



FORTINOS®



7⁹⁹lb roasted cashews
17.61/kg salted or unsalted
20061431_KG/20116646_KG



Ground FRESH DAILY

5⁹⁹lb lean ground beef club pack
13.21/kg
21724965_KG

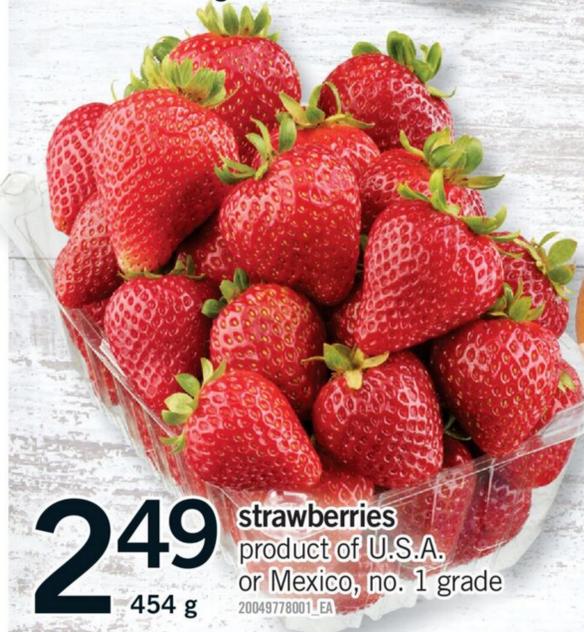


✓ Air Chilled
✓ Canadian grown
✓ Grain fed

4⁹⁹lb PC® or Mina Halal split chicken wings
11.00/kg
21537145_KG/21635752_KG



10⁹⁹lb fresh tilapia or rainbow trout fillets
24.23/kg
20033340_KG/20990494_KG



2⁴⁹ strawberries
454 g product of U.S.A. or Mexico, no. 1 grade
20049778001_EA



2⁹⁹lb seedless Orri mandarins
6.59/kg product of Israel
20072482001_KG



1⁶⁹lb large beefsteak tomatoes
3.73/kg product of Ontario, Canada no. 1 grade or product of Mexico or U.S.A., no. 1 grade
20426141001_KG



.⁹⁹ each cilantro with roots
product of Canada
20091825001_EA



New Zealand stewing goat bone in, frozen
20143053_EA

16⁹⁹
1 kg

PC® Pacific large peeled white raw shrimp or raw Zipperback® shrimp
31-40 per lb, frozen
20788888_EA/20789931_EA

8⁹⁹
400 g



PC® cheese slices selected varieties
20216643_EA

5⁹⁹
140-170 g

LIMIT 6 \$4⁷⁵

After Limit \$6.00 ea

PC® dips selected varieties, 454 g
20584098_EA



HIT OF THE MONTH



5⁹⁹lb Rachel's corned beef brisket or beef pastrami
13.21/kg
20620766_KG



Ziggy's® ham Black Forest or honey maple
20323392_KG

7⁹⁹lb
1.76/100 g

Dempster's bread 600/675 g or English muffins 6's selected varieties
20006502_EA/20251602_EA

2⁹⁹ each



no name® bagels selected varieties
21297816_EA

1⁹⁹ 6's





18 pk

4.99
18's
Grey Ridge large premium eggs
20822787001_EA



HIT OF THE MONTH
LIMIT 6
\$1.75

After Limit \$2.50 ea
Quaker Chewy granola bars selected varieties, 120 g
21359366_EA/21359369_EA



Unico tomato paste 156 mL or solid light tuna 99 g selected varieties
20000527_EA/20069525_EA

.99 each



Barilla pasta 340/410 g, Hunt's tomato sauce 680 mL, or Vita Sana gnocchi 500 g selected varieties
20173173001_EA/20296852002_EA

1.69 each



Optimum
2,000 pts

Cadbury mini eggs
21625042_EA

17.99
875 g



Rooster jasmine rice
20121871_EA

12.88
8 kg



Grace drinks, Grace plantain chips or Shirley biscuits
20603025_EA/20299652004_EA

.88
302/340 mL/80/85 g/100 g



PC® Kettle Cooked, Loads Of™ or World Of Flavours potato chips selected varieties
20840911004_EA/21422931_EA

1.99
200 g



Haagen-Dazs 414-450 mL or bars 3/4's Nestlé Drumstick or novelties or IOGO frozen yogurt 4/8's/946 mL selected varieties, frozen
20302298004_EA/20322380001_EA

4.99 each



iGO nano bubbles, Activia Expert 4x100 g yogurt or Gay Lea sour cream 425/500 mL, selected varieties
20165226001_EA/20317536001_EA

2.99 each



Christie family size crackers selected varieties, 240-454 g
21522135_EA/21522136_EA

HIT OF THE MONTH
LIMIT 6
\$3.33

After Limit \$4.00 ea



Bubly or Montellier sparkling water 10/12x355 mL or Gatorade 6x591 mL selected varieties
20303218003_C06/2142891_C06

5.99 each



Frank's Red Hot sauce 680 mL, Hellmann's mayonnaise 710-890 mL or Kozlik's mustard 250 mL, selected varieties
20172301001_EA/20618579001_EA

5.99 each



Boost meal replacement selected varieties
20986348_C06/20986361_C06

11.99
6x237 mL



Nature's Path organic cereal 650-907 g, PC® Organics peanut butter 1 kg or Carbonaut gluten-free frozen bread 550 g or bagels 335 g selected varieties
20312067001_EA/21047266_EA/21394190_EA

7.99 each

Prices effective at Brampton stores only.

