

# crush fresh cravings

7<sup>99</sup>

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

1 LB  
20049778001\_EA



1 LB

7<sup>77</sup>

**RED MANGO CASE**  
PRODUCT OF PERU  
CASE

21047849\_EA



9 LB  
AVG

**SAVE**  
\$7<sup>50</sup>

APP EXCLUSIVE OFFER\*

GET  
1,000<sup>pts</sup>

\$1

back  
in points

3<sup>50</sup>

**LARGE CROWNLESS  
PINEAPPLE**

PRODUCT OF  
COSTA RICA  
EACH  
20119813001\_EA



LARGE

\*Open your PC Optimum™ app or visit pcoptimum.ca to get the offer

**SAVE**  
UP TO 36%

APP EXCLUSIVE OFFER\*

GET  
1,000<sup>pts</sup>

\$1

back  
in points

3<sup>50</sup>

**CANTALOUPE,**  
PRODUCT OF GUATEMALA,  
HONDURAS OR BRAZIL  
OR **MINI SEEDLESS  
WATERMELON,**  
PRODUCT OF GUATEMALA,  
MEXICO OR BRAZIL  
EACH  
20167017001\_EA  
20145379001\_EA



\*Open your PC Optimum™ app or visit pcoptimum.ca to get the offer

**SAVE**  
30%

3<sup>50</sup>

**ROMAINE HEARTS**  
PRODUCT OF U.S.A.

3'S  
20067389001\_EA





# add value to your morning

## \$20

APP EXCLUSIVE OFFER\*

GET  
3,000<sup>pts</sup>

\$3  
back  
in points

**PC®  
GROUND COFFEE**  
SELECTED VARIETIES  
800-930 G  
21393374\_EA  
21393573\_EA



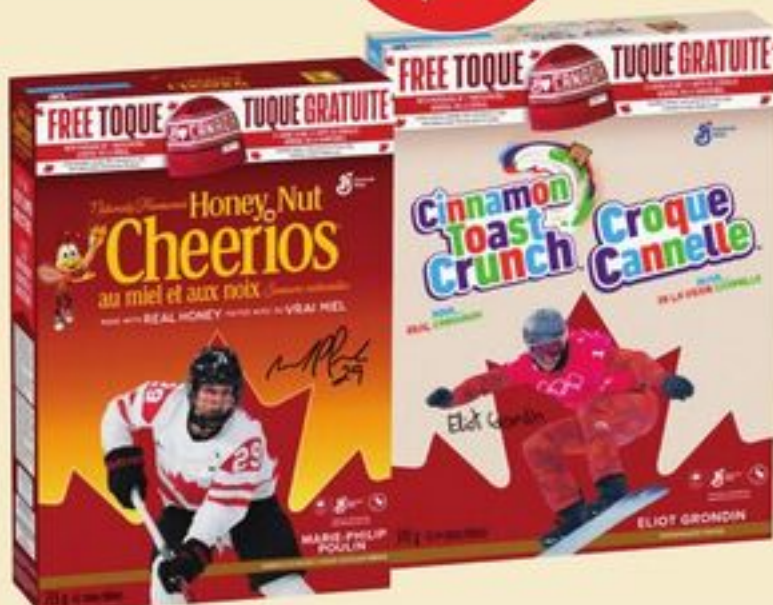
\*Open your PC Optimum™ app or visit pcoptimum.ca to get the offer

## \$6

GET  
1,000<sup>pts</sup>

\$1  
back  
in points

**GENERAL MILLS  
CEREAL**  
FAMILY SIZE  
SELECTED VARIETIES  
475-778 G  
21103492\_EA  
21103495\_EA



## \$8

APP EXCLUSIVE OFFER\*

GET  
2,000<sup>pts</sup>

\$2  
back  
in points

**BUTTER CROISSANTS**  
12'S  
21683000\_EA



**BAKED  
IN-STORE**

\*Open your PC Optimum™ app or visit pcoptimum.ca to get the offer

## 3<sup>50</sup>



**D'ITALIANO BREAD,  
BUNS OR GUSTO BAGELS**  
SELECTED VARIETIES  
AND SIZES  
21567005\_EA  
21577054\_EA  
20673736\_EA



**SAVE  
75¢**



## \$4

**PHILADELPHIA  
CREAM CHEESE  
OR DIPS**  
SELECTED VARIETIES  
227/250 G  
20641267\_EA/20866816002\_EA



## 6<sup>50</sup>



**SIGGI'S YOGURT**  
**TUB** 650-750 G OR **YOPLAIT**  
**SOURCE CREAMY**  
**YOGURT** 16X100 G  
SELECTED VARIETIES  
2031717001\_EA  
21353892\_EA



## \$3

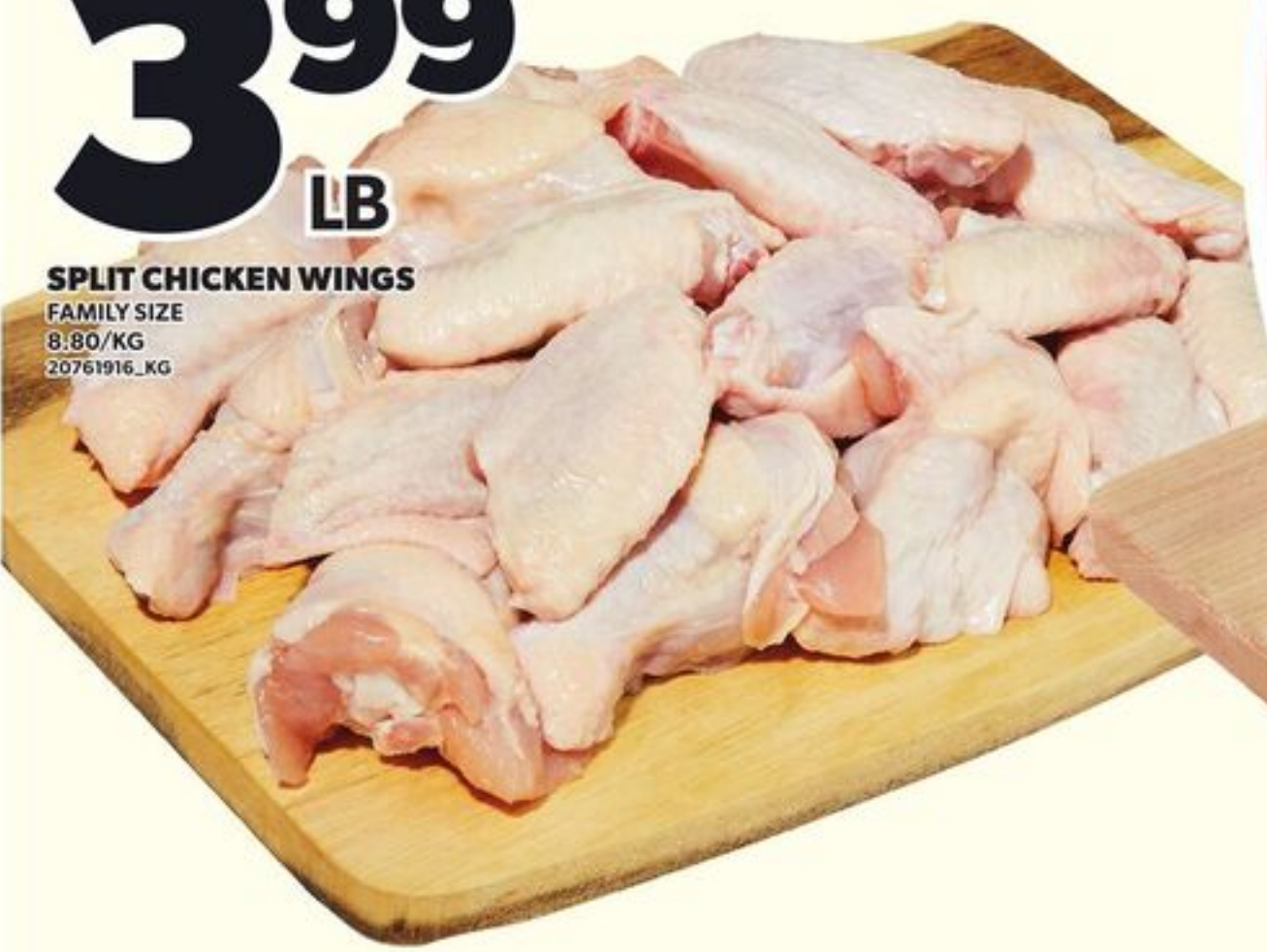
**MADE GOOD BARS,  
CRUNCHIE SQUARES,  
GRANOLA, MORNINGS,  
MINIS, RICE CRISPS OR  
DRIZZLE BARS**  
SELECTED VARIETIES  
120-150 G  
20797052001\_EA  
21352121\_EA





