

7⁹⁹
/LB

SAN DANIELE
MORTADELLE VARIETES EN MAGASIN
MORTADELLA VARIETY IN STORE
17.61KG

POIVRONS/Mini/SWEET
PRODUIT/IMPORTÉ
Mini/SWEET PEPPERS
IMPORTED PRODUCT
PQT. 1LB

2/5\$

2⁴⁹
/LB

RAISINS/ROUGE/SANS PEPINS
PRODUIT/IMPORTÉ
RED SEEDLESS GRAPES
IMPORTED PRODUCT
5.49KG

COEURS DE ROMAINE
PRODUIT/IMPORTÉ
ROMAINE HEARTS
IMPORTED PRODUCT

3⁴⁹
CH./EA.

SOCIÉTÉ
ROQUEFORT
ROQUEFORT
100GR

3⁹⁹
CH/EA.

PLANTERS/COCTAIL
ARACHIDES
VARIETES EN MAGASIN
PEANUTS
VARIETY IN STORE
275GR, 300GR

2/5\$

LE MARCH 
ESPOSITO
PR S DE VOUS

NAYA
EAU/DE SOURCE
SPRING WATER
20X500ML
PLUS CONSIGNE

3⁹⁹
CH./EA.
PLUS CONSIGNE

PLAISIRS GASTRONOMIQUES
C TES/LEV ES VARIETES EN MAGASIN
RIBS VARIETY IN STORE
740GR

10⁹⁹
CH./EA.

POITRINES DE POULET DESOSSES NATUREL PARE (FORMAT FAMILIAL)
NATURAL TRIMMED BONELESS CHICKEN BREASTS (FAMILY PACK)
15.41KG

6⁹⁹
/LB

DR. OETKER
PIZZA SURGELES VARIETES EN MAGASIN
FROZEN PIZZA VARIETY IN STORE
320GR A/TO 390GR

4⁹⁹
CH./EA.

CHICCO D'ORO
P TES/ALIMENTAIRES VARIETES EN
MAGASIN
PASTA VARIETY IN STORE
500GR

3/4\$

LA SAN/MARZANO
COULIS DE TOMATES 660ML OU
TOMATES 796ML
VARIETES EN MAGASIN
STRAINED TOMATOES 660ML OR
TOMATOES 796ML
VARIETY IN STORE

2²⁹
CH/EA.

LA SAN/MARZANO
SAUCE POUR P TES
VARIETES EN MAGASIN
PASTA SAUCE
VARIETY IN STORE
680GR

6⁹⁹
CH/EA.

HEINEKEN
BI RE
VARIETES EN MAGASIN
BEER
VARIETY IN STORE
12X330ML
PLUS CONSIGNE

19⁹⁹
CH/EA.
PLUS CONSIGNE

KETTLE
CROUSTILLES
VARIETES EN MAGASIN
CHIPS
VARIETY IN STORE
198GR

3⁴⁹
CH/EA.

