



FORTINOS®



7⁹⁹lb roasted cashews
salted or unsalted
17.61/kg 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



**Ontario
Pork**

3⁹⁹lb pork tenderloin
8.80/kg 20874584_KG



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



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



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



3⁹⁹ sweet salad kit
product of U.S.A.
340 g 20674118_EA



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



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



5⁹⁹ PC® cheese slices
selected varieties
140-170 g 20216643_EA



**LIMIT 6
\$4⁷⁵**
After Limit \$6.00 ea
PC® dips
selected varieties,
454 g 20584098_EA



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



7⁹⁹lb Ziggy's® ham
Black Forest
or honey maple
1.76/100 g 20323392_KG



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



1⁹⁹ no name®
bagels
selected varieties
6's 21297816_EA

4⁹⁹
18's

Grey Ridge large premium eggs
20822787001_EA

LIMIT 6
\$1⁷⁵

After Limit \$2.50 ea

Quaker Chewy granola bars
selected varieties, 120 g
21359366_EA/21359369_EA

.99 each

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

1⁶⁹ each

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

2,000^{pt}

Cadbury mini eggs
21625042_EA

17⁹⁹
875 g

12⁸⁸
8 kg

Rooster jasmine rice
20121871_EA

LIMIT 6
\$3³³

After Limit \$4.00 ea

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

1⁹⁹
200 g

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

4⁹⁹ each

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

NEW

2⁹⁹ each

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

5⁹⁹
250 g

Barry's tea
selected varieties
21053125_EA

5⁹⁹ each

Bubly or Montellier sparkling water 10/12x355 mL or Gatorade 6x591 mL selected varieties
20303218003_C06/21242891_C06

5⁹⁹ 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

11⁹⁹
6x237 mL

Boost meal replacement
selected varieties
20986348_C06/20986361_C06

7⁹⁹ each

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

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

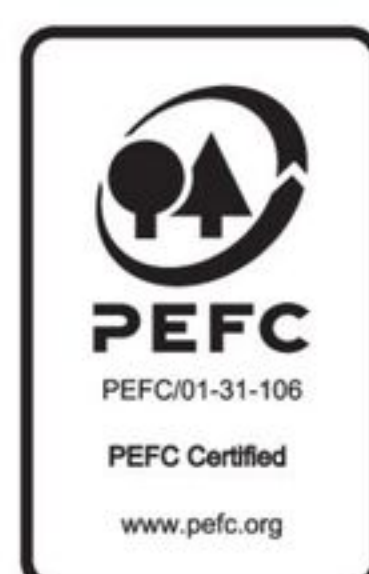
Flyer prices effective from Thursday, March 12th, to Wednesday, March 18th, 2026

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 Loblaw's Inc. and others. ©2026 Loblaw's Inc. All rights reserved.

FORT BACK

this product is printed using vegetable-based inks



Produce

Nature's Bounty arriving fresh daily!

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

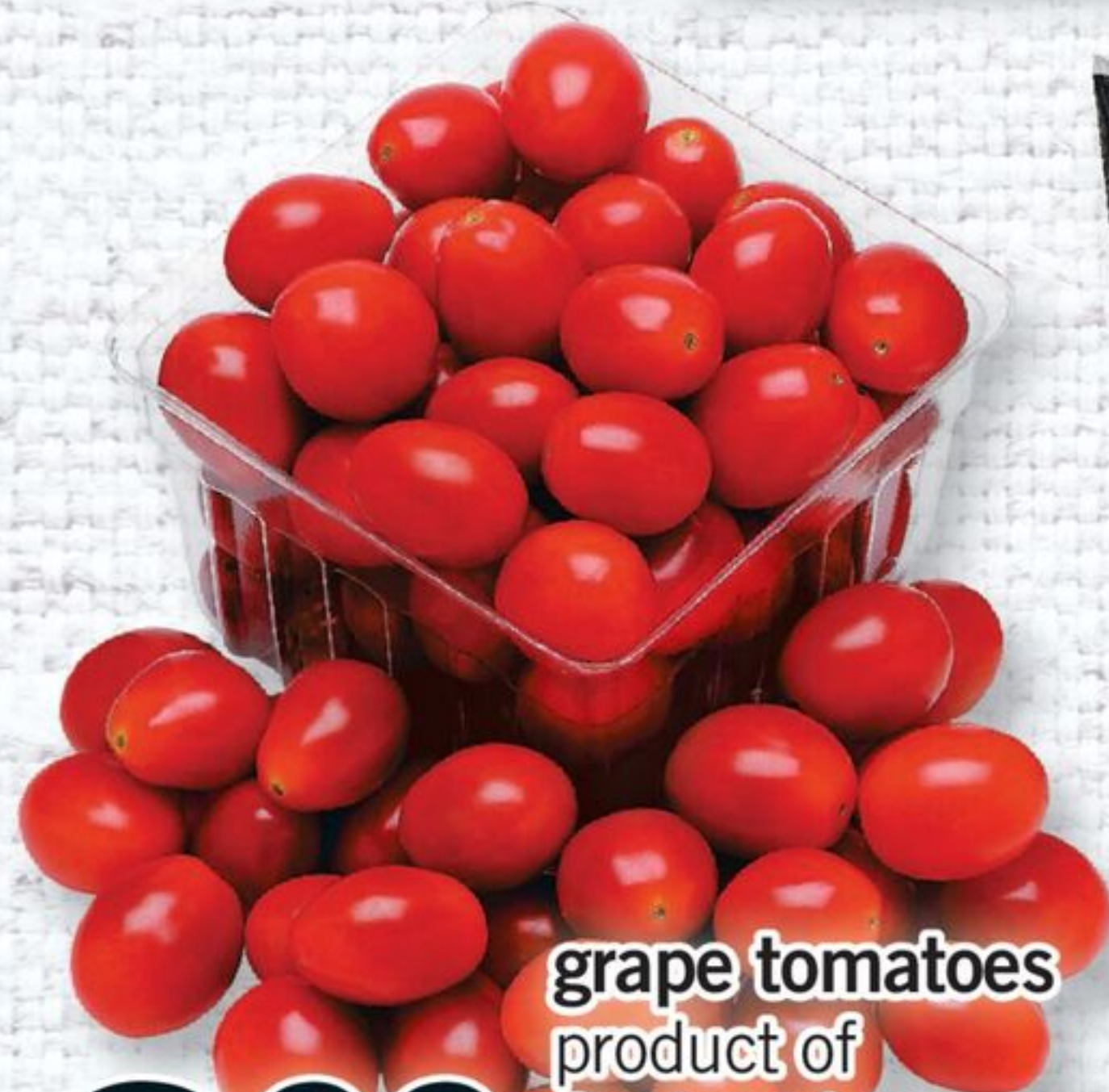
.79 limes
product of Mexico
or Peru, each
20040489001_EA

5" orchid
plastic pot
21706803_EA

19⁹⁹
each

Cosmic Crisp apples
or red Anjou pears
product of U.S.A.,
Extra Fancy grade
21240884001_KG/20287737001_KG

