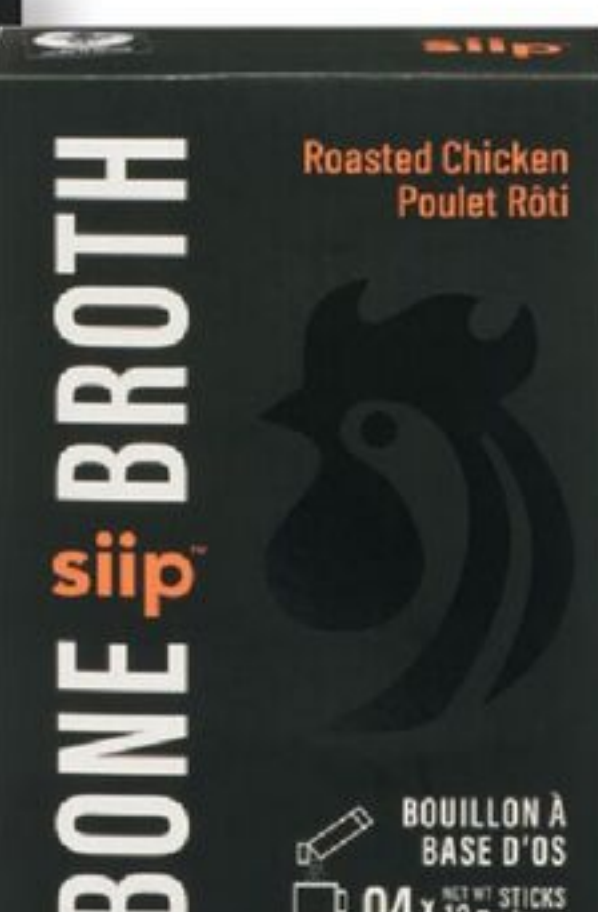
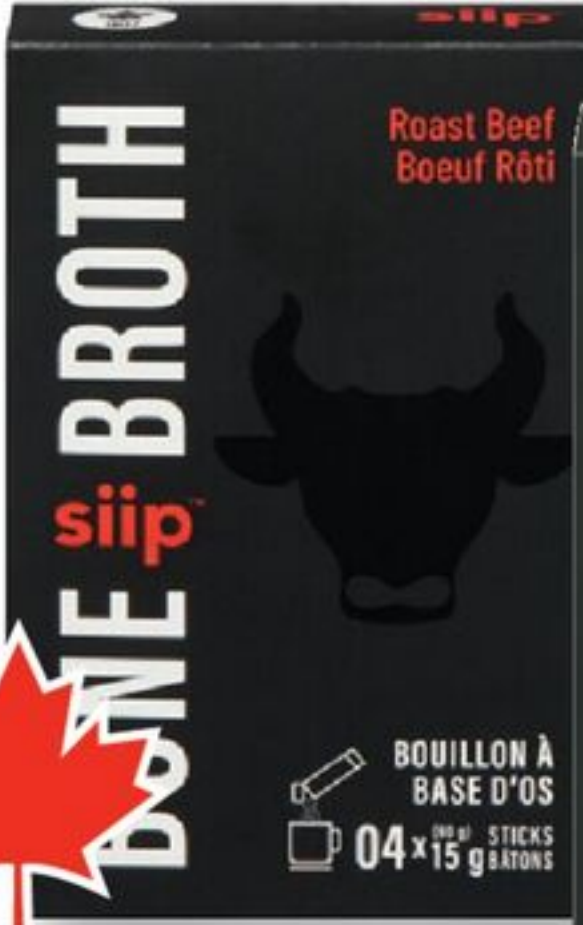


Mema Foods Just Soup
21622118_EA/21622172_EA

499
480 mL



899
311 g
Knorr cooking paste selected varieties
21683230_EA/21683454_EA



849
24-60 g
siip bone broth
21550560_EA/21550565_EA



329
each
Dare Breton, Vinta or Simple Goodness crackers
132-225 g
21520666_EA/21520701_EA



529
each
Christie Premium Plus crackers selected varieties
450/481 g
21109004_EA

Hosting Game Day?

Look to Pane Fresco. We've got you covered with great food to go. From wings to pizza, we have it all and more!