3<sup>99</sup>  
LB

SPLIT CHICKEN WINGS  
FAMILY SIZE  
8.80/KG  
20761916\_KG



SAVE 31%  
10<sup>88</sup>

EQUIVALENT TO  
\$5.49/LB

GRASS FED LEAN  
GROUND BEEF  
900 G  
21618300\_EA



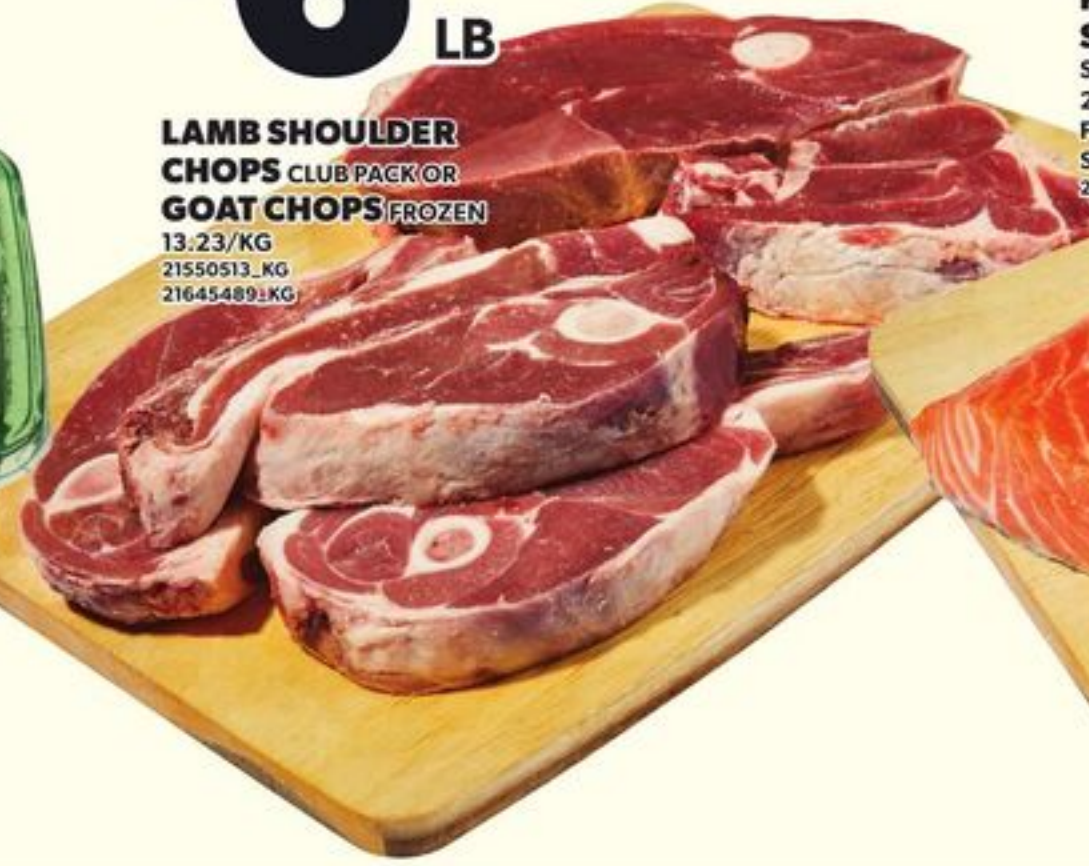
8<sup>99</sup>

MEDJOL DATES  
PRODUCT OF U.S.A.  
2 LB TUB  
20001686\_EA



SAVE UP TO 33%  
\$6<sup>99</sup>  
LB

LAMB SHOULDER  
CHOPS CLUB PACK OR  
GOAT CHOPS FROZEN  
13.23/KG  
21550513\_KG  
21645489\_KG



\$11<sup>99</sup>  
LB

FRESH ATLANTIC  
SALMON FILLETS  
SKIN-ON, FAMILY SIZE  
24.25/KG  
FRESH SEAFOOD ITEMS  
SUBJECT TO AVAILABILITY  
20720065\_KG



1<sup>50</sup>

OASIS 100%  
JUICE BLENDS,  
DEL MONTE  
NECTAR,  
HYDRAFRUIT,  
ARIZONA TEA  
SELECTED VARIETIES  
960 ML  
20336722005\_EA  
20894117004\_EA



SAVE  
UP TO 36%  
\$3<sup>99</sup>

CAVENDISH FRIES  
OR SPECIALTY  
POTATOES 400/750 G  
OR PC® VEGETABLES  
300-750 G  
SELECTED VARIETIES  
FROZEN  
20318915\_EA  
21685114\_EA



\$1<sup>99</sup>

CAMPBELL'S SOUP  
TOMATO, VEGETABLE,  
CHICKEN NOODLE OR  
CREAM OF MUSHROOM  
284 ML  
20176214001\_EA  
20176214004\_EA



SAVE  
33%  
2<sup>50</sup>

PREGO  
PASTA SAUCE  
SELECTED VARIETIES  
645 ML  
20325820001\_EA  
21340384\_EA



SAVE  
UP TO \$2  
\$5<sup>99</sup>

GIUSEPPE PIZZA  
SELECTED VARIETIES  
FROZEN  
439-785 G  
21106361\_EA  
20904584\_EA



1<sup>25</sup>

UNICO  
CANNED BEANS  
SELECTED VARIETIES  
540 ML  
20313447001\_EA  
20313447002\_EA



SAVE  
UP TO 42%  
13<sup>99</sup>

ROYALE  
BATHROOM TISSUE  
30=60 ROLLS OR TIGER  
TOWELS 6=12 ROLLS OR  
FACIAL TISSUE 12'S  
SELECTED VARIETIES  
20705292\_EA  
21378223\_EA  
21484732\_EA



\$11<sup>99</sup>

TIDE DETERGENT  
1.62-1.86 L/18-31'S,  
DOWNY OR GAIN  
FABRIC SOFTENER  
1.66-2.63 L, DOWNY,  
GAIN OR IVORY  
SNOW BEADS  
303-379 G OR DAWN  
LIQUID 2.21/2.64 L  
SELECTED VARIETIES  
21550428\_EA  
21593782\_EA



\$10<sup>99</sup>

TERRA OLIVE OIL 1 L  
OR NONNA PIA'S  
BALSAMIC GLAZE  
250 ML  
20639367\_EA  
20729461\_EA



 **Optimum™**

from Thursday February 26<sup>th</sup> to Saturday, February 28<sup>th</sup>

Your points are worth more.

