Optimum

MEMBERS ONLY

Exclusive savings and pts offers

Optimum
Members-Only Price**
5.50
Non-members
$6

GENERAL MILLS CEREAL
FAMILY SIZE, 475-778 G
CÉRÉALES GENERAL MILLS
21103492_EA/21103495_EA

Optimum
Members-Only Price**
4.50
Non-members
5.50

Members save up to $1

PC® FROZEN FRUIT 300-600 G, **BREYERS CREAMERY STYLE ICE CREAM** 1.4 L **OR POPSICLE ORIGINALS** 12X60 ML
SELECTED VARIETIES, FROZEN
FRUITS SURGELÉS PC®MD OU CRÈME GLACÉE STYLE CRÈMERIE BREYERS OU FRIANDISES GLACÉES ORIGINALES POPSICLE
20312227_EA/21651169_EA

Optimum
Members-Only Price**
$8
Non-members
$12

Members save up to $4

SCHNEIDERS PEPPERETTES
SELECTED VARIETIES, 250-375 G
PEPPERETTES SCHNEIDERS
20976110_EA/21196171_EA

PREPARED IN CANADA

Optimum
Members-Only Price**
12.99
Non-members
18.99

Members save up to $6

TILDA PURE BASMATI RICE
10 LB
RIZ BASMATI PUR TILDA
20153678_EA

**Must be a registered PC Optimum™ member to load and get this offer.

RA FLAP 1

President's Choice

Go wherever the crunch takes you

APP EXCLUSIVE OFFER†

Optimum™
GET 2,000 pts when you buy any 3 = $2 back in points

PC® KETTLE COOKED 200 G, **LOADS OF™ FLAVOUR** 200 G, **WORLD OF FLAVOURS** 200 G, **TORTILLA CHIPS** 320-350 G **OR POPCORN** 220/250 G
SELECTED VARIETIES

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

2.50

PC® KETTLE OR KETTLE RIPPLED CHIPS
SELECTED VARIETIES
200 G
CROUSTILLES CUITES À LA MARMITE OU CUITES À LA MARMITE ONDULÉES PC^MD
21422931_EA
21687125_EA

2.50

PC® LOADS OF™ FLAVOURS POTATO CHIPS
SELECTED VARIETIES
200 G
CROUSTILLES PLEINES DE SAVEUR PC^MD
20840911002_EA
20840911004_EA

2.50

PC® WORLD OF FLAVOURS POTATO CHIPS
SELECTED VARIETIES
200 G
CROUSTILLES SAVEURS DU MONDE PC^MD
20839412001_EA/21315959_EA

2.50

PC® TORTILLA CHIPS
SELECTED VARIETIES
320-350 G
CROUSTILLES DE TORTILLA PC^MD
20148817_EA
20302765_EA

3.50

PC® READY TO EAT POPCORN
SELECTED VARIETIES
220/250 G
MAÏS SOUFFLÉ PC^MD
20910769_EA
21287661_EA

PROUDLY CANADIAN | REAL ATLANTIC SUPERSTORE™

2.99 LB 6.59/KG
CHICKEN DRUMSTICKS OR THIGHS
FRESH, CLUB SIZE
PILONS OU HAUTS DE CUISSE DE POULET
20004494_KG/20058163_KG

CANADIAN POULTRY
INCLUDES HALAL

MEDIUM GROUND BEEF
BŒUF HACHÉ MI-MAIGRE
20797926_KG
SAVE UP TO 22%
5.44 LB 11.99/KG
CLUB SIZE

SAVE UP TO 30%
3.49 LB 7.69/KG
PORK
SIDE RIB
PORTION
PORTION DE CÔTES
DE FLANC DE PORC
20836871_KG

RASPBERRIES
PRODUCT OF MEXICO
OR U.S.A., 170 G
FRAMBOISES
20128938001_EA
SAVE UP TO 1.49
2.50

1.77
BROCCOLI
CROWNS
PRODUCT OF U.S.A.
OR MEXICO
COURONNES
DE BROCOLI
21121560001_EA

SAVE 1.00
WHEN YOU BUY 2
2/$12 OR 7.00 EA
SEAQUEST® FISH FILLETS
SELECTED VARIETIES, 400 G OR
COLOSSAL PACIFIC WHITE
SHRIMP RAW ZIPPERBACK®
16-20/LB, 300 G, FROZEN
FILETS DE POISSON CERTAINES
VARIÉTÉS, OU CREVETTES
BLANCHES COLOSSALES
DU PACIFIQUE CRUES, À
DÉCORTIQUAGE ÉCLAIR MC
SEAQUEST
20036614_EA/21021867_EA

$4
PC® ORANGE JUICE,
TEA OR LEMONADE
1.54 L OR IÖGO NANO
DRINKS 6X93 ML
SELECTED VARIETIES
JUS D'ORANGE,
THÉ OU LIMONADE
PC MD OU BOISSONS
NANO IÖGO
20609687001_EA/21430531_EA
PREPARED IN CANADA

SAVE UP TO 1.00
5.97
CRACKER BARREL BARS OR
SHREDS 250-400 G OR BLACK
DIAMOND CHEESE SNACKS
252-336 G, SELECTED VARIETIES
BARRES DE FROMAGE OU
FROMAGE RÂPÉ CRACKER
BARREL OU COLLATIONS AU
FROMAGE BLACK DIAMOND
20763661_EA/21290384_EA
PREPARED IN CANADA

$4
BABYBEL 6'S OR
THE LAUGHING COW 8'S
SELECTED VARIETIES
BABYBEL OU LA
VACHE QUI RIT
20319107_EA/20074332_EA
PREPARED IN CANADA

SAVE UP TO 1.50
$6
KRAFT PEANUT BUTTER
SELECTED VARIETIES, 750 G-1 KG
BEURRE D'ARACHIDE KRAFT
20039581001_EA/20311582001_EA

SAVE UP TO 39%
$12
ROBIN HOOD OR
FIVE ROSES FLOUR
SELECTED VARIETIES, 10 KG
FARINE ROBIN HOOD
OU FIVE ROSES
20134743_EA/20251651_EA
PREPARED IN CANADA

SAVE 1.02
WHEN YOU BUY 3
3/4.98 OR 2.00 EA
BARILLA PASTA
SELECTED VARIETIES, 410 G
PÂTES BARILLA
21404904_EA/21405047_EA

SAVE UP TO 2.00
$5
GIUSEPPE PIZZA 439-785 G OR
PC® WOOD-FIRED PIZZA
351-413 G, SELECTED VARIETIES, FROZEN
PIZZA GIUSEPPE OU PIZZA
CUITE AU FEU DE BOIS PC MD
20904584_EA/21504407_EA

SAVE UP TO 54%
13.99
CASHMERE
BATHROOM
TISSUE 20=60 ROLLS OR
SPONGETOWELS
PAPER TOWELS
6=12 ROLLS, SELECTED VARIETIES
PAPIER HYGIÉNIQUE
CASHMERE OU
ESSUIE-TOUT
SPONGETOWELS
21188655_EA/21677740_EA
PREPARED IN CANADA

President's Choice

Locks in freshness, leaks out nothing

Double zipper, flavour keeper

GET 1,500 PC® $1.50 back in points

5.50
PC® HEAVY DUTY
FREEZER BAGS
SELECTED VARIETIES
28/38'S
SACS DE CONGÉLATION
TRÈS RÉSISTANTS PC MD
21160691_EA

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

39.99 GET 10,000 **$10** back in points

PC® OR NO NAME® SINGLE SERVE COFFEE PODS
SELECTED VARIETIES, 72/102'S
CAPSULES DE CAFÉ PC^MD OU SANS NOM®
21111217_EA/21593380_C01
†Open your PC Optimum™ app or visit pcoptimum.ca to get the offer.