Pasta Al Forno with Sausage Ragu & Peas

Fortinos mild Italian pork sausage, San Marzano tomatoes, penne, fresh peas, with Pecorino Romano and Mozzarella Cheese.

Serves 8, \$52.99



[Click Here for brochure.](#)

Please place your order 48 hours in advance.



Sports Bar Favourites

- 9 cheese curds
- 9 fried pickles
- 8 jalapeno poppers
- 12 fried perogies (regular or spicy)
- medium popcorn chicken

Served with sour cream, marinara and plum sauce.

Serves 8-10, \$39.99

PANE *Fresco*
by FORTINOS

Seafood



11.99 PC® battered wild cod bites or haddock tenders frozen
454 g
21108887_EA/21481247_EA



8.99 Diana's wild clam chowder frozen
500 mL
21602248_EA



3.49 SeaQuest® crab or lobster flavoured Alaska pollock selected varieties
227 g
20699832_EA/20749798_EA



14.99 IFC mahi portions, tuna steaks or Coho salmon portions frozen
454 g
21608592_EA/21608715_EA

Meat



8.99 PC® gluten free chicken nuggets, strips or burgers frozen
600 g
21079451_EA/21079476_EA



18.99 Yorkshire Valley Farms chicken burger selected varieties, frozen
678 g
21592097_EA/21592125_EA



7.99 Wong Wing entrées selected varieties, frozen
400/500 g
20162067_EA/20507139_EA



7.99 Swiss Chalet chicken pot pie frozen, single serve
2x235 g
21047192_EA



3.99 Kraft Lunchables selected varieties
56-138 g
21592619_EA/21592663_EA



7.99 PC® Free From® turkey bacon
300 g
21400474_EA



13.99 PC® or PC® Free From® ham
700/800 g
20682690_EA



17.99 44th Street beef pot roast
575 g
21471166_EA



4.99 Schneiders RedHots, Maple Leaf Top Dogs or Mina Halal chicken wieners selected varieties
375/675 g
20602429_EA/21093477_EA



