



FORTINOS®



natural
roasted
pistachios
salted or
unsalted
20328168_KG
20664648_KG

899lb
19.82/kg

PRICE LOCKDOWN 2 WEEKS!

Fri. Jan 2 – Wed. Jan 14



129lb
2.84/kg

whole pork shoulder
20872424_KG



129lb
2.84/kg

whole pork leg
20872612_KG



299lb
6.59/kg

whole boneless
pork loin
20872423_KG



Large size!

599
142 g

fresh Atlantic
salmon portions
plain, lemon herb,
jerk or BBQ flavour
21018789_EA



199
170 g

blueberries
product of Peru,
no. 1 grade
20152465001_EA



199
227 g

PC® Organics whole white
or cremini mushrooms
product of Ontario
21021565_EA/21021499_EA



129lb
2.84/kg

green zucchini
or large eggplant
product of Mexico
20426596001_KG/20155709001_KG



199lb
4.39/kg

broccoli crowns
product of U.S.A. or Mexico
20026161001_KG



- ✓ Air Chilled
- ✓ Canadian grown
- ✓ Grain fed

599
454 g

PC® Blue Menu® ground
chicken or minced turkey
or Mina Halal extra lean
ground chicken
21100091_EA/21618141_EA



599
400 g

SeaQuest® fish fillets
selected varieties, frozen
20048346_EA/20111565_EA



899lb
1.98/100 g

Ziggy's®
cooked or smoked
turkey breast
deli sliced or shaved
20324673_KG



Gluten free,
MSG free!

899
300-500 g

Piller's pepperettes,
salami sticks, turkey
bites or sausage snacks
selected varieties
21099386_EA/21099391_EA



Carl Buddig
sliced meat
selected varieties
20074681_EA/20973434_EA

.99
55 g



399
260/283 g

Fontaine Santé
hummus
selected varieties
20501132_EA



299
each

Wonder bread 675 g
jumbo hot dog or hamburger
buns 8's or PC® mini tortillas
192/200 g, selected varieties
20276296_EA/20711614_EA



699
12 pack

butter croissants
21683000_EA

18 pk
4.99
18's
Gray Ridge large premium eggs
20822787001_EA

Unico beans 540 mL or tomatoes 796 mL selected varieties
20313447001_EA/20314629005_EA
1.49
each

7.99
1 L
Gallo extra virgin olive oil selected varieties
20105368_EA

7.99
1 L
Gallo extra virgin olive oil selected varieties
20105368_EA

2.99
each
Rio Mare canned tuna or salads 160 g or spreads and paté 100/115 g
20970856_EA/20984234_EA

.98
Rooster™ instant egg noodles 400 g, Nong Shim bowls 75/86 g or T&T® noodles 363 g or roasted seaweed snack 15 g, selected varieties
20032441005_EA/20096297_EA

2.49
each
GoGo Squeez fruit sauce 360 g, Goldfish crackers 156-204 g or Quaker Crispy Minis 90-199 g, selected varieties
20322697002_EA/20303002001_EA

2.99
each
Astro or iGO yogurt tubs 650-750 g, Yoplait Tubes 448 g, Danino drinkable yogurt 6 pack or Gay Lea sour cream 425/500 mL, selected varieties
20165226001_EA/20317536001_EA

7.49
each
Coca-Cola, Canada Dry, Pepsi or Fuze iced tea selected varieties, 12x341/355 mL
20318694002_C12/20322361002_C12

6.49
each
Nescafe or Taster's Choice instant coffee 100-170 g or Lavazza Nespresso-compatible pods 10's selected varieties
20873036_EA/21363371_EA

6.99
each
Royale bath tissue 12/15's=24/30 rolls, Tiger Towel paper towels 2/3=6 rolls or facial tissue 6's, selected varieties
21187195_EA/21484702_EA

4.99
each
Jordans cereal or granola 325-400 g, Riviera yogurt or kefir 500-650 g/946 mL or O'Doughs gluten free bagel thins 300/510 g selected varieties
21106820_EA/21184634_EA

January
HIT OF THE MONTH

LIMIT 6 \$1.50
After Limit \$2.50 ea
Catelli Smart or Whole Grains Pasta selected varieties, 340-375 g
20527265_EA/20527060_EA

LIMIT 6 \$2.25
After Limit \$3.00 ea
Kellogg's Eggo Waffles 8's frozen, selected varieties, 270-280 g
20302779_EA/20323436001_EA

LIMIT 6 \$3.50
After Limit \$4.50 ea
Janes Cosmic Chicken Nuggets frozen, 500 g
21717211_EA

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

Flyer prices effective from Thursday, January 8th, to Wednesday, January 14th, 2026

Visit us at [fortinos.ca](https://www.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.

Produce

Nature's Bounty arriving fresh daily!



5.99
each

Canary or Santa Claus melon
product of Brazil
20041212001_EA / 20307532001_EA

4.99
each

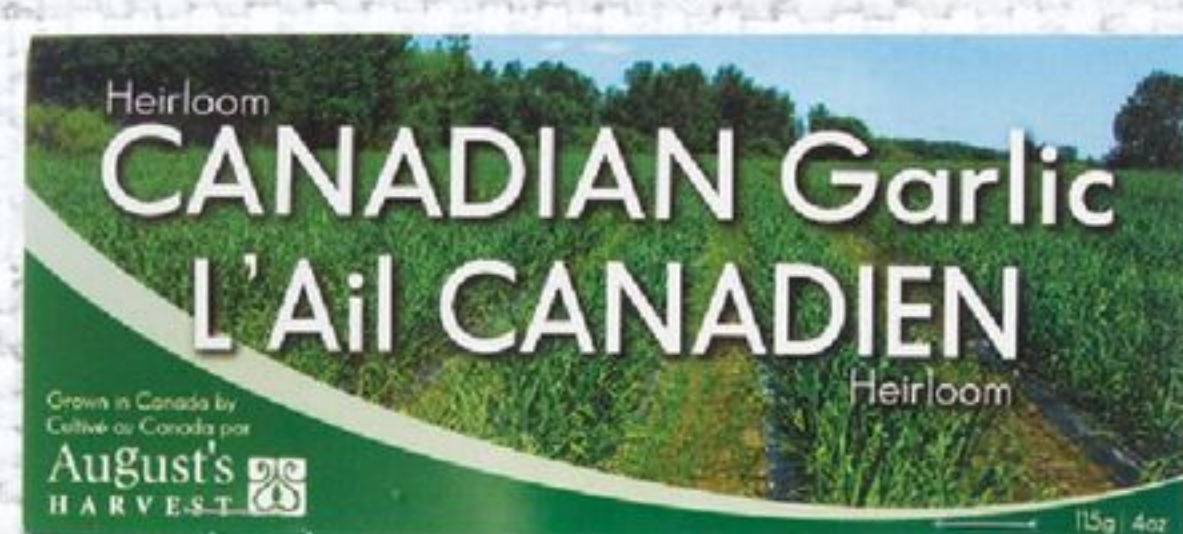
Palmer mango
product of Brazil
20025410001_EA

7.99 lb
17.61/kg

apricots
product of Chile,
no. 1 grade
20092504001_KG

5.99 lb
13.21/kg

seedless Orri mandarins
product of Israel
20072482001_KG



2.99
113 g

local garlic
product of Ontario
20180051_EA



2.49 lb
5.49/kg

sour cabbage
product of Ontario,
Canada no. 1 grade
21363957001_KG



Savoura Cerizo
cherry tomatoes
on the vine
product of Canada,
Canada no. 1 grade
21217711001_EA

2.49
150 g



Greenhouse grown
for optimal flavour!

NEW



4.99
80 g

Live Greens basil
product of Ontario
21714812001_EA



POM Wonderful
fresh arils
product of U.S.A.
20526015_EA

5.99
227 g



Prepared
IN STORE DAILY

4.99
340 g

omelette mix
prepared in store
21011388_EA



2.99
397 g

PC® coleslaw
product of U.S.A.
21204248_EA

Red Crown
organic pomegranate
juice
product of Azerbaijan
21684460_EA / 21684327_EA

9.99
1 L



Vision Greens
salad mixes
all varieties,
product of Ontario,
Canada no. 1 grade
21702158_EA

7.49
227 g



Pick Organic

Over 150 items available every day!

6.99
3's

PC® Organics
romaine hearts
product of U.S.A.
20599776001_EA

3.49
each

organic English
cucumber
product of Canada,
Canada no. 1 grade
20080489001_EA

3.69
50 g

Foodland Ontario
Greenbelt
organic microgreens
all varieties,
product of Ontario
21665130_EA / 21665143_EA

6.49
2 lb

Lil Snappers
organic Bosc pears
product of U.S.A.,
Extra Fancy grade
20999028_EA

2.49
each

organic mango
product of Peru
20084654001_EA

Healthy Greens

Prized for flavour & health benefits, greens are high in antioxidants, vitamins, potassium, iron, magnesium & fibre.



3.99
each

product of U.S.A.
or Mexico
20138805001_EA/20429951001_EA

KALE

BENEFITS: A nutritional powerhouse, kale is full of vitamins, folate, fibre & calcium.



3.99
each

product of U.S.A.
or Mexico
20118251001_EA

COLLARD GREENS

BENEFITS: High in fibre, calcium, magnesium and potassium.



2.99
each

product of U.S.A.
20162840001_EA

BUNCHED SPINACH

BENEFITS: A good source of folate, vitamin K, vitamin A (beta-carotene), iron, magnesium, and potassium.



3.99
each

product of U.S.A.
or Mexico
20689084001_EA

BLACK TUSCAN KALE

BENEFITS: High in lutein (for eye health), folic acid and vitamins K, A & C.



3.99
each

product of U.S.A.
or Mexico
20276364001_EA/0094766001_EA

SWISS CHARD

BENEFITS: Packed full of vitamins A, K & C, magnesium and potassium.



4.99
each

product of U.S.A.
or Mexico
20010334001_EA

KOHLRABI GREENS

BENEFITS: High in vitamin C, as well as B6 and potassium.