APP EXCLUSIVE OFFER†

3.75 GET 3,000 **$3** back in points when you buy 2

PC® OR BLUE MENU® ENTRÉES
SELECTED VARIETIES FROZEN, 212-365 G
PLATS CUISINÉS PC^MD OU MENU BLEU^MC
20309869_EA/20987543_EA
†Open your PC Optimum™ app or visit pcoptimum.ca to get the offer.

APP EXCLUSIVE OFFER†

$2

NO NAME® PASTA
900 G OR **SAUCE** 680 ML
SELECTED VARIETIES
PÂTES OU SAUCE SANS NOM®
20299886001_EA/20315613003_EA

$6

KELLOGG'S FAMILY SIZE CEREAL
SELECTED VARIETIES, 450-650 G
CÉRÉALES FORMAT FAMILIAL KELLOGG'S
21430748_EA/21449784_EA

$5

QUAKER OATMEAL OR CORN SQUARES
SELECTED VARIETIES, 375-500 G
SQUARES À L'AVOINE OU AU MAÏS QUAKER
20150259002_EA/20637403_EA

$8 LB
17.64/KG

FROZEN BAY SCALLOPS
80-120 PER LB
PÉTONCLES DE BAIE CONGELÉS
21093213_KG

SAVE UP TO .79
2.50

FRASER FARMS GRAVY AND MEATBALLS OR PURITAN STEWS
SELECTED VARIETIES, 410-425 G
BOULETTES ET SAUCE FRASER FARM OU RAGOÛT PURITAN
20063287002_EA/20132278_EA

$5

HALO TOP FROZEN DESSERT 473 ML, **BEN & JERRY'S ICE CREAM, NON DAIRY** 473 ML OR **MAGNUM NOVELTIES** 3/4'S, SELECTED VARIETIES, FROZEN
DESSERT GLACÉ HALO TOP, CRÈME GLACÉE OU SANS PRODUITS LAITIERS BEN & JERRY'S OU FRIANDISES GLACÉES MAGNUM
20950739_EA/21087007_EA

SAVE UP TO 2.99
$6

CLUB HOUSE FAMILY SIZE, LA GRILLE OR ONE STEP SEASONING
SELECTED VARIETIES, 13-248 G
ASSAISONNEMENT FORMAT FAMILIAL, LA GRILLE OU UNE ÉTAPE CLUB HOUSE
20180764_EA/20321740001_EA

SAVE UP TO 1.50
5.99

HELLMANN'S MAYONNAISE
SELECTED VARIETIES, 710-890 ML
MAYONNAISE HELLMANN'S
20618579001_EA
20627339002_EA

SAVE UP TO 1.49
$7

NO NAME® HONEY 500 G OR **SMUCKER'S JAM OR DOUBLE FRUIT SPREAD**
310-500 ML, SELECTED VARIETIES
MIEL SANS NOM® OU CONFITURE SMUCKER'S OU TARTINADE DOUBLE FRUIT
20113065001_EA
20308043004_EA

SAVE .99 WHEN YOU BUY 3
3/4.98
OR 1.99 EA

COCA-COLA, CANADA DRY OR PEPSI SOFT DRINKS
SELECTED VARIETIES, 2 L
BOISSONS GAZEUSES COCA-COLA, CANADA DRY OU PEPSI
20316026002_EA
20296926002_EA

$15

MCCAFÉ GROUND COFFEE
290-300 G OR
VAN HOUTTE K-CUPS 10/12'S
SELECTED VARIETIES
CAFÉ MOULU MCCAFÉ OU K-CUPS VAN HOUTTE
20293336003_EA
21721676_EA

SAVE UP TO 2.00
$6

FARMER'S MARKET™ DRIED FRUIT
SELECTED VARIETIES, 220-400 G
FRUITS SÉCHÉS DÉLICES DU MARCHÉ^MC
21519965_EA
21519973_EA

$15

FINISH ULTRAMAX 30'S, **ULTIMATE** 40'S, **QUANTUM** 45'S, **ALL IN 1 MAX** 55'S, **CASCADE** 30-48'S, **GAIN LAUNDRY** 4.25 L/42'S, **GAIN/ DOWNY FABRIC SOFTENER** 2.4-3.29 L, **BEADS** 515 G OR **BOUNCE SHEETS** 250'S, SELECTED VARIETIES
ULTRAMAX, ULTIMATE, QUANTUM, ALL IN 1 MAX FINISH, DÉTERGENT À LESSIVE CASCADE, GAIN, ASSOUPLISSANT TEXTILE, PERLES GAIN, DOWNY OU FEUILLES BOUNCE
20959627_EA
20660832001_EA

90¢

FRISKIES 156 G OR **FANCY FEAST** 85 G **CAT FOOD**
SELECTED VARIETIES
NOURRITURE POUR CHATS FRISKIES OU FANCY FEAST
20302296001_EA
20316703_EA

PRICE DROP‡ SO YOU CAN SAVE MORE

5.50

PUREX 1.92-2.03 L OR **SUNLIGHT** 1.84 L **LAUNDRY DETERGENT**
SELECTED VARIETIES
DÉTERGENT À LESSIVE PUREX OU SUNLIGHT
20856516005_EA/21427029_EA

1.85

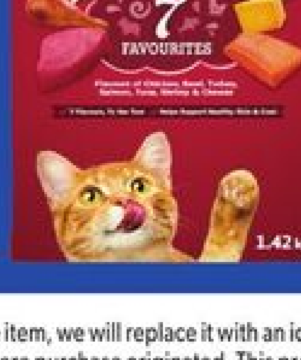
ANNIE'S MAC & CHEESE
SELECTED VARIETIES, 149-170 G
MACARONI AU FROMAGE ANNIE'S
20316187001_EA
20811201_EA

2.50

PC® NAAN 2'S OR **MINI NAAN** 4'S
ORIGINAL OR GARLIC
PAINS NAAN OU MINI NAAN PC^MD
20321754_EA/21076210_EA

$6

FRISKIES CAT FOOD
SELECTED VARIETIES, 1.4-1.5 KG
NOURRITURE POUR CHATS FRISKIES
20912515_EA



FRESH PROMISE: Applicable to eligible fresh produce items purchased at Real Atlantic Superstore locations or online at realatlanticsuperstore.ca. If you are not completely satisfied with your eligible fresh produce item, we will replace it with an identical item, or in our discretion, a comparable item and provide you with a refund of the purchase price upon presentation of the item and your original purchase receipt within 7 days of purchase at the Real Atlantic Superstore where purchase originated. This promise does not apply to reduced/clearance priced produce. This promise cannot be combined with any other offer. We reserve the right to cancel or change the terms of this promise at any time without notice. **Quantities and/or selection of items may be limited and may not be available in all stores.** For inquiries on product availability at your store please contact Customer Relations at the above phone number. No Rainchecks OR Substitutions on clearance items or where quantities are advertised as limited. Advertised regular pricing and product selection (flavour, colour, patterns, style) may vary by store location. We are not obligated to sell items based on errors or misprints in typography or photography. Pricing: All references to "Save, Was, Now, Savings, etc." is in comparison to our own regular prices. Coupons must be presented and redeemed at time of purchase. **Savings on items shown may vary in each store location.** Applicable taxes, deposits, or environmental surcharges are extra. No sales to retail outlets. ®/™ The trademarks, service marks and logos displayed in this flyer are trademarks of Loblaws Inc. and others. All rights reserved. © 2025 Loblaws Inc. MasterCard and the MasterCard Brand Mark are registered trademarks and PayPass is a trademark of MasterCard International Incorporated. President's Choice Bank a licensee of marks. 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These offers cannot be combined with any other coupons, discounts or promotions and no adjustments on previous purchases. We reserve to modify or cancel these offers without notice. Product availability may vary by store. While supplies last. We reserve the right to limit quantities. *Receive the points specified when you spend the qualifying dollar amount on the displayed participating product(s) and/or category(ies) before taxes and after redemptions and all coupons and discounts are deducted in a single transaction; ** Valid for flyer duration, after which the price will be the same for both PC Optimum™ and non-PC Optimum™ members. Taxes applicable on the purchase amount after discounts. PC Optimum™ member pricing is not applicable to any price match programs for participating stores operating under the Loblaws Inc. banner. **OUTDOOR/ SEASONAL**: For your local store's hours and for a list of Atlantic Superstore locations that DO NOT participate in this flyer, visit www.atlanticsuperstore.ca or call Customer Relations at 1-866-727-0771. **Quantities and/or selection of items may be limited and may not be available in all stores.** Outdoor seasonal items (e.g. lawn and garden) may only be available at select store locations. Please check your local store for pricing, limits and availability. We reserve the right to limit quantities to reasonable family requirements. Rainchecks may be available for out of stock items excluding clearance items or where quantities are advertised as limited. We reserve the right to substitute the out of stock item for an equivalent item in lieu providing a raincheck. **Advertised regular pricing and product selection (flavour, colour, patterns, style) may vary by store location. Savings on items advertised within flyer may vary by store location.** Coupons must be presented and redeemed at time of purchase. We are not obligated to sell items based on errors or misprints in typography or photography. Applicable taxes, deposits, or environmental surcharges are extra. No sales to retail outlets. ®/™ The trademarks, service marks and logos displayed in this flyer are trademarks of Loblaws Inc. and others. All rights reserved. ©2025 Loblaws Inc. **‡PRICE DROP** offer valid in-store at participating locations between February 26 - March 18, 2026 before applicable taxes and while quantities last. Offer applies only to select products. Offer may be modified and/or cancelled without notice. See in-store for full details.