14.99 Marcangelo souvlaki, kabobs chicken or pork
480/640 g
21041735_EA/21098855_EA

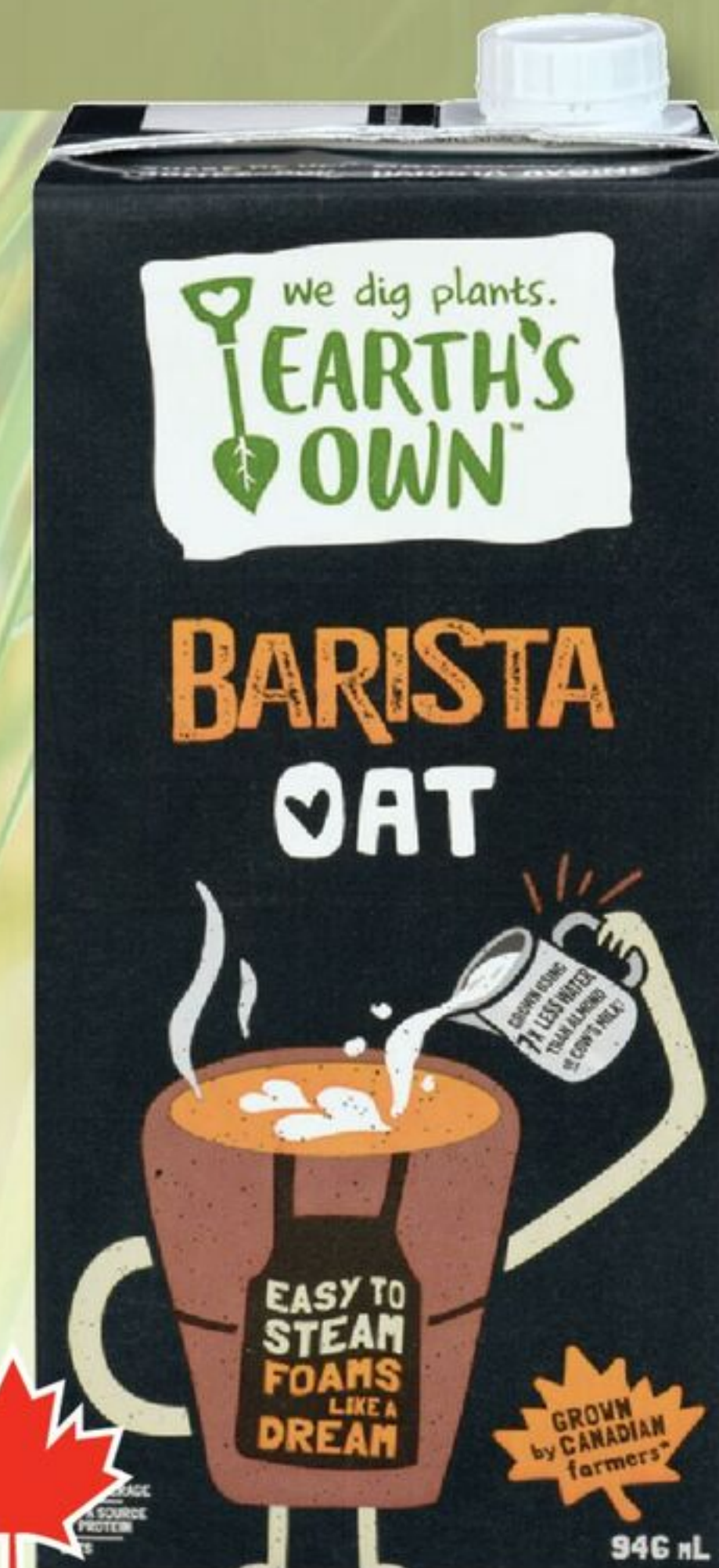
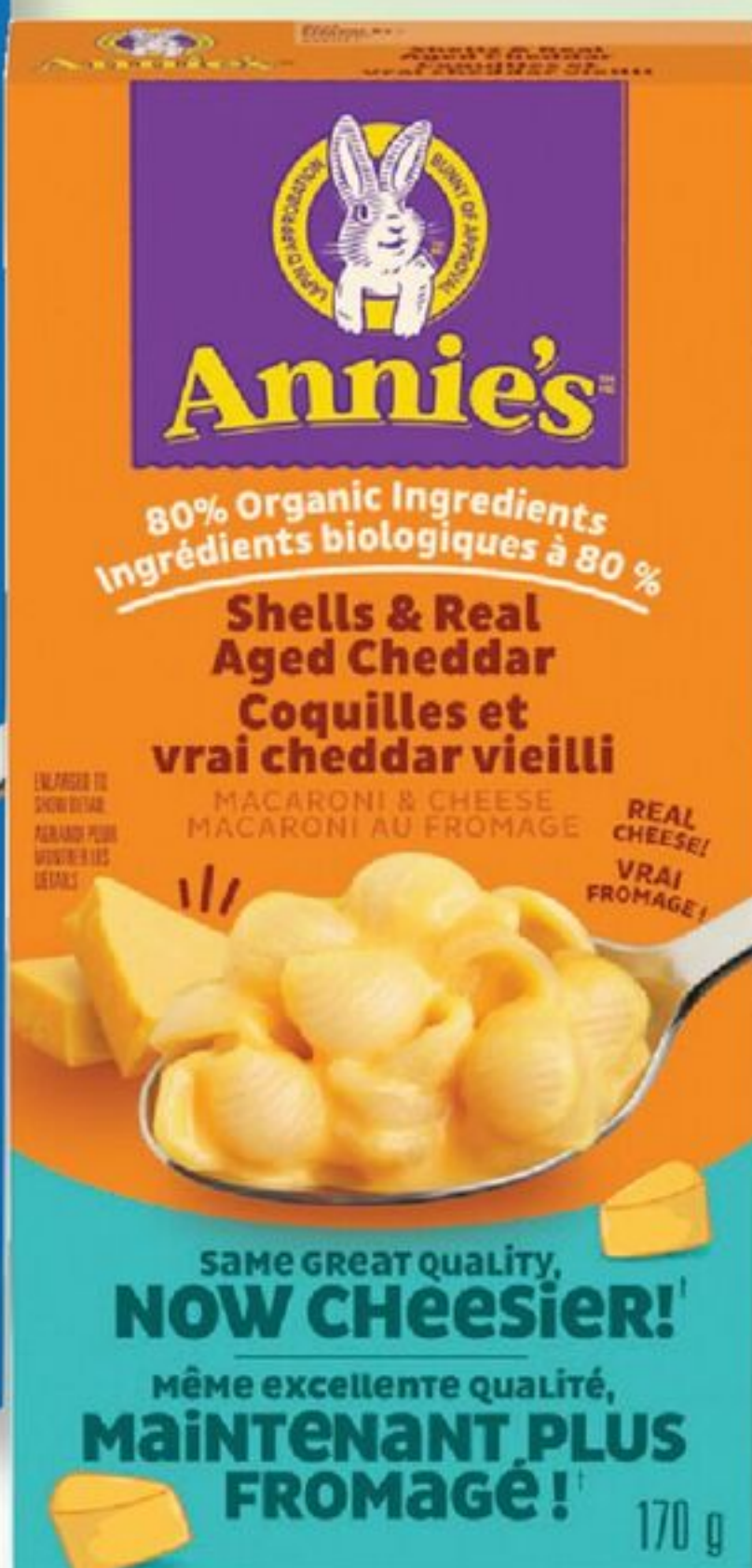


