

THANK YOU DAY

1 DAY ONLY
 Prices and offers effective
 Saturday, March 7TH, 2026.

ONE DAY APP EXCLUSIVE

Earn **20,000** ^{pts} **\$20** back in points

When you spend **\$200*** or more in-store

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

*Spend \$200 or more on almost anything in-store before taxes and after redemptions and all coupons and discounts are deducted in a single transaction (excludes purchase of tobacco, lottery tickets, alcohol, gift cards, prepaid card products including phone cards, transit/event tickets, post office transactions, passport photos, cash back, delivery charges, all non-participating 3rd party operations and any other products which are provincially regulated (including pharmacy-related transactions) or as we determine from time to time) you will earn the points indicated.

GET 2 FREE*

FIRST 300 CUSTOMERS PER STORE GET BIG TURK CHOCOLATE BAR 60 G OR NESTLÉ COFFEE CRISP 50 G
 SELECTED VARIETIES
BARRE DE CHOCOLAT OU COFFEE CRISP NESTLÉ
 20019964_EA/20686577002_EA



*Get 2 free Nestlé Big Turk Chocolate bars 60 g or Coffee crisp bars 50 g, to the first 300 customers, valid Saturday, March 7th, 2026 at all Real Atlantic Superstore locations. Limit 1 coupon per family. No cash value. Not combinable with any other coupon/offer. No substitutions, refunds or exchanges on free product. While supplies last. We reserve the right to substitute the free product in the event of unavailability for any reason.

HOT DEAL

\$2.75

CHEETOS CHEESE FLAVOURED SNACKS
 SELECTED VARIETIES, 170-285 G
GRIGNOTINES À SAVEUR DE FROMAGE CHEETOS
 21370169_EA/21370195_EA



HOT DEAL

\$5.50

PC® BLACK LABEL PIZZA
 SELECTED VARIETIES, FROZEN, 370-420 G
PIZZA PC^{MP} COLLECTION NOIRE
 21531410_EA/21615467_EA



MARCH

HIT OF THE MONTH

LIMIT 6
AFTER LIMIT
4.00 EA.

CHRISTIE RITZ ORIGINAL, CHIPS, TRISCUITS, TOPPABLES OR CRACKERS
SELECTED VARIETIES, 240-454 G
CHRISTIE RITZ ORIGINAL, CHIPS, CRAQUELINS RITZ ORIGINAUX, CHIPS, TRISCUITS, TOPPABLES CHRISTIE
20686037_EA/21618621_EA



LIMIT 6
AFTER LIMIT
2.50 EA.

QUAKER CHEWY GRANOLA BARS
SELECTED VARIETIES, 5'S, 120 G
BARRES GRANOLA CHEWY QUAKER
21359366_EA/21359369_EA



LIMIT 6
AFTER LIMIT
6.00 EA.

PC DIPS OR HUMMUS
SELECTED VARIETIES, 454 G
TREMPETTES OU HUMMUS PC^{MD}
20583725_EA/20584098_EA



LOWEST PRICES
BEST DEALS

As compared to other major grocery retailers within your local areas.
Valid from March 1 - 31, 2026. While quantities last. See in-store for details.

DEAL DROP

Limited-time deals on PC® home & more.

LIMIT 4
OVER LIMIT PAY 30.00 EA

\$15

LIFE AT HOME® FELT HANGERS
50'S
CINTRES EN FEUTRE
LIFE AT HOME® MC
21012347_EA

REAL ATLANTIC SUPERSTORE
PROUDLY CANADIAN

BONELESS CROSS RIB ROAST OR CLUB PACK STEAK
CUT FROM CANADA AA GRADE BEEF OR HIGHER
RÔTI DE CÔTES CROISÉES DÉOSSÉ OU BIFTECK FORMAT CLUB
20794616_KG/20794618_KG

SAVE UP TO 43%

7.88
LB
17.37/KG

CANADIAN BEEF

1.99
LB
4.39/KG

BUTTERBALL TURKEY
FROZEN, 3-5 KG
DINDE BUTTERBALL
21618104_KG

BUTTERBALL

Frozen • Congelé

RAISED WITHOUT antibiotics
ÉLEVÉ SANS antibiotiques

Young Turkey Seasoned with giblets
Jeune dinde Assaisonné avec abats

Raised in Canada / Elevé au Canada

18% MEAT PROTEIN • 18% DE PROTÉINES DE VIANDE
Graded before seasoning / Classé avant l'assaisonnement
KEEP FROZEN / GARDER CONGÉLÉ
Insert fingers in holes and pull apart / Insérer vos doigts dans les trous et séparer