PEFC
PEFC/01-31-106
PEFC Certified
www.pefc.org

REAL ATLANTIC SUPERSTORE

CUSTOMER RELATIONS: 1-866-727-0771

atlanticsuperstore.ca

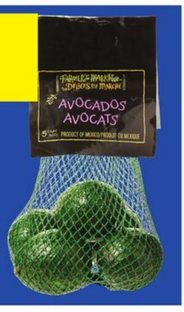
RA BACK

FRESH PROMISE

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

*Fresh Promise: Applicable to eligible fresh produce items purchased at Real Atlantic Superstore store locations or online at realatlanticsuperstore.ca. If you are not completely satisfied with your eligible fresh produce item, we will replace it with an identical item, or in our discretion, a comparable item and provide you with a refund of the purchase price upon presentation of the item and your original receipt within 7 days of purchase at the Real Atlantic Superstore store where purchase originated. This promise does not apply to reduced/clearance priced produce. This promise cannot be combined with any other offer. We reserve the right to cancel or change the terms of this promise at any time without notice.

$4
AVOCADO BAG
PRODUCT OF MEXICO, 5'S
SAC D'AVOCATS
21644936001_EA



4.50
CANTALOUPES
PRODUCT OF GUATEMALA, HONDURAS OR BRAZIL
CANTALOUPS
20167070001_EA

8.50
FARMER'S MARKET™ KIWI
PRODUCT OF GREECE
KIWI DÉLICES DU MARCHÉ^MC
21576456001_EA

2/$3 OR 1.79 EA
RED MANGOES
PRODUCT OF PERU
MANGUES ROUGES
20059635001_EA

4.50
BLACKBERRIES
PRODUCT OF MEXICO OR U.S.A. 170 G
MÛRES
20051015001_EA

3.99 8.80/KG
PC® EXTRA LARGE GREEN OR RED SEEDLESS GRAPES
PRODUCT OF PERU, SOUTH AFRICA OR CHILE, NO. 1 GRADE
TRÈS GROS RAISINS VERTS OU ROUGES SANS PÉPINS PC^MD
20159199001_KG/20425775001_KG

5.50
PC® WHOLE CREMINI OR WHITE MUSHROOMS
PRODUCT OF CANADA, 454 G
CHAMPIGNONS ENTIERS CREMINI OU BLANCS PC^MD
20761372_EA/20718571_EA

4.50
FARMER'S MARKET™ MINI CUCUMBERS
PRODUCT OF CANADA, 6'S
MINI-CONCOMBRE DÉLICES DU MARCHÉ^MC
20737570001_EA

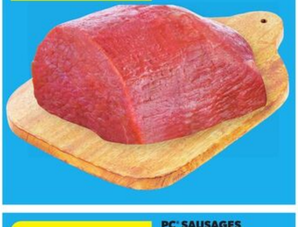
$1 LB 2.20/KG
CABBAGE
PRODUCT OF CANADA
CHOU
20793034001_KG

$2 LB 4.41/KG
SWEET POTATOES
PRODUCT OF CANADA OR U.S.A.
PATATES DOUCES
20127708001_KG

3.50 EA/LB
LARGE DRAGONFRUIT
PRODUCT OF VIETNAM OR
JACKFRUIT SLICE
PRODUCT OF MEXICO, 7.72 KG
GROSSE PITAYA OU TRANCHE DE FRUIT JACQUIER
21549854001_KG/20168395001_EA

$7
CORED PINEAPPLE
PREPARED IN-STORE
ANANAS ÉVIDÉ
20503143_EA

$11 LB 24.24/KG
EYE OF ROUND ROAST
CUT FROM CANADA AA GRADE BEEF OR HIGHER
RÔTI DE NOIX DE RONDE
20798494_KG



4.50
LEAN GROUND PORK
450 G
PORC HACHÉ MAIGRE
21646160_EA

$15
PC® WHOLE CHICKEN
AIR-CHILLED
POULET ENTIER PC^MD
21638901_EA

$7
PC® SAUSAGES
SELECTED VARIETIES, 375/500 G
SAUCISSES PC^MD
21584308_EA/21584342_EA

SAVE UP TO 3.00
13.99
PC® OLD FASHIONED BACON
1 KG
BACON À L'ANCIENNE PC^MD
20115704_EA

SAVE UP TO 3.00
$7
PC® SPANAKOPITA 264 G OR **MINI SAMOSAS** 345 G
SELECTED VARIETIES, FROZEN
SPANAKOPITA OU MINI-SAMOSA PC^MD
20065214_EA/20581030_EA

$5
ATLANTIC SALMON PORTIONS
FRESH, MARINATED, 100 G
PORTIONS DE SAUMON DE L'ATLANTIQUE
20947596_EA/20948216_EA

$11
PC® SHRIMP APPETIZERS 294-454 G OR **SMOKED SALMON** 125/150 G
SELECTED VARIETIES, FROZEN
HORS-D'ŒUVRE DE CREVETTES OU SAUMON FUMÉ PC^MD
20055009_EA/20135874_EA

$5
PC® THAI BASIL SHRIMP SPRING ROLLS
FROZEN, 294 G
ROULEAUX DE PRINTEMPS AUX CREVETTES ET BASILIC THAÏ PC^MD
20950465_EA

SUPER FRESH

5.50
CHEESE STICKS 6'S OR SWIRLS BUNS 4'S
BAKED IN-STORE
BÂTONNETS AU FROMAGE OU PETITS PAINS RONDS
20742704_EA/20743112_EA
PREPARED IN CANADA

$4
SOURDOUGH OR PUMPERNICKEL BREAD
BAKED IN-STORE, 675 G
PAIN AU LEVAIN OU PUMPERNICKEL
20132458_EA/20653517_EA
PREPARED IN CANADA

7.50
IN-STORE BAKED CCOOKIES
SELECTED VARIETIES, 18'S
BISCUITS CUITS EN MAGASIN
21454952_EA/21455101_EA
PREPARED IN CANADA

$9
FARMER'S MARKET™
5 INCH CAKES
SELECTED VARIETIES, 490 G
GÂTEAUX 5 POUCES DÉLICES DU MARCHÉ MC
21115991_
PREPARED IN CANADA