14.99 Janes boneless chicken bites selected varieties, frozen
710 g
21439239_EA/21439246_EA



18.99 PC® stuffed chicken breasts selected varieties, frozen
560 g
20503397_EA/20503402_EA

Natural Health



1.99

Annie's mac & cheese pasta
selected varieties
156-170 g

5.99

Made Good school safe snacks
selected varieties
175-185 g

4.99

Earth's Own oat barista
selected varieties
946 mL

12.99

Kicking Horse ground coffee
selected varieties
284 g



3.49

Rizopia pasta
selected varieties
340-454 g



5.99

Pacific soup or broth
selected varieties
946 mL/1 L



7.99

Queen St. Bakery bagels, loaf or English muffins
selected varieties, frozen
464-520 g



9.49

crumbly plant based protein crumbles
selected varieties
95 g



15.99

Phoeapolis organic extra virgin olive oil
selected varieties
500 mL



3.49

Frankie's organic puffs
selected varieties
120/140 g



4.49

Health-Ade kombucha
all varieties
473 mL



4.79

Peacasa chickpea chips
128 g or Plant Up puffs 100 g,
selected varieties
each



5.49

Cedar Valley pita chips
all varieties
180 g



9.99

Nuts For Cheese dairy-free spread
selected varieties
210 g

Powerful Protein



15.99

Alderwood bone broth
selected varieties, frozen
500 mL



34.99

Good Protein all-in-one powder
selected varieties
440 g



46.99

Genuine Health clean collagen
500 g



49.99

Vega Sport or Performance protein powder blend
selected varieties
801-918 g



49.99

North Coast Naturals iso protein 100
selected varieties
680 g

Baby



Pampers, Huggies or Millie Moon super big pack diapers selected varieties

21370924_EA/21455653_EA

26⁹⁹

36-108's



Pampers or Huggies wipes selected varieties

21018026_EA/21371309_EA

19⁹⁹

504-704's



Enfamil NeuroPro formula powder selected varieties

21589117_EA/21589230_EA

49⁹⁹

553/587 g



Similac formula selected varieties

21436985_EA/21437126_EA

54⁹⁹

837/859 g



Enfamil NeuroPro ready to drink formula selected varieties

21590060_C01/21590568_C01

74⁹⁹

18x237 mL

Cerebelly pouches 128 mL or Once Upon A Farm refrigerated pouches 85 mL selected varieties

21191663_EA/21601227_EA

2⁹⁹

each



Baby Gourmet protein pouches 128 mL or Puffies snacks 32 g selected varieties

20433609006_EA/21597336_EA

2⁴⁹

each



PediaSure 4x235 mL or Pedialyte 1 L selected varieties

20322414001_EA/20322414002_EA

8⁹⁹

each



Earth's Best puffs 44-78 g or Love Child Seafriends 140 g

21462907_EA/21534883_EA

3⁹⁹

each



Little Bellies snacks selected varieties

21295883_EA/21539324_EA

\$1

8/12 g

Body & Health

JR Watkins or Dial hand soap 221-325 mL or Halls bags 25-30's selected varieties

20315680001_EA/21438131_EA

3⁹⁹

each



Sensodyne toothpaste 75 mL, Listerine 1 L or Head & Shoulders hair care 370 mL selected varieties