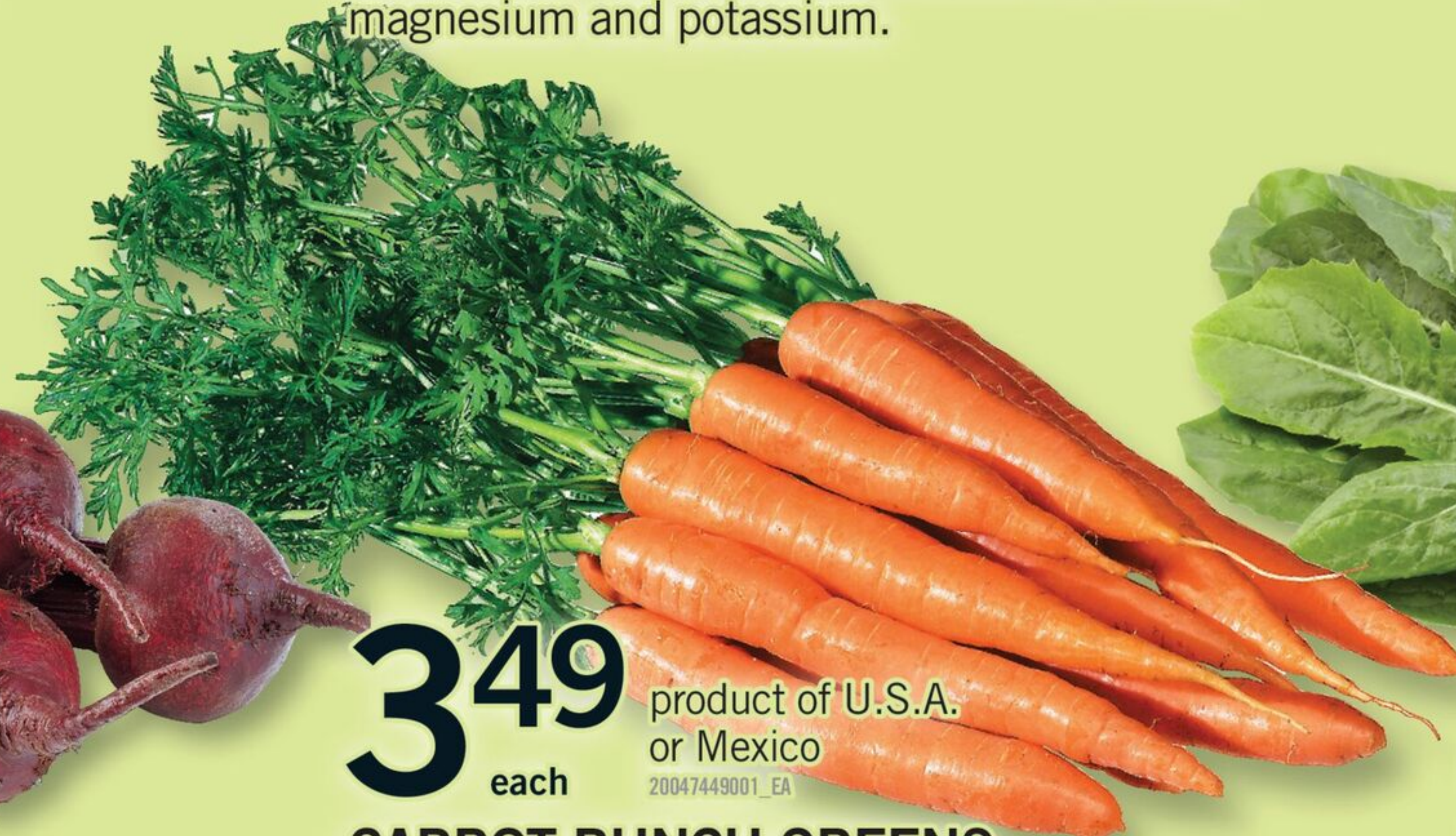


3.99
each

product of U.S.A.
or Mexico
20174607001_EA

BEET BUNCH GREENS

BENEFITS: A good source of vitamins, calcium and potassium.



3.49
each

product of U.S.A.
or Mexico
20047449001_EA

CARROT BUNCH GREENS

BENEFITS: Full of vitamins C & K.



3.99
each

product of U.S.A.
or Mexico
20168298001_EA

DANDELION GREENS

BENEFITS: Highly nutritious with calcium, iron, potassium and beta carotene.

**PRICE LOCKDOWN
2 WEEKS!**

Fri. Jan 2 – Wed. Jan 14



MEAT CURING

✓ Fresh Ontario pork
✓ Casing ✓ Spices



399^{lb}
8.80/kg whole pork belly
20874490_KG



pork collar
butt capicola
20862439_KG
399^{lb}
8.80/kg



whole pork loin
bone in
20872422_KG
199^{lb}
4.39/kg



pork loin centre-cut
chops or roast
boneless
20827788_KG
399^{lb}
8.80/kg



299^{lb}
6.59/kg pork combination chops,
rib and sirloin chops bone in
203822343_KG



899
20 yards sausage casing
21083404_KG



pork hocks
20874534_KG
299^{lb}
6.59/kg



pork feet
2087453_KG
299^{lb}
6.59/kg



pork tail
20874534_KG
299^{lb}
6.59/kg



249^{lb}
5.49/kg pork liver
20874536_KG

Meat Curing Spices



Windsor
iodized salt
20126203_EA

149
1 kg



249
15-250 g no name®
seasonings
selected varieties
20617736_EA/20617758_EA



Everyday
Essentials
cooking
twine 200 ft
or Club House
organic
spices 11-57 g
selected varieties
20955533_EA/21093257_EA

299
each



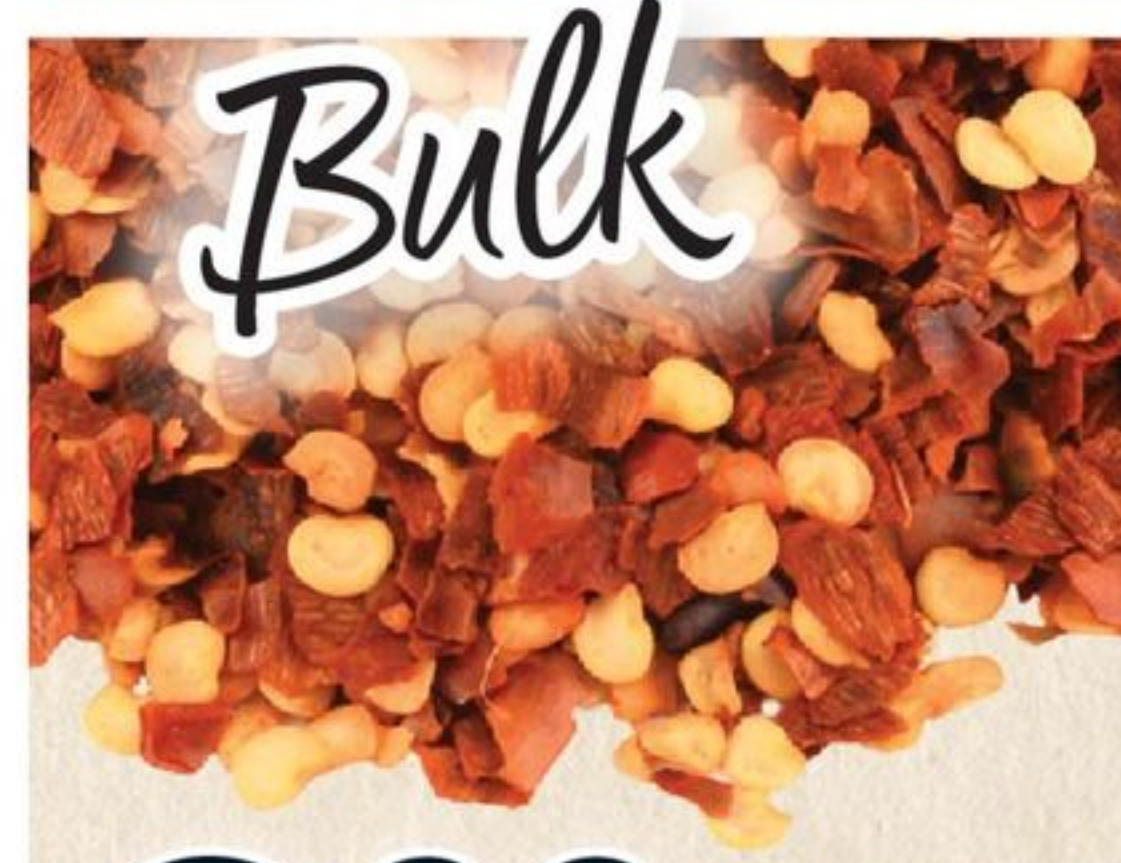
PC® salt
or pepper
grinders
or blends
selected varieties
20051643_EA/20094899_EA

599
45-390 g

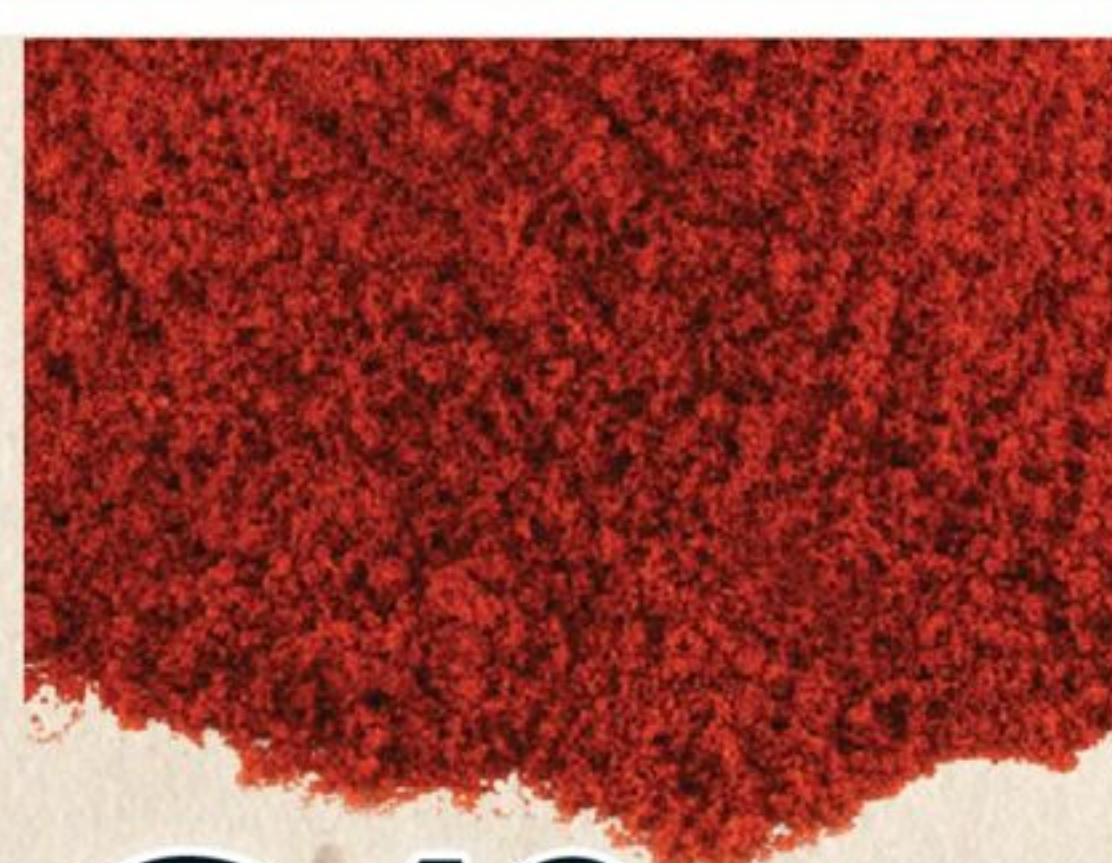


no name®
club pack
or Club House
seasonings
selected varieties
20114725_EA/20139095_EA

1099
510-825 g



299
150 g crushed
chili flakes
21448057_EA



349
200 g Spanish
paprika
21448059_EA



499
200 g ground
black
pepper
21448060_EA



379
225 g granulated
garlic
21448058_EA



469
200 g whole
black
pepper
21448061_EA



299
150 g fennel
seeds
21448062_EA

Olivieri sauce selected varieties \$7.49 600 mL

10⁹⁹
520-700 g

Reser's Main St Bistro potatoes or mac and cheese selected varieties

6⁴⁹
482-680 g

19⁴⁹
each

13 varieties!