$5
IN-STORE BAKED STRUDELS
SELECTED VARIETIES, 4'S
STRUDELS CUITS EN MAGASIN
21464142_EA
PREPARED IN CANADA

$7
FARMER'S MARKET™
MUFFINS
SELECTED VARIETIES, 6'S
MUFFINS DÉLICES DU MARCHÉ MC
21283356_EA/21283357_EA
PREPARED IN CANADA

$5
FURLANI GARLIC TOAST 16'S OR KNOTS
SELECTED VARIETIES
TOASTS OU NŒUDS À L'AIL FURLANI
20041579_EA/21048248_EA
PREPARED IN CANADA

2/$6 OR 3.50 EA
WONDER BREADS AND BUNS
SELECTED VARIETIES AND SIZES
PAINS OU PETITS PAINS WONDER
20305674_EA/20297455_EA
PREPARED IN CANADA

SAVE UP TO 32%
2.50
NO NAME® BAGELS
SELECTED VARIETIES, 6'S
BAGELS SANS NOM®
21217967_EA
PREPARED IN CANADA

SAVE UP TO 1.49
$8
KERRYGOLD IRISH CHEDDAR
SELECTED VARIETIES, 198 G
CHEDDAR IRLANDAIS KERRYGOLD
20591635_EA

$9
OKA CHEESE
SELECTED VARIETIES, 190 G
FROMAGE OKA
20920756_EA/20921279_EA
PREPARED IN CANADA

$6
BRANDT LIVER SAUSAGE CHUB OR KOLBASSA SAUSAGE
SELECTED VARIETIES, 250-300 G
SAUCISSON DE FOIE OU SAUCISSON KOLBASSA BRANDT
20317795_EA/20325466_EA
PREPARED IN CANADA

SAVE 24%
$3/100 G
PILLER'S SERVICE CASE SALAMI
SELECTED VARIETIES
SALAMI POUR LE COMPTOIR DE SERVICE PILLER'S
20300824_KG
PREPARED IN CANADA

2/$10 OR 6.00 EA
DAIYA DAIRY FREE CHEESE
SELECTED VARIETIES, 170-227 G
FROMAGE SANS PRODUITS LAITIERS DAIYA
21207740_EA/21660590_EA
PREPARED IN CANADA

Optimum™
Members-Only Price**
3.50
Non-members
$4
PC® NAAN DIPPERS 200 G OR NEW YORK BAGEL CRISPS 170 G
SELECTED VARIETIES
BOUCHÉES NAAN PC MD OU BAGEL CRISPS NEW YORK
20297684002_EA/21092033_EA
**Must be a registered PC Optimum™ member to load and get this offer.
PREPARED IN CANADA

$8
IN-STORE PREPARED BOWLS
SELECTED VARIETIES
345-400 G
BOLS PRÉPARÉS EN MAGASIN
21696385_EA

$16
9 PIECE CHICKEN STRIPS
HOT OR CHILLED, 700 G
9 MORCEAUX DE LANIÈRES DE POULET
20992187_EA/20991197_EA
PREPARED IN CANADA

SAVE UP TO 30%
$8
OLIVIERI FAMILY PACK PASTA
SELECTED VARIETIES
500-700 G
SAUCE EN EMBALLAGE FAMILIAL OLIVIERI
20311594_EA/21021889_EA
PREPARED IN CANADA

$10
FARM TO TABLE BOUQUET
BOUQUET DE LA FERME À LA TABLE
21729159_EA

$10
8 STEM TULIPS
8 TULIPES SUR TIGE
21723510_EA

$32
PC® PREMIUM GIFT BOUQUET
BOUQUET-CADEAU DE QUALITÉ SUPÉRIEURE PC MD
21087827_EA

BLESSED RAMADAN

Celebrate meals worth sharing and more ways to save.

APP EXCLUSIVE OFFER†

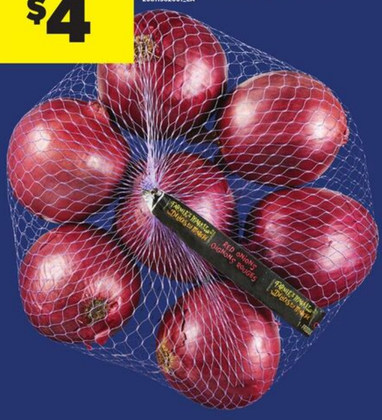
Optimum GET 5,000 pts for every $30* spent on = $5 back in points

all Sufra products all sizes and varieties

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

$4

FARMERS MARKET™ RED ONIONS
PRODUCT OF CANADA OR U.S.A., NO. 1 GRADE
20811362001_EA



8.99

MEDJOOL DATES
PRODUCT OF U.S.A., 2 LB TUB
20001686_EA

SAVE 17%

12.99

DAN-D PAK CASHEWS
SELECTED VARIETIES, 908 G
20314862001_EA/20314862002_EA

SAVE 36%

11.49

NANAK DESI GHEE/CLARIFIED BUTTER
800 G
20082263_EA

HOP INTO SAVINGS

Fill your basket with Easter favourites at low prices.

SAVE 24%

$3

LANTIC SUGAR
OLD FASHION BROWN OR BRILLIANT YELLOW, 1 KG
20016320_EA/20169394_EA

SAVE 14%

$3

NO NAME® MARSHMALLOWS
SELECTED VARIETIES, 400 G
20304672002_EA/20311578001_EA

$5

NO NAME® PIE FILLINGS
SELECTED VARIETIES, 540/796 ML
21662314_EA/21662347_EA

SAVE UP TO 16%

$5

PC® DECADENT® CHOCOLATE CHIPS
SELECTED VARIETIES, 226-300 G
20011473_EA/20430272_EA

SAVE UP TO 20%

$8

NO NAME® RAISINS
SELECTED VARIETIES, 750 G
20647009_EA/20648033_EA

HOT DEALS

$1

CARNABY SWEET GUMMIES
SELECTED VARIETIES, 125 G,
NO NAME® MANDARIN ORANGE
SELECTED VARIETIES, 284 ML
21219409_EA/21219523_EA
20078466_EA

$2

NO NAME® ALMOND CHEWY OR CHOCOLATE CHIP GRANOLA BARS
SELECTED VARIETIES, 120-175 G,
PC® PASTA 454 G OR **PC® BLUE MENU® WHOLE GRAIN PASTA,** 375 G
SELECTED VARIETIES,
HEINZ BEANS OR PASTA
SELECTED VARIETIES, 398 ML
20910354_EA/21640823_EA
20324173002_EA/20040380003_EA
20177278006_EA

$3

CHRISTIE OREO, CHIPS AHOY, FUDGEE-O OR NUTTER BUTTER COOKIES
SELECTED VARIETIES, 224-303 G,
KRAFT LUNCHABLES
SELECTED VARIETIES, 81-131 G
21354407_EA/21361508_EA
21592619_EA

$4

OLD DUTCH POTATO CHIPS OR SNACKS OR HUMPTY DUMPTY SNACKS 200-290 G OR **SNYDER'S OF HANOVER PRETZEL BITES, RODS, MINIS OR STICKS** 240 G
SELECTED VARIETIES,
GRENADE PROTEIN BARS
SELECTED VARIETIES AND SIZES,
PC® DECADENT® COOKIES
SELECTED VARIETIES, 280 -300 G
20316052001_EA/21646697_EA
21209901_EA/21462313_EA
20612251_EA/20612257_EA

$5

AMY'S BURRITO,
SELECTED VARIETIES, 156-170 G,
PC® BLUE MENU® TWICE THE FRUIT™ SPREAD 500 ML OR **PEANUT BUTTER** 750 G
SELECTED VARIETIES,
ARMSTRONG NIBBLERS
200 G,
ELASTROPLAST BANDAGES
SELECTED VARIETIES AND SIZES
20371439001_EA/20300537_EA
21539032_EA/21540213_EA
21019332_EA/21362065_EA

CLUB SIZE

BUY BIG. SPEND SMALL.