21091222_EA/21471656_EA

6⁹⁹

each



Nivea 50-625 mL or Vaseline 400-600 mL lotion selected varieties

20700027_EA/20794480_EA

8⁹⁹

each



Olay 364 mL or Ivory body wash 621 mL or Ivory bar soap 10's

20347887002_EA/20860346001_EA

5⁹⁹

each



Shea Moisture or Native hair care or body wash selected sizes and varieties

21433370_EA/21435048_EA

12⁹⁹

each

Always liners 36-72's, pads 10-26's or Tampax tampons 14-18's selected varieties

21181430_EA/21444879_EA

5⁴⁹

each



Tena protective underwear selected varieties

21033778_EA/20957897_EA

17⁹⁹

10-48's



Brioschi 240 g or Ricola lozenges 45's

21086660_EA/21484232_EA

7⁹⁹

each



Boost meal replacement or Liquid IV selected varieties

20986348_C06/20986361_C06

13⁹⁹

6's



Alani protein drinks 355 mL or Grenade or ONE protein bars 60 g selected varieties

21120168_EA/21602112_EA

3⁴⁹

each

Household



9.99
1.2 L
Lysol laundry disinfectant
21487308_EA/21495670_EA



7.99
1.16 L
Snuggle fabric softener 58 WL
21680146_EA



Clorox or Tilex
cleaning spray
selected varieties

4.79
887/946 mL



Allen's
multi-purpose
cleaner
selected varieties
20977116_EA/21027899_EA

4.49
950 mL-2.5 L



3.99
each
no name® oxi-burst
stain remover
651 mL/680 g
20012070001_EA/21375912_EA



Glad
garbage bags
selected sizes
and varieties
20099609_EA/21613985_EA

8.99
10-52's



Air Wick
essential oils,
3 refill pack
or Freshmatic
auto spray kit
selected varieties
20698807_EA/20761733_EA

16.99
each



no name®
all-purpose
scouring
sponges
20556818_EA/20557208_EA

4.99
6's



Royale
facial tissue
20906153_EA/21618478_EA

11.99
6x82/126's sheets



Cashmere
bathroom
tissue
21186207_EA

20.99
24=48 rolls

Pet Needs for Cats & Dogs!



PC®
Nutrition First
grain-free
wet cat food
selected varieties
21359624_EA/21618536_EA

\$1
85 g



Fresh Pet
cat food
selected varieties
21094629_EA/21630324_EA

7.99
454 g



Whiskas
Temptations
180 g or lickable
cat treats spoons
or pouches 4-12 g
pouches 4-40 g
selected varieties
20298151005_EA/21479803_EA

3.79
each



Purina
Cat Chow
dry cat food
selected varieties
20308009_EA/20319556001_EA

11.49
1.4-2 kg



Optimum
2,000 pH

21.99
2.2 kg
Blue Buffalo
dry cat food
21360296_EA/21360315_EA



Purina One
wet dog food
selected varieties
21441096_EA/21520480_EA

2.69
368 g



Hungry Hunter
marrow bones
large or small
21378251_EA/21378252_EA

13.49
908 g



Milk-Bone
Soft & Chewy
dog treats
20018670_EA/21047843_EA

10.99
708 g



Nature's Recipe
GF dry dog food
selected varieties
21692046_EA/21692097_EA

17.99
1.8 kg



Beneful
Incredbites
dog food
selected varieties
20295905001_EA

10.99
1.6-1.8 kg



Celebrate Lunar New Year



jade plant
21705342_EA

19⁸⁸
6" pot



money tree
21660943_EA

19⁸⁸
1 quart



3 tier small
lucky bamboo
21733483_EA

19⁸⁸
each



cut tulips
assorted colours
20180973_EA

12⁹⁹
10 stems



Te Amo garden
21725077_EA

29⁹⁹
each



double spiked
Magnifica orchid
20944596_EA

29⁹⁹
5" pot

Valentine's Day Flowers

Valentine's Day is
Saturday February 14th.
Pre-order your flowers
now or pick up a
Valentine Gift Basket.

starting at

39⁹⁹
each

Valentine
gift baskets
20142230_EA



NEW

duBreton Organic Pork



Since 1944, the Canadian-based DuBreton family has been partnered with farmers to produce high quality organic pork who value animal welfare and sustainability.