PANE Fresco chilled soup selected varieties

9⁴⁹
900 mL

Deli

Always freshly sliced or shaved your way!

13⁹⁹ lb
30.84/kg

13⁹⁹ lb
3.08/100 g

9⁹⁹ lb
2.20/100 g

10⁹⁹ lb
24.23/kg

13⁹⁹ lb
30.84/kg

9⁹⁹
400 g

7⁹⁹
200/250 g

6²⁹
200 g

Bakery

Baked fresh by Bakers with passion!

31⁹⁹
800 g-1.65 kg

29⁹⁹
1 kg

3⁹⁹
90-110 g

3⁹⁹
90-110 g

1⁶⁹
64-113 g

4⁷⁹
600 g

3⁹⁹
450 g

6⁴⁹
575 g

4⁹⁹
228 g

Grocery



4.49
1.54 L
Simply lemonade or drinks
selected varieties
21170793_EA/21679526_EA

4.49
227/250 g
Philadelphia cream cheese or dip
selected varieties
20641267_EA/20866924007_EA

4.49
4x100 g
Liberté Greek yogurt
selected varieties
20640945001_EA/20801752003_EA

3.49
204-280 g
Pillsbury pizza pops, toaster strudel or scrambles
selected varieties, frozen
20172664001_EA/21435996_EA

3.49
907 g
Cheemo perogies
selected varieties, frozen
20527369_EA



Pillsbury crust, biscuit or rolls
selected varieties
20187585_EA/20317832003_EA

3.49
318-400 g

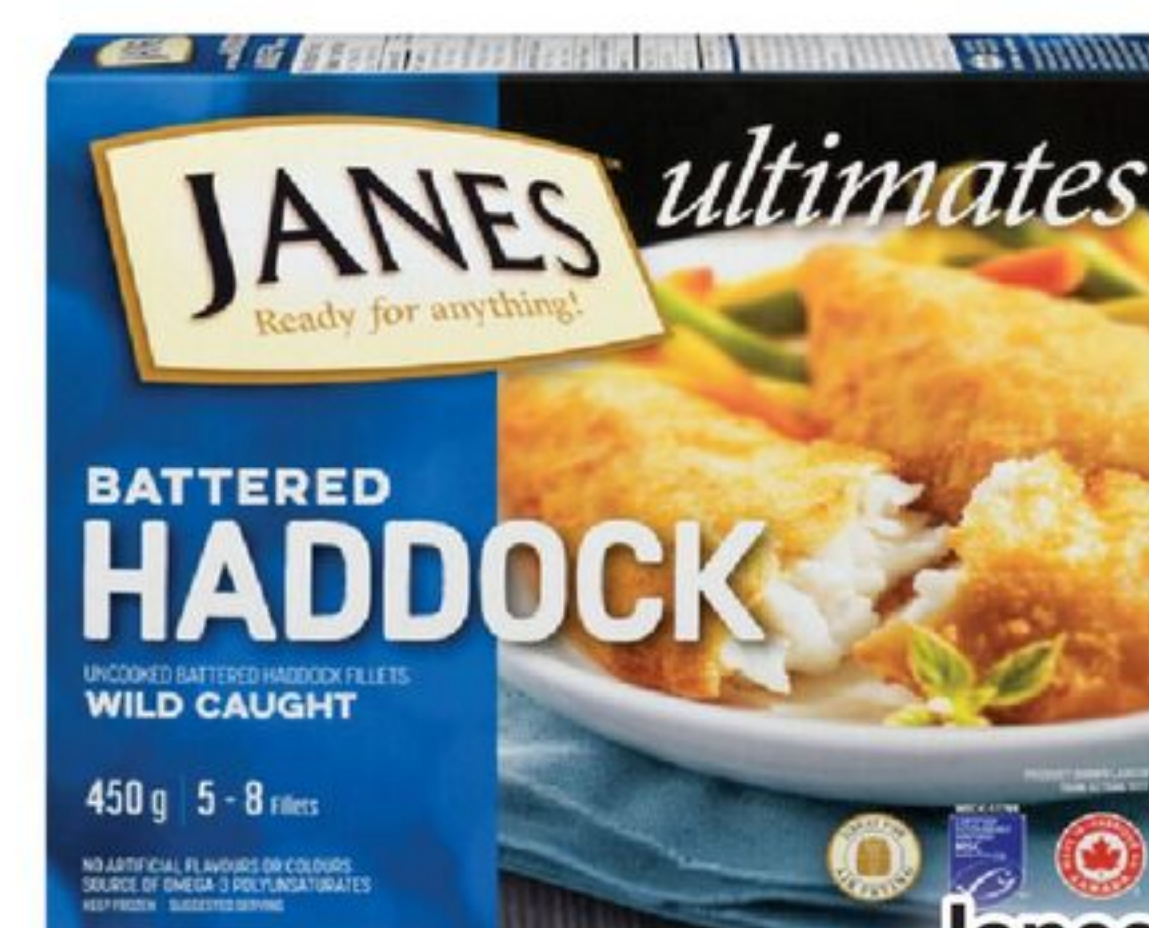


MUSH overnight oats
selected varieties
21673494_EA/21673552_EA

3.29
141 g

International Delight coffee enhancer
selected varieties
20895480003_EA/20895480002_EA

5.99
946 mL



14.99
450-545 g
Janes fish
selected varieties, frozen
21703860_EA/21703975_EA



7.99
540/600 g
McCain pizza pockets
selected varieties, frozen
21047833_EA



3.29
120-156 g
Quaker Dipps or Chewy granola bars
selected varieties
20847582_EA/21359366_EA



3.49
140-175 g
Leclerc Go Pure bars
selected varieties
21430819_EA



3.49
each
Betty Crocker fruit snacks 128-226 g or Christie mini cookies 150-200 g, selected varieties
20318474001_EA/21031310_EA



Oasis 100% juice blends, Del Monte nectar, Hydrafruit or Arizona tea
selected varieties
20894117004_EA

2.49
960 mL



excel gum bottles
selected varieties
20310919004_EA

4.49
40/60's



1,000 (pts)
McCafe K-Cup pods 10/12's or ground coffee 340 g
selected varieties
21238495_EA/21238598_EA



3.99
400 g
Gioia Savoirdi
20085922_EA

Nesquik chocolate or strawberry syrup
selected varieties
20320167002_EA/20320167004_EA

7.99
510/700 mL



Ocean's light tuna 85/170 g or Gold Seal sardines 125 g
selected varieties
20915887_EA/21005134_EA

1.79
each



3.99
340 g
Catelli Protein+ pasta
selected varieties
21661872_EA/21661874_EA



Grocery



349
240/250 g

Ben's Original
Bistro Express rice
selected varieties
21405472_EA/21405476_EA



P.F. Chang's
sauce
selected varieties
21557057_EA/21557164_EA

479
350 mL



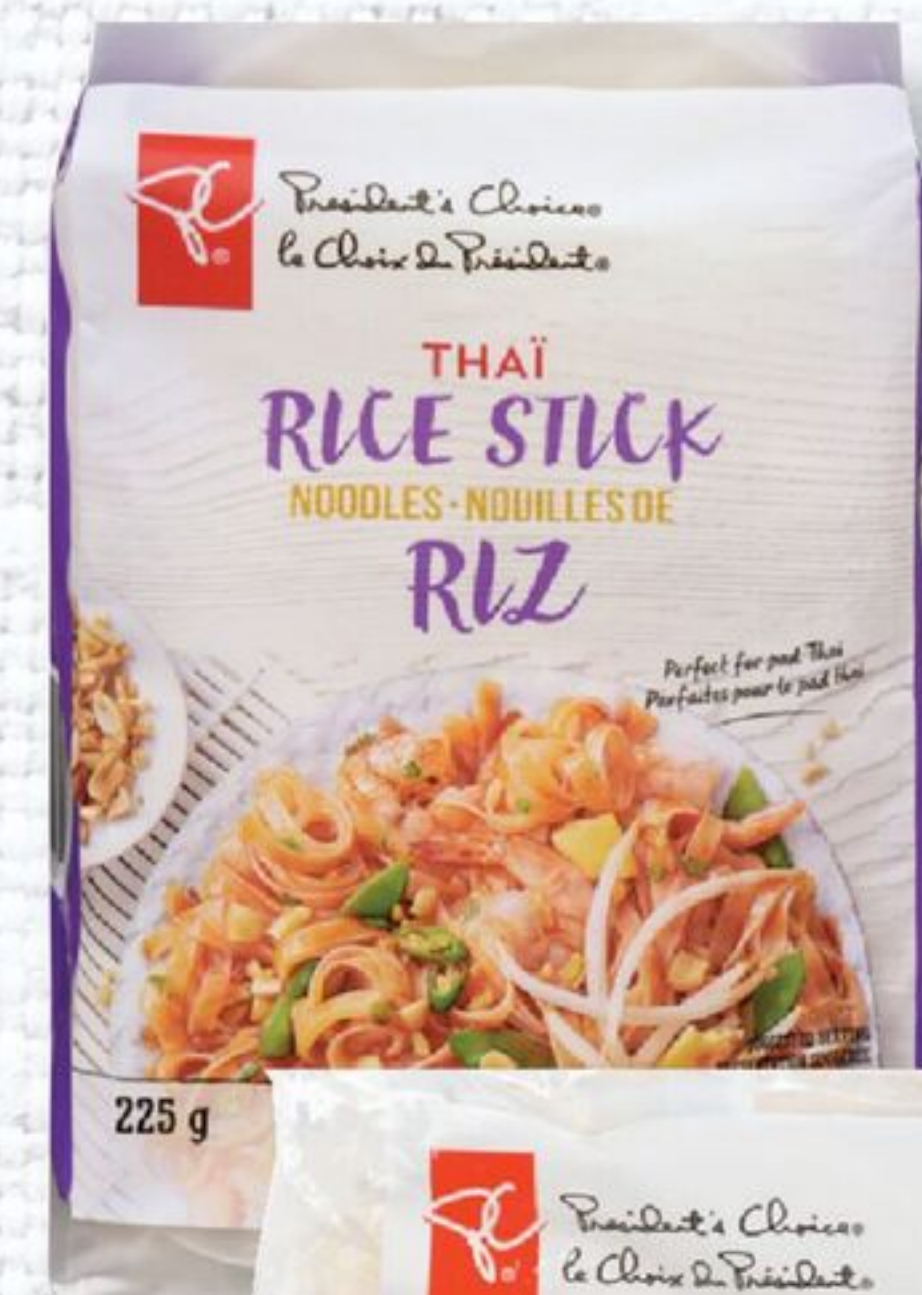
399
341-380 mL

VH cooking or
dipping sauce
selected varieties
20308726001_EA/20984013_EA



349
750 g

PC® basmati
or jasmine rice
selected varieties
20961107_EA/20961292_EA



PC® udon noodles
or Thai sticky rice
20354811_EA/20418150001_EA

279
225/800 g



PC®
cooking sauce
selected varieties
20075022_EA/20298369001_EA

449
350/400 mL



PC®
Black label®
panko bread
crumbs
selected varieties
20572734_EA/20582708_EA

349
227 g



Just Sauce
selected varieties
21654432_EA/21654437_EA

499
480 mL



349
500 g

Di Martino pasta
selected varieties
21417294_EA/21417295_EA



329
250/375 g

Unico
baking pasta
selected varieties
20303112002_EA/20321035001_EA

Soup's On!

