

EST. 1963

Bidgood's

YOUR LOCAL GROCER



3⁴⁹ Each

Broccoli Bunches

Product of Mexico/U.S.A.



7⁴⁹ lb
16.51/kg

Fresh Boneless Skinless Chicken Breasts



Compliments Side Bacon

Select Varieties. 375 g.

5²⁹ Each



Lay's Potato Chips

Select Varieties. 220 - 235 g.

2/\$7



Heinz Ketchup or Kraft Miracle Whip

Select Varieties. 650 mL - 1 Litre. Real Mayonnaise 890 mL.

4⁹⁷



Compliments Apples or Oranges

Select Varieties. 3 lb/1.36 kg. Apples Product of Canada. Oranges Product of Egypt.

4⁹⁹ Each



Kraft Dinner

Or Cups 58 g. Select Varieties. 156 - 200 g.

4/\$5



Compliments Juice or Beverages

Select Varieties. 1.54 - 1.75 Litre.

3⁹⁹



Compliments Fried Potatoes

Or Onion Rings. Select Varieties. 454 - 800 g. Frozen.

3⁴⁹



Dempster's Holsum Bread

Or Extra Soft Thick Bread. Select Varieties. Bread 570 - 675 g.

3²⁹



Quality. Value. Guaranteed.

See our insert.

Sale Prices in Effect	thu	fri	sat	sun	mon	tues	wed
FEBRUARY 2026	19	20	21	22	23	24	25

Advertised prices do not include any applicable taxes or deposits. This symbol denotes Plus deposit and/or environmental levies where applicable.

grocery



Quaker Cereals
Select Varieties. 350 - 510 g. **3⁹⁹**



Del Monte Fruit Cups or Gels
Select Varieties. 428 - 450 mL. Gels 500 g. **3⁴⁹**



Kraft Peanut Butter
Select Varieties. 500 g. **4⁴⁹**



Old El Paso Mexican Favourites
Select Varieties. 125 - 334 g. 113 - 398 mL. **3⁴⁹**



Compliments Pasta
Select Varieties. 900 g. **2/\$5** BUY CANADIAN



Ben's Original Fast & Fancy Rice
Select Varieties. 132 g. **2/\$3**



VH Sauces
Select Varieties. 341 - 355 mL. **3⁶⁹**



Hunt's Thick & Rich Pasta Sauce
Or Tomato Sauce. Select Varieties. 680 mL. **2/\$5**



Compliments Broth
Select Varieties. 900 mL. **3/\$5**



Compliments CROUTONS
Select Varieties. 145 g. **2/\$3** BUY CANADIAN



Kellogg's Cheez-It or Townhouse Crackers
Select Varieties. 213 - 391 g. **3⁴⁹**



Compliments Cookies
Select Varieties. 300 - 350 g. **2/\$7** BUY CANADIAN



Doritos Tortilla Chips
Select Varieties. 210 - 280 g. **2/\$9⁵⁰**



Old Dutch Restaurant Tortilla Chips
Select Varieties. 275 - 295 g. Arriba or Dutch Crunch 200 - 245 g. **2/\$8** BUY CANADIAN