$8

NO NAME® NATURALLY IMPERFECT™ MIXED PEPPERS
PRODUCT OF MEXICO, 2.5 LB
20921434001_EA

CLUB SIZE

5.50

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

CLUB SIZE

$7

NO NAME® NATURALLY IMPERFECT™ POTATOES
PRODUCT OF CANADA
15 LB
20944462001_EA

PRODUCT OF CANADA
CLUB SIZE

10.99 LB
24.23/KG

BONELESS BEEF STEW
20766562_KG

CLUB SIZE

$6 LB
13.23/KG

CHICKEN WINGS OR HALAL CHICKEN WINGS
FRESH
20168158_KG

CANADIAN POULTRY
CLUB SIZE

14.99

SUNRISE LARGE WAX BOLOGNA
2 KG
20997095_EA

PREPARED IN CANADA
CLUB SIZE

4.99 LB
11.00/KG

PORK SHOULDER BLADE STEAKS
FRESH
20837875_KG

CLUB SIZE

$12

NO NAME® BREADED CHICKEN
SELECTED VARIETIES
FROZEN, 1.81 KG
21178763_EA

PREPARED IN CANADA
CLUB SIZE

$26

NO NAME® CHICKEN WINGS
SELECTED VARIETIES
FROZEN, 1.8 KG
21045698_EA/21045704_EA

PREPARED IN CANADA
CLUB SIZE

5.50

SEAQUEST® CRAB FLAVOURED POLLOCK FLAKES OR CHUNKS
SELECTED VARIETIES
READY-TO-EAT, 454 G
20591152_EA/20591951_EA

CLUB SIZE

$6

PC® NAAN DIPPERS
400 G
20999700_EA

PREPARED IN CANADA
CLUB SIZE

ALWAYS LOW PRICE
$7

BUTTER CROISSANTS
12'S
21683000_EA

CLUB SIZE

SAVE 1.99
$9

PC® FETA CHEESE
SELECTED VARIETIES, 400 G
20216975_EA/20219690_EA

PREPARED IN CANADA
CLUB SIZE

$12

ZIGGY'S SLICED DELI MEAT
SELECTED VARIETIES, 600 G
21596514_EA/21668501_EA

PREPARED IN CANADA
CLUB SIZE

$11

PC® HUMMUS
908 G
21099909_EA

PREPARED IN CANADA
CLUB SIZE

CLUB SIZE

BUY BIG. SPEND SMALL.

$27

PC® ORGANICS CASHEWS
1.13 KG
21517458_EA

CLUB SIZE

7.25

PACIFIC ORGANIC SOUPS OR BROTH
SELECTED VARIETIES, 946 ML/ 1 L
20599733003_EA/20599786001_EA

CLUB SIZE

23.99

GATORADE CLUB PACK
SELECTED VARIETIES, 24X591 ML
EQUIVALENT TO $1.00/BOTTLE
20298835002_C24

PREPARED IN CANADA

CLUB SIZE

4.50

NO NAME® CRANBERRY COCKTAIL
SELECTED VARIETIES
2.84 L
21635359_EA

CLUB SIZE

5.29

PC® COCKTAIL CRANBERRY CLUB PACK
21637707_EA

CLUB SIZE

$9

LIBERTÉ GREEK YOGURT
SELECTED VARIETIES, 1 KG
21305350_EA/21430952_EA

PREPARED IN CANADA

CLUB SIZE

$10

PC® VEGETABLES
SELECTED VARIETIES
FROZEN, 1.75 KG
20713450_EA/21096317_EA

CLUB SIZE

$38

NO NAME® OLIVE OIL
3 L
20141395_EA

CLUB SIZE

$8

PC® KETTLE COOKED POTATO CHIPS
SELECTED VARIETIES, 907 G
21426018_EA/21549793_EA

PREPARED IN CANADA

CLUB SIZE

$12

WERTHER'S ORIGINAL
900 G
21054002_EA

CLUB SIZE

$18

NO NAME® NATURALLY IMPERFECT™ FRUIT
SELECTED VARIETIES
FROZEN, 2 KG
21480144_EA

CLUB SIZE

ALWAYS LOW PRICE $10

NO NAME® NOVELTIES
SELECTED VARIETIES
FROZEN, 24/30'S
20347400001_EA

PREPARED IN CANADA

CLUB SIZE

$13

PINE-SOL MULTI-PURPOSE LIQUID CLEANER
SELECTED VARIETIES, 4.25 L
20021491_EA

PREPARED IN CANADA

CLUB SIZE

$7

CLOROX BLEACH
3.57 L
21280246_EA

CLUB SIZE

38.50

LIMIT 4
OVER LIMIT PAY 40.49 EA

Earn 5,000 GET $5 back in points

ENSURE HIGH PROTEIN OR CALORIE PLUS VALUE PACKS
SELECTED VARIETIES AND SIZES
21323516_C16/21333517_C16

CLUB SIZE

SUPER YOUR EVERYDAY

4.50
DANINO KIDS 558 ML **OR YOPLAIT SOURCE** 630 G
SELECTED VARIETIES
21391318001_EA/21520250_EA

3.50
PILLSBURY READY TO BAKE CHUB COOKIE, ROLLS, CRUST OR BISCUITS 318-468 G **OR DANONE ACTIVIA EXPERT** 4X100 G
SELECTED VARIETIES
20371632001_EA/21687900_EA

2/$10 OR 5.49 EA
DORITOS FLAVOURED TORTILLA CHIPS OR CHEETOS CHEESE FLAVOURED SNACKS
SELECTED VARIETIES, 210-285 G
21370195_EA/21693042_EA

12.49
PC® 100% PURE MAPLE SYRUP
CANADA GRADE A AMBER RICH TASTE
500 ML
20049221_EA

$5
YUMI MORNING OATS
SELECTED VARIETIES
264 G
21660783_EA
21706588_EA

7.50
STARBUCKS NESPRESSO COMPATIBLE CAPSULES
SELECTED VARIETIES
10'S
21240795_EA
21241271_EA

$7
LIBERTÉ GREEK TUBS
SELECTED VARIETIES
650/750 G
20704361001_EA

$4
GOGO SQUEEZ FRUIT SAUCE POUCHES OR CUPS
SELECTED VARIETIES
4X90/4X97 G
20322697001_EA
21701912_EA

$7
BECEL MARGARINE
SELECTED VARIETIES
637/850 G
20297818002_EA
21279389_EA

SAVE 1.58 WHEN YOU BUY 2
2/$6 OR 3.79 EA
NO NAME® SOUR CREAM
SELECTED VARIETIES
500 ML
20297641001_EA
20297641002_EA

$7
INTERNATIONAL DELIGHT COFFEE WHITENER OR COLD FOAM
SELECTED VARIETIES
32-946 ML
20895480002_EA
20895480003_EA

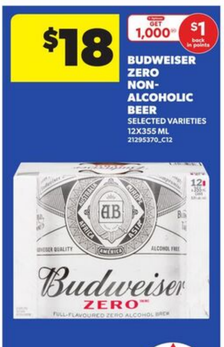
$5
CHRISTIE PREMIUM PLUS CRACKERS
SELECTED VARIETIES
402-481 G
21109001_EA
21109004_EA

$3
CHRISTIE OREO, CHIPS AHOY! ANIMAL CRACKERS, TEDDY GRAHAMS OR POKÉMON SNACK PACKS
SELECTED VARIETIES
144-200 G
21584976_EA
21585155_EA

6.50
FERRERO ROCHER SQUARES
SELECTED VARIETIES
105 G
21676633_EA
21676718_EA

5.50
TWININGS TEA
SELECTED VARIETIES
20'S
20300740001_EA
21056860_EA

$18 SET 1,000 PC POINTS **$1** back in points
BUDWEISER ZERO NON-ALCOHOLIC BEER
SELECTED VARIETIES
12X355 ML
21295370_C12



$4
ZIPLOC BAGS
SELECTED VARIETIES
10-90'S
20310328_EA
20871415_EA

5.50
DAWN LIQUID 825/982 ML **EZ SQUEEZE** 532/535/650 ML **OR POWERWASH REFILL** 473 ML
21430550_EA
21430569_EA

Optimum
Members-Only Price* **14.99**
Non-members **17.99**
Members save **$3**
WHISKAS CAT FOOD
SELECTED VARIETIES
12'S
20548951_EA
*Must be a registered PC Optimum™ member to load and get this offer.