PC® ready
to serve soup
selected varieties
21360265_EA/21360274_EA

299
540 mL



199
each

PC® or Blue Menu®
broth 900 mL/1 L
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



Swiss Chalet
soup
selected varieties
21313330_EA/21313335_EA

329
540 mL



Mema Foods
Just Soup
21622118_EA/21622172_EA

499
480 mL



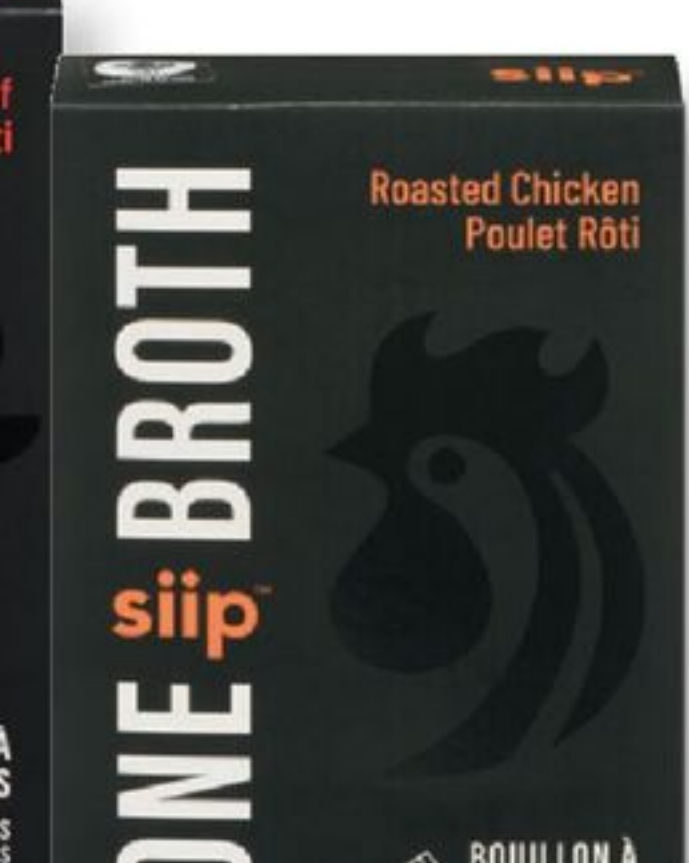
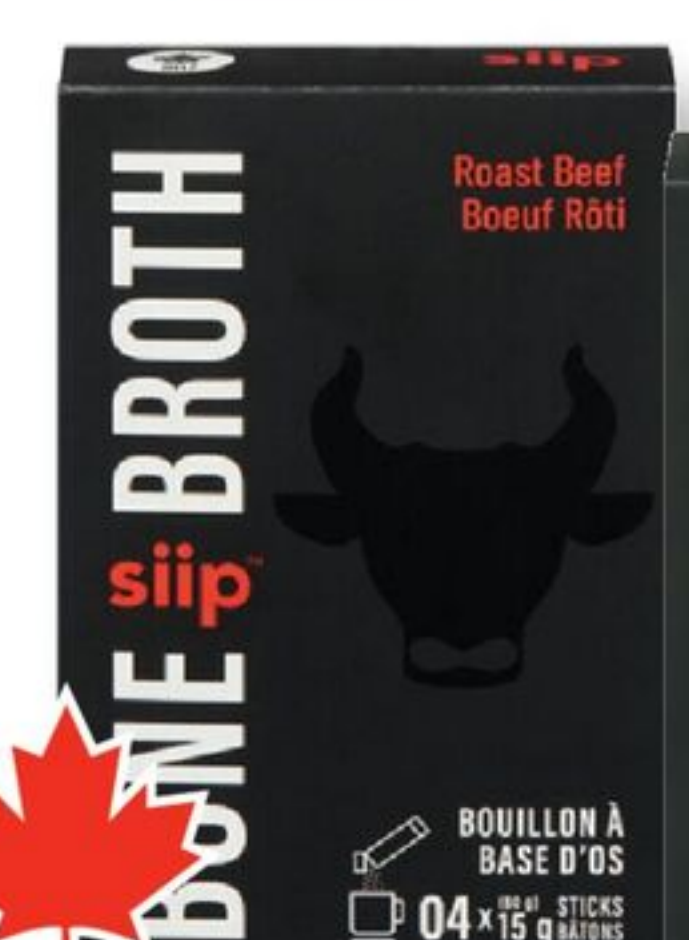
899
311 g

Knorr
cooking paste
selected varieties
21183230_EA/21183454_EA



849
24-60 g

siip bone broth
selected varieties
21550560_EA/21550565_EA



399
180/200 g

Christie Ritz
or Wheat Thins
crackers
selected varieties
21547034_EA/21547048_EA



299
454 g

no name®
soda crackers
selected varieties
20795392_EA



NATURE'S TREASURE

by **FORTINOS**

Fuel Your New Year

Make a fresh start in 2026 with expert advice, healthy options and personal support from Nature's Treasure, including:

- ✓ *Certified Nutritional Practitioners*, on staff at all Fortinos locations for free consultations
- ✓ Healthy, fresh, nutrient-dense food choices including vegetarian, vegan, gluten and nut-free options
- ✓ Up to date information about product ingredients, vetted by our experts and the latest naturopathic-recommended quality vitamins and supplements.

Proud supporters of:



17⁹⁹
59 mL/90-200's

Now ashwagandha extract, GABA, vitamin C 1000, l-lysine or Omega-3 caps selected varieties

21418536_EA/21418540_EA

Naturopathic formulated!

19⁹⁹
60's

Suku sugar-free gummy vitamins selected varieties

21310902_EA/21311623_EA



34⁹⁹
50 mL
Good Vibes wellness shots all varieties

21496231_EA

NEW

Find your chill this new year, support your adrenals with magnesium & ashwagandha!

BUY 1 GET 1 50% OFF

CanPrev magnesium bis-glycinate, magnesium stress release or adrenal chill selected varieties, 90/120's

20776243_EA/21298009_EA



up to **20% OFF**

Nordic Naturals cod liver or Omega-3 oil, all varieties & sizes

21689601_EA/21689602_EA



31⁹⁹
199-273 g

Genuine Health high fibre gut superfoods or greens powders all varieties

21065501_EA/21592533_EA

Informed Choice certified!

43⁹⁹
680/908 g

North Coast Naturals or PVL whey protein powder selected varieties

20306852001_EA/20650672001_EA



3⁹⁹
125-150 g

Skinny Pop popcorn selected varieties

20785418001_EA/20785418002_EA



Fair trade & Organic!

16⁹⁹
454 g

Kicking Horse whole bean coffee selected varieties

20322468001_EA/20322468006_EA



24⁹⁹
33 g

Mid-Day Squares functional chocolate selected varieties

21487220_EA/21487247_EA



3⁹⁹
414 mL

Rise kombucha drink all varieties

20910755003_EA/214393091_EA



NEW

3⁹⁹
120-150 g

Made Good school safe snacks selected varieties

21351751_EA/21352121_EA



74⁹⁹
473-946 mL

Elmhurst non-dairy beverages selected varieties

21415606_EA/21415684_EA



Flyer prices effective from Friday, January 2 to Wednesday, January 28, 2026

Cold Weather Wellness

Review, reflect & reset goals. January is a good time to slow down and take a look at your health priorities.

- ✓ Make time for conversation with friends & family over a cup of tea with immune boosting manuka honey
- ✓ Make winter work for you with invigorating outdoor walks, nature trails and winter sports.

4.99
16 bags

Yogi organic tea
all varieties
20317306002_EA/20693913003_EA



Sprouted varieties available!

LOCALLY MADE

7.49
each

Rolling Meadow grass-fed milk 2 L or Organic Meadow kefir drink 1 L
all varieties
20710883001_EA/21212714_EA



NEW

LOCALLY MADE

10.99
250 mL

Filsinger's organic apple butter
21722934_EA



7.49
320-567 g

Little Northern Bakehouse gluten free bread
selected varieties
21100055_EA/21100057_EA



7.99
450 g

Yoggu! dairy-free yogurt
all varieties
21689390_EA/21528293_EA

Great source of pre- and probiotics!

Infused with cleavers, hyssop & yerba mate!

24.99
340 g

Cafezia fair trade & organic whole bean coffee
21706712_EA/21706635_EA



Kid's immune support with propolis, zinc, and vitamin D!

NEW

11.99
15 ct

Beekeeper's Naturals wellness wands
21718881_EA



29.99
250 g

Wedderspoon raw manuka honey
21410083_EA

UP TO 20% OFF

Find me in the Probiotic cooler!

LOCALLY MADE

Kefirkult coconut kefir yogurt
all varieties & sizes
21522411_EA/21522411_EA



Immune Focus

A. Vogel echinaforce, sore throat spray, or sinna nasal tabs or spray
all varieties & sizes
21235730_EA/20730073_EA



Nature's Way immune gummies or syrup
all varieties & sizes
21190315_EA/21192086_EA



Formulated with Elderberry!

St. Francis Herb Farm herbal tinctures or capsules
all varieties & sizes
20731309_EA/21191956_EA



Blend of oregano oil with blackseed oil!

Supports digestive immunity!

Orange Naturals probiotic capsules or powder
all varieties & sizes
21295561_EA/21409970_EA



Clinically shown to help prevent & relieve cold & flu symptoms!