299^{lb}
6.59/kg



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



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

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

1399
1.4 L



649 mini seedless
watermelon
product of Guatemala
or Mexico
20145379001_EA



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

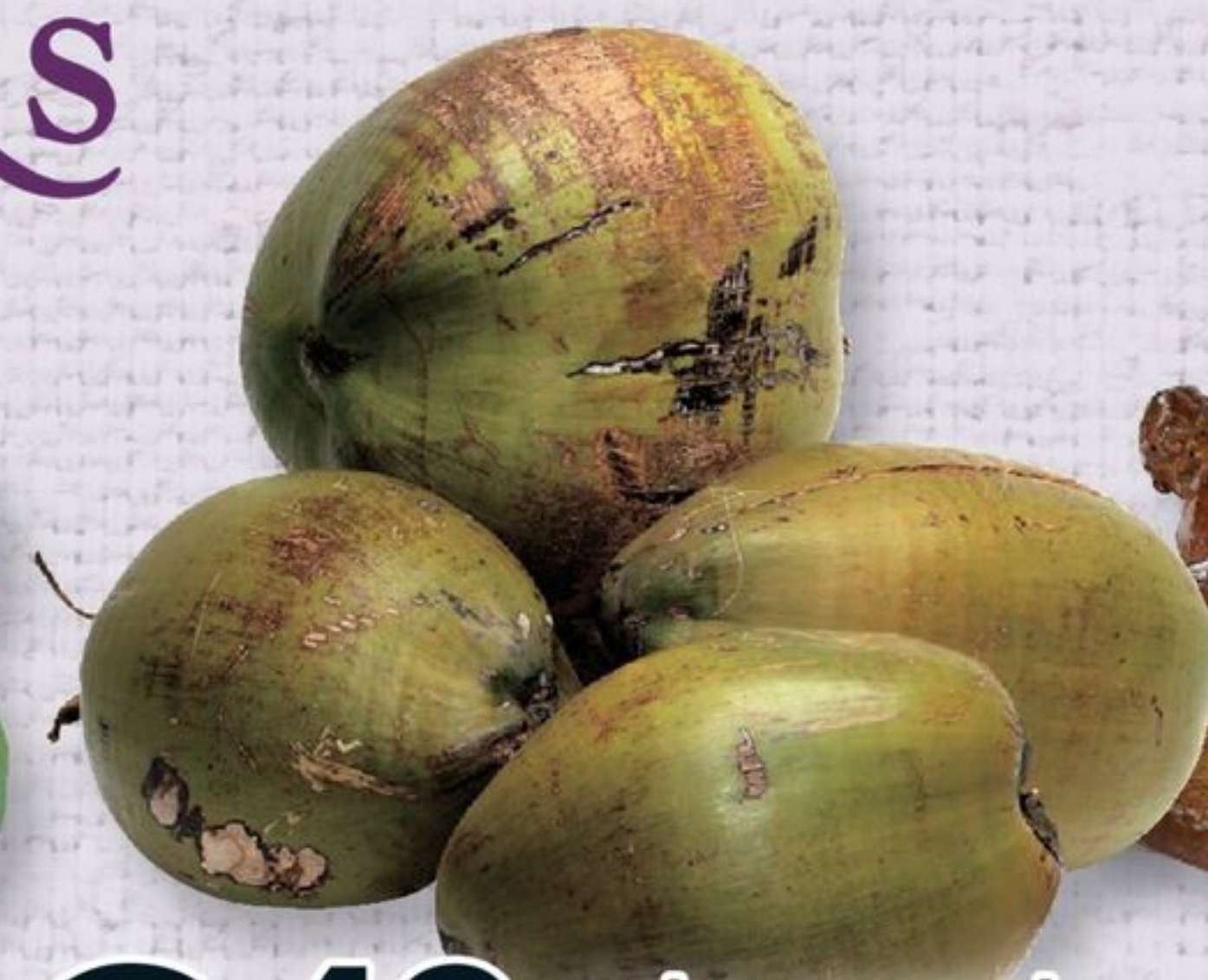
WORLD OF FLAVOURS



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



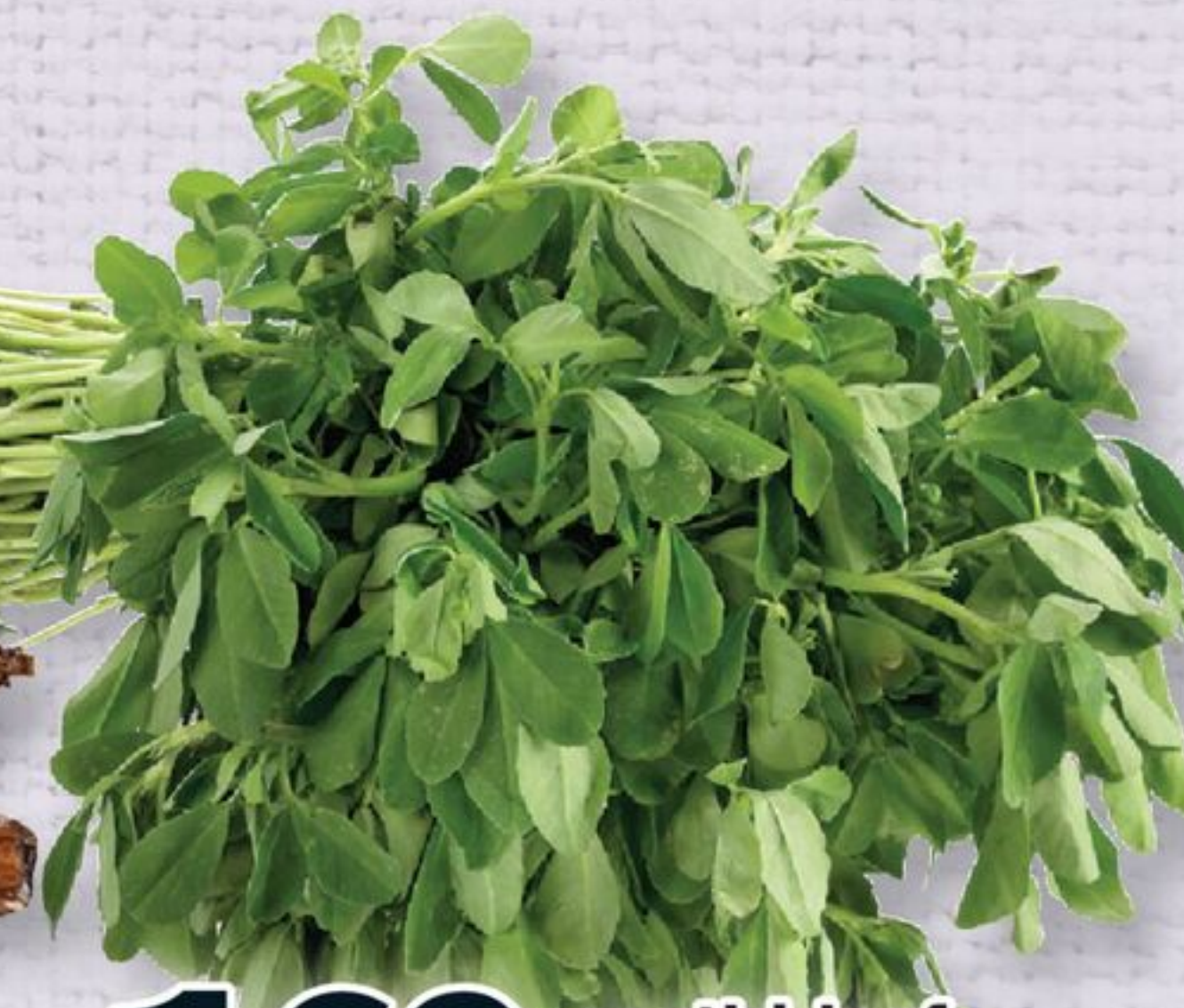
129 large
chayote squash
product of
Costa Rica
20167837001_EA