FEEL GOOD CHOICES
AT FEEL GOOD PRICES

2/5.50 OR 3.29 EA
BIOITALIA CANNED 340/398 ML OR **PASTA** 500 G
SELECTED VARIETIES
20984139_EA/21077670_EA

UP TO **15% OFF**
CHICKAPEA ORGANIC PASTA 227 G OR **GOOD FOOD FOR GOOD CONDIMENTS OR PASTA SAUCE** 250/450 ML
SELECTED VARIETIES
21172451_EA/21597621_EA

$6
TERRA VEGETABLE CHIPS
SELECTED VARIETIES, 141 G
21557876_EA/21557962_EA

UP TO **25% OFF**
ORANGE NATURALS VITAMINS OR SUPPLEMENTS
SELECTED VARIETIES AND SIZES
21690345_EA/21703668_EA

$50
VEGA ONE® ALL-IN-ONE PROTEIN POWDER
SELECTED VARIETIES, 834-876 G
20575566001_EA/20645554_EA
PREPARED IN CANADA

5.50
OLYMPIC ORGANIC YOGURT
20316485005_EA/20316485006_EA
PREPARED IN CANADA

UP TO **15% OFF**
BOB'S RED MILL OATS
SELECTED VARIETIES, 454-907 G
21127424_EA/21639699_EA

$11
DAIYA FROZEN FLAT BREAD
SELECTED VARIETIES, 331-354 G
21353895B_EA

$12
LAKEWOOD PURE CRANBERRY JUICE
SELECTED VARIETIES, 946 ML
21178156_EA

UP TO **15% OFF**
CAPILANO MANUKA HONEY
SELECTED VARIETIES, 375 G
21084948_EA
21291109_EA

UP TO **25% OFF**
KIND PROTEIN BARS
SELECTED VARIETIES, 62 G/4X62 G
21697722_EA
21697730_EA
21702796_EA

$14
JUST US ORGANIC WHOLE BEAN OR GROUND COFFEE
SELECTED VARIETIES, 340 G
20095523003_EA
20309024002_EA
PREPARED IN CANADA

$2
ROAR ORGANIC
SELECTED VARIETIES, 532 ML
21106395_EA
21160552_EA

8.50
PC® ORGANICS FROZEN FRUITS
SELECTED VARIETIES, 600 G
20431483002_EA
21357274_EA

$4
RISE KOMBUCHA
SELECTED VARIETIES, 414 ML
21295058_EA
21295362_EA
PREPARED IN CANADA

2/$7 OR 4.99 EA
NATURE CLEAN DISHWASHING LIQUID, ALL PURPOSE SPRAY OR FRUIT AND VEGGIE WASH
SELECTED VARIETIES, 500-740 ML
21179654_EA
21205740_EA
PREPARED IN CANADA

4.50
MADE GOOD PUFFED CRACKERS
SELECTED VARIETIES, 121 G
21355184_EA
PREPARED IN CANADA

Subscribe & Earn up to 10% on natural products*

Subscribe online

Schedule your preferred frequency

Earn up to 15% in points*

Express™ Online grocery pickup & delivery

Shop over 2,000 eligible products + get up to **32,000 points** in subscription bonuses*.

Learn more

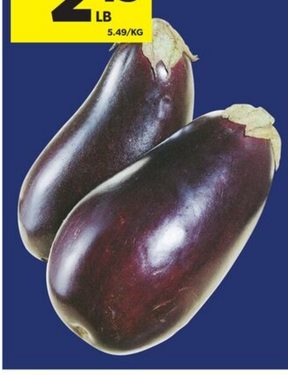
*Terms and conditions apply, see site for details.

RA ONLINE NV

رمضان مبارك BLESSED RAMADAN

Celebrate meals worth sharing and more ways to save.

2.49 LB
5.49/KG
EGGPLANT
PRODUCT OF MEXICO
NO. 1 GRADE
2015570900I_KG



5.99
MAPLE LODGE ULTIMATE OR ZABIHA HALAL CHICKEN WIENERS
SELECTED VARIETIES, 900 G
20671791_EA

3.49
NANAK DAHI
750 G
20133591_EA

$4
DABUR REAL FRUIT JUICE
SELECTED VARIETIES, 1 L
21399816_EA/21399828_EA

$8
SHER BESAN FLOUR
4 LB
20869922_EA

$11
ZABIHA HALAL FIRE CRISP CHICKEN
SELECTED VARIETIES
FROZEN, 700-750 G
21704999_EA/21705962_EA

$8
MOTHER'S MAGIC HIMALAYAN PINK SALT
2 KG
21357761_EA

$1
PARLE-G ORIGINAL BISCUITS 300 G OR **HIDE & SEEK FAB COOKIES** 112 G
SELECTED VARIETIES
20840479_EA/20841388_EA

1.50
MAGGI NOODLES
280 G
20870359_EA

4.50
HEREFORD CORNED BEEF
SELECTED VARIETIES, 340 G
20059622_EA

2.50
BRITANNIA GOOD DAY 231 G OR **FIFTY FIFTY COOKIES** 372 G
SELECTED VARIETIES
21023781_EA/21205822_EA

2.50
MTR MINUTE MEALS
SELECTED VARIETIES, 300 G
20769777008_EA/20769777011_EA

1.75
KURKURE MASALA MUNCH
SELECTED VARIETIES, 115 G
20659742_EA/21361077_EA

UP TO 25% OFF
EVERYDAY ESSENTIALS™ FOOD STORAGE CONTAINERS
SELECTED VARIETIES
20005440_EA/20006012_EA

$4
NO NAME® FOOD STORAGE CONTAINERS
SELECTED VARIETIES
20162802_EA/20189239_EA

LIMIT 4
OVER LIMIT PAY 6.00 EA

رمضان مبارك EID MUBARAK

Enjoy a bountiful iftar for less.

2.25
COCONUT
PRODUCT OF INDIA OR DOMINICAN REPUBLIC
200577401_EA

1.75
TAMAM CANNED BEANS
SELECTED VARIETIES, 540 ML
21214481_EA/21214570_EA

9.50
EXTRA LEAN GROUND BEEF
GRASS FED, 450 G
21675592_EA

INCLUDES HALAL

$12
SUFRA® HALAL CHICKEN LEGS
BACK ATTACHED, FRESH, UP TO 1.28 KG
21616972_EA

$7
VIVASEA COOKED NEW ZEALAND GREENSHELL MUSSELS
FROZEN, 500 G
21595040_EA

1.25
BARBICAN BEVERAGE DRINK
SELECTED VARIETIES, 330 ML
20883547_EA

$5
SURAJ® NAAN
SELECTED VARIETIES, 10'S
20342261_EA

$4
CRISPY COOKIES
SELECTED VARIETIES, 350 G
20820419_EA/20820641_EA

2/4.88
OR 2.89 EA
ROOSTER® TOFU
SELECTED VARIETIES, 454 G
21474765_EA

2.99
PRAN SAMOSAS
FROZEN, 400 G
21054846_EA

3.50
ZINDA COUSCOUS
SELECTED VARIETIES, 907 G
20013708_EA/20822580_EA

$5
TAMAM TAHINI SMALL 454 G OR **SLICED PICKLE TURNIPS** 1 KG
21277262_EA/21237887_EA

$15
KRITI GOLD EXTRA VIRGIN OLIVE OIL
750 ML
20572876_EA

1.50
HALDIRAM'S SNACKS
SELECTED VARIETIES, 90/150 G
20309977_EA/21471405_EA

SHOP THE WORLD IN OUR AISLES*

From bok choy to basmati rice, find international ingredients at low prices.