Bio-K fermented probiotic drink or capsules
all varieties & sizes
21391833_EA/21350779_EA



Green Pancakes with Roasted Coconut Topping

- 1 cup (250 mL) **ONE DEGREE** rolled oats
- 1 cup (250 mL) packed fresh spinach
- 1 tsp (5 mL) **ORGANIC TRADITIONS** matcha powder
- Ripe banana
- 2 **YORKSHIRE VALLEY** organic, pasture-raised eggs
- 1/2 cup (125 mL) **COCOSOUL** coconut milk, or milk of choice
- 1 tsp (5 mL) **BOB'S RED MILL** baking powder
- 1 tsp (5 mL) **PC® ORGANICS** vanilla extract

Serves 2

In blender, or by hand, place oats, spinach, matcha, banana, eggs, milk, baking powder, vanilla, and salt. Blend until smooth. (For extra-fluffy pancakes, let batter rest for 5 minutes before cooking).

Heat skillet over medium heat and brush with coconut oil. Pour batter into rounds and cook until bubbles form on surface, about 2 to 3 minutes. Flip and cook for another 1 to 2 minutes, until golden.

For topping, whip coconut cream with maple syrup until fluffy, then fold in toasted coconut and lime zest. Stack pancakes, top with whipped coconut cream, and serve immediately.

Recipe courtesy of
alive



749
680 g

One Degree organic oats
selected varieties
21532753_EA/21532752_EA

Glyphosate free & sprouted!



699
750 mL/1.4 L

Califia Farms premium non-dairy beverage or coffee creamer
selected varieties
21424973_EA/21397053_EA



Organic variety now available!



849
12 ct

Yorkshire Valley Farms organic, pasture-raised eggs large
20982570001_EA



1099
1.25 L

Cocosoul organic coconut milk
21692677_EA/21692768_EA

Unrefined sea salt!



1299
737 g

Redmond all natural real salt
selected varieties
20010681_EA



1699
150 g

Organic Traditions matcha or turmeric latte
selected varieties
21222515_EA/21222509_EA



999
59 mL

PC® Organics pure vanilla extract
selected varieties
21402620_EA



349
200 mL

Dream Foods Italian Volcano organic lemon or lime juice
21007935_EA/20432986002_EA



1199
444 mL

Nutiva organic virgin coconut oil
selected varieties
20371617_EA

Cold pressed & unrefined!



499
400 mL

Cha's organic coconut milk or cream
selected varieties
21397563_EA/21316074_EA



599
397 g

Bob's Red Mill baking powder
21563485_EA



799
340 g

Bob's Red Mill unsweetened shredded coconut
21127430_EA



1299
375 mL

Shady Maple organic maple syrup
selected varieties
20794851_EA/21418710_EA

Lunches On-The-Go: Prioritize Protein

Protein is essential for growth and repair. It also creates a feeling of “fullness”, helping you stay, and feel satisfied.

- ✓ Start the day with protein-rich foods or smoothies with protein powder
- ✓ Fuel & energize with protein-packed snacks & drinks to help you power through your day, avoid the 2 pm slump, and keep sugar cravings at bay
- ✓ Swap sugary favourites like cereal, bars, and cookies with high protein alternatives

**LOCALLY
MADE**

3⁹⁹
250 mL
**Two Bears
protein latte**
all varieties
21666917_EA/21667073_EA



20 g of
protein
per
serving!

3⁹⁹
100 g
**Bob Snail
100% real
fruit rolls**
all varieties
21703079_EA/21703202_EA



NEW

9⁹⁹
180 g
**Simply Protein
stacked snack bars**
all varieties
21707059_EA/21707077_EA



NEW

5⁴⁹
each
Tree Island grass-fed yogurt 350 g
or **Noble Bean tempeh 240 g**
all varieties
21622466_EA/21622531_EA

High in
protein!

9⁹⁹
170 g
**Egglife
egg-based wraps**
all varieties
21653472_EA/21653477_EA



12⁹⁹
200 g
**Truely high protein,
gluten free cereal**
all varieties
21717227_EA/21717252_EA



NEW

**UP TO
20%
OFF**

Scoop & Shake

**PVL
Can-Whey
protein powder**
727 g
21682923_EA
21682956_EA



**Eville
smoothie
cubes**
all varieties
21693095_EA/21693144_EA



**Organika
collagen
powder**
all varieties & sizes
21028366_EA/21190856_EA



**Iron Vegan
or Progressive
protein,
collagen
or greens
powder**
all varieties
& sizes
21002793_EA
21519275_EA

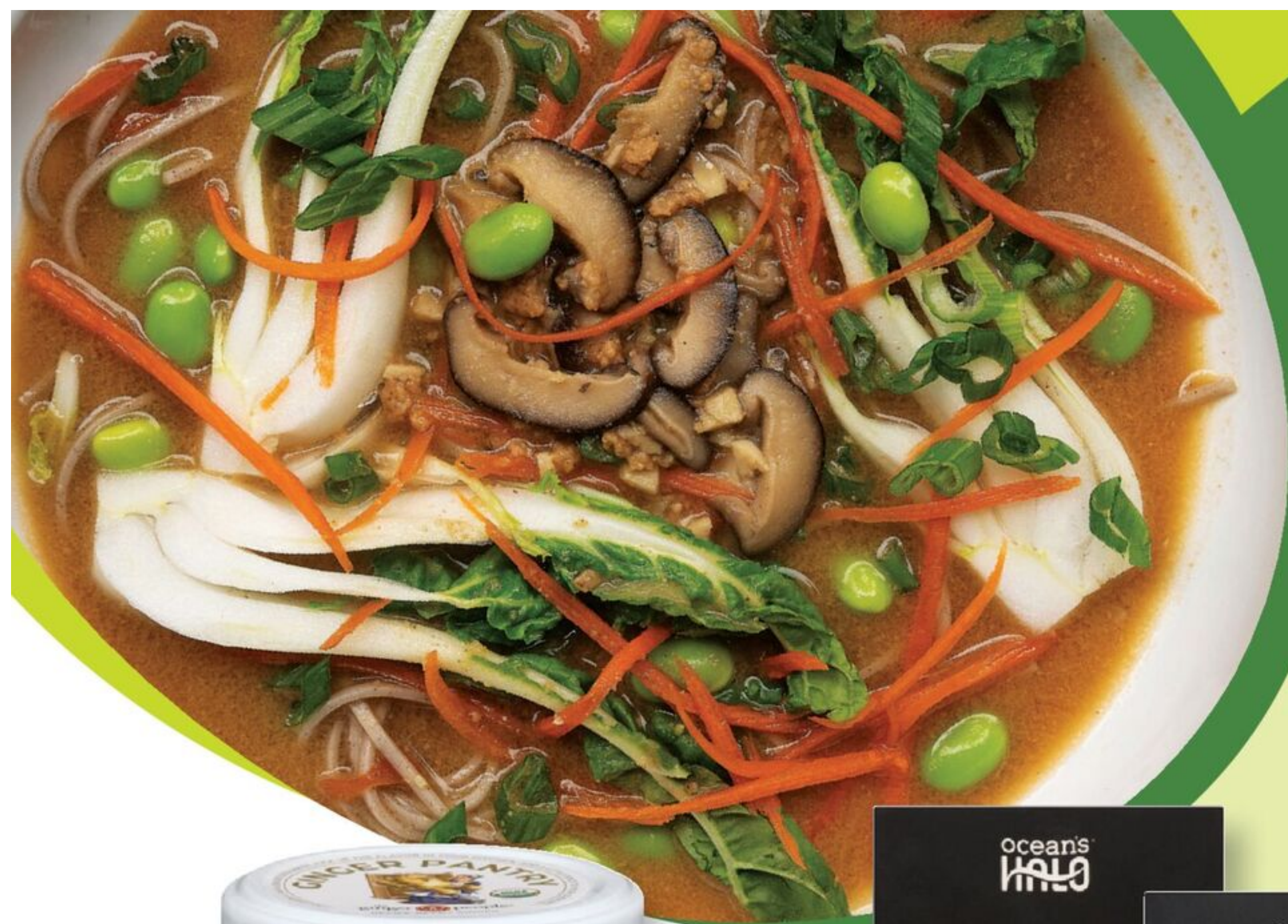


**Leanfit creatine
monohydrate,
protein, or
electrolytes
powder**
all varieties
& sizes
21403978_EA/21561038_EA



**Vega
all-in-one
protein
powder, or
ready-to-drink
protein shake**
all varieties & sizes
20645554_EA/21664878_EA





Soba Noodle Soup

Serves 2

- 1 tbsp (15 mL) **SPECTRUM** sesame oil
- 3 tbsp (45 mL) finely chopped garlic
- 2 tbsp (30 mL) **THE GINGER PEOPLE** minced ginger
- 1/2 tsp (2 mL) dried red pepper flakes
- 4 **FUNKY FUNGHI** dried mushrooms
- 4 cups (1 L) **BROYA** broth
- 1 tbsp (15 mL) **SAN-J** tamari or soy sauce
- 2 tbsp (30 mL) **NUTS TO YOU** peanut butter
- 3 oz (85 g) **OCEAN HALO** soba or ramen noodles, cooked and rinsed
- 1 baby bok choy, cut lengthwise into 6 pieces
- 1/2 cup (125 mL) **PC® ORGANICS** frozen edamame, blanched
- 3/4 cup (180 mL) shredded carrot
- 1/2 cup (125 mL) green onion
- 1 tbsp (15 mL) rice or **FILSINGER'S** apple cider vinegar
- **ABOKICHI OKAZU** chili oil for serving

In soup pot on low heat, add sesame oil and sauté garlic and gingerroot for about 2 minutes. Add red pepper flakes and sauté for 3 minutes more. Add mushrooms and stir occasionally, for about 2 minutes. Mushrooms will begin to soften. Add 1/4 cup (60 mL) broth and stir. Add tamari and allow to simmer for a few minutes to concentrate the flavour before adding peanut butter and remaining broth. Let broth simmer gently for about 10 minutes, until warmed through.

Meanwhile, prepare 2 bowls by dividing noodles, bok choy, edamame, carrots, and green onion between them. When ready to serve, add vinegar to broth and ladle with mushrooms over each bowl. Add a spoonful of chili oil if desired.