349 water coconuts
product of
Costa Rica
20707992001_EA



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



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

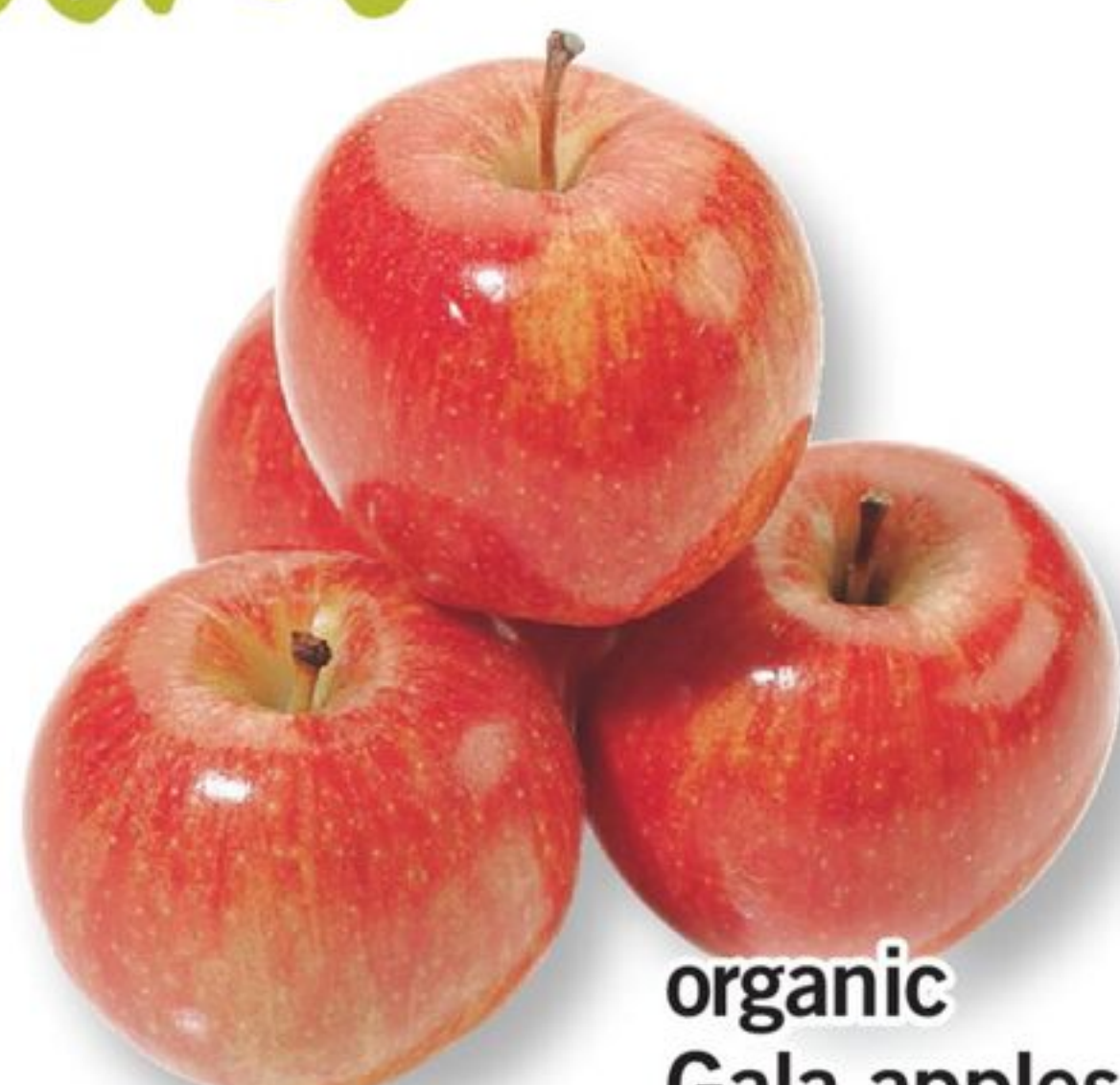
Pick Organic

Over 150 items available every day!



Greenhouse
organic fiery
ginger shot box
product of Ontario
21561230_EA

2999
1.26 L



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



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



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



699 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
20149993001_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



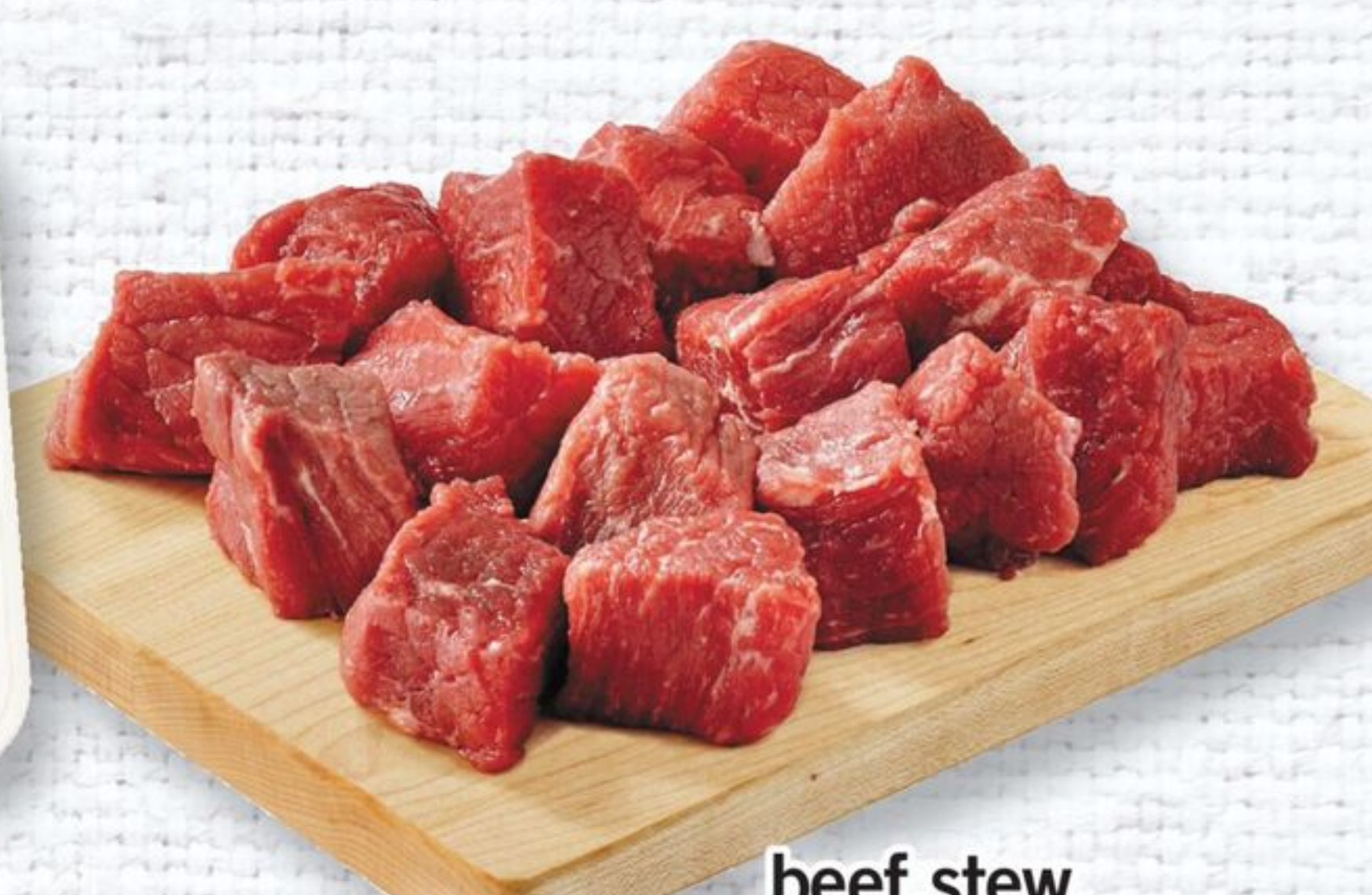
6⁴⁹
300/350 g
Fortinos
pork or turkey
breakfast sausage
selected varieties
21164999_EA