Flyer prices effective from Thursday, March 12th, to Wednesday, March 18th, 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" orchid plastic pot
21706803_EA

19⁹⁹ each



Perfect for squeezing, cooking, baking, and refreshing drinks without the hassle of seeds.

seedless lemons
product of U.S.A.
21284824001_EA

349
454 g

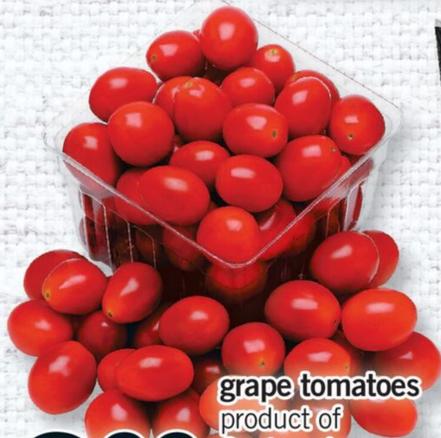
Wonderful
Naturally
SEEDLESS LEMONS



.99 large kiwi
product of Greece
each
20130242001_EA

.79 limes
product of Mexico or Peru, each
20040489001_EA

299^{lb}
6.59/kg
Cosmic Crisp apples or red Anjou pears
product of U.S.A.,
Extra Fancy grade
21240884001_KG/20287737001_KG



399
283 g
grape tomatoes
product of Guatemala or Mexico,
no. 1 grade
21367888001_EA



289
2 lb bag
Farmer's Market™
carrots
product of Canada,
Canada no. 1 grade
or U.S.A., no. 1 grade
20626628001_EA



1399
1.4 L
POM Wonderful
pomegranate juice
product of U.S.A.
20123288_EA



649
each
mini seedless
watermelon
product of Guatemala
or Mexico
20145379001_EA



.99^{lb}
2.18/kg
green cabbage
product of Canada,
Canada no. 1 grade,
20793034001_KG

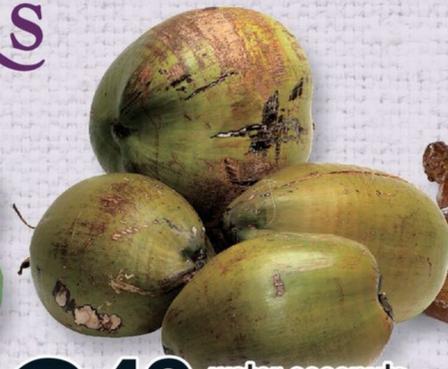
WORLD OF FLAVOURS



199^{lb}
4.39/kg
cut pumpkin
product of Mexico
20615981001_KG



129
each
large
chayote squash
product of
Costa Rica
20167837001_EA



349
each
water coconuts
product of
Costa Rica
20707992001_EA



169^{lb}
3.73/kg
cassava
product of
Costa Rica
20087682001_KG



169
bunch
methi leaf
product of
Mexico or U.S.A.
20159689001_EA

Pick Organic Over 150 items available every day!



Greenhouse
organic fiery
ginger shot box
product of Ontario
21561230_EA

2999
1.26 L



349^{lb}
7.69/kg
organic
Gala apples
product of
U.S.A., Extra
Fancy grade
20100756001_KG



499
250 g
organic
Love Beets
product of U.S.A.
20873229_EA



369
227 g
PC® Organics
cremini or white
button mushrooms
product of Ontario
21245220_EA/21005170_EA



699
170 g
organic
blueberries
product of
Chile or Mexico,
no. 1 grade
20625647001_EA

Colcannon

A TRADITIONAL IRISH DISH!

This hearty potato & cabbage dish is easy to make and perfect for St. Patrick's Day. Often served with Irish stew. The two main ingredients are cabbage (or kale) and a starchy potato.



Visit Fortinos for the full recipe.



.99 lb
2.18/kg
green cabbage
product of Canada,
Canada no. 1 grade
20793034001_KG



5.99
454 g

Lactantia butter
salted or unsalted
selected varieties
20639926_EA



6.99
each



1.99 each
green onion
product of Mexico
or U.S.A.
20107500001_EA



4.99
5 lb

Earth Fresh
Butter Red potatoes
product of Ontario,
Canada no. 1 grade
21732749001_EA

Radicchio

Radicchio is part of the chicory, bitter greens family. It is used in salads, and can also be grilled which brings out their bitter, peppery taste.



3.99 lb
8.80/kg
RADICCHIO
product of Mexico or Canada
2014993001_KG



3.99 lb
8.80/kg
TREVISO RADICCHIO
Mild and less bitter than
other varieties. Delicious with
olive oil & salt, or with aioli.
product of U.S.A. or Mexico



6.99 lb
15.41/kg
CASTLEFRANCO RADICCHIO
Cream coloured with splashes of red
for those who love Italian bitter greens.
product of U.S.A. or Mexico

proud FORTINOS recipes

MADE FRESH



6.49
300/350 g
Fortinos pork or turkey breakfast sausage selected varieties
21164999_EA

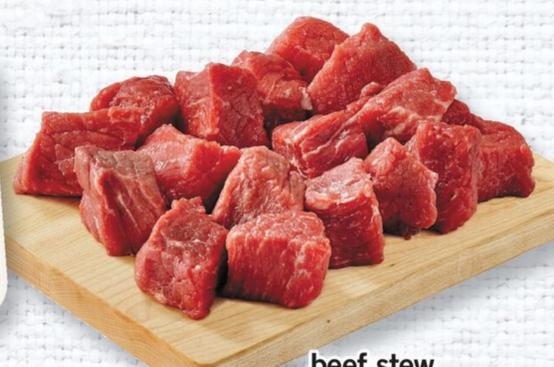


15.99
800 g
Fortinos boneless turkey breast seasoned or sage & onion, raised without antibiotics
21632573_EA/21634139_EA

Pop Up Timer & Oven Ready Pan!



8.49
400/450 g
Fortinos Grande pork, Grande turkey, Italian style or turkey meatballs
21071791_EA



9.99 lb
22.02/kg
beef stew cut from Canada AA or USDA Grade beef or higher
20766602_KG



3.99
375 g
Maple Leaf Top Dogs, Shopsy's or Schneiders Red Hots wieners selected varieties
20602429_EA/21093477_EA



6.99
65 g
Maple Leaf Ready Crisp bacon
20164959_EA/20603086_EA



19.99
each
PC®, Blue Menu®, Thick & Juicy™ or Free From® burgers selected varieties, frozen, 1.02-1.36 kg
20941230_EA/20941443_EA



14.99
480/640 g
Marcangelo souvlaki kabobs selected varieties
21041735_EA/21098855_EA

duBreton Organic Pork

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

6.99
454 g
DuBreton organic ground pork
21428950_EA

17.99 lb
39.66/kg
DuBreton organic pork tenderloin
21712867_KG

9.99
350 g
DuBreton organic boneless center cut pork chops and boneless fast fry chops
21707220_EA

11.99 lb
26.43/kg
DuBreton organic pork back ribs
21712885_KG

Seafood Quick & Easy Dinners!

Pan fry or bake. Serve on a bun with tartar sauce and a salad.



4.99
181 g
fresh Atlantic salmon burger
21188901_EA

Made fresh daily!