CANADIAN POULTRY

PC® EXTRA LARGE RED SEEDLESS GRAPES
PRODUCT OF SOUTH AFRICA OR CHILE, NO. 1 GRADE OR
PC® EXTRA LARGE GREEN SEEDLESS GRAPES
PRODUCT OF PERU, SOUTH AFRICA OR CHILE, NO. 1 GRADE

TRÈS GROS RAISINS ROUGES SANS PÉPINS PC® MD
OU TRÈS GROS RAISINS VERTS SANS PÉPINS PC® MD
20159199001_KG/20425775001_KG

2.99
LB
6.59/KG

\$6

LARSEN WIENERS OR HAM SLICES
SELECTED VARIETIES
375-900 G
SAUCISSES FUMÉES OU TRANCHES DE JAMBON LARSEN
20163681_EA/20416522_EA

Larsen

EXTRA LEAN • EXTRA-MAIGRE

SMOKED BONELESS HAM SLICES
JAMBON DÉOSSÉ FUMÉ ET TRANCHÉ

15% MEAT PROTEIN • 15% PROTÉINES DE VIANDE
KEEP REFRIGERATED • GARDER RÉFÉRIGÉRÉ

AUTUMNCRISP
GREEN SEEDLESS GRAPES
RAISINS VERTS SANS PÉPINS

SWEET CELEBRATION
RED SEEDLESS GRAPES
RAISINS ROUGES SANS PÉPINS

EXTRA LARGE

Larsen

CLASSIC TASTE • GÔÛT CLASSIQUE

WIENERS SAUCISSES FUMÉES
900 g

FARMER'S MARKET™ DELICES DU MARCHÉ

WHITE BLANCHES

RUSSET
4.54 kg 10 lb
Pommes
Pommes de terre
CANADA NO. 1 - PRODUCT OF CANADA/PRODUIT DU CANADA

SAVE UP TO 40%

2.99

FARMER'S MARKET™ RUSSET OR WHITE POTATOES
PRODUCT OF CANADA, CANADA NO. 1 GRADE, 10 LB
POMMES DE TERRE RUSSET OU BLANCHES DELICES DU MARCHÉ™
20601020001_EA

PRODUCT OF CANADA

\$3

COUNTRY HARVEST BREAD
600/650 G OR **BAGELS** 6'S
SELECTED VARIETIES
PAIN OU BAGELS COUNTRY HARVEST
21178642_EA/21693323_EA/21178571_EA

COUNTRY HARVEST

14 GRAINS
+ PROTEIN 12g

EVERYTHING TOUT GAR

PREPARED IN CANADA

2/\$16
OR 9.00 EA

4,000* **\$4**
back in points
when you buy 2

PC® PACIFIC LARGE WHITE SHRIMP RAW OR COOKED
PEELED OR RAW ZIPPERBACK®

31-40/LB, 400 G OR **SEAQUEST® WHOLE TILAPIA** 1.36 KG OR **POMPAÑO** 800 G, FROZEN

GROSSES CREVETTES BLANCHES DU PACIFIQUE
PC® MD CRUES OU CUITES!
À DÉCORTICAGE ÉCLAIR™
OU TILAPIA OU POMPAÑO
ENTIER SEAQUEST®
20791381_EA/21891947_EA

APP EXCLUSIVE OFFER!

SAVE UP TO 58%

1.25

OASIS 100% JUICE BLENDS, DEL MONTE NECTAR, HYDRAFRUIT, ARIZONA TEA JUICE 960 ML OR **ALLEN'S** 1L
SELECTED VARIETIES
MÉLANGES DE JUS 100% OASIS, NECTAR DEL MONTE, HYDRAFRUIT, JUS DE THÉ ARIZONA OU ALLEN'S
20338722005_EA/20338722001_EA

100% JUICE • JUS 100% FRUITS

PREPARED IN CANADA

SAVE UP TO 50%

\$10

TERRA OLIVE OIL 1L OR NONNA PIA BALSAMIC GLAZE 250 ML
HUILE D'OLIVE TERRA OU CRÈME DE BALSAMIQUE NONNA PIA'S
20839387_EA
20729461_EA