15⁹⁹
800 g
Fortinos
boneless turkey breast
seasoned or sage & onion,
raised without antibiotics
21632573_EA/21634139_EA



8⁴⁹
400/450 g
Fortinos
Grande pork, Grande
turkey, Italian style
or turkey meatballs
21071791_EA



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



3⁹⁹
375 g
Maple Leaf Top Dogs,
Shopsy's or Schneiders
Red Hots wieners
selected varieties
20602429_EA/21093477_EA



6⁹⁹
65 g
Maple Leaf
Ready Crisp bacon
20164959_EA/20603086_EA



19⁹⁹
each
PC®, Blue Menu®,
Thick & Juicy™ or
Free From® burgers
selected varieties,
frozen, 1.02-1.36 kg
20841230_EA/20941443_EA



14⁹⁹
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.



6⁹⁹
454 g
DuBreton
organic
ground pork
21428950_EA



17⁹⁹lb
39.66/kg
DuBreton organic
pork tenderloin
21712867_KG



9⁹⁹
350 g
DuBreton organic
boneless center cut
pork chops and
boneless fast fry chops
21707220_EA



11⁹⁹lb
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.

4⁹⁹
181 g
fresh Atlantic
salmon burger
21188901_EA



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

8⁹⁹
283 g
DOM wild caught
orange roughy frozen
21721392_EA



PANE Fresco
Eating Well Made Easy

PIZZA KIT
New Yorker or
Mediterraneo
21307893_EA

11⁹⁹
each

meal deal with
salad & side
\$22.99

15⁹⁹
1 kg

Grain Fed Tuscan
rotisserie chicken
fully cooked
20899945_EA

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

6⁴⁹
482-680 g

Made in-store!

fried tortilla chips
21534615_EA

4⁹⁹
383 g

Deli Always freshly sliced or shaved your way!

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

13⁹⁹
3.08/100 g

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

12⁹⁹
2.86/100 g

**San Daniele
Silver prosciutto**
21046654_KG/21046656_KG

13⁹⁹
3.08/100 g

**Venetian
Cacciatore**
mild or hot
21579328_EA/21579453_EA

6⁹⁹
175 g

Kerrygold
Irish cheddar
selected varieties
20359976_EA/20591635_EA

7⁹⁹
200 g

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

9⁹⁹
200 g

Saputo
feta
selected varieties
21528313_EA/21547297_EA

6⁴⁹
200 g

Mom's Best
baguette crisps
21666548_EA/21666566_EA

3⁴⁹
120 g

single layer 8" cake
chocolate or vanilla
20593051_EA

13⁹⁹
600/650 g

**decorated
chocolate
chip cookie**
20018001_EA

11⁹⁹
659 g

**St. Patrick's Day
mini cupcakes**
21619376_EA

4⁹⁹
12's

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

4⁹⁹
383 g

Promise
gluten free
bread or buns
21414753_EA/21465953_EA

7⁹⁹
260-480 g

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

3⁹⁹
204-340 g

Furlani
garlic toast
selected varieties
20041579_EA

5²⁹
16's

Baxter's
loaf cakes
20733452_EA/20956671_EA

6⁴⁹
575 g

ZEPP-O-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



BREAKFAST MADE EASY



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

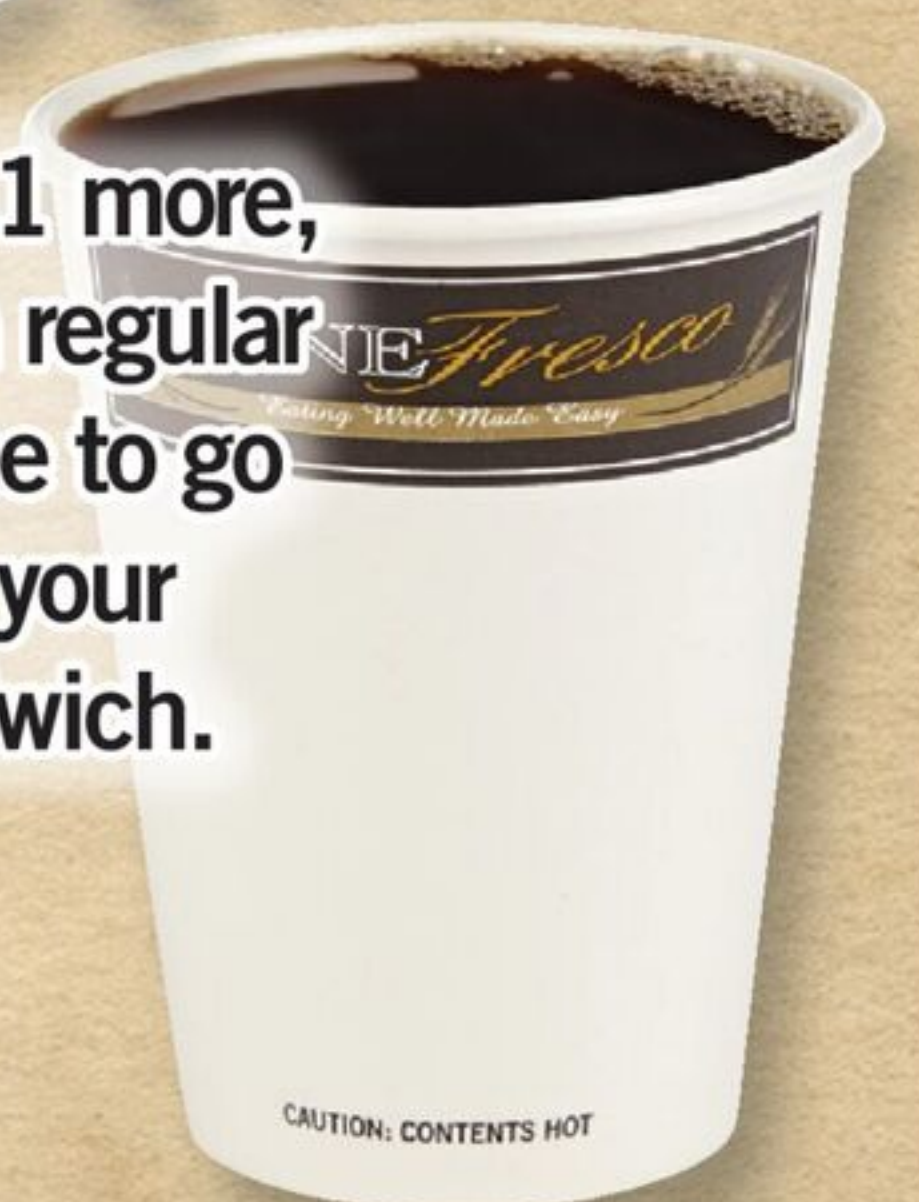


Breakfast Sandwiches

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



6⁹⁹-9⁹⁹
128-502 g
small or large quiches
selected varieties
21179460_EA



2²⁹
140 g
PANE Fresco
muffins all varieties
21461882_EA

6 varieties!