**Bonus Redemption Event**

Redeem  
70,000<sup>(pts)</sup>  
and get  
\$80<sup>off\*</sup>  
your purchase of  
\$80 or more

OR

Redeem  
150,000<sup>(pts)</sup>  
and get  
\$175<sup>off\*</sup>  
your purchase of  
\$175 or more

OR

Redeem  
250,000<sup>(pts)</sup>  
and get  
\$300<sup>off\*</sup>  
your purchase of  
\$300 or more

That's an extra  
\$10  
value!

That's an extra  
\$25  
value!

That's an extra  
\$50  
value!

Limited time offer, subject to change or cancellation. Redemptions at points level available while offer lasts as specified above in a single transaction. In cases of insufficient spend amount causing customers not being able to optimize the offer, the system will automatically suggest/default to a lower redemption threshold, so that customer can always redeem the least amount of available points and achieve the maximum value of offer available. Customer can however choose to redeem a higher amount of points and forfeit portion of the value available if desired as per the PC Optimum™ Program Terms and Conditions. In no event will customers receive extra points in lieu of the forfeited value as part of this offer. Redemptions must be in increments of 10,000 points up to a maximum of 500,000 PC Optimum™ points in one transaction. Applicable fees and taxes payable on full purchase price before application of redemption value. Not redeemable for cash or credit. Exclusions apply. Visit [pcoptimum.ca/company-policy/terms-and-conditions](https://pcoptimum.ca/company-policy/terms-and-conditions) for further details.

Flyer prices effective from Thursday, February 26th to Wednesday, March 4th, 2026. **SEE BACK PAGE FOR DETAILS.**

Excludes Loblaws 500 Lake Shore Boulevard West.

LSL 1



3<sup>99</sup>

MAPLE LEAF  
TOP DOGS OR  
SCHNEIDERS  
RED HOTS WIENERS  
SELECTED VARIETIES  
375 G  
20602429\_EA  
21093477\_EA



\$10

PC® ENTRÉES  
770 G-1.13 KG OR  
PC® FISH 500-680 G  
SELECTED VARIETIES  
FROZEN  
20326534\_EA  
21637091\_EA



4<sup>25</sup>

ACTIVIA  
YOGURT TUB 650 G OR  
PC® ORANGE JUICE  
1.54 L SELECTED VARIETIES  
2032513205\_EA  
21430531\_EA



SAVE  
UP TO \$1<sup>24</sup>

\$6

PRESTIGE OR  
GRAY RIDGE  
PREMIUM LARGE  
WHITE EGGS  
18'S  
20814294001\_EA  
20822787001\_EA



\$6

BLACK DIAMOND  
CHEESE BARS 400 G OR  
SHREDS 300-320 G,  
PC® SHREDS 250-320 G  
SELECTED VARIETIES  
21278845\_EA  
21279221\_EA



\$12

LIMIT 4  
AFTER LIMIT  
14.99 EA.

BOOST OR ENSURE  
READY TO DRINK  
SHAKES  
SELECTED VARIETIES  
AND SIZES  
20986348\_EA  
20308731001\_EA



3/\$9  
OR  
\$3.75 EA.

NATURE VALLEY  
BISCUIT, PROTEIN BARS  
AND SWEET & SALTY 6'S  
148-210 G OR  
FIBRE 1 BARS 125 G  
SELECTED VARIETIES  
20792751\_EA  
21213622\_EA



\$5

CHAPMAN'S  
PREMIUM ICE CREAM  
OR FROZEN DESSERT  
OR SORBET 2 L OR  
SUPER NOVELTIES 6-20'S  
SELECTED VARIETIES FROZEN  
20115532\_EA  
20323573001\_EA



6<sup>44</sup>

NESCAFÉ OR TASTER'S CHOICE  
INSTANT COFFEE 100-170 G OR  
NESCAFÉ SWEET & CREAMY  
SACHETS 16/18'S  
SELECTED VARIETIES  
20873036\_EA  
21363371\_EA



\$5

PC® THE  
DECADENT®  
COOKIES  
SELECTED VARIETIES  
280/300 G  
20612251\_EA  
20612257\_EA



\$4

DORITOS FLAVOURED  
TORTILLA CHIPS OR  
MISS VICKIE'S  
KETTLE COOKED  
POTATO CHIPS  
SELECTED VARIETIES  
190-235 G  
21240628\_EA  
21693042\_EA



\$21

EQUIVALENT TO  
88¢  
PER BOTTLE

GATORADE  
CLUB PACK OR  
POWERADE  
SPORTS DRINK  
SELECTED VARIETIES  
24X591 ML  
20298835002\_C23  
20854130\_C23



12<sup>99</sup>

EQUIVALENT TO  
55¢  
PER CAN

COCA-COLA OR  
PEPSI SOFT DRINKS  
SELECTED VARIETIES  
24X355 ML  
20306687002\_C23  
20308197001\_C23



SAVE  
\$1<sup>88</sup>  
WHEN YOU BUY 2

2/5<sup>50</sup>  
OR  
\$3.69 EA.

MAYNARDS CANDY  
SELECTED VARIETIES  
135-154 G  
21545554\_EA  
21694186\_EA



\$2

PC® LIQUID DISH  
DETERGENT  
SELECTED VARIETIES  
638/739 ML  
21012490\_EA  
21013091\_EA



\$2

NO NAME®  
WHITE VINEGAR  
4 L  
20102756\_EA



\$11

PC® NUTRITION  
FIRST® DOG FOOD  
SELECTED VARIETIES  
2 KG  
21304727\_EA



PRICE  
DROP†

More ways to save

2<sup>50</sup>

GOLDFISH BAKED  
SNACK CRACKERS  
OR CRISPS  
SELECTED VARIETIES  
156-200 G  
20300320\_EA  
20306954003\_EA



1<sup>85</sup>

ANNIE'S  
MACARONI  
AND CHEESE  
SELECTED VARIETIES  
149-170 G  
20316187001\_EA  
20811201\_EA



3<sup>50</sup>

POPCORNS  
SELECTED VARIETIES  
142 G  
21370205\_EA  
21370259\_EA



5<sup>50</sup>

PUREX  
1.92-2.03 L OR  
SUNLIGHT  
1.84 L LAUNDRY  
DETERGENT  
SELECTED VARIETIES  
20856516005\_EA  
21427029\_EA



Loblaws CUSTOMER RELATIONS 1-800-296-2332 VISIT [loblaws.ca](http://loblaws.ca) FOR STORE HOURS. Loblaws Loblaws

Please call Customer Relations at 1-800-296-2332 or visit our website at [loblaws.ca](http://loblaws.ca) for your store's hours and to see which Loblaws® locations do not participate in this flyer. 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 are not obligated to sell items based on errors or misprints in typography or photography. **Pricing:** All references to "Save, Was, Now, Savings, etc." are in comparison to our own regular prices. Savings on items shown may vary by store location. Applicable taxes, deposits, or environmental surcharges are extra. No sales to retail outlets. Coupons must be presented and redeemed at time of purchase. **Trademarks:** ®/™ The trademarks, service marks and logos displayed in this flyer are trademarks of Loblaws Inc. and others. **Purchase limits:** We reserve the right to limit quantities to reasonable family requirements. **PC Optimum™ Members Only:** Offers are available to valid PC Optimum™ program members. Membership is free. To register, see in-store or visit [pcoptimum.ca](http://pcoptimum.ca). Points are not guaranteed in case of errors or misprints. No cash value. See [loblaws.ca](http://loblaws.ca) for full program details including redemption restrictions. Minimum redemption is 10,000 points. These offers cannot be combined with any other coupons, discounts, or promotions. No adjustments on previous purchases. We may modify or cancel offers without notice. Product availability may vary by store. While supplies last. **Points Offers:** Receive the specified points when you spend the qualifying amount on the listed products/categories before taxes, after discounts and redemptions, in a single transaction. Taxes apply on purchase amount after discounts. PC Optimum™ pricing is not valid in price match programs for participating Loblaws Inc. banner stores. **Outdoor/Seasonal Items:** Outdoor seasonal items (e.g., lawn and garden) may only be available at select stores. Please check your local store for pricing, limits, and availability. **PRICE DROP Offer:** Valid in-store at participating locations from February 26 - March 18, 2026 before taxes and while quantities last. Applies only to select products. Offer may be modified or cancelled without notice. See in-store for full details.