duBreton organic ground pork
21428950_EA

6⁹⁹
454 g

BIO | ORGANIC
duBreton

ÉLEVÉ EN LIBERTÉ
• FREE •
• RANGE •
SANS OGM / GMO FREE

FERMES FAMILIALES
FAMILY FARMS
SANS ANTIBIOTIQUES
NO ANTIBIOTICS
SANS CAGE
CRATE FREE

Porc haché
Ground Pork

CERTIFIED HUMANE
RAISED & HANDLED

ANIMAL WELFARE
CERTIFIED

duBreton organic loin cutlets
21706974_EA

9⁹⁹
350 g

BIO | ORGANIC
duBreton

ÉLEVÉ EN LIBERTÉ
• FREE •
• RANGE •
SANS OGM / GMO FREE

FERMES FAMILIALES
FAMILY FARMS
SANS ANTIBIOTIQUES
NO ANTIBIOTICS
SANS CAGE
CRATE FREE

Escalopes de porc
Pork Cutlets
Scallopini

CERTIFIED HUMANE
RAISED & HANDLED

ANIMAL WELFARE
CERTIFIED

duBreton extra lean organic ground pork
21707007_EA

7⁹⁹
454 g

BIO | ORGANIC
duBreton

ÉLEVÉ EN LIBERTÉ
• FREE •
• RANGE •
SANS OGM / GMO FREE

FERMES FAMILIALES
FAMILY FARMS
SANS ANTIBIOTIQUES
NO ANTIBIOTICS
SANS CAGE
CRATE FREE

Porc haché
Ground Pork
EXTRA-MAIGRE
EXTRA LEAN

CERTIFIED HUMANE
RAISED & HANDLED

ANIMAL WELFARE
CERTIFIED

duBreton organic boneless center cut chops
21707220_EA

9⁹⁹
340 g

BIO | ORGANIC
duBreton

ÉLEVÉ EN LIBERTÉ
• FREE •
• RANGE •
SANS OGM / GMO FREE

FERMES FAMILIALES
FAMILY FARMS
SANS ANTIBIOTIQUES
NO ANTIBIOTICS
SANS CAGE
CRATE FREE

Côtelettes de porc désossées
Boneless Pork Chops

CERTIFIED HUMANE
RAISED & HANDLED

ANIMAL WELFARE
CERTIFIED

duBreton organic bacon
21707043_EA

9⁹⁹
250 g

BIO | ORGANIC
duBreton

ÉLEVÉ EN LIBERTÉ
• FREE •
• RANGE •
SANS OGM / GMO FREE

FERMES FAMILIALES
FAMILY FARMS
SANS ANTIBIOTIQUES
NO ANTIBIOTICS
SANS CAGE
CRATE FREE

Bacon

PURE NATURELLEMENT
NATURALLY SMOKED

CERTIFIED HUMANE
RAISED & HANDLED

ANIMAL WELFARE
CERTIFIED

duBreton organic tenderloin
21712867_KG

17⁹⁹lb
39.66/kg

BIO | ORGANIC
duBreton

ÉLEVÉ EN LIBERTÉ
• FREE •
• RANGE •
SANS OGM / GMO FREE

FERMES FAMILIALES
FAMILY FARMS
SANS ANTIBIOTIQUES
NO ANTIBIOTICS
SANS CAGE
CRATE FREE

Filet de porc
Pork Tenderloin

CERTIFIED HUMANE
RAISED & HANDLED

ANIMAL WELFARE
CERTIFIED

duBreton organic back ribs
21712885_KG

11⁹⁹lb
26.43/kg

BIO | ORGANIC
duBreton

ÉLEVÉ EN LIBERTÉ
• FREE •
• RANGE •
SANS OGM / GMO FREE

FERMES FAMILIALES
FAMILY FARMS
SANS ANTIBIOTIQUES
NO ANTIBIOTICS
SANS CAGE
CRATE FREE

Porc / Pork

CERTIFIED HUMANE
RAISED & HANDLED

ANIMAL WELFARE
CERTIFIED



2.79
Primo Pasta Sauce
Selected Varieties (680 mL)





2.79
Primo Tomato
Sauce (680 mL)



2.79

Primo Passata
Imported from Italy (680 mL)