PANE Fresco
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

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

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

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

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

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

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

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

Rio Mare
tuna salads
2x160 g 21640867_EA
899

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

Natrel
lactose free
milk
selected varieties
20077874001_EA
679 2 L

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

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

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

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

El Monterey
taquitos or
quesadilla
selected varieties,
frozen, 113/595 g
21022818_EA
1199 each

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

Cheemo perogies selected varieties, frozen
21636613_EA



Lactantia Butter
Avec ail provençal
125 g

2.99
125 g

Lactantia garlic butter stick
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

Starbucks K-Cup pods
20547343001_EA/20547343003_EA



Perrier sparkling water
21577878_EA/21581095_EA

2.49
1 L



PRINGLES MINGLES
Dill Pickle & Ranch
SAISON DE CORNICHON À L'ANETH ET RANCH
Puffed Snacks
Collations soufflées

3.99
155 g

Pringles Mingles selected varieties
21626169_EA



Goldfish Crisps Croustillants
SOUR CREAM & ONION
SAVEUR DE CORNICHON À L'ANETH ÉPICÉ
BAKED SNACK CRACKERS / MINI-CROQUELINS CROQUÉS AU FOUR

3.49
177 g

Goldfish Crisps
21575178_EA/21680169_EA



Christie Toppables
FAMILY SIZE
17% MORE CRACKERS!
turns tasty toppings into extraordinary snacks

3.33
350-454 g

Christie family crackers
21618621_EA



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

3.49
93 g

Harvest Snaps flavoured crisps
20803759001_EA



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 • Glacage à biscuits
Cookie Icing
Décoratif
green • vert

2.99
200 g

Betty Crocker cookie icing selected varieties
21596719_EA



BRINEc!
CORNICHONS À L'ANETH CROQUANTS
CROQUANTS À L'ANETH CROQUANTS
CORNICHONS À L'ANETH CROQUANTS
BREAD & BUTTER PICKLES
DILL PICKLES
SAISON D'ANETH À L'ANETH CROQUANTS
CORNICHONS À L'ANETH CROQUANTS
BREAD & BUTTER PICKLES
DILL PICKLES

5.49
1 L

Brine pickles selected varieties
21681255_EA/21681293_EA



Martelli
pistachio pesto
21680392_EA

12.99
212 mL



Puritan
Irish Stew
Ragoût Irlandais
PRODUCT OF U.S.A. / PRODUIT DES É.U.A.

2.49
410 g

Puritan Irish or beef stew
20063287002_EA



Dr. Oetker
Shiriff
KEY LIME
PIE FILLING & DESSERT MIX
MÉLANGE À GÂTISSEMENT
À TARTES ET À DESSERT
LIME DES KEYS

2.29
111-164 g

Dr. Oetker pie filling selected varieties
21615000_EA



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

1.29
85 g

JELL-O gelatin dessert selected varieties
20312946_EA



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
650-725 g
or Bonne Maman
jams or spreads
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

15.99
700 g
Bauli classic colomba
21452649_EA

24.99
280 g
Excelsior egg or soccer ball
20359400_EA

12.99
each
Kinder maxi plush
selected varieties,
116-150 g
20012895_EA/20719493_EA

8.49
50/100 g
Lindt bunny
selected varieties
20046002_EA/20720778_EA

1.79
33/34 g
Cadbury Mini Eggs
or Crème Eggs
selected varieties
20831065_EA/20934878_EA

5.99
180 g
Hershey's Harry Potter Butterbeer Kisses
21638690_EA

5.49
315 g
Maynard Sour Patch Kids bunnies
21559219_EA

2.99
85 g
Peeps marshmallow chicks
20129795001_EA

6.99
100/153 g
Nestlé Hide Me eggs
21627936_EA/21628045_EA

9.99
150 g
Lindt Lindor chocolate bag
selected varieties
21240999_EA/21546873_EA

HAPPY NOWRUZ



249
bunch
Italian parsley
product of U.S.A.
20139141001_EA

599
each
jumbo pomegranate
product of Peru
20134767001_EA



499
340 g
Terra Delyssa
Deglet Noor
organic dates
product of Tunisia
21217809001_EA



249
227 g
cooking spinach
product of U.S.A.
or Mexico
203566777_EA



Suraj naan
selected varieties
21051353_EA

199
5's



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
20973182_EA/21000033_EA

599
240-624 g



ICIM Turkish
Labneh 550 g
or Lactantia
butter 454 g
20296112009_EA/21367599_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
21383084_EA

349
1 L



.99
Parle G
original biscuits
original, 300 g
20956495_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
20369886_EA

1299
800 g



Maggi
masala noodles
selected varieties
20802664_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
spearment 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



Mr. Garden
peeled peaches
21607681_EA
6⁹⁹
1.7 L



Lizano
salsa seasoning
21723074_EA
3⁹⁹
280 mL



32⁹⁹
1 kg
Krinos
Greek feta
20166701_EA



10⁹⁹
800-980 g
French Oven
7 inch round eggless cakes
vanilla, chocolate or Black Forest
21717577_EA/21717646_EA