NONNA PIA'S

BALSAMIC GLAZE
CRÈME DE BALSAMIQUE

TERRA

EXTRA VIRGIN OLIVE OIL
VIEUX EXTRA

3.50

MINUTE MAID ZERO SUGAR DRINKS
1.54 L OR **LIBERTÉ MÉDITERRANÉE TUBS** 500 G
SELECTED VARIETIES
BOISSONS ZÉRO SUCRE
MINUTE MAID OU CONTENANTS MÉDITERRANÉE LIBERTÉ
21434119_EA/21473714_EA

Minute Maid

zero sugar
zéro sucre

LIBERTÉ

LEMONADE
LIMONADE

SAVE UP TO 36%

3.50

DR. OETKER RISTORANTE OR CASA DI MAMA PIZZA OR FLAT BREAD PIZZAS
320-410 G OR **PC® FOCACCIA**
OR FLAT BREAD PIZZAS
330-455 G, SELECTED VARIETIES, FROZEN
PIZZA RISTORANTE OU CASA DI MAMA DR. OETKER OU PIZZAS FOCACCIA OU PAIN PLAT PC® MD
20298100001_EA/21648988_EA

Ristorante

PIZZA SPINACI

CASA DI MAMA

FLAT BREAD PAIN PLAT
no yeast • sans levure

SAVE UP TO 3.99

\$17

PC® K-CUPS 30'S OR MCCAFFÉ GROUND COFFEE 290-300 G
SELECTED VARIETIES
K-CUPS PC® MD OU CAFÉ MOULU MCCAFFÉ
21721681_EA/21038762_EA

McCafé

GOURMET WEST COAST DARK ROAST

SAVE UP TO 35%

12.99

AASHIRVAAD WHOLE WHEAT FLOUR OR BRAR'S DESI STYLE DURUM FLOUR 20 LB
FARINE DE BLÉ ENTIER, AASHIRVAAD OU FARINE DURUM STYLE DESI BRAR'S
21359688_EA/20657367_EA

AASHIRVAAD

WHOLE WHEAT FLOUR

BRAR'S

DESI STYLE DURUM FLOUR

12.99

COCA-COLA OR PEPSI SOFT DRINKS
SELECTED VARIETIES
24X355 ML
BOISSONS GAZEUSES COCA-COLA OU PEPSI
20308197001_C24
20306687002_C24

55¢ PER CAN

SAVE UP TO 55%

2,000* **\$2**
back in points

6.50

CASHMERE BATHROOM TISSUE 12 DOUBLE ROLLS,
SPONGETOWELS PAPER TOWELS
3-6 ROLLS OR **SCOTTIES FACIAL TISSUE** 6'S,
SELECTED VARIETIES
PAPIER HYGIÉNIQUE CASHMERE, ESSUIE-TOUT-SPONGE TOWELS OU MOUCHOIRS SCOTTIES
20318667_EA
21204739_EA/21676183_EA

PREPARED IN CANADA

SAVE FOR REAL™

PRICE DROP

FRESH PROMISE

MEMBERS SAVE MORE

no name®

HIT OF THE MONTH

IN STOCK PROMISE

MULTI SAVE

ALWAYS \$

CLUB SIZE

Optimum
Members-Only Price**
4.49
Non-members
5.99

Members save up to **\$1.50**

ROBIN HOOD OR FIVE ROSES FLOUR
SELECTED VARIETIES, 2.5 KG
FARINE ROBIN HOOD OU FIVE ROSES
20039497001_EA/20148914002_EA
**Must be a registered PC Optimum™ member to load and get this offer.