Recipe courtesy of
alive



4.79
190 g

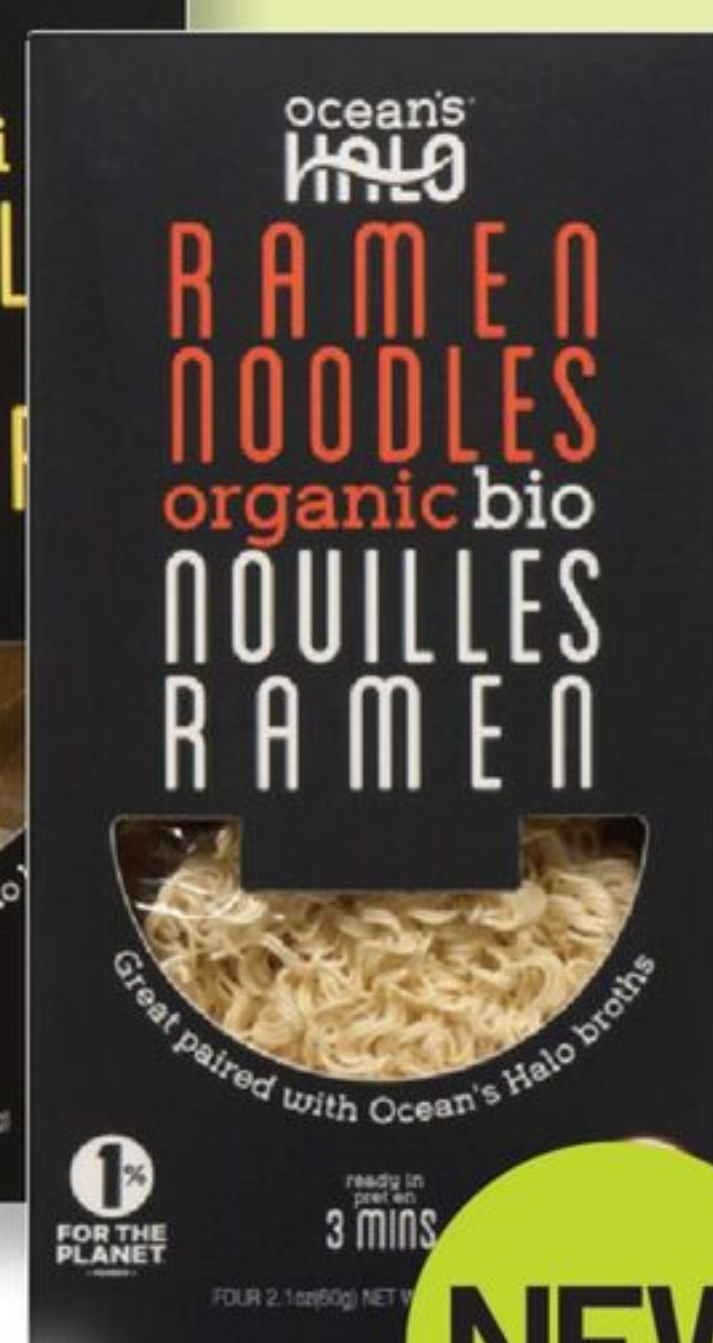
NEW

The Ginger People
organic minced ginger
21719750_EA



4.99
180-240 g

Ocean Halo rice or
ramen noodles
21703566_EA/21703564_EA



NEW

Also
available in
gluten-free!

6.99
each

San J tamari
or Nuts to You
spreads

s20795946001_EA/20304746_EA



11.99
500 mL

Broya grass-fed or
organic bone broth
all varieties
21709451_EA/21709146_EA



NEW



10.99
473 mL

Spectrum
sesame oil
21543068_EA



14.99
28 g

Funky Funghi dried
mushroom mix
21724356_EA

NEW

5.99
250 g

Herbamare
herbed sea salt
all varieties

20317961001_EA/20317961002EA



**LOCALLY
MADE**

7.99
945 mL

Filsingers
organic apple
cider vinegar

21312947_EA



11.49
230 mL

Abokichi okazu
Japanese chili oil
selected varieties

21424927_EA/21333336_EA



NEW



7.99
30 g

GimMe organic
roasted seaweed
snacks
selected varieties

20999935_EA/21356151_EA

4.99
500 g

PC® Organics
frozen edamame
selected varieties

20416869001_EA/20416869003_EA



4.49
13-64 g

PC® Organics spices
selected varieties

21209101_EA/21209151_EA



6.99
480 mL

Ocean Halo
kimchi

21597662_EA



Digestion: Fibre & Ferments

It all starts in the gut! Improve your gut health and enjoy a smoother digestive experience.

- ✓ Feed your good gut bacteria with fibre-rich foods and fermented favourites
- ✓ Maximize gut health and help support healthy cholesterol levels
- ✓ Explore probiotic-packed fermented foods and nourishing pre-biotic supplements

Low Carb & Gluten Free!

4.49

120-400 g

Liviva low carb rice or pasta selected varieties

21154070_EA/21639786_EA



LOCALLY MADE

3.49

355 mL

Tonica kombucha bottles or cans all varieties

20818822001_EA/21632474_EA



Brewed in small batches right here in Ontario!



5.99

349 g

Bionaturae organic sourdough pasta all varieties

21712386_EA/21712481_EA



NEW

12.99

680 g

Bianco DiNapoli organic tomato sauce selected varieties

21722548_EA/21722547_EA



NEW

Sourdough bread is fermented for better digest-ability!

LOCALLY MADE

7.99

230-255 g

Aidan's gluten free sourdough bread selected varieties

21686757_EA/21686932_EA



7.49

250 g

Yumi organics overnight oats selected varieties

21522422_EA/21522427_EA



18.99

454 g

Organic Traditions sprouted chia & flax seed powder selected varieties

21706197_EA



NEW

UP TO **20% OFF**

Cholesterol Support

With 75 mg of choline, an essential nutrient that supports the liver in maintaining cholesterol levels in the body

Canprev Tudca v-caps 60's or Fibre feel 325 g

21297786_EA/21685401_EA



Safe for low FODMAP diets!

North Coast Naturals daily cleanse fibre 1 kg

20704916_EA



Helps improve LDL:HDL cholesterol ratio!

Prairie Naturals Sytrinol® 60's or Vitamin D3 2500IUs 180's

21505844_EA/21592668_EA



Organic Traditions fibre fuel smoothie boost all varieties

21478341_EA/21478343_EA



Aqua Omega fish oil liquid or capsules all sizes & varieties

21157460_EA/21223968_EA



7.99
18-100's

Uncle Lee's tea
selected varieties

20296329002_EA/21506541_EA



8.99
16 g

Bone Brothouse instant
bone broth all varieties

21400280_EA/21400321_EA

Non-GMO
Gluten & Dairy Free!

LOCALLY
MADE

5.49
398 mL

Yorkshire Valley organic soup
all varieties

21560109_EA/21560336_EA



Detox & Immunity

Support your body's natural cleansing pathways & strengthen your immune defences with diet, nutrition and stress management

- ✓ Ask about powerhouse wellness foods, beverages, herbs and supplements that boost natural defences, leaving you energized and resilient
- ✓ Discover energizing coffee alternatives and powerful mushroom-based foods and supplements for immunity & vitality

6.99
355 mL

Pulp and Press
cold pressed juice
all varieties

21014353_EA/21014358_EA



Organic!

Coffee taste you
love, powered by
liver-supportive
herbs instead of
caffeine!

34.99
200 g

Dandy Blend instant
herbal beverage
coffee alternative

21208119_EA



UP TO
**20%
OFF**

Wild Rose
herbal d-tox kit

21623738_EA

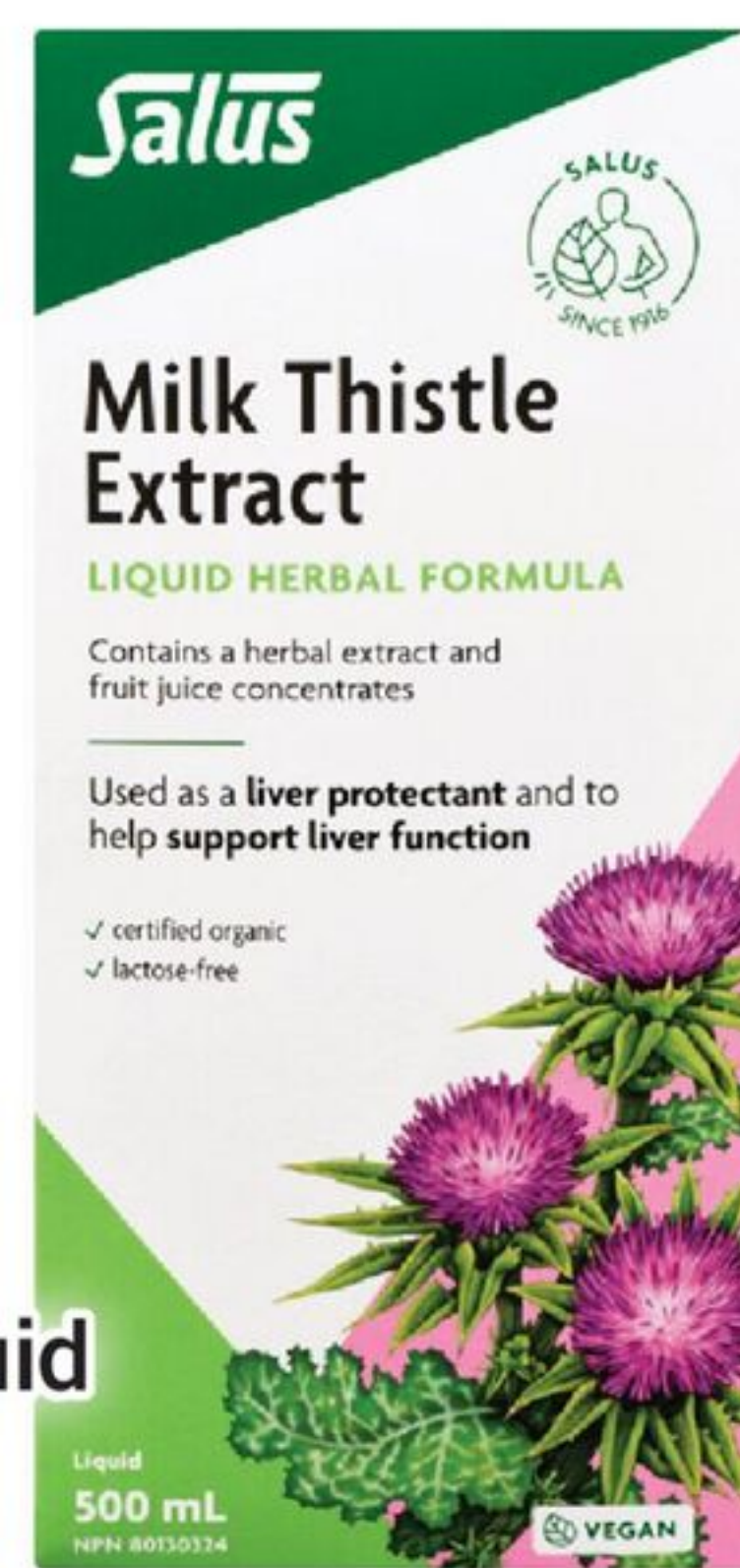


Supports &
protects your liver!

UP TO
**20%
OFF**

Salus Haus milk
thistle extract liquid
herbal formula

21701044_EA



Functional Mushroom Favourites!

4.29
355 mL

benny adaptogenic
sparkling energy beverage

21658245_EA/21658277_EA



Infused with Lions Mane,
Reishi & Yerba Mate!