Davidoff
espresso
instant coffee
21305519_EA/21305623_EA

12⁹⁹
100 g



6⁹⁹
500 g
MC Dairy pressed
cottage cheese
21609871_EA



Irini extra virgin
olive oil
20021287_EA

12⁹⁹
750 mL

Kimbo
Nespresso pods
21494016_EA/21494040_EA

4⁹⁹
5.5 g



Aurora Basso
grapeseed oil
20971283_EA

9⁹⁹
1 L



Yorkshire
Red, Gold or
decaf tea bags
21604120_EA

7⁹⁹
80's



Scotti risotto
20641432001_EA/20641432002_EA
3⁹⁹
210 g



Benedetto
passata
21443876_EA
2⁷⁹
680 g

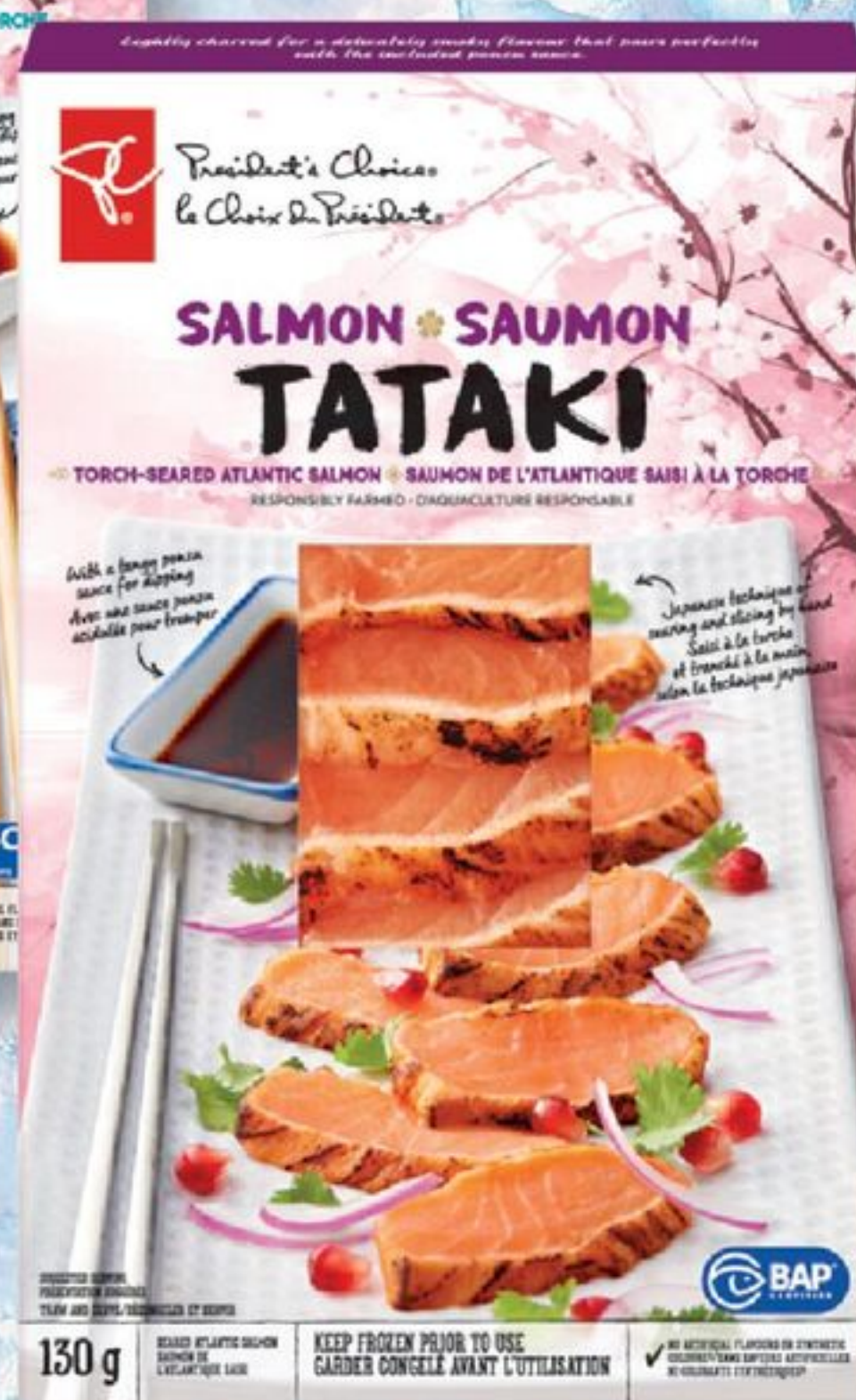
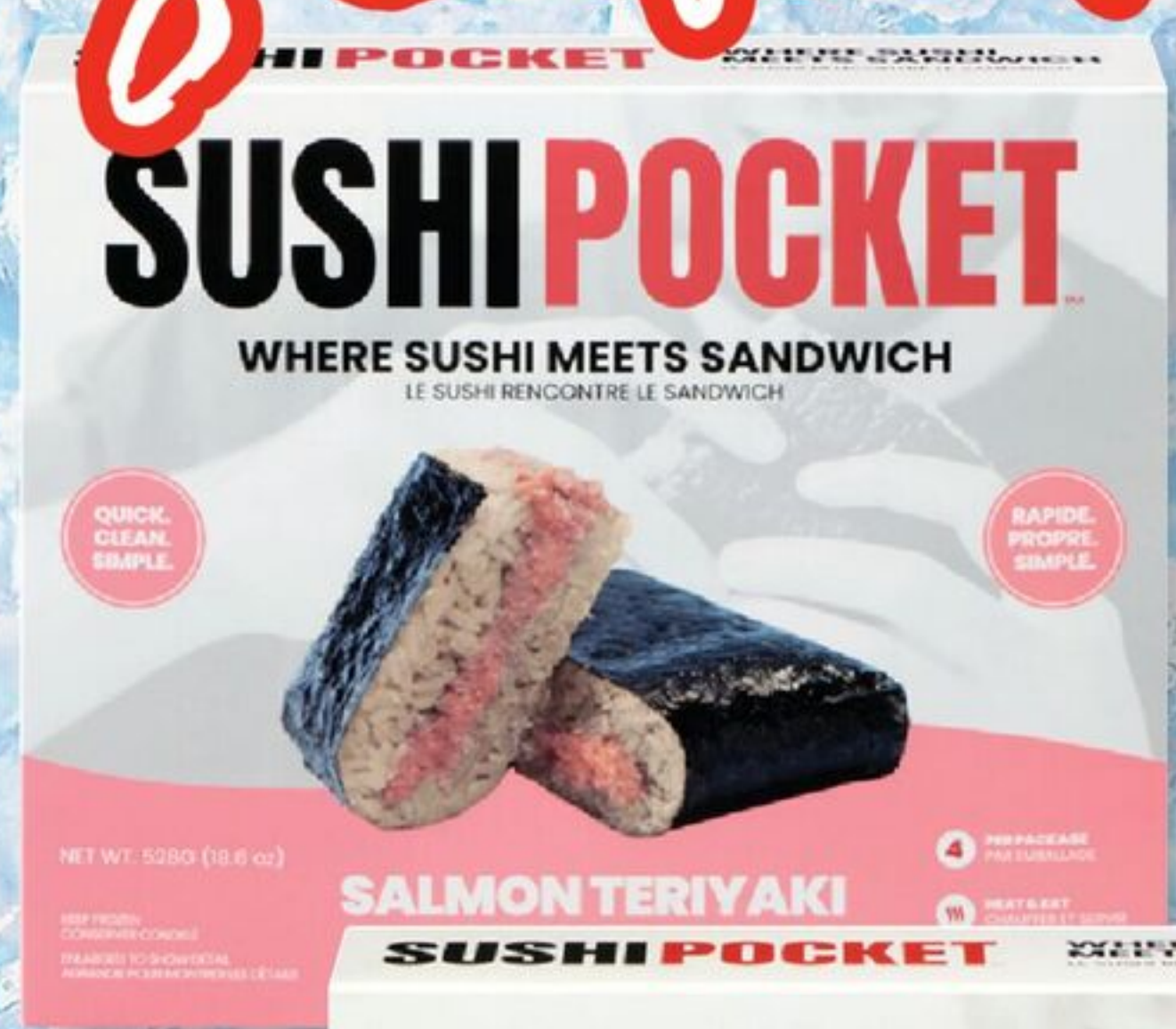
Aurora diced
pezzetto tomatoes
20004992_EA
.99
398 mL