2.49
Primo Pizza Sauce
Squeeze
Selected Varieties (375 mL)



2.79
Primo Tomato
Sauce (680 mL)



1.29
Primo Pasta
Selected Varieties (454 g)



2.99
Primo Oven Ready
Lasagna (375 g)



13.99
Primo Extra Virgin
Olive Oil (1 L)



TEAM OREO GIVING
\$200,000
IN YOUTH HOCKEY
EQUIPMENT GRANTS
APPLY AND LEARN MORE
OREOPLAYFUL.CA

\$6²⁹
OREO CAKESTERS
Snack Cakes
285g
21639135_EA
21639060_EA

\$2⁴⁹
CHRISTIE Cookies
224-270g
21358407_EA



\$3⁴⁹
MAYNARDS &
SOUP PATCH KIDS
135-154g
21694186_EA



\$3⁴⁹
CRISPERS
145g
21694186_EA
21358221_EA

*No purchase necessary. Open to Canadian youth hockey organizations that consist of players and participants who are seventeen (17) years of age or younger. Application must be completed by an authorized representative of the eligible organization. Submit online application and view full terms at: OREOPLAYFUL.CA. Four Regions: (i) West Region (BC, AB, SK, MB, NWT, NV, YK); (ii) Ontario Region (ON); (iii) Quebec Region (QC); and (iv) Atlantic Region (NS, NL, PE, NB). Starts Jan 2/26 (12:00:00 a.m. ET) and ends on Mar 27/26 (11:59:59 p.m. ET). Ontario - 4 Grants: 1 x \$25,000 and 3 x \$10,000; West - 4 Grants: 1 x \$25,000 and 3 x \$10,000; Atlantic - 3 Grants: 1 x \$25,000 and 2 x \$10,000; Quebec - 3 Grants: 1 x \$25,000 and 2 x \$10,000. Odds depend on number and calibre of Applications per Region. All trademarks are property of their respective owners.

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325 mL
\$3⁹⁹



Blue Dragon
chili crisp 180 mL
\$4⁹⁹



Blue Dragon
noodles 300 g
\$3⁷⁹



Blue Dragon
coconut milk 400 mL
\$2⁹⁹



Blue Dragon
Thai green or
red curry
sauce 270 mL
\$3⁹⁹

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156 g - 198 g selected varieties

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ALTERNATIVE 150G – 227G

*Nielsen, Canadian Dollar Sales of Alt Cheese, latest 12 weeks, week ending 8/9/25. Violife® dairy free cheese: 34.6% dollar share of sales in the category. 21339324_EA, 21339312_EA, 21339330_EA, 21339319_EA, 21339327_EA, 21426396_EA, 21639712_EA. Best New Product for Plant-based Cheese in a 2025 BrandSpark® survey. The Best New Product Awards logo is a trademark of Best New Product Awards Inc., used under license. © 2026 Flora Food Canada Inc.