LSL BACK





**FRESH PROMISE**

**freshness you can taste**

If it's not fresh, it's free.\*

\*Fresh Promise: Applicable to eligible fresh produce items purchased at Loblaws store locations or online at loblaws.ca. If you are not completely satisfied with your eligible fresh produce item, we will replace it with an identical item, or in our discretion, a comparable item and provide you with a refund of the purchase price upon presentation of the item and your original receipt within 7 days of purchase at the Loblaws store where purchase originated. The fresh promise may not be combined with any other offer. We reserve the right to cancel or change the terms of this guarantee at any time without notice.

**4<sup>50</sup>**

**RASPBERRIES**  
PRODUCT OF MEXICO  
OR U.S.A.  
HALF PINT  
20128938001\_EA

**\$6**

**FARMER'S MARKET™ LEMONS**  
PRODUCT OF U.S.A.  
2 LB  
20795315001\_EA

**2<sup>50</sup>** EA./LB

**ENGLISH CUCUMBERS** 2.50 EA.  
OR **GREENHOUSE TOMATOES ON THE VINE** 2.50 LB 5.51/KG  
PRODUCT OF ONTARIO  
20070132001\_EA  
20026703001\_KG

**\$4**

**FARMER'S MARKET™ AVOCADO BAG**  
PRODUCT OF MEXICO  
5'S  
21644936001\_EA

**\$1**

**KIWI**  
PRODUCT OF GREECE  
EACH  
20130242001\_EA

**1<sup>99</sup>** LB

**AMBROSIA OR ROYAL GALA APPLES** PRODUCT OF CANADA, CANADA FANCY GRADE OR  
**BARTLETT PEARS** PRODUCT OF SOUTH AFRICA  
4.39/KG  
20083526001\_KG  
20172240001\_KG

**3<sup>50</sup>**

**FARMER'S MARKET™ CARROTS OR YELLOW ONIONS**  
PRODUCT OF CANADA OR U.S.A., NO. 1 GRADE  
3 LB BAG  
20600927001\_EA  
20811994001\_EA

**\$7**

**PC® ORRI MANDARINS**  
PRODUCT OF ISRAEL  
2 LB  
20907647001\_EA

**\$18-19**

**FAMILY SIZE SALADS**  
PREPARED IN-STORE, SELECTED VARIETIES  
665-901 G  
20972499\_EA  
20972512\_EA

**2/\$14**

OR \$12 EA.

**10 STEM TULIPS**  
ASSORTED COLOURS  
20833978\_EA

**\$26**

**PC® DOZEN ECUADORIAN ROSES**  
ASSORTED COLOURS  
20581781\_EA

**\$15**

**ASSORTED BLOOMING**  
21725861\_EA

**11<sup>50</sup>** LB

**INSIDE ROUND OVEN ROAST**  
CUT FROM CANADA AA OR USDA SELECT GRADE BEEF OR HIGHER  
25.35/KG  
20812494\_KG

**\$7**

**BREADED PORK LOIN SCHNITZEL**  
300 G  
21588065\_EA

**PREPARED IN-STORE**

**\$5** LB

**CHICKEN BREASTS**  
BONE IN, SKINLESS, FAMILY SIZE  
11.02/KG  
20055906\_KG

**SAVE \$1**

**\$7**

**MARCANGELO PORK SAUSAGES**  
SELECTED VARIETIES  
375-500 G  
21724134\_EA  
21724145\_EA

**\$8**

**NO NAME® BACON**  
SELECTED VARIETIES  
500 G  
20156771\_EA  
20174909\_EA

**500 G**

**\$11**

**ST-HUBERT OR SWISS CHALET PIES**  
SELECTED VARIETIES  
FROZEN  
650-800 G  
20719334\_EA  
21047194\_EA

**find your catch in seafood**

**\$13**

**CHELSEA BONED SALTED COD FILLETS**  
454 G  
20866456\_EA

**\$10**

**MARINA DEL REY WILD ARGENTINIAN SHRIMP**  
RAW EASY PEEL, 20-30 PER LB, FROZEN  
300 G  
20907159\_EA

**SAVE UP TO \$1.49**

**11<sup>50</sup>**

**PC® BATTERED WILD HADDOCK BITES**  
SEA SALT AND VINEGAR  
454 G  
OR **PEI MUSSELS IN PROVENCE SAUCE OR CREAMY WHITE WINE SAUCE** 907 G  
FROZEN  
20838559\_EA/21481247\_EA



bakery deals rising daily

Fresh baked protein bread

\$3

BAKED IN-STORE

FRENCH OR ITALIAN BREAD  
SELECTED VARIETIES  
383 G  
20344715\_EA  
20788443\_EA



4<sup>25</sup>

BAKED IN-STORE

DINNER ROLLS  
SELECTED VARIETIES  
12'S  
21392649\_EA  
21462403\_EA



\$4

11g protein per 75 g serving

PROTEIN MULTIGRAIN BREAD  
450 G  
21721692\_EA



NEW

\$9

PREPARED IN CANADA

FARMER'S MARKET™ COFFEE CAKES  
SELECTED VARIETIES  
750 G  
21707345\_EA  
21707339\_EA



6<sup>50</sup>

PREPARED IN CANADA

SIMPLE JOY DONUTS  
SELECTED VARIETIES  
344-486 G  
21649686\_EA  
21706988\_EA



6<sup>50</sup>

PREPARED IN CANADA

MINI CROISSANTS  
SELECTED VARIETIES  
423 G  
21416726\_EA  
21660958\_EA



4<sup>50</sup>

PC® LOAFLIGHT RYE OR LOAF MULTIGRAIN RYE BREAD  
480 G  
20682493\_EA  
20682498\_EA



3<sup>50</sup>

PREPARED IN CANADA

HOSTESS SNACK CAKES  
SELECTED VARIETIES AND SIZES  
21283746\_EA  
21283752\_EA



7<sup>50</sup>

PROMISE GLUTEN-FREE PITA, BREAD OR BUNS  
SELECTED VARIETIES AND SIZES  
21414753\_EA  
21689193\_EA  
21689729\_EA



\$5

/100 G

APPLEWOOD SMOKED CHEDDAR  
IN-STORE DELI CUT  
20076601\_KG



in the mood for deli-cious

Optimum

Members-Only Price™

\$5

Non-members \$7

ALEXIS DE PORTNEUF BRIE  
SELECTED VARIETIES  
125 G  
20050124\_EA  
20315135\_EA



SAVE \$7.49/100 G

PREPARED IN CANADA

3<sup>50</sup>/100 G

CUDDY SERVICE CASE MONTREAL SMOKED TURKEY AND BUFFALO CHICKEN  
20007029\_KG



GET 2,000<sup>®</sup> for every '10' spent on

\$2 back in points

MARCANGELO ITALIAN DELI MEAT  
SLICED OR CHUBS  
85-300 G  
21021491\_EA  
21706090\_EA



\$4

PREPARED IN CANADA

FONTAINE SANTÉ HUMMUS 260/283 G OR PC® NAAN DIPPERS 200 G  
SELECTED VARIETIES  
21687301\_EA  
21092033\_EA



\$5

PREPARED IN CANADA

GUSTA VEGGIE GROUNDS  
SELECTED VARIETIES  
340 G  
21454302\_EA



on the run, we got you

BUY ONE (1)