A moist flake with a mild, delicate flavour. Pan fry, poach or bake.



8.99
283 g
DOM wild caught orange roughy frozen
21721392_EA



PANE Fresco
pizza kit
New Yorker or
Mediterraneo
21307893_EA

11.99
each



meal deal with
salad & side
\$22.99

15.99
1 kg

Tuscan-Style
Whole Roasted Chicken

Grain Fed Tuscan
rotisserie chicken
fully cooked
20899945_EA



Reser's Main St.
Bistro sides
selected varieties
20338009_EA

6.49
482-680 g

Made in-store!

fried tortilla chips

21534615_EA

4.99
383 g

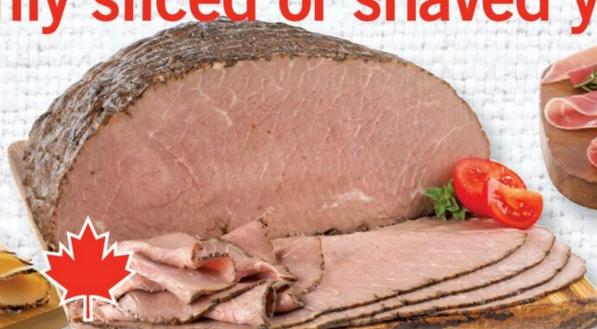


Deli Always freshly sliced or shaved your way!



13.99
lb
3.08/100 g

PC® or Blue Menu®
Natural Choice™
turkey or chicken breast
deli sliced or shaved
20301114_KG



12.99
lb
2.86/100 g

PC® Natural Choice™
Angus roast beef
deli sliced or shaved
20155374_KG



San Daniele
Silver prosciutto
21046654_KG/21046656_KG

13.99
lb
3.08/100 g



Venetian
Cacciatore
sausage
mild or hot
21579328_EA/21579453_EA

6.99
175 g



7.99
200 g

Kerrygold Irish cheddar
selected varieties
20359976_EA/20591635_EA



9.99
200 g

Coombe Castle
Scottish cheddar
or Irish Porter cheese
21566566_EA/21567013_EA



6.49
200 g

Saputo feta
selected varieties
21528313_EA/21547297_EA



Mom's Best
baguette crisps

21666548_EA/21666566_EA

3.49
120 g

Bakery



13.99
600/650 g

single layer 8" cake
chocolate or vanilla
20593051_EA



decorated
chocolate
chip cookie
20018001_EA

11.99
659 g



4.99
12's

St. Patrick's Day
mini cupcakes
21619376_EA



4.99
383 g

Kimberley's
St. Patrick's Day
cookies
21572217_EA



Promise
gluten free
bread or buns
21414753_EA/21465953_EA

7.99
260-480 g



3.99
204-340 g

Casa Mendosa tortillas,
PC® flatbread or baked
in store jumbo buns 8's,
selected varieties
20910042_EA



Furlani garlic toast
selected varieties
20041579_EA

5.29
16's



Baxter's
loaf cakes
20733452_EA/20956671_EA

6.49
575 g

ZEPPO-LE

Made Fresh In-store!

These lightly sweetened choux pastries are an Italian tradition celebrating St. Giuseppe Day. Enjoy our traditional fillings or try our new flavours: lemon, hazelnut and pistachio!

Your choice of:

- Chantilly cream with: amarena cherries, strawberries or blueberries
- flavoured sheep's milk ricotta (imported from Italy): lemon, hazelnut, pistachio, chocolate chip or plain

4 pack large zeppole
\$14.99

3⁹⁹
each

large zeppole
20592789_EA

2⁹⁹
each

mini zeppole
20592874_EA



31⁹⁹

8" Amarena cake

1.4 kg 21665440_EA



From the Cafe!

Very Berry chia pudding 346 g,
fruit yogurt parfait with almonds 255 g,
hemp hearts fruit parfait 255 g
or peanut butter & granola parfait 245 g

21639780_EA

3⁹⁹-4⁴⁹
each



Breakfast Sandwiches

Friday - Sunday: 7 am - 11 am only

Make it a combo

for \$1 more,
get a regular
coffee to go
with your
sandwich.



4⁴⁹
each
sausage & egg
English muffin
20876032_EA



4⁴⁹
each
bacon & egg
English muffin
20876166_EA



5⁹⁹
each
bacon & egg challah
breakfast sandwich
20876165_EA



5⁹⁹
each
bacon & egg croissant
20876167_EA



5⁹⁹
each
bacon & hashbrown
on bagel
20950435_EA

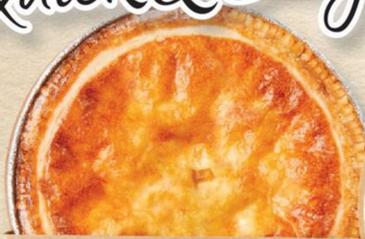


5⁹⁹
each
breakfast wrap
21501085_EA



5⁹⁹
each
peameal bacon
& egg on brioche
21030503_EA

Quick & Easy



Ham Quiche
Quiche au Jambon
150g



Broccoli Cheddar Quiche
Quiche au Cheddar et Brocoli
590g

6⁹⁹-9⁹⁹
128-502 g



small or large quiches
selected varieties
21179460_EA



2²⁹
140 g
PANEFresco
muffins all varieties
21461882_EA

6 varieties!