Robinson Hood
ALL PURPOSE FLOUR ORIGINAL

FIVE ROSES
ALL PURPOSE NEVER BLEND

LIMIT 4

SAVE UP TO 25%
\$3

GREEN GIANT VEGETABLES
400-750 G OR MCCAIN
FRIES OR HASHBROWNS 800 G,
SELECTED VARIETIES, FROZEN
LÉGUMES GÉANT VERT OU FRITES OU POMMES DE TERRE RISSOLÉES MCCAIN
21521219_EA/21022277_EA

Green Giant
Géant Vert

PREPARED IN CANADA

\$8

PC NATURALLY SMOKED BACON
SELECTED VARIETIES
375/500 G
BACON FUMÉ NATURELLEMENT
PC^{MD}
20152629_EA

BACON

PREPARED IN CANADA

3.49

LANTIC WHITE GRANULATED SUGAR
SELECTED VARIETIES
2 KG
SUCRE BLANC GRANULÉ LANTIC
20145033_EA

Rogers
Lantic
Natural • Naturel
granulated sugar
sucre granulé

PRODUCT OF CANADA

SAVE UP TO 34%
1.50

OCEANS LIGHT TUNA OR GOLD SEAL SARDINES
SELECTED VARIETIES, 125/170 G
THON PÂLE OCEAN'S OU SARDINES GOLD SEAL
2100427701_EA/21024464_EA

OCEANS
SKIPPACK IN WATER
FLAKED LIGHT TUNA

GOLD SEAL
WILD SARDINES SAUVAGES
PRIMO WATER
EAU DE SOURCE

SAVE 2.98 WHEN YOU BUY 2
2/\$13
OR 7.99 EA

CRACKER BARS 400 G OR
SHREDS 250-320 G OR
SELECTED VARIETIES
BARRES DE FROMAGE OU FROMAGE RÂPÉ
CRACKER BARREL
21290384_EA/21290616_EA

CRACKER BARREL
HARBLE • HARBLE

TEX MEX

PREPARED IN CANADA

SAVE UP TO .79
2.50

UNICO PASTA 750 G OR
SAUCE 680 ML
SELECTED VARIETIES
PÂTES OU SAUCE UNICO
20326537001_EA/20794827_EA

Unico
Pasta Sauce
ORIGINAL
Thick & Tasty

Unico
spaghetti

PREPARED IN CANADA

SAVE UP TO 2.29
\$7

LIBERTÉ GREEK TUBS
650/750 G OR **STARBUCKS ICED COFFEE** 1.18/1.42 L
SELECTED VARIETIES
CONTENANTS DE YOGURT GREC LIBERTÉ OU CAFÉ GLACÉ STARBUCKS
21215527_EA/20642273_EA

LIBERTÉ GREEK
PROTEIN
PLAIN
750g

STARBUCKS
ICED COFFEE
CAFÉ GLACÉ

2/\$7
OR 4.50 EA

LECLERC GO PURE GRANOLA BARS 140-175 G OR
NUGABAR 175 G
SELECTED VARIETIES
BARRES GRANOLA GO PURE OU NUGABAR-LECLERC
21430794_EA/21536595_EA

GO PURE
Oatmeal Bars
BROWNIES

Nügabar
SOFT BREAD WITH CRISPY CRISP BITE AND BARK

Optimum
Members-Only Price**
\$4
Non-members
\$5

Members save up to **\$1**

CHEEZ IT, CHEEZ IT SNAP'D OR TOWNHOUSE CRACKERS
SELECTED VARIETIES
213 - 391 G
CRAQUELINS CHEEZ-IT, SNAP'D CHEEZ-IT OU TOWNHOUSE
21451181_EA/21107403_EA
**Must be a registered PC Optimum™ member to load and get this offer.

CHEEZ IT, CHEEZ IT SNAP'D OR TOWNHOUSE CRACKERS

TOWNHOUSE
ORIGINAL

4.50

LECLERC CÉLÉBRATION COOKIES OR MINIS
SELECTED VARIETIES
200 - 350 G
BISCUITS OU MINIS CÉLÉBRATION LECLERC
210489943_EA/21680155_EA

CELEBRATION
Mini
COOKIES
DOUBLE CHOCOLATE

CELEBRATION
COOKIES
DOUBLE CHOCOLATE

\$6

CHRISTIE OREO, CHIPS AHOY, FUDGE-O OR DAD'S FAMILY SIZE COOKIES OR OREO CAKESTERS 285-500 G
BISCUITS OREO, CHIPS AHOY, FUDGE-O OU DAD'S CHRISTIE FORMAT FAMILIAL OU MOELLEUX OREO
21014087_EA/21639135_EA