FRESHLY PREPARED IN-STORE MADE ROMANACCIA SANDWICHES  
SELECTED VARIETIES, 225-385 G  
21693981\_EA

+ ONE (1)

PEPSICO DRINK  
591 ML  
20321598002\_EA

FOR \$11

SAVE UP TO \$2

\$16

BENTO CALIFORNIA FAMILY PACK SUSHI  
SELECTED VARIETIES  
30PCS, 645 G  
21638655\_EA



SAVE \$1

WHEN YOU BUY 2

2/\$9 OR \$5 EA.

PC® PASTA OR GNOCCHI  
SELECTED VARIETIES  
255-350 G  
21681260\_EA  
21682075\_EA



power bowls

\$8

up to 34 g of protein in each bowl

IN-STORE PREPARED BOWLS  
SELECTED VARIETIES  
350/400 G  
21666110\_EA/21666166\_EA





# tropical vibes sweet savings

## Palmer Mango



**\$5**

**PALMER MANGO**  
PRODUCT OF PERU  
EACH  
20025410001\_EA

This mango has a subtle sweetness with fruity floral notes. It's firm yet fiberless flesh is perfect for adding distinct chunks to fresh salads, salsas & fruit platters!

## Black Figs



**1 LB**  
**850**

**PC BLACK FIGS**  
PRODUCT OF MEXICO  
450 G  
21633482001\_EA

Black figs are ready to eat when they are a deep dark colour & exceptionally soft. Enjoy them fresh, add a pop of sweetness on a charcuterie board or as a salad topper.

## Coconut



**\$2**

**COCONUT**  
PRODUCT OF INDIA OR HONDURAS  
EACH  
20005774001\_EA

Firmly tap around the center of the coconut with the back of a heavy knife until it cracks. Use the creamy milk & shredded flakes for curries and desserts!

## Nam Dok Mai Mango



**\$3**

**NAM DOK MAI**  
PRODUCT OF MEXICO  
EACH  
21475827001\_EA

These mangos are super sweet with a fiberless flesh that melts on your tongue. Perfect for mango sticky rice.

## Passionfruit



**\$1**

**PASSIONFRUIT**  
PRODUCT OF COLOMBIA  
EACH  
20111926001\_EA

Intensely aromatic and tartly sweet, with a jelly like pulp & crunchy, edible seeds. Perfect as a dessert topping, or mix the pulp with honey as a sweet & sour snack!

## Plantain



**1.25 LB**

**PLANTAIN**  
PRODUCT OF COSTA RICA, COLOMBIA  
HONDURAS OR GUATEMALA  
250 G/KG  
20003712001\_KG

Green plantains offer a savory, potato-like flavor perfect for crispy chips & tostones; when ripe, they become delightfully sweet and soft.

## Caribbean Avocado



**\$3**

**CARIBBEAN AVOCADOS**  
PRODUCT OF BRAZIL  
EACH  
20119760001\_EA

These avocados contain significantly less fat than the Hass variety, which results in a milder, more subtle flavour. It has a less creamy texture, perfect for salads & sandwiches!

## Yellow Guava



**5.50 LB**

**YELLOW GUAVA**  
PRODUCT OF TAIWAN  
12.13/KG  
20162500001\_KG

Fruit is ready when it has a slight give under pressure. It's popularly blended into juices & smoothies, or add a pop of flavour as a salad topper!

## Papaya



**\$2 LB**

**PAPAYA**  
PRODUCT OF MEXICO  
450 G/KG  
20817066001\_KG

Fruit is ripe when the skin turns golden-yellow and yields to gentle pressure. Enjoy it fresh for breakfast with lime or blended into smoothies!

## Dino Melon



**\$2 LB**

**PC DINO MELON**  
PRODUCT OF BRAZIL  
4.41/KG  
21688131001\_KG

Dino melons have a unique sweetness with notes of pear and honeydew. Its crisp and juicy texture is refreshing.

## Canary Melon



**1.75 LB**

**CANARY MELONS**  
PRODUCT OF BRAZIL  
3.86/KG  
21022511001\_KG

This melon has a tangy, mild sweetness. The flesh is firm & offers a crispy bite. Choose one with a vibrant, solid yellow rind that feels heavy!

## Watermelon



**\$10**

**SEEDLESS WATERMELONS**  
PRODUCT OF GUATEMALA, HONDURAS,  
OR COSTA RICA, 11 LB AVERAGE  
20067326001\_EA

Top thick melon slices with feta, mint, and a balsamic glaze for a sweet and savory twist. For a cold treat, blend it into a mojito - infused popsicle!

## Mangosteen



**\$5**

**MANGOSTEEN**  
PRODUCT OF COLOMBIA  
3'S  
20965690001\_EA

Pick when the deep purple yields to gentle pressure. The taste is sweet and tangy, with notes of strawberry & pineapple. Fruit has soft, juicy segments that melt in your mouth.

## Atemoya



**\$7**

**ATEMOYA**  
PRODUCT OF BRAZIL  
EACH  
21157321001\_EA

Atemoya is ready when soft to the touch, revealing a creamy, custardy flesh with a sweet flavour blending pineapple and vanilla.

## Granadilla



**2.25**

**GRANADILLA**  
PRODUCT OF COLOMBIA  
EACH  
20099626001\_EA

Granadilla features a sweet, aromatic pulp with edible seeds, best enjoyed fresh by scooping it directly from the shell.

## Quince



**2.25**

**QUINCE**  
PRODUCT OF TURKEY  
EACH  
20047112011\_EA

Harsh when raw, quince transforms upon cooking into a fragrant, floral fruit ideal for creating rich jams and pastes.

## Yellow Dragonfruit



**3.50**

**YELLOW DRAGONFRUIT**  
PRODUCT OF COLOMBIA OR ECUADOR  
EACH  
20626393001\_EA

Sweeter than it's red counterpart, this antioxidant-rich juicy fruit offers notes of kiwi & pear. Mix in a smoothie, top on an açaí bowl or enjoy on it's own.

## Large Dragonfruit



**\$3**

**LARGE DRAGONFRUIT**  
PRODUCT OF VIETNAM  
EACH  
20168395001\_EA

Celebrated as a vibrant superfood, dragon fruit has a subtly sweet flavor blending pear and kiwi. Packed with antioxidants, it also provides a nutrient-dense base for colorful smoothies, juices, and fruit bowls.