VIANDES

Meat

COTES LEVEES DE VEAU DE LAIT
MILK FED VEAL SPARE RIBS
16.73KG

BOUT DE COTES DE VEAU DE LAIT
MILK FED VEAL SHORT RIBS
19.81KG

DEMI ROTI DE LONGE DE PORC COTE DESSOSE
BONELESS HALF RIB END PORK ROAST
7.47KG

COTELETTES DE LONGE DE PORC DESOSSES
(FORMAT FAMILIAL)
BONELESS PORK CHOPS
(FAMILY PACK)
8.80KG

BIFTECK DE POINTE DE SURLONGE CANADA GRADE AA
SIRLOIN TIP STEAK CANADA GRADE AA
22.02KG

ROTI DE POINTE DE SURLONGE AVEC BARDE
CANADA GRADE AA
SIRLOIN POINT ROAST WITH PORK FAT
CANADA GRADE AA
21.14KG

CHARCUTERIE

Deli

SCHNEIDERS
POITRINE DE DINDE CUITE,
FUMEE OU SANS GRAS
COOKED, SMOKED
OR NO FAT TURKEY BREAST
34.99KG

MASTRO
JAMBON ROTI AU FOUR AVEC ROMARIN OU A LA TOSCANE
OVEN ROASTED HAM WITH ROSEMARY OR TUSCANY STYLE
22.02KG

MERE MICHEL
JAMBON A L'ANCIENNE
OLD FASHIONED HAM
19.82KG

SALAMINA
SAUCISSE CHORIZO DOUX, FORT OU LOUKANIKA
CHORIZO MILD, HOT OR LOUKANIKA SAUSAGE
200GR

MANCHEGO
FROMAGE VIEILLI 6 MOIS
AGED 6 MONTHS CHEESE
49.99KG

MAASDAM
FROMAGE
CHEESE
23.99KG

SELECTION NATUREL
CHARCUTERIE EN TRANCHE
VARIETES EN MAGASIN
SLICED DELI MEAT
VARIETY IN STORE
175G

LANDANA
FROMAGE EN TRANCHE
VARIETES EN MAGASIN
SLICED CHEESE
VARIETY IN STORE
150GR

PRESIDENT COEUR DE MEULE
FROMAGE EMMENTAL
EMMENTAL CHEESE
220GR

PRESIDENT COEUR DE MEULE
FROMAGE EMMENTAL TRANCHE
SLICED EMMENTHAL CHEESE
150GR

BOULANGERIE

Bakery

COMPLIMENTS
MUFFINS VARIETES EN MAGASIN
MUFFINS VARIETY IN STORE
600GR

SAVEUR DU FOUR
PAIN BAGUETTE TRADITIONNELLE
TRADITIONNAL BAGUETTINE BREAD
300GR

BATONNETS FEUILLETE
VARIETES EN MAGASIN
FRUIT STICKS
VARIETY IN STORE
PQT. 5

ÉPICERIE

Grocery



LEVANTE
HUILE D'OLIVE
EXTRA VIERGE
EXTRA VIRGIN
OLIVE OIL
1L

10⁹⁹
CH/EA



CUCINA D'ORO
PESTO
PESTO
190GR

2⁴⁹
CH/EA



TARALL'ORO
TARALLINI
VARIETES EN MAGASIN
TARALLINI
VARIETY IN STORE
250GR

2⁴⁹
CH/EA



TROMBETTA
CAFE MOULUE 250GR OU
CAPSULES 10UN
VARIETES EN MAGASIN
GROUND COFFEE 250GR OR
PODS 10UN VARIETY IN STORE

4⁴⁹
CH/EA



AURORA
ANTIPASTO 500ML
AUBERGINE 500ML
PIMENTS FORT 375ML
ANTIPASTO 500ML
EGG PLANTS 500ML
HOT PEPPERS 375ML

4²⁹
CH/EA



AURORA
OLIVES
VARIETES EN MAGASIN
OLIVES
VARIETY IN STORE
1L

7⁴⁹
CH/EA



ALESSIA
GRISSINI
BATONNETS DE PAIN
VARIETES EN MAGASIN
BREADSTICKS
VARIETY IN STORE
100GR

1⁹⁹
CH/EA



AURORA
PATES AUX OEUF
VARIETES EN MAGASIN
EGG PASTA
VARIETY IN STORE
250GR

1⁹⁹
CH/EA



OLD EL PASO
ENSEMBLE REPAS
VARIETES EN MAGASIN
LUNCH KIT
VARIETY IN STORE
250GR A/510GR

4⁹⁹
CH/EA



KNORR
PATES 111GR A 150GR OU
MELANGE A SOUPE 45GR A 87GR
VARIETES EN MAGASIN
PASTA 111GR TO 150GR
OR SOUP MIX 45GR TO 87GR
VARIETY IN STORE

2²⁹
CH/EA



MOTT'S CLAMATO
COCKTAIL DE TOMATES
ET DE PALOURDES
VARIETES EN MAGASIN
TOMATO CLAM COCKTAIL
VARIETY IN STORE
1.89L PLUS CONSIGNE