PANEFresco
grab & go sandwiches
21209688_EA

5²⁹-5⁴⁹
each



Grocery



159 Primo canned beans selected varieties
540 mL 21187513_EA/21187516_EA



279 Unico Passata
680 mL 20416260_EA



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



549 Ben's Original Natural Select rice selected varieties
365/397 g 21397259_EA/21397275_EA



529 PC® natural cheese slices selected varieties
210 g 21405953_EA/21506659_EA



149 no name broth selected varieties
900 mL 21189609_EA/21189611_EA



199 Chef Woo plant based ramen cups selected varieties
71 g 21448063_EA/21448070_EA



399 Blue Dragon sauce 150-310 mL, wrappers 134 mL or noodles 300 g selected varieties
each 20189688_EA/20901432_EA



179 Green Giant canned vegetables selected varieties, 341/398 mL
each 21021179_EA/21021485_EA



1499 High Liner Pan Sear or battered fish fillet selected varieties, frozen, 425-540 g
each 20296596002_EA/21186254_EA



199 Ben's Original Fast & Fancy rice selected varieties
132 g 21397290_EA/21397421_EA



349 Aurora bread crumbs
227/680 g 20184061_EA/20840655_EA



899 Rio Mare tuna salads
2x160 g 21640867_EA



899 PC® Black Label pizza selected varieties, frozen
370-440 g 21531415_EA



679 Natrel lactose free milk selected varieties
2 L 20077874001_EA



449 Planters trail mix or seasoned cashews selected varieties
145-170 g 21619951_EA/21619981_EA



349 Old Dutch potato chips selected varieties, 200-235 g
each 21367546_EA/21646697_EA



349 Old El Paso components selected varieties
125-334 g/243-398 mL 20063108001_EA/20108298_EA



1399 Ontario Ravioli club pack pasta selected varieties frozen
1 kg 20108966002_EA



1199 El Monterey taquitos or quesadilla selected varieties, frozen, 113/595 g
each 21022918_EA

Celebrate St. Patrick's Day



International Delight coffee whitener selected varieties
20895480006_EA

5.99
946 mL



CHEEMO Perogies
Zero Trans Fat
Cholesterol-Free
Low in Fat
NET WT. 907 g
POIDS NET 907 g

POTATO & COTTAGE CHEESE
POMMES DE TERRE ET FROMAGE COTTAGE

3.49
907 g
21636613_EA



Lactantia Butter
Avec ail provençal
NET WT. 125 g
POIDS NET 125 g

2.99
125 g
20106744_EA



STARBUCKS TRUE NORTH BLEND
NOTES OF TOASTED NUTS & MILK CHOCOLATE

STARBUCKS PIKE PLACE ROAST
NOTES OF COCOA & RICH PRALINE

12.99
10's
20547343001_EA/20547343003_EA



Perrier sparkling water
21577878_EA/21581095_EA

2.49
1 L



PRINGLES MINGLES
Dill Pickle & Ranch
FLAVOUR
light, airy, croutilliant
léger, aéré, croustillant
SAVOUR DE
Cornichon à l'aneth et ranch
Puffed Snacks
Collations soufflées

3.99
155 g
21626169_EA



Goldfish Crisps
NET WT. 177 g
POIDS NET 177 g

3.49
177 g
21575178_EA/21680169_EA



Christie Toppables
CRACKERS
turns tasty toppings into extraordinary snacks

Christie family crackers
21618621_EA

3.33
350-454 g



HARVEST SNAPS
BAKED GREEN PEA SNACKS
COLLATIONS DE POIS VERTS CUITES
ORIGINAL / L'ORIGINAL

Harvest Snaps flavoured crisps
20803759001_EA

3.49
93 g



Coca-Cola, Canada Dry or Pepsi soft drinks selected varieties
20307968001_EA/20311362001_EA

2.49
2 L



Rose's grenadine or lime cordial
20809028001_EA

4.49
739 mL



Mott's Mr. & Mrs. mixes
21104285_EA

4.99
1 L



Betty Crocker
Decorating • Glaçage à biscuits
Cookie Icing
Décoratif
green • vert