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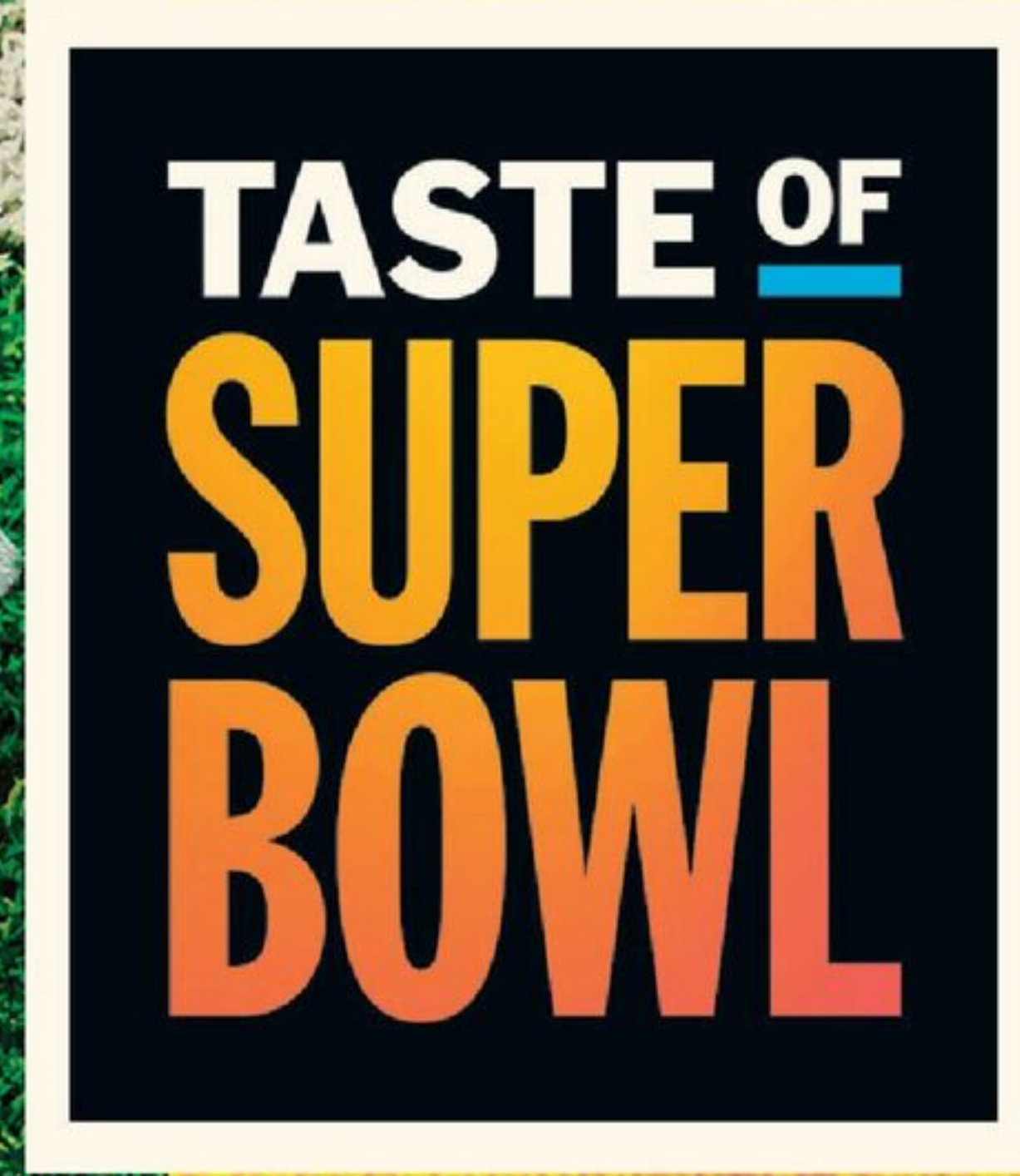
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13g PROTEIN*
GOOD SOURCE

7g FIBRE*
RICH IN

2g SUGAR*
LOW SUGAR

SIMPLY PROTEIN
SNACK BAR / BARRE COLLATION

13g PROTEIN*
2g SUGAR*
CRISPY/CROUSTILLANTES
DARK CHOCOLATE ALMOND
CHOCOLAT NOIR ET AMANDE
40g

Dark Chocolate Almond: 666207006153_EA *per 40g serving

Sweet Cravings, Smarter Choices

PROTEIN
8-10g
PROTÉINES

SUGAR
2g
SUCRE

LOVE GOOD FATS
Ridiculously Delicious

10g PROTEIN
2g SUGAR
5g FIBRE

Peanut Butter Chocolatey
Beurre d'arachide chocolaté
bar / barre 39 g

LOVE GOOD FATS
Ridiculously Delicious

8g PROTEIN
2g SUGAR
7g FIBRE

Mint Chocolate Chip
Flavour • Saveur de Menthe et pépites de chocolat
bar / barre 39 g

21102907_EA
21102874_EA
21102877_EA

2⁹⁹
Hungry Buddha Snack Bars
40 g
627561000807_EA & 627561001170_EA

**10g PLANT PROTEIN.
2g SUGAR.**

CHOCOLATE CHIP
BRISURES DE CHOCOLAT
BAR | BARRE
40 g (1.4 oz)
2g SUGAR
10g PLANT PROTEIN
High in / Élevé en Sat fat / Gras sat.

LEMON BLUEBERRY
CITRON BLEUETS
BAR | BARRE
40 g (1.4 oz)
2g SUGAR
10g PLANT PROTEIN
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Nut free
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\$14⁹⁹
CLIF BUILDERS MINI Protein Bar
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21387642_EA

\$28⁹⁹
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