## tropical plants



**\$8**

**4 INCH TROPICAL**  
21279871\_EA



**\$28**

**6 INCH TROPICAL UPGRADE**  
21313210\_EA



**\$8**

**MOON CACTUS**  
21694797\_EA



# crush fresh cravings

**\$3**

**RAPINI**  
PRODUCT OF U.S.A.  
20048070001\_EA



**1.98**  
LB

**ROMA TOMATOES**  
PRODUCT OF CANADA OR  
MEXICO  
4.37/KG  
20143381001\_KG



**SAVE  
40%**

**10 LB**

**5.88**

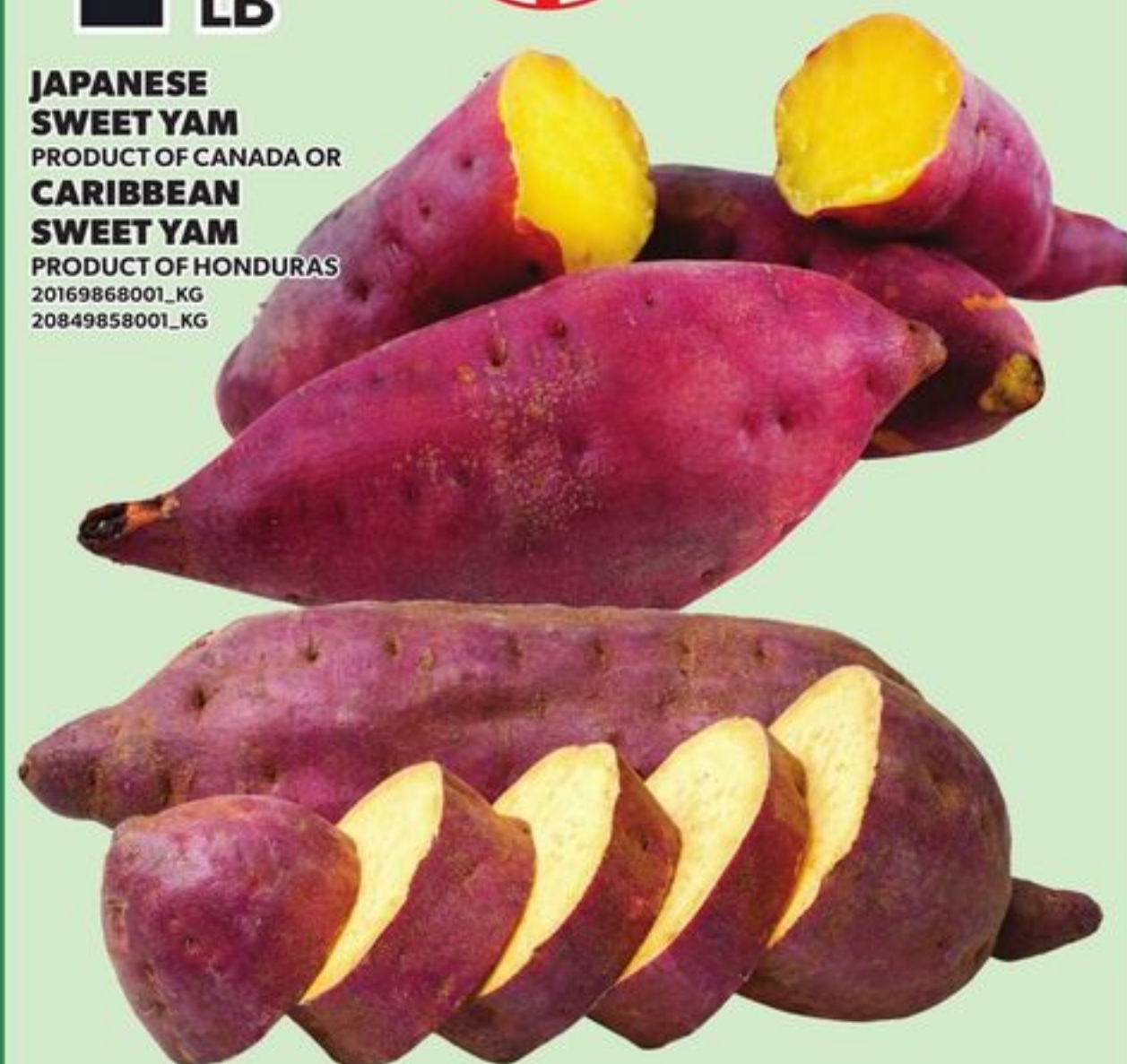
**FARMER'S MARKET™**  
**RED ONIONS**  
PRODUCT OF CANADA  
OR U.S.A. ,  
NO. 1 GRADE  
10 LB BAG  
20171965001\_EA



**1.79**  
LB



**JAPANESE  
SWEET YAM**  
PRODUCT OF CANADA OR  
**CARIBBEAN  
SWEET YAM**  
PRODUCT OF HONDURAS  
20169868001\_KG  
20849858001\_KG





# your one-stop grocery shop

**\$4**

**PC® BASMATI  
OR JASMINE RICE**  
SELECTED VARIETIES  
750 G  
20961107\_EA  
20961292\_EA



**\$2**

**PC® BLUE MENU® WHOLE GRAIN PASTA 375 G  
OR PC® TOMATOES FIRST TOMATO SAUCE 680 ML**  
SELECTED VARIETIES  
20252144001\_EA  
20599748002\_EA



**6<sup>50</sup>**

**PC® OLIVES 375 ML  
OR CHATEAU THIERRY 500 ML**  
SELECTED VARIETIES  
20317972003\_EA  
20319890\_EA



**2<sup>50</sup>**

**LIPTON OR KNORR  
SOUP MIX  
OR CUP A SOUP**  
SELECTED VARIETIES  
40-166 G  
20297514001\_EA  
20308188002\_EA



**7<sup>50</sup>**

**RIO MARE  
LIGHT TUNA**  
SELECTED VARIETIES  
195/240 G  
20035383\_EA



**SAVE  
\$1.98  
WHEN YOU BUY 2**

**2/\$8**  
OR  
\$4.49 EA.

**PC® SALAD  
DRESSING 475 ML  
OR CROUTONS 330 G**  
SELECTED VARIETIES  
20627618010\_EA  
20796248001\_EA



**\$18**

**CADBURY  
MINI EGGS**  
SELECTED VARIETIES  
875 G  
21625042\_EA



**\$6**

**PC® CASHEWS 200 G  
OR DRY ROASTED  
PEANUTS 700 G**  
SELECTED VARIETIES  
20057990003\_EA  
21054943\_EA



**\$5**

**PC® ASIAN  
ENTRÉES, SOUPS,  
GNOCCHI, RISOTTO  
OR BOL-O-GRAINS**  
SELECTED VARIETIES,  
FROZEN  
280-300 G  
21565869\_EA  
21565996\_EA



**\$8**

**GIUSEPPE  
STUFFED CRUST  
PIZZA 685-771 G  
OR DR OETKER  
SUPREMA  
PIZZA 475-520 G**  
SELECTED VARIETIES,  
FROZEN  
21555844\_EA  
21649640\_EA



**SAVE  
UP TO \$2.98  
WHEN YOU BUY 2**

**2/\$11**  
OR  
\$6.99 EA.

**HEALTHY CHOICE  
STEAMERS OR  
SIMPLY ENTRÉES**  
SELECTED VARIETIES,  
FROZEN  
259-306 G  
20318616005\_EA  
20974539\_EA



**\$5**

**IÖGO FROZEN  
YOGURT 946 ML  
OR BARS 4/8'S OR  
DEL MONTE SORBET  
OR GELATO 946 ML**  
SELECTED VARIETIES,  
FROZEN  
21650572\_EA  
21654551\_EA