Betty Crocker cookie icing selected varieties
21596719_EA

2.99
200 g



BRINEc!
CORNICHONS À L'ANETH CROQUANTS
CRUNCHY DILL PICKLES

BRINEc!
CORNICHONS CROQUANTS
BREAD & BUTTER PICKLES

Brine pickles selected varieties
21681255_EA/21681293_EA

5.49
1 L



Martelli pistachio pesto
21680392_EA

12.99
212 mL



Puritan Irish Stew Ragoût Irlandais
PRODUCT OF U.S.A. / PRODUIT DESÉ-USA

Puritan Irish or beef stew
20063287002_EA

2.49
410 g



Dr. Oetker
Shirriff
KEY LIME
PIE FILLING & DESSERT MIX
MÉLANGE À GÂTNERIE
À TARTIF ET À DESSERT
LIME DES KEYS

Dr. Oetker pie filling selected varieties
21615000_EA

2.29
111-164 g



JELL-O
JELLY POWDER • PÂTISSIERIE POUR GÉLÉE
lime
SIMULATED FLAVOUR
ARÔME ARTIFICIEL

JELL-O gelatin dessert selected varieties
20312946_EA

1.29
85 g



Club House
FOOD COLOURING
PRÉPARATION
DE COLORANTE
POUR ALIMENTS
vert

Club House food colouring selected varieties
20305282002_EA

2.99
28 mL

Breakfast



PC® orange juice selected varieties

21430531_EA
4.99
1.54 L



Burnbrae egg creations, Naturegg or hard boiled eggs selected varieties

20820130001_EA/20820690001_EA
4.99
500 g/mL or 6 pack



Schneiders breakfast sandwich or egg bites selected varieties, frozen

21623187_EA/21623533_EA
6.99
204-288 g



Kellogg's cereal selected varieties

21450814_EA
4.99
247-435 g



Quaker protein pancake mix or Bonne Maman jams or spreads selected varieties

250-290 mL/360-380 g selected varieties
20307313006_EA/21575494_EA
6.99
each



PC® instant oatmeal selected varieties

21505150_EA
3.29
264-344 g



Cora buttermilk pancake and waffle mix

21651406_EA
5.99
700 g



Dutchman's Gold pure maple syrup

21581725_EA
13.29
500 mL



Bigelow tea bags selected varieties

21686259_EA/21686323_EA
6.99
18/20's



Starbucks hot chocolate selected varieties

21541288_EA/21624750_EA
11.99
240-300 g



Easter Treats



Bauli classic colomba

700 g
21452649_EA
15.99



Excelsior egg or soccer ball

280 g
20359400_EA
24.99



Kinder maxi plush selected varieties, 116-150 g

20012895_EA/20719493_EA
12.99
each



Lindt bunny selected varieties

50/100 g
20046002_EA/20720778_EA
8.49



Cadbury Mini Eggs or Crème Eggs selected varieties

20831065_EA/20934878_EA
1.79
33/34 g



Hershey's Harry Potter Butterbeer Kisses

180 g
21638690_EA
5.99



Maynard Sour Patch Kids bunnies

21559219_EA
5.49
315 g



Peeps marshmallow chicks

85 g
20129795001_EA
2.99



Nestlé Hide Me eggs

100/153 g
21627936_EA/21628045_EA
6.99

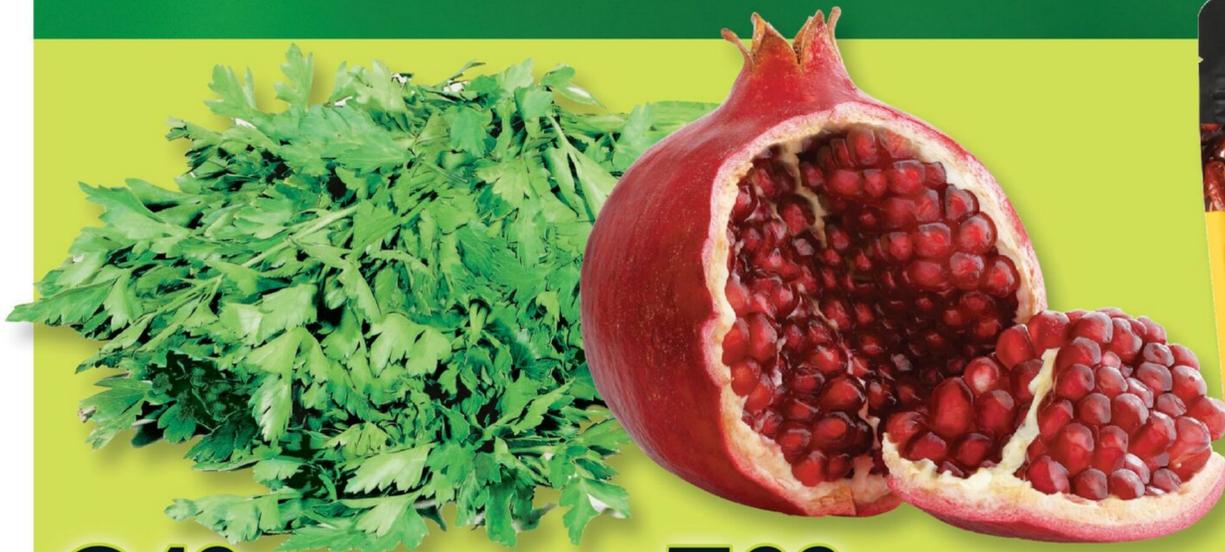


Lindt Lindor chocolate bag selected varieties

150 g
21240999_EA/21546873_EA
9.99



HAPPY NOWRUZ



249 bunch
Italian parsley
product of U.S.A.
21051353_EA

599 each
jumbo pomegranate
product of Peru
21134767001_EA



499 340 g
Terra Delyssa
Deglet Noor
organic dates
product of Tunisia
21217899001_EA



249 227 g
cooking spinach
product of U.S.A.
or Mexico
20956777_EA



Suraj naan
selected varieties
21051353_EA

199 5's
500 g
ORIGINAL NATURE



1899 630 g
Rodula
baklava or kataifi
21714415_EA



wheat grass
21736636_EA
999 6 inch



hyacinth bunch
assorted colours
20567153_EA
1299 5 stem



Hans Dairy Dahi
selected varieties
20092617_EA/20313667_EA

249 750 g



Chef Bombay
entrées or
appetizers or
Brar's samosas
selected varieties,
frozen
202973182_EA/21000033_EA

599 240-624 g



ICIM Turkish
Labneh 550 g
or Lactantia
butter 454 g
20296112009_EA/21367580_EA

599 each



Rubicon
juice 1 L
or Rubicon
tetra pack
800 mL
selected varieties
20028236001_EA/20296770001_EA

249 each



Rubicon
organic
coconut water
21363084_EA

349 1 L



.99 Parle G
original biscuits
original, 300 g
20956493_EA



Sherni's
sauces
selected varieties
21344637_EA/21345095_EA

599 500 mL



Quality
basmati rice
selected varieties
20767290_EA

1299 3.63 kg



Brar's
Desi ghee
20669886_EA

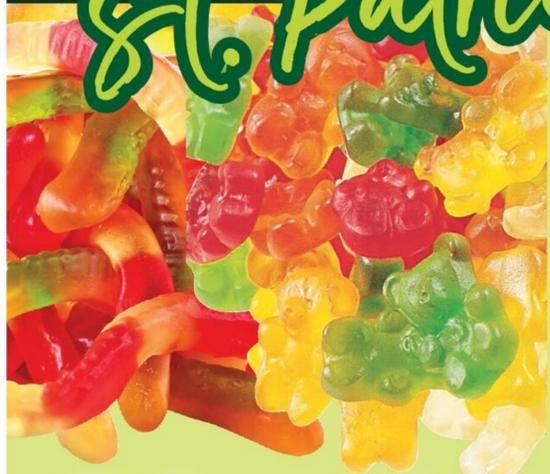
1299 800 g



Maggi
masala noodles
selected varieties
20802694_EA

.39 70 g

St. Patrick's Day Treats



.88 /100 g
3.99/lb
gummi grizzly bears or wiggly worms
21127204_KG/21127228_KG



.88 /100 g
3.99/lb
spearmint leaves
21127301_KG



220 /100 g
9.99/lb
Skittles assorted fruit candy
20188720_KG



110 /100 g
4.99/lb
gummi frogs
21735523_KG



132 /100 g
5.99/lb
rainbow sprinkles
21551309_KG



132 /100 g
5.99/lb
pucker ups
21650486_KG



132 /100 g
5.99/lb
rainbow sour belts
21735524_KG



220 /100 g
9.99/lb
chocolate loonies
21552255_KG

Scoop what you want in the quantities you need!

over 70
nuts and seeds
to choose from!

Great source of protein!