SHOP NOW

1.25 PASSION FRUIT
PRODUCT OF COLOMBIA
20003716001_EA

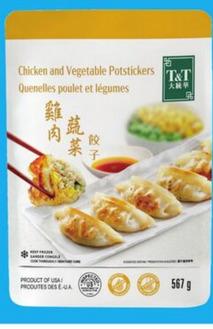
$2 T&T® TROPICAL CAKES
SELECTED VARIETIES, 180 G
20826092_EA/20826539_EA

$7 CHINESE LONG DONUT
6'S
21611165_EA

$7 CANADIAN COVE FRESH PEI MUSSELS
907 G
21556624_EA

5.99 MELONA ICE BAR
SELECTED VARIETIES, FROZEN, 560 ML
21622903_EA

$5 T&T® POTSTICKERS
SELECTED VARIETIES, FROZEN, 567 G
21495805_EA



8.99 FRUTÉE ICE CREAM
SELECTED VARIETIES, FROZEN, 270 ML
21701314_EA

4.49 GLICO POCKY BISCUIT STICKS
SELECTED VARIETIES, 12 PACKS, 156 G
21066079_EA/21066087_EA

8.99 ROOSTER® LIQUID HONEY 1 KG OR RIBENA CONCENTRATED BLACKCURRANT BEVERAGE 850 ML
21101494_EA/21182437_EA

$2 AROY-D COCONUT MILK
SELECTED VARIETIES, 400 ML
20063964_EA/20133960_EA

1.99 POCARI SWEAT ION SUPPLY DRINK
580 ML
21635688_EA

5.49 OVALTINE MALTED CHOCOLATE DRINK
400 G
20726633_EA

6.99 KIKKOMAN SOYA SAUCE
591 ML
21576182_EA

1.69 T&T® KOREAN ROASTED SEA LAVER
3'S
20593313_EA

2.99 PC® UDON NOODLES
4'S
20354811_EA

RA ET WF

SHOP BEAUTY FOR LESS

5.50 LIMIT 6 OVER LIMIT PAY 7.49 EA

DOVE BODY WASH 325 ML OR **BAR SOAP** 3X106 G
SELECTED VARIETIES
21220515_EA/21511901_EA

$7 LIMIT 6 OVER LIMIT PAY 8.49 EA

SOFTSOAP LIQUID HAND SOAP REFILL
SELECTED VARIETIES, 1.47 L
21715576_EA

UP TO **25%** OFF

METHOD BODY WASH 532 ML OR **DEODORANT** 75 G
SELECTED VARIETIES
21640457_EA/21640748_EA

5.50 LIMIT 6 OVER LIMIT PAY 6.99 EA

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

7.50 LIMIT 6 OVER LIMIT PAY 8.99 EA

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

3.50 LIMIT 6 OVER LIMIT PAY 4.49 EA

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

$7 LIMIT 6 OVER LIMIT PAY 7.99 EA

BIC DISPOSABLE RAZORS
SELECTED VARIETIES, 2-8'S
20037524_EA/20320802002_EA

7.50 LIMIT 6 OVER LIMIT PAY 8.99 EA

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

UP TO **20%** OFF

OLAY BODY WASH 364-975 ML OR **BAR SOAP** 4/8X90 G
SELECTED VARIETIES
2150032_EA/2060592700_EA

$10 LIMIT 4 OVER LIMIT PAY 10.99 EA

AUSSIE OR HERBAL ESSENCES PURE PLANTS SHAMPOO OR CONDITIONER
SELECTED VARIETIES AND SIZES
21167373_EA/21571254_EA

8.50 LIMIT 4 OVER LIMIT PAY 8.99 EA

GET 1,000 PC $1 back in points

TRESEMMÉ SHAMPOO, CONDITIONER OR STYLING PRODUCTS
SELECTED VARIETIES AND SIZES
20315203003_EA
21170072_EA

$13 LIMIT 4 OVER LIMIT PAY 15.99 EA

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

$10 LIMIT 4 OVER LIMIT PAY 12.99 EA

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

UP TO **20%** OFF

NIVEA SKINCARE PRODUCTS
SELECTED VARIETIES AND SIZES
20688737_EA/21110152_EA

UP TO **20%** OFF

CETAPHIL CLEANSERS OR MOISTURIZERS
SELECTED VARIETIES AND SIZES
20079867001_EA/20432313001_EA

ELEVATE YOUR WELL BEING

UP TO **25%** OFF

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

UP TO **15%** OFF

OLLY 50-90'S, **L'IL CRITTER'S, FIRST RESPONSE OR VITAFUSION VITAMINS OR SUPPLEMENTS**
SELECTED VARIETIES AND SIZES
21368637_EA/21529434_EA

12.50
LIMIT 4
OVER LIMIT PAY 15.49 EA

PURE PROTEIN BARS
SELECTED VARIETIES AND SIZES
20539046_EA/20856450_EA

$15
LIMIT 4
OVER LIMIT PAY 16.99 EA

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

UP TO **15%** OFF

SYSTANE EYE DROPS
SELECTED VARIETIES, 10/15 ML
21207552_EA/21397130_EA

12.50
LIMIT 4
OVER LIMIT PAY 14.99 EA

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

8.50
LIMIT 4
OVER LIMIT PAY 9.99 EA

CAREFREE PADS 28'S, **LINERS** 92-120'S, **O.B TAMPONS** 40'S OR **PLAYTEX TAMPONS** 32-36'S
SELECTED VARIETIES AND SIZES
20796733_EA/21095818_EA

$12
LIMIT 4
OVER LIMIT PAY 12.99 EA

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

$19
LIMIT 4
OVER LIMIT PAY 20.99 EA

DEPEND UNDERWEAR OR POISE PADS
SELECTED VARIETIES AND SIZES
21302119_EA/20558943005_EA

2/$6
OR 3.99 EA

GERBER PUFFS OR LIL' CRUNCHIES
SELECTED VARIETIES, 42-187 G
20304618003_EA/20305738001_EA

$3
LIMIT 6
OVER LIMIT PAY 3.50 EA

PC® ORGANICS MINI CEREAL BARS
SELECTED VARIETIES, 160 G
20066938001_EA/20433441001_EA

65.47
LIMIT 4
OVER LIMIT PAY 74.99 EA

ENFAMIL A+ NEUROPRO OR GENTLEASE POWDER REFILLS
SELECTED VARIETIES, 862/890 G
21589079_EA/21589205_EA

$37
LIMIT 4
OVER LIMIT PAY 43.99 EA

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

$48
LIMIT 4
OVER LIMIT PAY 53.99 EA

PAMPERS SWADDLERS ULTRA VALUE PACK DIAPERS
SIZE 2-6, SELECTED VARIETIES
120-192'S
21455875_EA/21455889_EA

2/$18
OR 10.49 EA

PEDIASURE COMPLETE NUTRITIONAL SUPPLEMENT
SELECTED VARIETIES, 4X235 ML
20322414001_EA/20322414002_EA

Ben's Original
STREET FOOD / CUISINE DE RUE
KOREAN STYLE BBQ NOODLES
NOUILLES STYLE BBQ COREEN
SPICY INDONESIAN NOODLES
NOUILLES INDONÉSIENNES ÉPICÉES
THAI STIR FRY NOODLES
NOUILLES SAUTÉES THAÏLANDAISES
CHINESE STIR FRY NOODLES
NOUILLES SAUTÉES CHINOISES
JAPANESE TERIYAKI NOODLES
NOUILLES TERIYAKI JAPONAISES
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REAL FAST.
MICROWAVE IN 90 SECONDS
ENTRÉE FOR 1
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WILD FLAVOUR,
ENDLESS POSSIBILITIES.
GOLD SEAL
WILD SOCKEYE SALMON
$6.50
GOLD SEAL
Wild Sockeye Salmon
213 g | 21186814_EA
GOLD SEAL
Wild Pink Salmon Flavours, selected varieties
80 g | 21592988_EA
$4
GOLD SEAL
WILD MACKEREL
MAQUEREAU SAUVAGE
$3
GOLD SEAL
Wild Mackerel, selected varieties | 115 g | 21083414_EA
Ocean's
LIGHT TUNA
$1.75
Ocean's
Flaked Light Tuna in Water
170 g | 21004270_EA