OREO
CAKESTERS

Chips Ahoy!
ORIGINAL ORIGINAL

5.50 **GET 1,000** \$1 back in points**

NESTLÉ DRUMSTICK 4'S OR **HÄAGEN-DAZ** 414-450 ML
SELECTED VARIETIES
FROZEN
DRUMSTICK NESTLÉ OU HÄAGEN-DAZS
20322380003_EA
21513578_EA

DRUMSTICK
NESTLÉ

Häagen-Dazs

PREPARED IN CANADA

2.75

PRINGLES SUPER STACK POTATO CHIPS
SELECTED VARIETIES,
148/156 G
CROUSTILLES FORMAT SUPER PRINGLES
21003823_EA
21003833_EA
**Must be a registered PC Optimum™ member to load and get this offer.

PRINGLES
SOUR CREAM & ONION

PRINGLES
ORIGINAL

1,000 \$1 back in points**
when you buy 3

RUFFLES POTATO CHIPS OR TOSTITOS TORTILLA CHIPS
SELECTED VARIETIES
180-295 G
CROUSTILLES RUFFLES OU CROUSTILLES DETORTILLA TOSTITOS
21050581_EA/21241053_EA

Tostitos
ROUNDOS/RONDOS

PREPARED IN CANADA

SAVE 1.98 WHEN YOU BUY 2
2/\$8
OR 4.99 EA

KOOL-AID OR CLEAR JAMMERS
SELECTED VARIETIES,
10X180 ML
JAMMERS OU JAMMERS CLAIR KOOL-AID
20079976006_EA
20079976002_EA

Kool-Aid
jammers

\$21

TIDE LAUNDRY DETERGENT 3.46-3.9 L, **PODS OR FLINGS** 45-76'S OR
DOWNY OR GAIN BEADS 853 G
SELECTED VARIETIES
DÉTERGENT À LESSIVE TIDE, PODS OU FLINGS OU PERLES DOWNY OU GAIN
21593670_EA/21659405_EA

Tide
OXI MAX

Downy

Gain

PRICE DROP⁺ SO YOU CAN SAVE MORE

2.50

MONSTER ENERGY
SELECTED VARIETIES
473 ML
BOISSON ÉNERGISANTE MONSTER
20938249_EA/20938521_EA

MONSTER
ENERGY

MONSTER
ENERGY
ZERO ULTRA

2.50

CHEEMO PEROGIES
SELECTED VARIETIES
FROZEN, 745-907 G
PEROGIES CHEEMO
20527159_EA/20527369_EA

CHEEMO
Perogies

PREPARED IN CANADA

3.50

POPCORNERS
SELECTED VARIETIES
142 G
POPCORNERS
21370205_EA/21370259_EA

POPCORNERS
WHITE HEDDAR LANC

POPCORNERS
KETTLE CORN
MÁS A LA MARIQUETE

4.50

GARNIER WHOLE BLENDS SHAMPOO OR CONDITIONER
SELECTED VARIETIES
AND SIZES
SHAMPOING OU REVITALISANT WHOLE BLENDS GARNIER
20941723_EA/20941824_EA

Whole Blends

Whole Blends

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. Advertisements regarding 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 Bank of Montreal. PC Optimum™ program is provided by President's Choice Services Inc. President's Choice Financial MasterCard is provided by President's Choice Bank. President's Choice Financial personal banking services are provided by the direct banking division of Simplii Financial. ©PC, President's Choice, PC Financial and President's Choice Financial are registered trademarks of Loblaws Inc. Trademarks used under licence. We reserve the right to limit quantities to reasonable family requirements. **PC OPTIMUM MEMBERS ONLY:** These offers are only available to valid PC Optimum™ program members. Membership is free. To register as a PC Optimum™ member, see in-store or visit pc optimum.ca. We are not obligated to award points based on errors or misprints. No cash value. See atlanticsuperstore.ca for full program details including redemption restrictions Minimum redemption 10,000 points. 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.** All references in our flyer to "Save", "Was", "Now" etc. is in comparison to our own regular prices. **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.