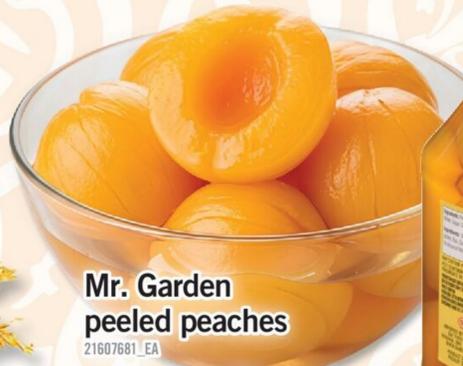


BRINGING THE WORLD TO YOUR KITCHEN

Sharing culture through food



3⁹⁹
100 g
Tuc original crackers
21720496_EA



6⁹⁹
1.7 L
Mr. Garden
peeled peaches
21607681_EA



3⁹⁹
280 mL
Lizano
salsa seasoning
21723074_EA



32⁹⁹
1 kg
Krinos
Greek feta
20166701_EA



10⁹⁹
800-980 g
French Oven
7 inch round eggless cakes
vanilla, chocolate or Black Forest
211717577_EA/211717646_EA



12⁹⁹
100 g
Davidoff
espresso
instant coffee
21305519_EA/21305623_EA



6⁹⁹
500 g
MC Dairy pressed
cottage cheese
21609871_EA



12⁹⁹
750 mL
Irimi extra virgin
olive oil
20021287_EA

4⁹⁹
5.5 g
Kimbo
Nespresso pods
21494016_EA/21494040_EA



9⁹⁹
1 L
Aurora Basso
grapeseed oil
20971283_EA



7⁹⁹
80's
Yorkshire
Red, Gold or
decaf tea bags
21604120_EA



3⁹⁹
210 g
Scotti risotto
20641432001_EA/20641432002_EA

2⁷⁹
680 g
Benedetto
passata
21443876_EA



.99
398 mL
Aurora diced
pezzetto tomatoes
20004992_EA

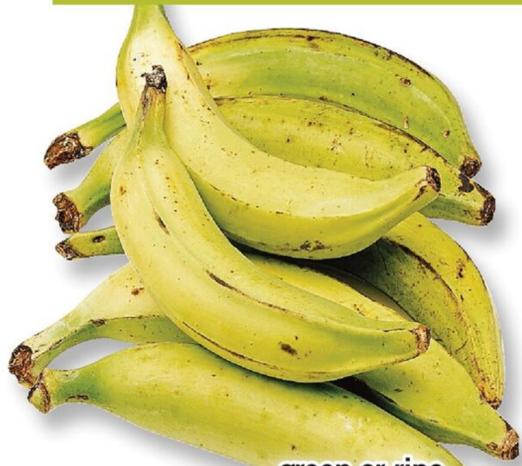


4⁹⁹
455 mL
La Costeña sauce
selected varieties
20318656001_EA/20318656002_EA



EXPERIENCE A WORLD OF FLAVOURS

AVAILABLE AT: 330 Queens Plate Etobicoke, 75 Centennial Pkwy, 1579 Main St. West, 50 Dundurn St. South Hamilton, 55 Mountainash, 60 Quarry Edge and 35 Worthington Brampton stores only.



1.29 lb
2.84/kg

green or ripe
plantain
product of Colombia
or Guatemala
20111926001_KG



Rooster™ garlic
product of China
21004355001_EA

.89 3's



9.99 454 g
21395711_EA

Sufra® Halal
stewing beef



7.99 454 g
21618141_EA

Mina Halal
extra lean
ground chicken



5.99 pkg of 6
20904594_EA

Brar's vegetable
samosas



6.49 1.1 kg
20125852_EA

Golden
Punjabi biscuits
selected varieties



3.99 368 g
20814080_EA

Crispy
pound cake
selected varieties



Zabiha Halal
Fire Crisp chicken
selected varieties,
frozen
21704617_EA/21705962_EA

10.99 700-750 g



Ocean Market
chub mackerel
frozen
21079543_EA

6.99 1 kg



2.20 /100 g
9.99/lb
21299507_KG

mango
bites



2.99 each
20806058_EA/21105658_EA

Divya Alphonso
mango pulp 850 g
or Mitchell's
puree 800 g
selected varieties



Rooh Afza rose
syrup 800 mL,
Casablanca
white grape
drink 750 mL
or Alphonso
drinks 1.75 L
21027924_EA/21128528_EA

3.99 each



6.99 1 kg
20660243_EA/21575115_EA

Tata Tea Agni
or Casablanca
honey



1.49 540 mL
20322156005_EA/20540264_EA

Suraj chick
peas, lentils
or beans



Mr. Makhana
snacks
selected varieties
21669674_EA/21669864_EA

2.99 75 g



5.99 1 L
20847564001_EA/21689239_EA

Desi-licious Kulfi
selected varieties,
frozen



1.29 315 g
21207264_EA/21669191_EA

Divya
frozen vegetables
selected varieties,
frozen



.99 EBM or
Parle G cookies
selected varieties
112-300 g
20872076_EA/20956495_EA

Sooper
cookies



2.99 each
20299612001_EA/20617737_EA

Suraj ground
turmeric 400 g
or KFI chutney
455 mL
selected varieties



7.99 3.63 kg
21687825_EA

Arjun
basmati rice

Seafood



8.99 Sushi Pocket salmon teriyaki or tuna mayo, frozen
528 g 21702599_EA/21702921_EA

12.99 IFC raw head on shrimp frozen, 9/14 per lb
454 g 21661029_EA

12.99 Norwegian Fjord steelhead salmon skin on portions frozen
300 g 21593953_EA

\$13 PC® salmon or tuna tataki frozen
130 g 21616709_EA/21616769_EA

Meat



5.99lb Rachel's corned beef brisket
13.21/kg 20620766_KG

4.99lb no name® pork cottage roll
11.00/kg 20188379_KG

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

6.99 Maple Leaf Ready Crisp bacon
65 g 20603086_EA



15.99 Janes chicken tenders BBQ or spicy, frozen
710 g 21703584_EA/21703608_EA

18.99 Pinty's chicken wings, flings or chunks selected varieties, frozen
700-750 g 21699629_EA/21702773_EA

11.99 St-Hubert or Swiss Chalet meat pies selected varieties, frozen
650-800 g 20719335_EA/21047194_EA

8.99 Beyond Meat Plant Based burger
226 g 21193815_EA

Natural Health



Find us in the fridge!

case 12 pk \$22.99 ea.