Oasis Juices
Or Arizona Iced Tea. Select Varieties. 8 x 200 mL. **4⁹⁹**

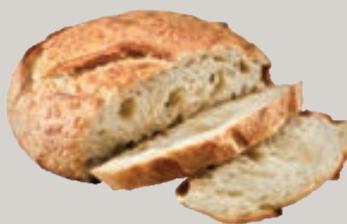
bakery



Compliments Pies
Select Varieties. 8 Inch. 580 - 750 g. **6⁴⁹** BUY CANADIAN



Compliments Angel Food Cake
Regular or Mini. 270 - 283 g. **5⁴⁹** BUY CANADIAN



Stuyvers Bread
Select Varieties. 400 g. **4⁴⁹**



McCafe K-Cup Coffee Pods
Select Varieties. 10's - 12's. **12⁹⁹**



Coca-Cola 24 Pack Soft Drinks
Select Varieties. 24 x 355 mL. **17⁹⁹**

deli



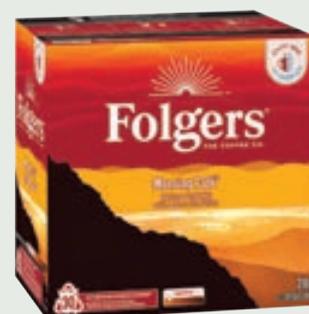
Compliments Brie or Camembert Cheese
Select Varieties. 170 - 200 g. **7⁹⁹** Each BUY CANADIAN



Mastro Salami
Select Varieties. 125 - 150 g. **6⁹⁹** Each BUY CANADIAN



Compliments Ham
Select Varieties. Sliced or Shaved. **1⁸⁹** 100 g BUY CANADIAN



Folgers K-Cup Coffee
Select Varieties. 210 - 315 g. 30's. **19⁹⁹**



Pepsi 2 Litre Soft Drinks
Select Varieties. **2/\$7**

snacks



Cadbury Single Chocolate Bars
Select Varieties. 33 - 50 g. **3/\$4**



Compliments Peel'n Pop Gummy Candy
Mango or Banana. 160 g. **2/\$7**



Jolly Rancher Candy or Twizzler Gummies
Select Varieties. 170 - 198 g. **2⁹⁹**



Cadbury Chocolate
Select Varieties. 144 - 200 g. **5⁶⁹**



Compliments Chocolate Nuts
Or Confetti Bites.
Select Varieties. 350 - 400 g. **8⁹⁹** BUY CANADIAN

chilled & frozen



Compliments Butter
Salted. 454 g. **5⁹⁹** BUY CANADIAN



Armstrong Cheese
Select Varieties.
Shredded 300 - 320 g.
Blocks 400 g.
Saputo Mozzarella 500 g. **5⁹⁹** BUY CANADIAN



Liberté Greek Yogurt
Select Varieties. 650 - 750 g. **6⁴⁹**



Nestle Coffee Mate
Select Varieties. 946 mL. **4⁹⁹**



Becel Soft Margarine
Select Varieties. 637 - 850 g. **7⁹⁹**



Danone Activia Yogurt
Select Varieties. 8 x 100 g. **5⁴⁹**



Kraft Cool Whip
Select Varieties. Frozen.
1 Litre. Aerosol 225 g. **3⁹⁹**



Kellogg's Eggo Waffles or Pancakes
Or Protein Waffles.
Select Varieties. 280 - 560 g.
Frozen. **5⁹⁹**



McCain French Fries
Shoestring, Crinkle Cut or Regular. Frozen. 1.5 kg. **4⁴⁹**



Rustica Pizza Singles
Select Varieties. 360 - 382 g.
Frozen. **5⁹⁹** BUY CANADIAN



Michelin's Green Box Entrees
Select Varieties. 227 - 284 g.
Pizza Snacks 128 g. Frozen. **1⁴⁹**



Maple Lodge Farms Zabiha Halal Chicken
Select Varieties. 800 g.
Frozen. **9⁹⁹**



Compliments Beef Burgers
Select Varieties. 852 g.
Frozen. **12⁹⁹** BUY CANADIAN



Compliments Crispy Homestyle Chicken Pieces
1 kg. Frozen. **15⁹⁹** BUY CANADIAN



Janes Ultimates Fish Fillets
Select Varieties. 450 - 540 g. Frozen. **15⁹⁹** BUY CANADIAN

household & pet



Cashmere Bathroom Tissue
Or Spongetowels and Scotties Facial Tissue 3's - 6's.
Select Varieties. Cashmere 8 - 12 Roll. **8⁹⁹** BUY CANADIAN



Palmolive Dishwashing Liquid
Select Varieties. 591 - 828 mL. **2⁹⁹**



Febreze Air Effects
250 g. Or Air Fresheners. Each.
Select Varieties. **4⁹⁹**



Baby Gourmet Pouch Baby Food
Select Varieties. 128 mL. **2⁹⁹**



Compliments Cat Food
Select Varieties. 156 g. **8/\$10**

produce

Fresh Blueberries
1 Pint. Product of Mexico.