3⁹⁹
CH/EA PLUS CONSIGNE



STARBUCKS
CAPSULES DE CAFE 10UN
OU CAFE MOULU 340GR
VARIETES EN MAGASIN
COFFEE PODS 10UN OR
GROUND COFFEE 340GR
VARIETY IN STORE

12⁹⁹
CH/EA



OLD DUTCH
CROUSTILLES
VARIETES EN MAGASIN
CHIPS
VARIETY IN STORE
180GR, 200GR

2/6⁵⁰



QUAKER
GALETTES DE RIZ
VARIETES EN MAGASIN
RICE CAKE
VARIETY IN STORE
100GR A/TO 199GR

2⁹⁹
CH/EA



SAN FELICE
EAU MINRALE
NATUREL OU GAZEIFIEE
NATURAL OR SPARKLING
MINERAL WATER
750ML

2/4\$



COMPLIMENTS
BOISSONS GAZEUSES
VARIETES EN MAGASIN
SOFT DRINKS
VARIETY IN STORE
2L PLUS CONSIGNE

3/5\$
PLUS CONSIGNE



WONG WING
DINER/SURGELES
VARIETES EN MAGASIN
FROZEN DINNER
VARIETY IN STORE
360GR A/TO 680GR

7⁹⁹
CH/EA



KEFIR PROBIO
LAIT
VARIETES EN MAGASIN
MILK
VARIETY IN STORE
1L

5⁹⁹
CH/EA



LIBERTE CLASSIQUE
YOGOURT
VARIETES EN MAGASIN
YOGURT
VARIETY IN STORE
650GR

4²⁹
CH/EA



GADOUA
MUFFIN ANGLAIS
VARIETES EN MAGASIN
ENGLISH MUFFIN
VARIETY IN STORE
642GR

2⁹⁹
CH/EA



MICHELINA
DINER/SURGELES
VARIETES EN MAGASIN
FROZEN DINNER
VARIETY IN STORE
156GR A/TO 255GR

2⁴⁹
CH/EA



BEATRICE
LAIT AU CHOCOLAT
CHOCOLATE MILK
1L

2⁹⁹
CH/EA



LACTANTIA
CREME 10%
10% CREAM
1L

4²⁹
CH/EA



CAVENDISH FARMS
FRITES/SURGELES
VARIETES EN MAGASIN
FROZEN FRENCH FRIES
VARIETY IN STORE
600GR A/TO 750GR

3⁴⁹
CH/EA



99¢ /LB

COURGE SPAGHETTI, BUTTERNUT OU POIVRE DU QUEBEC
SPAGHETTI, BUTTERNUT OR PEPPER SQUASH FROM QUEBEC
2.18 KG



L'AITUE CHINOISE
PRODUIT IMPORTE
CHINESE LETTUCE
IMPORTED PRODUCT
2.18 KG

99¢ /LB



98¢ CH./EA.