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



Seafood



8⁹⁹
528 g

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

12⁹⁹
454 g

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

12⁹⁹
300 g

Norwegian Fjord
steelhead salmon
skin on portions
frozen
21593953_EA

\$13
130 g

PC® salmon
or tuna tataki
frozen
21616709_EA/21616769_EA

Meat



5⁹⁹ lb
13.21/kg

Rachel's corned
beef brisket
20620766_KG

4⁹⁹ lb
11.00/kg

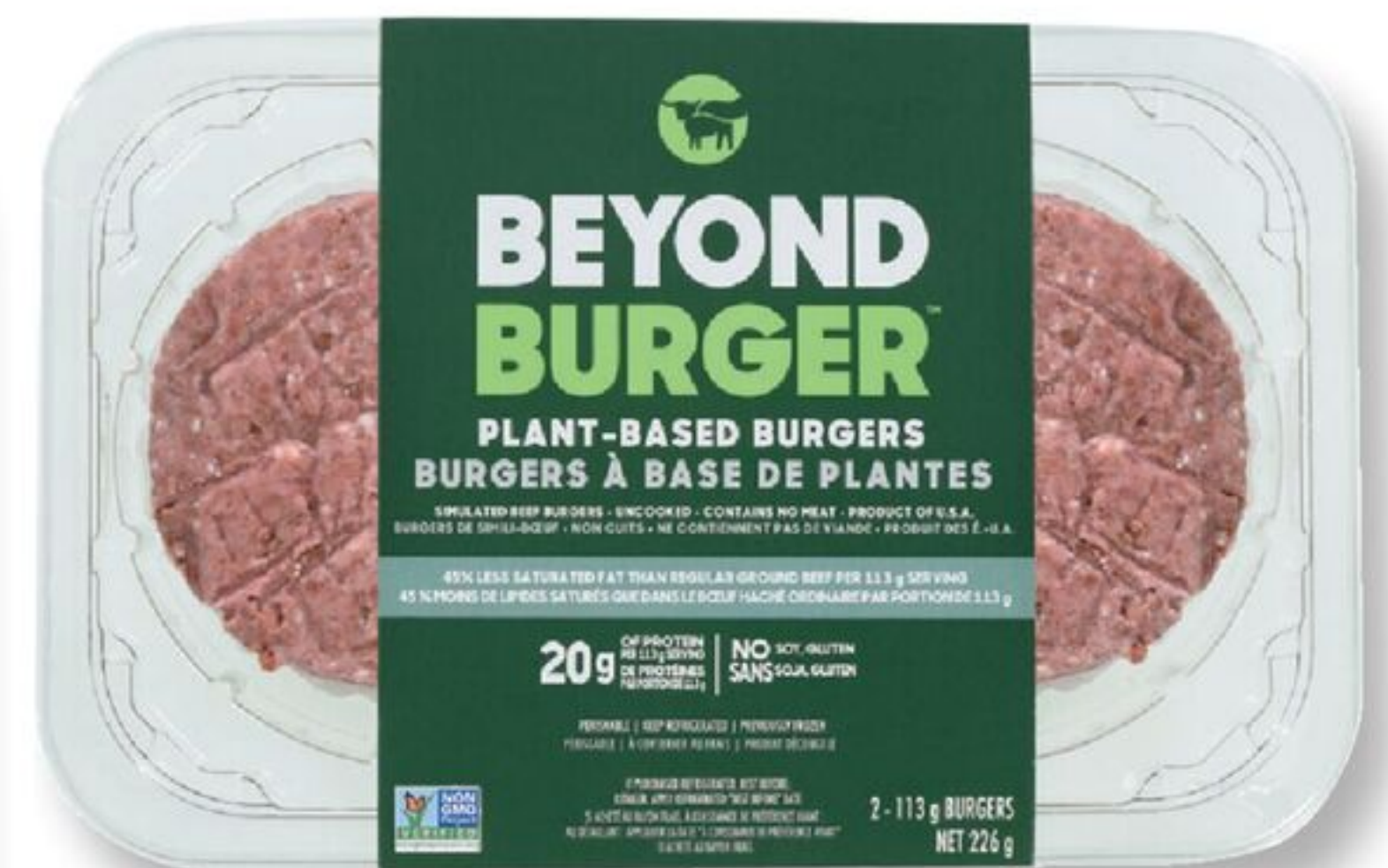
no name®
pork cottage roll
20188379_KG

3⁹⁹
375/675 g

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

6⁹⁹
65 g

Maple Leaf
Ready Crisp bacon
20603086_EA



15⁹⁹
710 g

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

18⁹⁹
700-750 g

Pinty's chicken wings,
flings or chunks
selected varieties, frozen
21699629_EA/21702773_EA

11⁹⁹
650-800 g

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

8⁹⁹
226 g

Beyond Meat
Plant Based burger
21193815_EA

Natural Health



Find us in the fridge!

case 12 pk
\$22.99 ea.

2.99
55-58 g

Daryl's whey-based performance bars selected varieties
21054172_EA/21054188_EA



4.49
120-150 g

MadeGood school safe snacks selected varieties
21425469_EA/20797052002_EA

5.99
108 g

Skinny Pop skinny pack popcorn selected varieties
21052844_EA



11.99
1.4 L

GT's kombucha selected varieties
21008501_EA/21008510_EA



2.99
398 mL

Bioitalia canned beans or lentils selected varieties
21122800_EA/21122805_EA



4.99
890 mL

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



7.49
2 L

Organic Meadow milk selected varieties
20117112_EA/20136778001_EA



8.99
544 g

Carbonaut low carb bread selected varieties, frozen
21379252_EA



17.99
340 g

Canadian Heritage whole bean coffee all varieties
21642694_EA/21642718_EA



2.49
355 mL

Thirsty Buddha low sugar soda selected varieties
21540053_EA/21540080_EA



3.29
946 mL

Silk non-dairy beverages selected varieties
21384428_EA/20555265002_EA



7.99
270/340 g

Nature's Bakery brownie or fig bars selected varieties
21549605_EA/21550356_EA



9.49
235 g

Healthy Crunch chocolate covered superfoods selected varieties
21426228_EA/21426223_EA



10.99
46 g

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

Raising the Bar



4,000 pts

Larabar snack bars selected varieties 16x45 g
20031362007_C16
20031362008_C16



5,000 pts
for every \$25 spent on

Simply Protein bars selected varieties 12x40 g
21388491_C12/21388644_C12



4,000 pts

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



1,000 pts

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



8.99
118 g

Kashi layered fruit bars all varieties
21646530_EA/21646694_EA

Body & Health



3.99 each
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

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

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

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

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

4.99 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

15% OFF
Aquaphor or Eucerin skin care selected varieties and sizes
20856891_EA/21085698_EA

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

10.99 340-473 mL
Aveeno, Maui or Every Man Jack hair care selected varieties
21164077_EA/21166986_EA

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

17.99 13-48's
Tena protective underwear selected varieties
21033614_EA/21033778_EA

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

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

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

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

8.99 16-20's/100 mL
Tylenol children or Benylin cough and cold selected varieties
20296733001_EA/20293139001_EA

7.99 each
Brioschi 240 g or Ricola lozenges 45's
21086660_EA/21484232_EA

16.99 50-100's/340-600 mL
Gaviscon selected varieties
20673190_EA/20673735_EA

20% OFF
Nature's Bounty, Lil Critters or Vitafusion vitamins selected varieties and sizes
20867041_EA/20867280_EA

Baby



Pampers or Huggies
super big pack
diapers
selected varieties
21370924_EA/21455653_EA

27⁹⁹
36-108's



Pampers or Huggies
wipes
selected varieties
21018026_EA/21371309_EA

19⁹⁹
560-720's



Similac formula
selected varieties
21436985_EA/21437126_EA

54⁹⁹
837/859 g



Enfamil NeuroPro
formula powder
selected varieties
21589117_EA/21589230_EA

49⁹⁹
553/587 g



Enfamil NeuroPro
ready to drink formula
selected varieties
21590060_C01/21590568_C01