5⁴⁹
Each



Cantaloupe Melons
Product of Brazil.

4⁹⁹
Each



Hass Avocados
5 Count. Product of Mexico.

4⁹⁹
Each



Hot House Beefsteak Tomatoes
Product of Canada.

3⁴⁹
lb
7.69/kg



Celery Stalks
Product of U.S.A.

3⁹⁹
Each



Romaine Hearts
Product of Mexico/U.S.A. Package of 3.

5⁹⁹
Each



Mini Cucumbers or Compliments Grape Tomatoes
Cucumbers 6's. Grape Tomatoes 283 g.
Product of Canada/Mexico.

2/\$8

meat



Fresh Pork Rib Roast
Or Center Cut. Bone In.

3²⁹
lb
7.25/kg



Beef Inside Round Roast
Boneless.
Cut From Canada AA or Higher.

7⁹⁹
lb
17.61/kg



Fresh Pork Tenderloin
Boneless.

4⁴⁹
lb
9.90/kg



Compliments Luncheon Meats
Select Varieties. Sliced. 175 g.
Excluding Cooked Ham.

2/\$6



Maple Leaf Ham Halves
Select Varieties. 600 g.

13⁹⁹
Each



Schneiders Smokies
Select Varieties. 900 g.

12⁹⁹
Each



Schneiders Sausage Rings
300 g.

6⁹⁹
Each



Compliments Deli Salads
Select Varieties. 426 - 454 g.

3⁹⁹
Each



Compliments Hot Dog or Hamburger Buns
8's.

2/\$6



Danone Yogurt or Silk Beverages
Select Varieties.
Oikos 4 x 95 - 100 g.
Silk Beverages 1.75 - 1.89 Litre.
Silk Creamer 890 mL.

3⁹⁹



Kraft Philadelphia Dips
Select Varieties. 227 g.

2⁹⁹



Tide or Gain Liquid Laundry Detergent
Select Varieties.
2.15 - 4.25 Litre.
Tide Pods or Gain Flings
25's - 42's.

14⁹⁹

Items may not be available at all locations. Sale valid while supplies last. We reserve the right to limit quantities. Items may differ from illustrations; some images are serving suggestions. Prices exclude GST/HST. Limits apply per household, per visit. We strive for accuracy but reserve the right to correct errors via in-store notices. Sale prices valid on dates shown on the front page.



compliments

**Quality. Value.
Guaranteed.**

Compliments has you covered for whatever your everyday brings. From easy weeknight dinners to special celebrations, count on us for quality products at family-friendly prices.



**Bring home
more Value!**

Visit our Compliments website for your next meal inspiration!

Sale prices in effect
February 19 – 25, 2026



**Compliments
Extra Lean
Sliced Meats**
Select Varieties. 400 g.

**BUY
CANADIAN**
8⁹⁹
Each



**Compliments
Cheese Slices**
Select Varieties. 150 - 170 g.

**BUY
CANADIAN**
5⁴⁹



**Compliments
Pacific White
Shrimp**
Cooked or Raw. Frozen.
31/40 Count. 340 g.

7⁹⁹



**Compliments
Two Bite
Bakery Treats**
Select Varieties. Brownies or
Cinnamon Rolls. 300 - 370 g.

**BUY
CANADIAN**
5⁹⁹

NEW



**Compliments
Exceptional
Chocolate Chip
Cookies**
280 g.

4⁹⁹



**Compliments Soda
Crackers**
Salted or Unsalted. 450 g.

3⁴⁹



Compliments Cream Cheese
Select Varieties. 227 - 250 g.