OIGNONS DU QUEBEC
ONIONS FROM QUEBEC
SAC 2LB BAG

SAC BAG 2LB



TOMATES ITALIENNES
PRODUIT IMPORTE
ITALIAN TOMATOES
IMPORTED PRODUCT
4.39 KG

1.99 /LB



DATTES
DATES
400GR

2.49 CH./EA.

400GR



MAIS EN EPIS 2 COULEUR
PRODUIT IMPORTE
2 COLOR CORN ON THE COB
IMPORTED PRODUCT
PQT. 3

PQT. 3

2.99 /LB



POMMES JAUNE DELICIEUSE
PRODUIT IMPORTE
GOLDEN DELICIOUS APPLES
IMPORTED PRODUCT
3.28 KG

1.49 /LB



POIRES BARTLETT
PRODUIT IMPORTE
BARTLETT PEARS
IMPORTED PRODUCT
3.28 KG

1.49 /LB



CLEMENTINES DU MAROC
CLEMENTINES FROM MOROCCO
4.39 KG

1.99 /LB



POIVRONS VERT OU ZUCCHINI
PRODUIT IMPORTE
GREEN PEPPERS OR ZUCCHINI
IMPORTED PRODUCT
4.39 KG

1.99 /LB



GROS AVOCATS DU MEXIQUE
LARGE AVOCADOS FROM MEXICO

GROS LARGE

4/5\$



RAISIN NOIR SANS PEPINS
PRODUIT IMPORTE
BLACK SEEDLESS GRAPES
IMPORTED PRODUCT
4.39 KG

1.99 /LB

SPÉCIAUX DU JOUR / Daily Specials

LUN/MAR
Mon/Tue



POMMES PINK LADY
PRODUIT IMPORTE
PINK LADY APPLES
IMPORTED PRODUCT
2.84 KG

1.29 /LB

VENDREDI
Friday



POIVRONS ROUGE
PRODUIT IMPORTE
RED PEPPERS
IMPORTED PRODUCT
4.39 KG

1.99 /LB

SAMEDI
Saturday



BANANES CHIQUITA OU DOLE
PRODUIT IMPORTE
CHIQUITA OR DOLE BANANAS
IMPORTED PRODUCT
1.74 KG

79¢ /LB

MERCREDI
Wednesday



CHAMPIGNONS BLANC DE L'ONTARIO
WHITE MUSHROOMS FROM ONTARIO
8OZ

PQT. 8oz

3/5\$

JEUDI
Thursday



ORANGES SANS PEPINS
PRODUIT IMPORTE
SEEDLESS ORANGES
IMPORTED PRODUCT
SAC 3LB BAG

SAC BAG 3LB

2.99 CH./EA.

DIMANCHE
Sunday



AUBERGINES
PRODUIT IMPORTE
EGGPLANTS
IMPORTED PRODUCT
2.84 KG

1.29 /LB

Prix Réduits

Jusqu'au 18 Fevrier

CHRISTIE SNACK-PACK
BISCUITS VARIETES EN MAGASIN
COOKIES VARIETY IN STORE
150GR, 200GR



3²⁹
CH./EA.

CLUB HOUSE BIO
EPICES VARIETES EN MAGASIN
SPICES VARIETY IN STORE
10GR A/TO 57GR



Bio

2/5\$



GENERAL MILLS
CEREALS VARIETES EN MAGASIN
CEREALS VARIETY IN STORE
300GR A/TO 437GR

4⁹⁹
CH./EA.

BOVRIL
BOUILLON CONCENTRE
VARIETES EN MAGASIN
CONCENTRATE BOUILLON
VARIETY IN STORE
250ML



5²⁹
CH./EA.

CAMPBELL'S CHUNKY
SOUPE VARIETES EN MAGASIN
SOUP VARIETY IN STORE
515ML



4⁴⁹
CH./EA.

EMILIE
MIEL VARIETES EN MAGASIN
HONEY VARIETY IN STORE
375GR



6⁷⁹
CH./EA.

HUNT'S SNACK PACK
POUDDING VARIETES EN MAGASIN
PUDDING VARIETY IN STORE
4X99GR



2⁴⁹
CH./EA.

CHEEZ-IT
CRAQUELINS VARIETES EN MAGASIN
CRACKERS VARIETY IN STORE
200GR



2/7\$



OIKOS
YOGOURT GREG VARIETES EN MAGASIN
GREEK YOGURT VARIETY IN STORE
4X100GR

4⁴⁹
CH./EA.



KELLOGG'S EGGO
GAUFRES VARIETES EN MAGASIN
WAFFLES VARIETY IN STORE
560GR

5⁹⁹
CH./EA.

GALETTE DE RIZ VARIETES EN MAGASIN
RICE CAKE VARIETY IN STORE
127GR A 214GR



2/7\$



ATYPIQUE
BOISSON SANS ALCOOL VARIETES EN MAGASIN
NON-ALCOHOLIC BEVERAGE VARIETY IN STORE
355ML PLUS CONSIGNE

2⁴⁹
CH./EA.
PLUS CONSIGNE