74⁹⁹
16x237 mL



Cerebelly
pouches 128 mL
or Once Upon A
Farm refrigerated
pouches 85 mL
selected varieties
21191663_EA/21601227_EA

2⁹⁹
each



Little Bellies
selected varieties
8/12 g
21295883_EA/21539324_EA

\$1



PediaSure 4x235 mL
or **Pedialyte** 1 L
selected varieties
20322414001_EA/20322414002_EA

8⁹⁹
each



Earth's Best
puffs 44-78 g
or **Love Child**
Seafriends 140 g
21462807_EA/21534883_EA

3⁹⁹
each



Love Child
pouches 128 mL
or **Baby Gourmet**
simply bites 38 g
selected varieties
20944660_EA/21121969_EA

1⁹⁹
each

Household

Tide or Gain
liquid laundry
detergent
45-76's or **Ivory**
liquid detergent
3.1 L, 80 WL
selected varieties
21590007_EA/21593836_EA

26⁹⁹
each



Arm & Hammer
liquid laundry
detergent
1.63 L, 55 WL
or **Lysol** all in
one disinfectant
spray 350 g
20314511002_EA/21517289_EA

7⁴⁹
each



Clorox
disinfecting
wipes
selected varieties
20348537002_EA/20348537003_EA

5⁹⁹
75's



Lysol toilet
bowl cleaner
selected varieties
20856992_EA/21193411_EA

4⁹⁹
710 mL, 4's



Palmolive
liquid dish soap
selected varieties
20861400_EA/21165355_EA

3⁴⁹
591/828 mL



Air Wick
essential
oils refills
selected varieties
20324301001_EA/20751135_EA

11⁹⁹
2's/40 mL



PC® heavy duty
freezer bags
selected varieties
21160678_EA/21160691_EA

6⁴⁹
10-38's



Cottonelle
flushable wipes
selected varieties
21477027_EA/21597244_EA

11⁹⁹
168's



Royale
bath tissue
16=48 rolls
21691633_EA

19⁹⁹
each



Bounty
paper
towels
select a size
21670159_EA

10⁹⁹
3=6 rolls

ALL YOUR PET ESSENTIALS



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



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

2⁹⁹
each



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

11⁹⁹
535-688 g



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

7⁹⁹
90-550 g



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

12⁹⁹
1.72-1.8 kg



2,000^{cts}

21⁹⁹ Blue Buffalo
dry dog food
2.2 kg 21360326_EA/21360340_EA



Cesar Canine
Cuisine
selected varieties
20628583003_EA/20628583004_EA

18⁹⁹
12x100 g



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

7⁹⁹
each



Friskies
wet cat food
selected varieties
156 g 20319657005_EA/20319657007_EA

.99



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

12⁹
75 g



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

12⁹⁹
12x85 g



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

12⁹⁹
1.45-2 kg



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

7⁹⁹
each



no name®
cat litter
7 kg 20023746002_EA

7⁹⁹



Tidy Cats litter
selected varieties
21206305_C01/21217951_C01

22⁹⁹
5.44 kg



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

5⁹⁹
each

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



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

\$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

 **Express** TM _{MC}

Save time, shop online

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

Use code

PCX5

that's \$75 back in 

*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



\$5⁹⁹ Each
JOHNSON'S®
baby
selected varieties



\$6⁹⁹ Each
LISTERINE®
mouthwash
1 L, selected
varieties



\$10⁹⁹ Each
AVEENO® or
MAUI® hair care
354/385 mL



\$12⁹⁹ Each
AVEENO®
lotion 532 mL
selected varieties



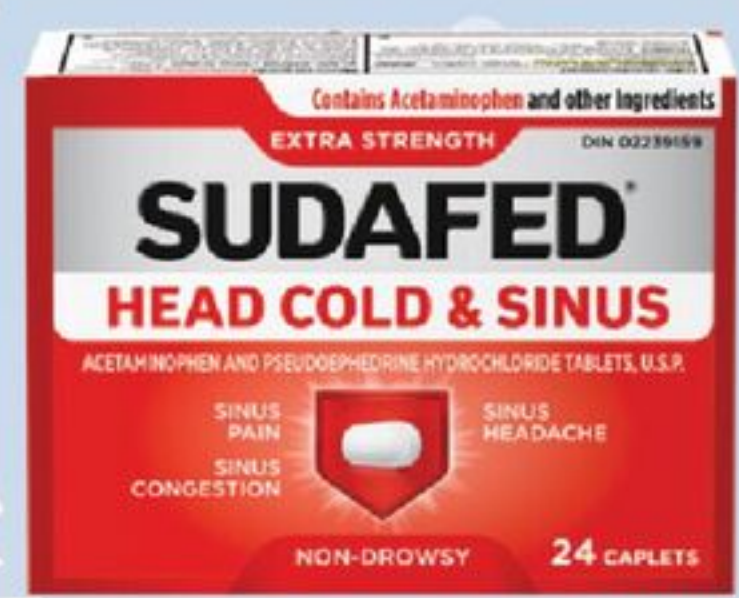
up to
15% Off
NEUTROGENA®
skin care
selected varieties
and sizes



\$8⁹⁹ Each
TYLENOL®
or **BENYLIN®**
cough and cold
18-20's/100 mL
selected varieties



\$9⁹⁹ Each
ZARBEE'S®
selected varieties
and sizes



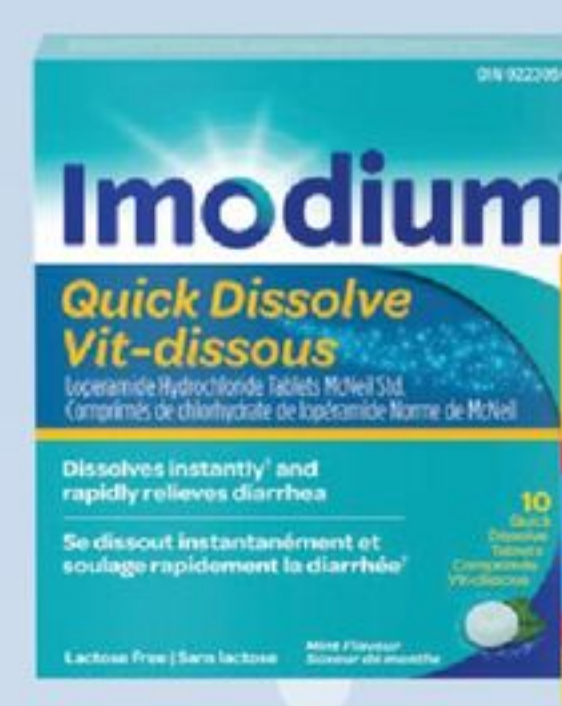
\$13⁹⁹ Each
SUDAFED®
cold and sinus
24's



\$8⁹⁹ Each
TYLENOL®
infant or child
20-24's/100-120 mL
selected varieties



\$16⁹⁹ Each
TYLENOL®
60-150's
selected varieties



\$16⁹⁹ Each
IMODIUM®
or **PEPCID® AC**
10-30's
selected varieties



\$59⁹⁹ Each
NICORETTE®
mints, spray
or Step 1 patch
selected varieties



\$24⁹⁹ 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



\$10⁹⁹ **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