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/\$5
OR 1.49 EA

RED MANGOES
PRODUCT OF PERU OR
ATAULFO MANGOES
PRODUCT OF MEXICO
MANGUES ROUGES OU
MANGUES ATAULFO
20121509001_EA/20059635001_EA



SAVE UP TO 1.00

\$4

CANTALOUPE
PRODUCT OF GUATEMALA OR
HONDURAS
CANTALOUPE
20167017001_EA



\$4

FARMER'S MARKET™
AVOCADO BAG
PRODUCT OF MEXICO,
PERU OR COLOMBIA
SAC D'AVOCATS
DÉLICES DU MARCHÉ^{MC}
21644936001_EA

PKG OF 5



\$8

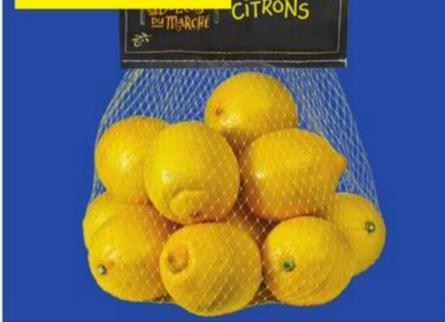
FARMER'S MARKET™
KIWI
PRODUCT OF GREECE, CLUB SIZE
KIWI DÉLICES DU
MARCHÉ^{MC}
21576456001_KG

2 LB



\$6

FARMER'S MARKET™
LEMONS
PRODUCT OF U.S.A., 2 LB
CITRONS DÉLICES DU
MARCHÉ^{MC}
20795315001_EA



4⁵⁰

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

PRODUCT OF CANADA



\$1^{LB}
2.20/KG

GREEN CABBAGE
PRODUCT OF CANADA
CANADA NO. 1 GRADE
CHOU VERT
20793034001_KG

PRODUCT OF CANADA



2/\$11
OR 6.00 EA

TAYLOR FARMS
CHOPPED SALAD KITS
PRODUCT OF U.S.A.
SELECTED VARIETIES, 267-383 G
SALADES HACHÉES

TAYLOR FARMS
21209541_EA/21335159_EA



\$6

GUACAMOLE 270 G OR
PICO DE GALLO
SALSA 170 G
PREPARED IN-STORE
GUACAMOLE OU
SALSA PICO DE GALLO
21657916_EA/21552232_EA



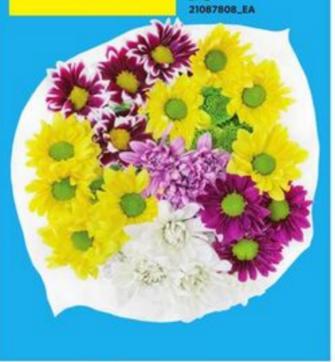
\$32

PC™ PREMIUM
GIFT
BOUQUET
CADEAU DE
QUALITÉ
SUPÉRIEURE
PC^{MD}
21087827_EA



\$15

PC™ COLOUR
POP DAISIES
MARGUERITES
COLOUR POP
PC^{MD}
21087808_EA



\$10

8 STEM TULIPS
ASSORTED COLOURS
8 TULIPES SUR
TIGE
21723469_EA



\$8

CAMPANULA
BLOOM
OF THE MONTH
CAMPANULE
21730503_EA



9⁴⁹
LB
20.92/KG

EXTRA LEAN
GROUND BEEF
BŒUF HACHÉ
EXTRA-MAIGRE
20798252_KG

CLUB SIZE



SAVE UP TO 1.85
LB

\$5⁹⁹
LB
13.21/KG

PORK SIRLOIN CHOPS
OR ROAST
BONELESS
CÔTELETTES OU RÔTI
DE SURLONGE DE
PORC
20836762_KG/20835855_KG



3⁵⁰
LB
7.72/KG

CHICKEN LEG
QUARTERS
BACK ATTACHED, FRESH
CUISSES DE POULET
20153925_KG

CLUB SIZE



\$7

ATLANTIC CHOICE™
SAUSAGES
SELECTED VARIETIES, 375-500 G
SAUCISSES ATLANTIC
CHOICE^{MD}
21332592_EA/21332594_EA

PREPARED IN CANADA



8⁹⁹

NO NAME™ SMOKIES™
SELECTED VARIETIES, 900 G
SMOKIES^{MC} SANS
NOM^{MC}
20734142_EA

PREPARED IN CANADA



SAVE UP TO 4.00

\$8

IMPOSSIBLE PLANT-BASED BURGER
PATTIES 227 G OR
GROUND MEAT 340 G
FROZEN
GALETTES DE BURGER
À BASE DE PLANTES
OU SANS-VIANDE
HACHÉ IMPOSSIBLE
21403513_EA/21403522_EA