**\$6**

**MCCAIN DEEP'N  
DELICIOUS CAKES**  
SELECTED VARIETIES, FROZEN  
510 G  
20310132002\_EA  
20310132001\_EA



**\$5**

**PC® FROZEN FRUIT**  
SELECTED VARIETIES, FROZEN  
300-600 G  
20312227\_EA  
21377841\_EA



**\$9**

**PC® DE-ALCOHOLIZED  
BEER**  
SELECTED VARIETIES  
12X355 ML  
20123729\_C12  
20325253\_C12



**SAVE  
\$1.98  
WHEN YOU BUY 2**

**2/\$6**  
OR  
\$3.99 EA.

**PC® NATURAL  
SPRING WATER**  
24X500 ML  
20137898\_C24



**SAVE  
\$2.25  
WHEN YOU BUY 3**

**3/\$9**  
OR  
\$3.75 EA.

**NATURE VALLEY  
BISCUIT, PROTEIN  
BARS AND SWEET &  
SALTY 6'S 148-210 G OR  
FIBRE 1 BARS 125 G**  
SELECTED VARIETIES  
20587504001\_EA  
21213559\_EA



**\$10**

**ROYALE  
BATHROOM TISSUE  
12 DOUBLE ROLLS OR  
FACIAL TISSUE 6'S**  
SELECTED VARIETIES  
21363770\_EA  
21618478\_EA



**\$21**

**CASHMERE  
BATHROOM TISSUE**  
SELECTED VARIETIES  
24-72 ROLLS  
21189845\_EA  
21443648\_EA



**\$5**

**SCRUBBING BUBBLES,  
FANTASTIK OR  
WINDEX CLEANERS**  
650-950 ML/385-623 G OR  
SCRUBBING BUBBLES  
TOILET BRUSH  
OR REFILLS 8-12'S  
SELECTED VARIETIES  
20125323001\_EA  
21666832\_EA







# DIGITAL COUPONS

UP TO  
**\$50**  
IN TOTAL  
VALUE

**More offers. More points.**

**CLICK FOR THESE  
COUPONS AND MORE**



**6,000 points**

**When you spend \$40  
or more on fresh fruits  
or vegetables**

Ends on March 11th, 2026



**5,000 points**

**when you spend \$25 on  
fresh and frozen seafood**

Ends on March 11th, 2026



**5,000 points**

**when you spend \$20 on  
Baby food all sizes and  
varieties**

Ends on March 11th, 2026



**3,000 points**

**When you buy 1  
PC® Bathroom Tissue  
30=100 rolls**

Ends on March 11th, 2026



**1,000 points**

**when you buy 2  
no name® fruit  
selected varieties  
frozen  
300-400 g**

Ends on March 11th, 2026



**2,000 points**

**when you buy 2  
PC® flatbreads 330-395 g  
or Thin Crust 343-397 g  
pizza, selected varieties  
frozen**

Ends on March 11th, 2026



**1,000 points**

**when you buy 2 PC®  
kettle cooked potato chips,  
selected varieties  
200 g**

Ends on March 11th, 2026



**1,000 points**

**when you buy 1  
no name® canola or  
vegetable oil  
3 L**

Ends on March 11th, 2026



**4,500 points**

**when you buy 2 PC®  
Pub Recipe or  
gluten-free chicken,  
selected varieties, frozen  
600/700 g**

Ends on March 11th, 2026



live well, spend less

5<sup>50</sup>

LIMIT 6  
AFTER LIMIT  
7.49 EA.

DOVE BODY  
WASH 325 ML OR  
BAR SOAP 3X106 G  
SELECTED VARIETIES  
21239554\_EA/21511664\_EA



\$7

LIMIT 6  
AFTER LIMIT  
8.49 EA.

SOFT SOAP LIQUID  
HAND SOAP REFILL  
SELECTED VARIETIES  
1.47 L  
21715457\_EA/21715577\_EA



\$8

LIMIT 6  
AFTER LIMIT  
10.99 EA.

METHOD  
BODY WASH  
SELECTED VARIETIES  
532 ML  
21425085\_EA/21425051\_EA



5<sup>50</sup>

LIMIT 6  
AFTER LIMIT  
6.99 EA.

SENSODYNE OR PRONAMEL  
TOOTHPASTE 75-100 ML,  
POLIDENT DENTURE TABLETS  
36-40'S OR POLIGRIP DENTURE  
ADHESIVE 40 G, SELECTED VARIETIES  
20301179001\_EA/20756075\_EA



7<sup>50</sup>

LIMIT 6  
AFTER LIMIT  
8.99 EA.

COLGATE MAXFRESH OR  
TOTAL TOOTHPASTE 3'S,  
MANUAL TOOTHBRUSH 2'S OR  
BATTERY TOOTHBRUSH 1'S OR  
COLGATE TOTAL OR  
PRO RELIEF MOUTHWASH  
SELECTED VARIETIES AND SIZES  
21118930\_EA/21166655\_EA



3<sup>50</sup>

LIMIT 6  
AFTER LIMIT  
4.49 EA.

CREST COMPLETE  
TOOTHPASTE 120 ML,  
CREST STAIN ERASER  
TOOTHPASTE 65 ML  
CREST KIDS  
TOOTHPASTE 85-100 ML OR  
ORAL-B COMPLETE  
SATIN FLOSS 50 M  
SELECTED VARIETIES  
20348190001\_EA/21354028\_EA



\$7

LIMIT 6  
AFTER LIMIT  
8.49 EA.

BIC DISPOSABLE  
RAZORS  
SELECTED VARIETIES  
2-8'S  
20037524\_EA  
20312082002\_EA



7<sup>50</sup>

LIMIT 6  
AFTER LIMIT  
8.99 EA.

OLD SPICE  
DEODORANT 73-144 G,  
SECRET DEODORANT 68-116 G OR  
GILLETTE DEODORANT 122 G  
SELECTED VARIETIES  
20757237001\_EA/21426451\_EA



SAVE  
UP TO  
20%

OLAY BODY WASH  
364-975 ML OR  
BAR SOAP  
8X113/4/8X90 G  
SELECTED VARIETIES  
21001487\_EA/21585376\_EA



\$7

TRESEMMÉ  
SHAMPOO, CONDITIONER  
OR STYLING  
PRODUCTS  
SELECTED VARIETIES  
AND SIZES  
21501949\_EA  
20336937\_EA



\$10

AUSSIE OR HERBAL  
ESSENCES PURE  
PLANTS SHAMPOO  
OR CONDITIONER  
SELECTED VARIETIES  
AND SIZES  
21167373\_EA  
21571326\_EA



\$13

L'ORÉAL PREFERENCE,  
FÉRIA OR OLIA  
HAIR COLOUR  
SELECTED VARIETIES  
20306667001\_EA/21474630\_EA



\$10

MARC ANTHONY OR  
CAKE HAIR CARE  
SELECTED VARIETIES AND SIZES  
21646804\_EA/21649083\_EA



SAVE  
UP TO  
20%

NIVEA SKIN CARE  
PRODUCTS  
SELECTED VARIETIES  
AND SIZES  
20668737\_EA/2110152\_EA



SAVE  
UP TO  
20%

CETAPHIL  
CLEANSERS OR  
MOISTURIZERS  
SELECTED VARIETIES  
AND SIZES  
20432313001\_EA





live well, spend less

SAVE  
UP TO  
**25%**

**ONE A DAY  
MULTIVITAMINS**  
60-130'S OR  
**FLINTSTONE'S  
CHILDREN'S  
VITAMINS OR  
SUPPLEMENTS**  
60-180'S  
SELECTED VARIETIES  
21515131\_EA  
21515178\_EA