18.99
100-140 g

Organic Traditions
instant mushroom coffee
selected varieties

21509586_EA/21564761_EA



9.99
10's

Teeccino
mushroom herbal
tea selected varieties

21490675_EA/21490690_EA



UP TO
**20%
OFF**

Host Defense
mushroom
capsules or
powders
all varieties & sizes

21219608_EA/21609608_EA



Convenient powder format;
add to smoothies or lattes!

UP TO
**20%
OFF**

Purana
mushroom
supplements
all varieties
& sizes

21707899_EA/21715915_EA



NEW

UP TO
**20%
OFF**

CanPrev
Myco10
mushroom
powder

21209361_EA



Immuno-
modulating
mushroom
blend with
7 mushrooms
and 3
antioxidants

FORT 7

UP TO 20% OFF

ALL Vitamins, Supplements & Protein Powders in our Nature's Treasure department!

Advanced Ortho Molecular Research professional supplements all varieties & sizes
21307672_EA/21311020_EA



Berberine supports healthy glucose metabolism!

Metagenics professional grade supplements all varieties & sizes
21683668_EA



Formulated with passionflower to aid in calm & relaxation!

Pascoe natural health care products all varieties & sizes
21383359_EA/21383379_EA



Prairie Naturals bone broth powder or creatine monohydrate powder all varieties & sizes
21208866_EA/21209178_EA



Nature's Way nutrasea Omega-3 supplements all varieties & sizes
20099274_EA/20925128_EA



Progressive or Smart Solutions supplements all varieties & sizes
20812669_EA/21418099_EA



nuun hydration electrolyte tablets all varieties & sizes
21641786_EA/21641867_EA



349 128-150g

Hardbite hand-crafted style, all natural potato chips selected varieties
21157616_EA/21419109_EA



Amy's frozen burrito selected varieties
2004209202_EA/20320495001_EA

799 4x355 mL

Remedy organic kombucha selected varieties
21616987_C04/21617011_C04



399 300g

Neal Brothers organic tortilla chips selected varieties
21533054_EA/21533145_EA



Organic!

549 1 L

Thirsty Buddha coconut water selected varieties
20689784_EA



Kiju organic juice all varieties
20312710001_EA/20333714001_EA



499 108g

SunRype organic fruit snacks selected varieties
21528182_EA/21528183_EA



Annie's organic fruit snacks selected varieties
21674381_EA/21547875_EA



Flyer prices effective from Friday, January 2 to Wednesday, January 28, 2026

Visit us at [fortinos.ca](https://www.fortinos.ca)



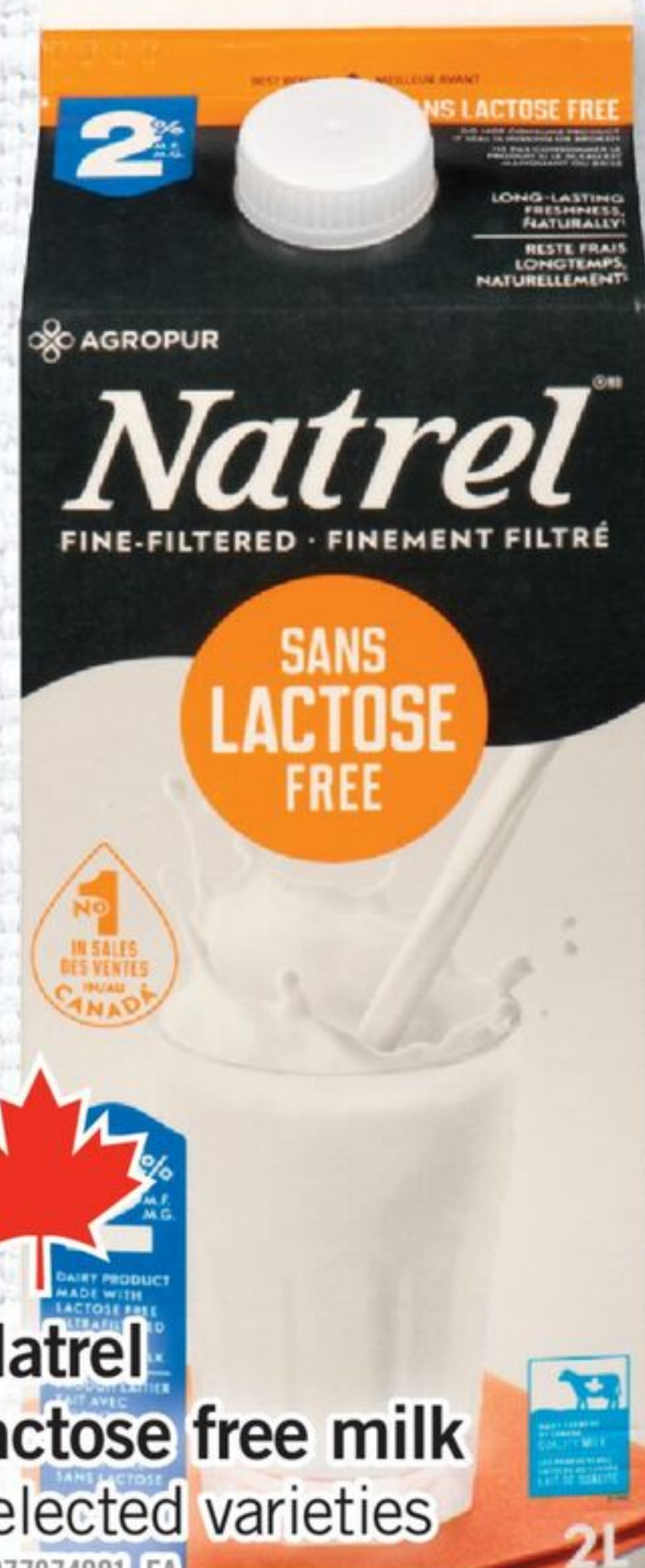
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Grocery



Pillsbury
crescents or
wiener wraps
selected
varieties

2.29
200-227 g



Natrel
lactose free milk
selected varieties

6.79
2 L



McCain fries
or specialty potato
selected varieties,
frozen

4.49
454-800 g



Kawartha
ice cream
selected varieties,
frozen

8.49
1.5 L



Green Giant
Simply Steam
vegetables
selected varieties,
frozen

2.49
198/250 g



Dare Bear Paws
or Viva Puffs
selected varieties

3.99
168-300 g



Cheez-It
crackers

3.49
191/200 g



Dare
Veggie Crisps
selected varieties

2.29
100 g



Jake Baked
pretzels or
Old Dutch
potato chips
selected varieties

3.49
200-454 g



Jack Link's
meat snacks
65-81 g or Hand
Fuel nuts 150 g
selected varieties

6.49
each



Corona Cero

8.99
6x330 mL



Red Bull
energy drinks
selected varieties

2.99
250 mL



Maynards candy
selected varieties

2.99
135-154 g



Hershey's
chocolate
pouches
selected varieties

5.99
160-230 g



Starbucks
K-Cup pods 10's
or roast and ground
coffee 283-340 g
selected varieties

12.99
each



Unico pasta
700/900 g or
pasta sauce 680 mL
selected varieties

2.79
each



Grissol
melba toast
selected varieties

4.99
350/400 g



Unico
wine vinegar
selected varieties

2.29
500 mL



Unico
tuna

2.29
198 g



Unico pickled
vegetables
selected varieties

3.49
750 mL

Celebrate Lohri



11⁹⁹

French Oven
eggless cakes
chocolate, vanilla
or Black Forest

800-980 g 21717577_EA



1²⁹lb

opo squash
product of Honduras

3.28/kg 20142055001_KG



\$40

premium
jumbo bouquet

each 21549451_EA



Suraj® naan
selected varieties

21051353_EA

2⁹⁹

5's



5⁹⁹

no name® roasted
no salt in-shell peanuts

product of U.S.A.

20996039_EA



.88

/100 g
3.99/lb

roasted
Virginia peanuts
salt or no salt

20003301_KG/20120042_KG



2⁹⁹

honey pitted dates
product of Iran

350 g 20142055001_KG

Chef Bombay
entrées
or snacks

240-354 g

or Brar's

samosas 624 g

selected varieties,

frozen

20973182_EA/21000033_EA

5⁹⁹

each



Dahi
or Halal
Yogurt

selected varieties

20343515_EA/21157873_EA

2⁹⁹

750 g



Rubicon
fruit drink

selected varieties

20029236001_EA/20296770001_EA

2⁴⁹

1 L



Brar's
Desi Ghee

20869886_EA

13⁹⁹

800 g



2⁹⁹

KurKure or
Lay's chips
selected varieties

200/270 g

21663082_EA/21664103_EA



5⁹⁹

Brar's Dairy
makhani

21029114_EA

KFI cooking
sauce
375/395 mL
or Maggi
sauce 340 mL
selected varieties

20419490001_EA/20687724_EA

3⁹⁹

each



7⁹⁹

681 g

tea India

20177173_EA



.99

Parle G biscuit
original, 300 g

20956495_EA



Maggi
masala noodles
selected varieties,

70 g

20802664_EA

.39

each

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

110

/100 g

hi five gummys

4.99/lb

21073551_KG

132

/100 g

Valentine gummi hugs and kisses

5.99/lb

21073551_KG

154

/100 g

heart shaped lollipops

6.99/lb

20064615_KG

286

/100 g

chocolate red foil hearts

12.99/lb

21665068_KG

.88

/100 g

cinnamon hearts

3.99/lb

21516907_KG

121

/100 g

cupid heart sprinkles

5.49/lb

21570956_KG

121

/100 g

hot lips

5.49/lb

20028595_KG

BRINGING THE WORLD TO YOUR KITCHEN

Sharing culture through food



Crispy pound cake
selected varieties
20814080_EA/20814268_EA

349
386 g



Cucina mini
mozzarella
arancini
frozen
21339562_EA

799
500 g



Putter's pickles
selected varieties
20093452_EA/20136840_EA

599
500 mL/1 L



499
341 g
Nanak paneer
21286158_EA



Liguori pasta
selected varieties
21665208_EA/21665273_EA

349
454 g



599
550 g
ICIM Turkish
Labneh cheese
21367589_EA



Bechtel
spaetzle noodles
selected varieties
20032557003_EA/20032557004_EA

399
500 g



Irini
extra virgin
olive oil
20021287_EA

1299
750 mL



549
71 g
Gefen herb cubes
selected varieties, frozen
21056545_EA/21056556_EA



Noor
basmati rice
20056100_EA

1099
4.54 kg



La Costeña sauce
selected varieties
20318656001_EA/20318656002_EA

449
455 mL



Yorkshire
or Yorkshire
Gold tea bags
21604120_EA

899
80's



Colavita olive oil
20617955_EA

1999
1 L



249
22's
Fisherman's Friend
lozenges
21691116_EA/21705695_EA



Grace
coconut water
selected varieties
21027754_EA

189
500 mL

Seafood



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



12⁹⁹ PC® PEI mussels in provencale sauce or creamy white wine sauce frozen
907 g 20838560_EA