2.99 Daryl's whey-based performance bars selected varieties
55-58 g 21054172_EA/21054188_EA



4.49 MadeGood school safe snacks selected varieties
120-150 g 21425469_EA/20797052002_EA



5.99 Skinny Pop skinny pack popcorn selected varieties
108 g 21052844_EA



11.99 GT's kombucha selected varieties
1.4 L 2100501_EA/21008510_EA



2.99 Bioitalia canned beans or lentils selected varieties
398 mL 21122800_EA/21122805_EA



4.99 Silk non-dairy coffee creamer selected varieties
890 mL 21245361_EA/21620290_EA



7.49 Organic Meadow milk selected varieties
2 L 20117112_EA/20136778001_EA



8.99 Carbonaut low carb bread selected varieties, frozen
544 g 21379252_EA



17.99 Canadian Heritage whole bean coffee all varieties
340 g 21642694_EA/21642718_EA



2.49 Thirsty Buddha low sugar soda selected varieties
355 mL 21540053_EA/21540080_EA



3.29 Silk non-dairy beverages selected varieties
946 mL 21384428_EA/20555265002_EA



7.99 Nature's Bakery brownie or fig bars selected varieties
270/340 g 21549605_EA/21550356_EA



9.49 Healthy Crunch chocolate covered superfoods selected varieties
235 g 21426228_EA/21426223_EA



10.99 OHME! freeze-dried yogurt crunch or fruit
46 g 21721393_EA/21721358_EA

Raising the Bar



4,000 Optimum Larabar snack bars selected varieties
16x45 g 20031362007_C16 20031362008_C16



5,000 Optimum for every \$25 spent on Simply Protein bars selected varieties
12x40 g 21388491_C12/21388644_C12



4,000 Optimum Kind core or protein+ bars selected varieties
12x40-62 g 20784073_C12/21697722_C12



1,000 Optimum RXBAR protein bar selected varieties, 52 g
21189855_EA/21189858_EA



8.99 Kashi layered fruit bars all varieties
118 g 21646530_EA/21646694_EA

Body & Health



J.R. Watkins
hand soap 266/325 mL,
Halls bags 25-30's
or **Herbal Essences**
hair care 365 mL
selected varieties
20315680001_EA/21247055_EA

3.99
each

Sensodyne
toothpaste 75 mL
or **Listerine** 1 L
selected varieties
21091222_EA/21471656_EA

6.99
each

Nivea
50-625 mL
or **Vaseline**
400-600 mL lotion
selected varieties
20700027_EA/20794480_EA

8.99
each

Dove 3's
or **Olay** 4's
bar soap
selected varieties
20605927003_EA/21220717_EA

6.99
each

Shea Moisture
or **Native** hair care
or body wash
selected varieties and sizes
21433370_EA/21435048_EA

12.99
each

Nivea body
wash 500 mL,
shaving gel or
foam 200 mL
or deodorant 50 g
selected varieties
211698899_EA/20321421004_EA



4.99
each

Axe deodorant
76-113 g, body
wash 473 mL or
Crest toothpaste
60-130 mL
selected varieties
21041420_EA/21042562_EA



4.99
each

Aquaphor
or **Eucerin**
skin care
selected varieties
and sizes
20856891_EA/21085698_EA



up to
15% OFF

Head & Shoulders
370 mL
or **Dove**
355 mL
hair care
selected varieties
21505016_EA/21644833_EA



6.99
each

Aveeno,
Maui or
Every Man Jack
hair care
selected varieties
21164077_EA/21166986_EA



10.99
340-473 mL

Always
liners 36-72's,
pads 10-26's
or **Tampax**
tampons 14-18's
selected varieties
21181430_EA



5.49
each

Tena
protective
underwear
selected varieties
21033614_EA/21033778_EA



17.99
13-48's

Alani protein
drinks 355 mL
or **Grenade**
or **ONE** protein
bars 60 g
selected varieties
21120168_EA/21602112_EA



3.49
each

Muscle Milk 4's
or **Pure Protein** 6's
selected varieties
20539046_EA/21507547_C04



12.99
each

Tylenol 150's
or **Sperri** plant
based meal
replacement 4's
selected varieties
20040611_EA/20328051_EA



16.99
each

U by Kotex
tampons
30-32's,
liners 80-129's
or pads 22-44's
selected varieties
21288015_EA/21518467_EA



10.99
each

Tylenol
children
or **Benylin**
cough and cold
selected varieties
20296733001_EA/20329139001_EA



8.99
16-20's/100 mL

Brioschi 240 g
or **Ricola**
lozenges 45's
21088660_EA/21484232_EA



7.99
each

Gaviscon
selected varieties
20673190_EA/20673735_EA



16.99
50-100's/340-600 mL

Nature's
Bounty,
Lil Critters
or **Vitafusion**
vitamins
selected varieties
and sizes
20867041_EA/20867280_EA



up to
20% OFF

Baby



27⁹⁹

36-108's

Pampers or Huggies
super big pack
diapers
selected varieties

19⁹⁹

560-720's

Pampers or Huggies
wipes
selected varieties

54⁹⁹

837/859 g

Similac formula
selected varieties

49⁹⁹

553/587 g

Enfamil NeuroPro
formula powder
selected varieties

74⁹⁹

16x237 mL

Enfamil NeuroPro
ready to drink formula
selected varieties



2⁹⁹
each

Once Upon A Farm
refrigerated
pouches 85 mL
selected varieties



\$1

Little Bellies
selected varieties
8/12 g



8⁹⁹
each

PediaSure 4x235 mL
or **Pedialyte** 1 L
selected varieties



3⁹⁹
each

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



1⁹⁹
each

Love Child
pouches 128 mL
or **Baby Gourmet**
simply bites 38 g
selected varieties

Household

Tide or Gain
laundry pods
45-76's or **Ivory**
liquid detergent
3.1 L, 80 WL
selected varieties

26⁹⁹
each



Arm & Hammer
liquid laundry
detergent
1.63 L, 55 WL
or **Lysol** all in
one disinfectant
spray 350 g

7⁴⁹
each



Clorox
disinfecting
wipes
selected varieties

5⁹⁹
75's



Lysol toilet
bowl cleaner
selected varieties

4⁹⁹
710 mL, 4's



Palmolive
liquid dish soap
selected varieties

3⁴⁹
591/828 mL



Air Wick
essential
oils refills
selected varieties

11⁹⁹
2's/40 mL



6⁴⁹
10-38's



11⁹⁹
168's



19⁹⁹
each



10⁹⁹
3=6 rolls



ALL YOUR PET ESSENTIALS



8⁹⁹ Fresh Pet dog food selected varieties 680 g
21630105_EA/21630394_EA

2⁹⁹ each

Purina Beneful wet prepared meals for dogs 283 g or Nature's Recipe wet dog food 368 g
20303551001_EA/21692353_EA