BUY CANADIAN
3⁹⁹



Compliments Margarine
Select Varieties. 850 g.

BUY CANADIAN
5⁹⁹



Compliments Waffles
Select Varieties. 280 g. Frozen.

BUY CANADIAN
2⁹⁹



Compliments Ice Milk or Fruit Bars
Select Varieties. 450 - 720 mL.
Ice Pops 600 - 900 mL. Frozen.

4⁹⁹



Compliments Peel'n Pop Gummy Candy
Mango or Banana. 160 g.

2/\$7



Compliments Candy
Wine Gums or
Mini Licorice Allsorts. 175 g.

2/\$5



Compliments Sparkling Water
Select Varieties.
12 x 355 mL. ♻️

BUY CANADIAN
6⁹⁹



Compliments Cashews
Select Varieties. 200 g.

BUY CANADIAN
5⁹⁹



Compliments Popping Corn
1 kg.

BUY CANADIAN
2/\$5



Compliments Zaz Liquid Water Enhancer
Select Varieties. 48 mL.

2/\$5



Compliments Coffee
Select Varieties. K-Cups 12's.
Ground Coffee 300 g.

BUY CANADIAN
8⁹⁹

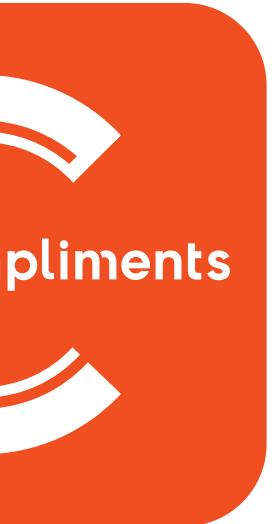


Compliments De-Alcoholized Beer
6 x 355 mL. ♻️

BUY CANADIAN
5⁹⁹

**Quality.
Value.
Guarant**

Compliments has you covered for whatever your everyday brings.



pliments

eed.

From easy weeknight dinners to special celebrations, count on us for quality products at family-friendly prices.



Compliments Smoked Sausages
Select Varieties. 375 g.



4⁹⁹ Each



Compliments Sausages
Select Varieties. 375 - 500 g.



4⁹⁹ Each



Compliments Cooked Ham
Sliced. 375 g.



6⁴⁹ Each



Compliments Asian Entrees
Select Varieties. 400 g.
Frozen.



5⁴⁹



Compliments Bleach
Ultra Concentrated. 1.27 Litre.



1⁹⁹



Compliments Dishwashing Liquid
Select Varieties.
800 - 828 mL.



2⁹⁹



Compliments Cat Treats
Select Varieties. 35 g.

2⁹⁹



Compliments Stain Remover
680 g.



3⁹⁹



Compliments Facial Tissue
Select Varieties.
6 x 81's - 126's.



9⁹⁹



Compliments Satiny Soft Bathroom Tissue
24 Double Roll.



13⁹⁹



Compliments Sandwich or Snack Bags
Select Varieties. 75 - 100's.

3⁴⁹



Compliments Freezer Bags
Medium or Large. 15's - 20's.

3⁴⁹



Compliments Pancake Mix
Or Syrup 750 mL. Select Varieties.
Pancake Mix 905 g.

2/\$6



Compliments Peanut Butter
Select Varieties. 500 g.

BUY CANADIAN
ACHETEZ CANADIEN
3⁹⁹



Compliments Apple Snack Cups
Select Varieties. 678 g.

BUY CANADIAN
ACHETEZ CANADIEN
1⁹⁹



**Quality. Value.
Guaranteed.**

Compliments has you covered for whatever your everyday brings.

From easy weeknight dinners to special celebrations, count on us for quality products at family-friendly prices.



Compliments Cheese and Crackers
Or Cheese and Breadsticks.
87 g.

BUY CANADIAN
ACHETEZ CANADIEN
3/\$5



Compliments Dipped Granola Bars
Select Varieties. 156 - 192 g.