10⁹⁹ IFC basa fillets frozen
850 g 21615047_EA



11⁹⁹ PC® raw Zipperback® jumbo wild Argentinian shrimp 21-30 per lb, frozen
340 g 21332386_EA

Meat



7⁹⁹ PC® Pub Recipe™ chicken nuggets, strips or burgers selected varieties, frozen
700 g 21201320_EA/21201321_EA



15⁹⁹ PC® Shepherd's pie selected varieties, frozen
800/900 g 20003749_EA



12⁹⁹ Yorkshire Valley Farms organic chicken bites frozen
454 g 21194345_EA



10⁹⁹ Zabiha Halal Fire Crisp spicy burgers, nuggets or drumsticks frozen
700-750 g 21704617_EA/21705962_EA



3⁹⁹ Schneiders Lunchmate or adult lunch kits selected varieties
67-120 g 21120891_EA/21309931_EA



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



5⁹⁹ Maple Lodge Farms chicken bacon or Zabiha Halal chicken breast strips
375 g 20099204_EA/20105121_EA



from
\$20-50

each

Fortinos
mixed bouquets
assorted colours
and sizes
21159059_EA/21549447_EA



cut tulips
assorted colours
20180973_EA

12⁹⁹
10 stems



spring bulbs
6 inch pot
\$9.99 each

4⁹⁹
4" pot

assorted spring bulbs
21087690_EA/21087691_EA



snake plant
in ceramic pot
21672523_EA

26⁹⁹
each



tropical
hanging basket
21386968_EA

16⁹⁹
6 inch pot



24⁹⁹
each

tropical 10"
hanging basket
selected varieties
21387411_EA

Build your own Bouquet!

1. Choose Your Flowers
2. Choose Your Greenery & Fillers
3. We will wrap it for you, or we can create one with you.

12⁹⁹
or 3/\$32



**For an extra fee our designers can create a stunning hand-tied bouquet with your selections.*

Baby



26⁹⁹
36-108's
Huggies super
big pack diapers
selected varieties
21370924_EA/21455653_EA

28⁹⁹
34-74's
Goodnites
or Pull Ups
selected
varieties
20963841_EA/20963933_EA

7⁴⁹
227-384 mL
Dove or Aveeno
baby needs
selected varieties
20922621_EA/21014652_EA

24⁹⁹
900 g
Nestlé Nido powder
21378097_EA/21672262_EA

65⁹⁹
862/890 g
Enfamil
NeuroPro powder
selected varieties
21589079_EA/21589205_EA



8⁹⁹
each
Nestlé Cerelac
cereal 400 g or
Pampers or Huggies
wipes 112-216's
selected varieties
20708211_EA/20799372_EA

14⁹⁹
6x237 mL
EnfaGrow
ready to drink
selected varieties
21207723_EA/21207733_EA

17⁹⁹
each
Gerber pouches
128 mL or jars
159-162 mL
21024932_EA/21024943_EA

19⁹⁹
each
Baby Gourmet
pouches 128 mL
or Love Child
Love Ducks 30 g
selected varieties
20368074001_EA/21054242_EA

4²⁹
each
Baby Gourmet
puffs or bars 40-98 g
or Love Child
Oaty Chomps
138 g,
selected varieties
20944539_EA/21123961_EA

Body & Health

3⁹⁹
each
SoftSoap
332 mL
or Ricola
lozenges 17-19's
selected varieties
21351640_EA/21475078_EA

8⁹⁹
each
Listerine 1 L,
OGX hair care
118-385 mL
or Jergens
lotion 620 mL
selected varieties
20340206005_EA/20701283_EA

5⁹⁹
each
Crest toothpaste
63-105 mL
or Gum soft
picks 60-80's
selected varieties
20600194_EA/21041112_EA

9⁹⁹
each
Dove or Olay
body wash
400-600 mL
or Pantene
hair care
476-532 mL
selected varieties
21001429_EA/21424214_EA

6⁹⁹
each
Degree
deodorant
74-107 g,
Vaseline
lotion 295 mL
or Irish Spring
bar soap 6's
selected varieties
20539440004_EA/21078327_EA

5⁹⁹
each
U by Kotex
pads 12-24's,
tampons
15/16's
or liners
40-64's
selected varieties
20776714_EA/21287976_EA

18⁹⁹
each
Depends
or Poise 12-60's
or liners 114-126's
selected varieties
20558843005_EA/21100737_EA

3⁴⁹
each
Quest
or Diesel
protein bar
or cookie or
Brust protein
drink 330 mL
selected varieties
20959040_EA/21178583_EA

13⁹⁹
each
Ensure
6x235 mL
or Glucerna
6x237 mL
or Barebells 4's
selected varieties
20180283003_EA/20308731008_C06

2⁹⁹
each
Beatrice
B-Fit protein
drink 460 mL,
Trubar 50 g
or Ricola
lozenges box 18's
selected varieties
21345511_EA/21600538_EA

Household



Tide liquid detergent
selected varieties,
39/48 WL
21590106_EA/21597402_EA

14⁹⁹
1.62/1.86 L



Fleecy fabric softener 1.36 L
or sheets 80's
selected varieties
20311072001_EA/21311876_EA

5⁹⁹
each



Tru Earth
in wash scent
boosters 200 g
or toilet bowl
cleaning strips 12's
21522020_EA/21660040_EA

11⁹⁹
each



PC® liquid
dish soap
selected varieties
21012467_EA/21013091_EA

2⁷⁹
638/739 mL



Chanteclair
Universal
Degreaser
21686798_EA/21686902_EA

5⁹⁹
750 mL



Resolve
laundry
stain remover
20323370_EA/21193402_EA

7⁹⁹
650 mL



Clorox
disinfecting
wipes
selected varieties
20348537002_EA/20348537003_EA

5⁹⁹
75's



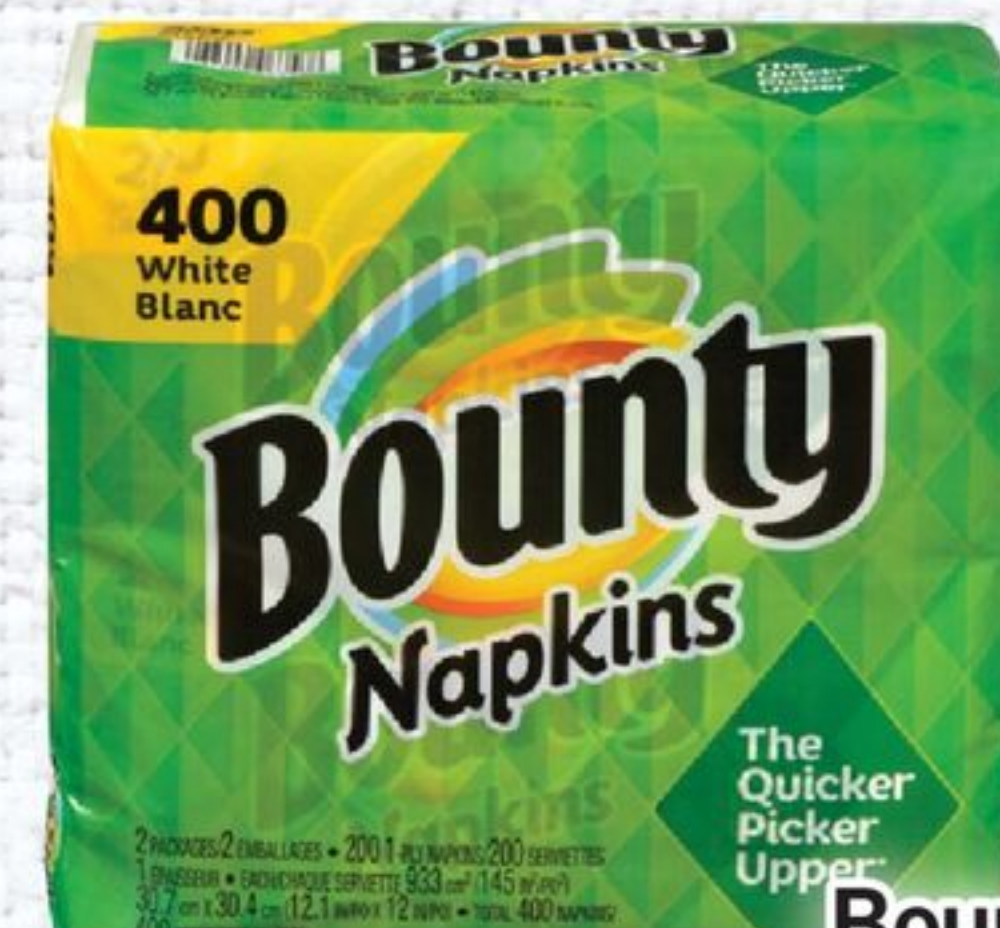
Glad cling wrap
selected varieties
20003818_EA

3⁴⁹
30 m



Air Wick
Essential Oils
refills 2's/40 mL
selected varieties
20315389001_EA/20324301001_EA

11⁹⁹
each



Bounty
white
napkins
1 ply
21053171_EA

10⁹⁹
400's

Pet Needs for Cats, Dogs & Birds!



Fresh Pet
Dog Joy dog treats
21583605_EA/21630365_EA

6⁴⁹
85/181 g



Milk-Bone
Comfort Chews
selected varieties
21620394_EA/21620417_EA

7⁹⁹
210/312 g



PC®
Nutrition First®
grain free
wet dog food
selected varieties
21359232_EA/21359235_EA

2⁷⁹
374 g



Blue Buffalo
wet dog food
21360377_EA

18⁹⁹
12's



PC® Nutrition First®
dry dog food
selected varieties
21304669_EA/21305298_EA

58⁹⁹
14 kg



Delectables
Stew or Bisque
cat treats
21619969_EA/21620023_EA

16⁴⁹
12's



Whiskas
Perfect Portions
wet cat food
selected varieties
20945097_EA/21011523_EA

1⁴⁹
75 g



Purina ONE
True Instincts
dry cat food
selected varieties
20421881002_EA/210968177_EA

13⁹⁹
1.45-1.8 kg



Catit
Go Natural
pea husk
cat litter
21631089_EA

21⁹⁹
5.6 kg



PC® Finch
wild bird seed
21308668_EA

8⁹⁹
2 kg

YOUR PET'S BOWL JUST GOT better

Save \$1 on each

Turkey – 1lb (21610677_EA)	Beef – 1lb (21610753_EA)	Chicken - 1lb (21610579_EA)
Goat Milk, Classic - 975mL (21612059_EA)	Lamb - 1lb (21610726_EA)	Goat Milk, Berry - 975mL (21612247_EA)

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- Earn 2% back in (pts) on eligible pickup orders**

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