11⁹⁹ 535-688 g

Milk-Bone Brushing Chews dog treats
21168245_EA/21168517_EA

7⁹⁹ 90-550 g

Caledon Farms dog treats selected varieties and sizes
20339693_EA/20550003_EA

12⁹⁹ 1.72-1.8 kg

Purina ONE dry dog food selected varieties
20912587_EA/20946525_EA

21⁹⁹ 2.2 kg

Blue Buffalo dry dog food
21360326_EA/21360340_EA

18⁹⁹ 12x100 g

Cesar Canine Cuisine selected varieties
20628583003_EA/20628583004_EA

7⁹⁹ each

Pure Wet pet wipes 15/60's or Catit AirSift Pod
21689494_EA/21630354_EA

.99 156 g

Friskies wet cat food selected varieties
20319657005_EA/20319657007_EA

12⁹ 75 g

Whiskas Perfect Portions wet cat food selected varieties
21011523_EA/21011788_EA

12⁹⁹ 12x85 g

Fancy Feast wet cat food variety packs selected varieties
20946804_EA/21625176_EA

12⁹⁹ 1.45-2 kg

Purina ONE True Instincts Nutrition First® dry cat food selected varieties
20421881002_EA/21096817_EA

7⁹⁹ each

Whiskas Temptations cat treats 454 g or Delectables Lickable Spoons for cats 8's selected varieties
21105449_EA/21659468_EA

7⁹⁹ 7 kg

no name® cat litter
20023746002_EA

22⁹⁹ 5.44 kg

Tidy Cats litter selected varieties
21206305_C01/21217951_C01

5⁹⁹ each

Bounce Pet Hair Guard sheets 40's, Arm & Hammer pet stain & odour remover 950 mL or no name® paper towels 6=12 rolls
20050143_EA/21360153_EA

Celebrate St. Patrick's Day



extra large bouquet
assorted colours
21607038_EA

\$30 each



4" shamrock
\$4.99 each

9.99 each
shamrock
6" pot
21096875_EA/21096878_EA



3/\$32 large or mini
gerbera bunches
assorted colours
20342399_EA/21205508_EA
or \$12.99 ea.

HAPPY NOWRUZ



daffodils
20567720_EA

12.99 10 stems



hyacinth bunch
assorted colours
20567153_EA

12.99 5 stems



cut tulips
assorted colours
20180973_EA

12.99 10 stems



small spring bulbs
4 inch pot
\$4.99 each

9.99 6" pot
spring bulbs
assorted varieties
21087690_EA/21087691_EA



cat grass
21423983_EA

4.99 each



calla lily
21124846_EA

34.99 6" pot



RISE AND SHINE WITH YOUR FAVOURITE BRANDS



Philadelphia Cream Cheese Product 340 g
Philadelphia Dips 340 g
Kraft Peanut Butter 750 g - 1 Kg
Kraft Hazelnut Spread 725 g
\$6.99 Selected Varieties



Heinz Ketchup 750 mL - 1 L
Miracle Whip Spread 650 - 890 mL
Kraft Dinner Macaroni & Cheese 5 x 200 g
\$5.99 Selected Varieties



Maxwell House Single Serve Pods 12 pack
Maxwell House Instant Coffee 150 g
TASSIMO Nabob T DISCs 8 - 14 pack
\$8.99 Selected Varieties

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CRAVE Frozen Entrées 200 - 340 g
Velveeta Process Cheese Product 410 g
Kraft Singles Process Cheese Product 410 g
\$4.99 Selected Varieties

Kraft Salad Dressings 425 mL
\$3.99 Selected Varieties

*Based on the 2026 BrandSpark® Canadian Trust Study.



The rich and creamy yogurt you deserve

NEW FLAVOURS

\$5.99

OLYMPIC
KREMA YOGURT
650 G
21587006_EA
21693265_EA
21693264_EA
21693247_EA



PROUDLY CANADIAN



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Get \$15 in PC Optimum™ points on your first 5 eligible online grocery orders*.

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PCX5

that's \$75
back in (pts)

*Terms and conditions apply. See site for details.



natura

Oat beverages made with organic and gluten free Canadian whole oats

Certified Organic, Vegan and Gluten-Free

PROUDLY LOCALLY GROWN AND PACKED



natura.ca
@drinknatura



Glyphosate Free

Sprouted

Canadian Grown Oats



21532752_EA



21532753_EA

POPTASTIC™

KETTLE COOKED POPCORN



Honey Salt
21606102, 130g

Spicy Canadian Cheddar
21605866, 130g



NO ADDED SUGAR.
NO DAIRY.
JUST TIKKA MASALA.



Now at Fortino's

Finally, the world flavours you love, made with whole, organic ingredients.

Find us in the Natural Foods aisle at Fortino's!

21333362_EA/21333355_EA/21333892_EA/



Stock Up On Everyday Care



\$5.99 Each
JOHNSON'S®
baby
selected varieties



\$6.99 Each
LISTERINE®
mouthwash
1 L, selected
varieties



\$10.99 Each
AVEENO® or
MAUI® hair care
354/385 mL



\$12.99 Each
AVEENO®
lotion 532 mL
selected varieties



up to
15% Off
NEUTROGENA®
skin care
selected varieties
and sizes



\$8.99 Each
TYLENOL®
or BENYLIN®
cough and cold
18-20's/100 mL
selected varieties



\$9.99 Each
ZARBEE'S®
selected varieties
and sizes



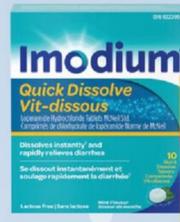
\$13.99 Each
SUDAFED®
cold and sinus
24's



\$8.99 Each
TYLENOL®
infant or child
20-24's/100-120 mL
selected varieties



\$16.99 Each
TYLENOL®
60-150's
selected varieties



\$16.99 Each
IMODIUM®
or PEPCID® AC
10-30's
selected varieties



\$5.99 Each
NICORETTE®
mints, spray
or Step 1 patch
selected varieties



\$24.99 Each
REACTINE® 24-36's
or BENADRYL® 100's
allergy relief



Use products only as directed. To be sure these products are right for you. Always read and follow the label. IMPORTANT: Take only one acetaminophen containing product at a time. Nicorette® products - Only to be used by adults who are trying to quit smoking. © Kenvue Canada Inc. 2026

find your
perfect protection



\$10.99 U By Kotex®
Pads, tampons, and liners
Select Types

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Jamieson®
NATURAL SOURCES | SINCE 1922

HERE FOR YOUR HEALTH
AND YOUR EVERYDAY VALUE

up to
20% OFF selected varieties
and sizes

MORE
SAVINGS PER
SERVING!



SAVE with Jamieson Value Sizes