BUY CANADIAN
ACHETEZ CANADIEN
2⁴⁹



Compliments Mushrooms
Pieces & Stems. 284 mL.

2/\$3



Compliments Stewed Tomatoes
Select Varieties. 540 mL.

BUY CANADIAN
ACHETEZ CANADIEN
2/\$3



Compliments Vegetables
Select Varieties. 398 mL.

BUY CANADIAN
ACHETEZ CANADIEN
2/\$3



Compliments Jelly Powder
Select Varieties. 85 g.

BUY CANADIAN
ACHETEZ CANADIEN
69¢



Compliments Sauces
Select Varieties. 350 mL.

BUY CANADIAN
ACHETEZ CANADIEN
2/\$5



Compliments Pasta Sauce
Select Varieties. 680 mL.

BUY CANADIAN
ACHETEZ CANADIEN
2/\$5



Bring home more Value!

Visit our Compliments website for your next meal inspiration!



Bigood's Bakery.

BUY 1
GET 250
BONUS
POINTS

Homemade Multi
Grain Bread 650 g



\$4.69 Ea

BUY 1
GET 250
BONUS
POINTS

Home Made Cream Horns
Minis 4 Pcs Per Pk



\$6.99 Each Pk

BUY 1
GET 250
BONUS
POINTS

Home made Peanut Butter
Chocolate Chips 8 Pcs



\$4.99 Each Pack

Grocery.

BUY 1
GET 250
BONUS
POINTS

Catelli Macaroni
454 g



\$2.99 ea

BUY 1
GET 250
BONUS
POINTS

General Mills
Cheerios (Family Size)
570 g-725 g



\$7.99 Ea

BUY 1
GET 250
BONUS
POINTS

Assorted Cracker
Barrel Cheese 740 g



\$12.99 ea

BUY 1
GET 250
BONUS
POINTS

Becel Margarine
Original 850 g



\$8.99 ea

BUY 1
GET 250
BONUS
POINTS

2 Kg Bag Breaded
Chicken Fillets



\$24.99 Each Bag

BUY 1
GET 250
BONUS
POINTS

Butcher's Choice
Olymel Breakfast
Sausages



\$5.90/lb

BUY 1
GET 500
BONUS
POINTS

Compliments Jumbo Or
Regular Wieners 450 g



\$3.99 ea

Product Images May Differ Slightly From The Actual Item On Sale



WE WOULD LIKE TO THANK OUR CUSTOMERS FOR YOUR CONTINUED SUPPORT!

WITH OUR 50/50 DRAW, WE HAVE DONATED

\$172,004

BACK TO THE COMMUNITY!




PEPSI

Assorted Pepsi
24 Pk x355ml
\$13.49 ea

BUY 1 GET 500 BONUS POINTS

Bidgoods Homemade Onion Tomato Pickle 375 ml



\$3.99 ea

BUY 1 GET 500 BONUS POINTS

Bigood's Cove
Bidgoods Own Frozen Cod Fillet 5 lb box



\$29.99 Ea

BUY 1 GET 500 BONUS POINTS

Frozen Blueberries



\$8.16/lb

BUY 1 GET 250 BONUS POINTS

Kiwi Fruit 1 Lb Pack



\$4.99 Each Pack

BUY 1 GET 500 BONUS POINTS

Fresh Produce
Mlni Watermelon



\$7.99 Each

BUY 1 GET 250 BONUS POINTS

Pineapple



\$5.99 Each

BUY 1 GET 500 BONUS POINTS

Bidgoods Beef Teriyaki 1 Pk



\$9.99 ea pk

BUY 1 GET 500 BONUS POINTS

Bidgood's Deli
Bidgoods Donairs 1pk



\$8.99 ea

BUY 1 GET 500 BONUS POINTS

Bidgoods Chinese Dinner 1 Pk



\$14.49 Per pk

Sale Price In Effect Thursday Feb 19th - Wednesday Feb 25th