BIG BOWL. BIG FLAVOUR.
CRAVE
Frozen Bowls
Selected Varieties
340 g
21681823_EA
21681767_EA
2/$12
OR
$7 EA.
GET 1,000 when you buy 2
$1 back in points
CRAVE
Frozen Meals
Selected Varieties
200 – 340 g
21085515_EA
2/$11
OR
$6.49 EA.
GET 2,000 when you buy 2
$2 back in points
Kraft Dinner Deluxe
Frozen Meals
Selected Varieties
340 g
21604101_EA
21604122_EA
2/$11
OR
$6.49 EA.
GET 2,000 when you buy 2
$2 back in points
DELICIOUSLY SMART CHOICES MADE EASY
Smart Ones® Entrées
Selected Varieties
255 – 283 g
21559148_EA
21558989_EA
2/$7
OR
$4.50 EA.
GET 2,000 when you buy 2
$2 back in points
Bagel Bites ARE BACK
Bagel Bites®
Selected Varieties
198 g
20213483003_EA
20213483001_EA
$3
GET 1,000 when you buy 2
$1 back in points

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PC Optimum™ members can save up to 35% on home and auto insurance*
Save up to 35%
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Our butchers cut quality meat in your store every day!
pork loin schnitzel
21588065_EA
lean beef meatballs
plain
21587897_EA
beef stir fry strips
cut from Canada AA grade beef
21588067_EA
pork stir fry strips
21588095_EA
chicken stir fry strips
21588091_EA

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OR
Earn 10 per litre
Insert your PC Optimum™ card into the card reader before entering your payment card.
OR
Earn at least 3¢ per litre in points
Pay with your PC® Mastercard® and earn points on fuel.[1]
[1] Points amount shown includes the 10 points per dollar for all purchases with the President's Choice Financial® Mastercard®. In addition, earn at least 10 PC Optimum™ points per purchased litre of gasoline or diesel fuel at Esso™ stations in Canada when you pay with your President's Choice Financial® Mastercard®. You will also earn at least 10 PC Optimum™ points per litre available at Esso™ stations in Canada when you pay with any other method (cash, debit, credit, or mobile payment). Regular unleaded (Octane 89, 91, 93) at Esso™ stations. Should fuel prices fall below $1/L, causing total points per litre awarded to fall below 30 points per litre, points will be topped up to ensure a minimum of 30 points per litre are awarded in all transactions paid with a PC Financial® Mastercard® at Esso™ locations. For full details including how points are awarded to your PC Optimum™ account and rounding rules, visit pcfinancial.ca/en/legal-stuff/pc-optimum-mastercard/. PC®, PC Financial®, and President's Choice Financial® are trademarks of Loblaws Inc., used under license. Mastercard® is a registered trademark, and the circles design is a trademark of Mastercard International Incorporated. President's Choice Bank is a licensee of the marks. President's Choice Financial® Mastercard® is provided by President's Choice Bank. Esso is a trademark of Imperial Oil Limited. Imperial Oil, licensee.
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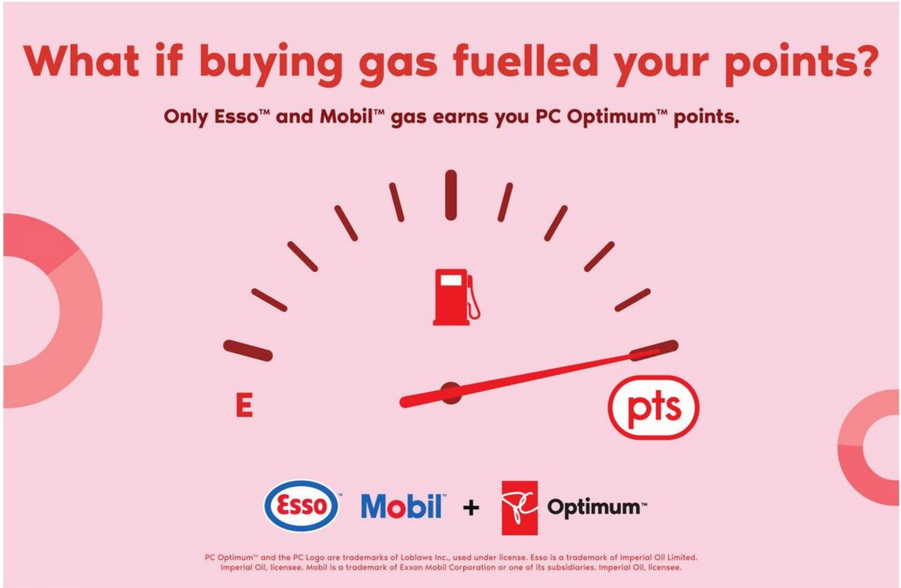
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NEW

Source of Vitamin A Calcium Vitamin D

Prepared in Canada

$4.50 iögo nanö CREAMY YOGURT POUCH 4 X 90 G SELECTED VARIETIES 2070780_EA/2070794_EA

SOURCE OF VITAMIN A & D

$4 iögo nanö DRINKABLE YOGURT 6 X 93 ML SELECTED VARIETIES 2660943_EA/2060966700B_EA

NEW

$4.50 iögo nanö YOGURT WITH FLAVOURED PEARLS 4 X 100 G SELECTED VARIETIES 2070779_EA

$9 iögo CREAMY, 0% OR LACTOSE-FREE YOGURT 16 X 100 G SELECTED VARIETIES 2060958300B_EA/2062284T_EA

$13 iögo CREAMY YOGURT 2 KG SELECTED VARIETIES 2063609Z_EA

$5 siggi's SKYR YOGURT 4 X 100 G SELECTED VARIETIES 2960969L_EA/2958965S_EA

$4.50 ASTRO BALKAN YOGURT 750 G SELECTED VARIETIES 2006526600B0_EA/2070553000_EA

SAVE ON All Your Favourite Household Brands

$5.50 **Tide** Detergent 21/24/25 LD, **Gain** Detergent 32 LD, PODS/Flings 9/16's, Liquid Softener 0.78/1.53 L, Sheets 40/80's, Beads 121/141 g, Rinse 23 LD 21579685_EA/20301481001_EA

$22 **Tide** Detergent 100/94/83 LD, **Ivory Snow** Detergent 80 LD, PODS/Flings 45/57/76's, **Downy/Gain** Beads 853 g, Selected Varieties 21670912_EA/21625891_EA

$11 **Dawn** 2.21/2.64 L, **Mr. Clean** Liquid 2.93 L, **Swiffer** Duster Refills 6/10's, Sweeper Wet Refills 12/20/24's, Sweeper Dry Refills 16/20/32's, WetJet Refills 12's, Powermop Refills 5's, WetJet Liquid 2.5 L, Powermop Liquid 2.5 L, Selected Varieties 21430598_EA/21694540_EA

$27 **Cascade** Tubs 63/83/112's, Selected Varieties 21658905_EA/21658857_EA

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

NEW

$18 **Charmin** Ultra Soft or Strong bathroom tissue 12=48 rolls 21707532_EA/21636641_EA

GET 5,000 PC points for every "30" spent on Bounty or Charmin — $5 back in points

$18 **Bounty** Paper Towel 6=12 Select a Size 21670280_EA

$11 **Bounty** Napkins 400's 21053171_EA

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