SAVE  
UP TO  
**15%**

**OLLY 50-90'S,  
L'IL CRITTER'S,  
FIRST RESPONSE OR  
VITAFUSION VITAMINS  
OR SUPPLEMENTS**  
SELECTED VARIETIES  
AND SIZES  
21289985\_EA  
20867279\_EA



**12<sup>50</sup>**

**PURE PROTEIN  
BARS**  
SELECTED VARIETIES  
AND SIZES  
20856450\_EA  
20539046\_EA



**\$15**

**TYLENOL TABLETS,  
CAPLETS OR GELCAPS**  
SELECTED VARIETIES  
60-150'S  
20040611\_EA/21033531\_EA



SAVE  
UP TO  
**15%**

**SYSTANE EYE DROPS**  
SELECTED VARIETIES  
15/20/30 ML  
21207552\_EA/21397130\_EA



**12<sup>50</sup>**

**PREMIER  
READY TO DRINK  
PROTEIN SHAKES**  
SELECTED VARIETIES  
AND SIZES  
21031108\_EA/21031114\_EA



**8<sup>50</sup>**

**CAREFREE PADS 28'S,  
LINERS 92-120'S,  
O.B. TAMPONS 40'S OR  
PLAYTEX TAMPONS 32-36'S**  
SELECTED VARIETIES  
20796733\_EA/21095828\_EA



**\$12**

**ALWAYS  
LINERS 92-96'S,  
PADS 7-92'S, OR  
TAMPAX TAMPONS 22-36'S**  
SELECTED VARIETIES  
21025063\_EA  
21374659\_EA



**\$19**

**DEPEND  
UNDERWEAR  
OR POISE PADS**  
SELECTED VARIETIES  
AND SIZES  
21301866\_EA/21302119\_EA



**2/\$6**

OR  
\$3.99 EA.  
**GERBER PUFFS OR  
LIL' CRUNCHIES**  
SELECTED VARIETIES  
42-187 G  
20304618007\_EA  
20304618008\_EA



**\$3**

**PC® ORGANICS  
MINI CEREAL BARS**  
SELECTED VARIETIES  
160 G  
20066938001\_EA  
20431441001\_EA



**65<sup>47</sup>**

**ENFAMIL A+  
NEUROPRO AND  
GENTLELEASE  
POWDER REFILLS**  
SELECTED VARIETIES  
862/890 G  
21589079\_EA/21589205\_EA



**36<sup>99</sup>**

**HUGGIES PULL-UPS  
OR PAMPERS  
EASY UPS GIANT PACK  
TRAINING PANTS**  
SELECTED VARIETIES  
68-112'S  
21021427\_EA/21089194\_EA



**34<sup>99</sup>**

**PAMPERS ECONO  
PACK DIAPERS**  
SELECTED VARIETIES  
SIZE N-8, 58-200'S  
21551586\_EA/21551645\_EA



**2/\$18**

OR  
\$10.49 EA.

**PEDIASURE  
COMPLETE  
NUTRITIONAL  
SUPPLEMEN**  
SELECTED VARIETIES  
4X235 ML  
20322414001\_EA  
20322414002\_EA





# LIBERTÉ TASTE THE JOY.



**\$5**

Liberté Greek®  
Crunch  
selected varieties  
2 x 130 g  
21041543002\_EA



**4<sup>50</sup>**

Liberté  
Méditerranée®  
4 x 100 g, Liberté  
Greek® 4 x 100 g,  
selected varieties  
20801752003\_EA  
21685700\_EA



**\$5**

Liberté® Kéfir  
selected varieties  
1 L  
21216416\_EA



**2/\$10**  
OR  
\$5.99 EA.

Liberté  
Méditerranée®  
selected varieties  
500 g  
21473714\_EA  
20788062002\_EA



**15<sup>50</sup>**

Liberté Greek®  
selected  
varieties  
16 x 100 g  
21547516\_EA



21547587\_EA  
56920133427\_EA



TAXES APPLICABLES  
TRADEMARKS OF YOPLAIT MARQUES S.N.C. (FRANCE) USED UNDER LICENSE /  
TRADEMARKS OF LIBERTÉ MARQUES S.N.C. USED UNDER LICENSE /  
MADE IN CANADA FROM DOMESTIC AND IMPORTED INGREDIENTS

**3<sup>50</sup>**

Yoplait Tubes®  
8 x 56 g, Yoplait  
Minigo® 6 x 60 g,  
selected varieties



**\$4**

Yoplait® Source® tubs  
630 g, selected varieties  
21391318001\_EA

IT'S NOT  
JUST PASTA.  
IT'S



**2<sup>75</sup>**

Italpasta Pasta  
Selected varieties  
900 g  
20081342013\_EA

TASTE THE  
DIFFERENCE

ITALY'S #1\*  
BRAND OF TOMATOES



**\$5**

Mutti  
Strained Tomatoes  
Selected varieties  
680 mL  
20288490001\_EA

**3<sup>75</sup>**

Mutti  
Pizza Sauce  
Selected  
varieties  
398 mL  
20934555\_EA

**4<sup>75</sup>**

Mutti  
Tomato Paste  
156 mL  
20934088\_EA



ONE FAMILY.  
ONE PASSION.  
TOMATOES.

\*Cascina S.r.l. - 1st Italy Paper + Super + Small Soft  
Service of the top brands by sales sales in the Tomato  
Derivatives category - Progressive JAN 2025 - DEC 2025

WARM UP YOUR  
WINTER DAYS  
WITH THE  
PERFECT WRAP



**2/7<sup>50</sup>**  
OR  
\$4.49 EA.

Casa Mendosa or  
Wonder 10 inch Tortillas  
selected varieties  
and sizes  
21182510\_EA/20976626\_EA

TM © Wonder Brands Inc

SAVE ON All Your Favourite Household Brands



**\$22**

Tide Detergent 100/94/83 LD, Ivory Snow Detergent  
80 LD, PODS/Fings 45/57/76's, Downy/Gain Beads  
853 g, Selected Varieties  
21671018\_EA/21594124\_EA



**\$16**

Gain Detergent 100 LD, Cheer Detergent 107 LD, Tide  
Detergent 52/64 LD, Tide Simply Detergent 107 LD, PODS/  
Fings 25/42's, Liquid Softener 96/150 LD, Sheets 240/180's,  
Beads 453/515/550 g, Rinse 70 LD Selected Varieties  
21671135\_EA/21670836\_EA



**\$27**

Cascade Tubs 51/67/90's  
Selected Varieties  
21518479\_EA/21516530\_EA



**5<sup>50</sup>**

Dawn Liquid 825/982 mL,  
Dawn EZ Squeeze  
532/535/650 mL,  
Dawn Powerwash Refill  
473 mL, Selected Varieties  
21430556\_EA/ 21218859\_EA



**\$11**

Dawn 2.21/2.64 L, Mr. Clean Liquid 2.93 L,  
Swiffer Duster Refills 6/10's, Sweeper  
Wet Refills 12/20/24's, Sweeper Dry Refills  
16/20/32's, WetJet Refills 12's, Powermop  
Refills 5's, WetJet Liquid 2.5 L, Powermop  
Liquid 2.5 L, Selected Varieties  
21430598\_EA/21694540\_EA



**\$18**

Charmin Ultra Soft or Strong  
bathroom tissue 12-48 rolls  
21707532\_EA/21636641\_EA



**\$18**

Bounty  
Paper Towel  
6-12  
Select a Size  
21670280\_EA



**\$11**

Bounty  
Napkins  
400's  
21053171\_EA

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