\$11
LB
24.25/KG

FRESH RAINBOW
TROUT FILLETS
FILETS DE TRUITE
ARC-EN-CIEL FRAÎCHE
20897913_KG

CANADIAN SEAFOOD



\$15

40 FATHOMS FISH
BREADED FILLETS
FROZEN, 815 G
FILETS PANÉS 40
FATHOMS
20810357_EA/20807664_EA



\$10

PC™ SMOKED SALMON
OR CRAB & LOBSTER
BAKE & SERVE DIP
FROZEN, 360 G
TREMPETTE À CUIRE ET
SERVIR AU SAUMON
FUMÉE OU CRABE ET
HOMARD PC^{MD}
21682613_EA/21682673_EA

PREPARED IN CANADA



SUPER FRESH

4⁵⁰

BUTTER CROISSANTS
BAKED IN-STORE
6'S
CROISSANTS AU BEURRE
21682999_EA



3⁵⁰

GRAIN BREAD
BAKED IN-STORE
SELECTED VARIETIES, 383-450 G
PAIN DE GRAINS
20811250_EA/21721692_EA



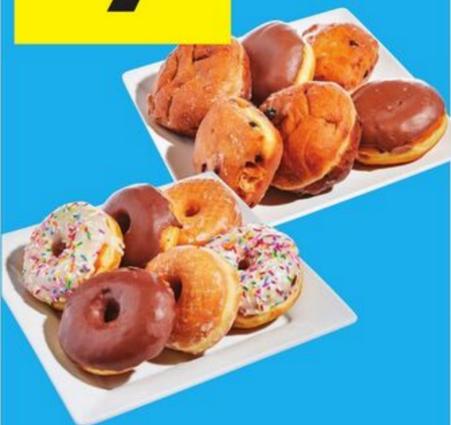
1⁵⁰

BAGUETTE
BAKED IN-STORE
WHITE OR WHEAT, 255 G
BAGUETTE
21529211_EA/21530097_EA



\$7

ASSORTED DONUTS
6'S
BEIGNES ASSORTIS
21244805_EA/21244806_EA



7⁵⁰

ACE ARTISAN ROLLS
SELECTED VARIETIES, 6-10'S
PETITS PAINS
ARTISAN ACE
21596345_EA/21596355_EA



\$6

CINNAMON BUNS
BAKED IN-STORE
10'S
BRIOCHE À LA CANNELLE
21467540_EA



2/\$6
OR 3.50 EA

WONDER BREAD
OR BUNS
SELECTED VARIETIES AND SIZES
PAIN OU PETITS PAINS
WONDER
20305135_EA/20305674_EA



\$3

HOSTESS
SNACK CAKES
SELECTED VARIETIES, 202/206 G
PETITS GÂTEAUX
HOSTESS
21283752_EA



3⁵⁰

PC® 10 INCH TORTILLAS
SELECTED VARIETIES
342-650 G
TORTILLAS 10 PO PC®
20182751_EA/21447518_EA



SAVE UP TO 1.99

7⁵⁰

TRE STELLE RICOTTA
475 G OR **BOCCONCINI**
200 G
SELECTED VARIETIES
RICOTTA OU BOCCONCINI
TRE STELLE
20024992_EA/20093652_EA



SAVE 2.49

\$8

BALDERSON CHEDDAR
250/280 G OR **GOUDA** 200 G
SELECTED VARIETIES
CHEDDAR OU GOUDA
BALDERSON
21495455_EA/21495561_EA



\$7

BOURSIIN CREAM CHEESE 150 G OR **PILLER'S KOLBASSA** 250-375 G
SELECTED VARIETIES
FROMAGE À LA CRÈME BOURSIIN OU KOLBASSA PILLER'S
20116794_EA/20308469_EA



\$14

MAPLE LEAF NATURAL SELECTIONS OR PC® FREE FROM SLICED DELI MEAT
CLUB PACK, SELECTED VARIETIES
375/400 G
CHARCUTERIES
TRANCHÉES NATURAL SELECTIONS MAPLE LEAF OU PC®
SIMPLENTON BON®
20772015_EA/20923814_EA



Optimum

Members-Only Price™

\$7

Non-members **\$8**

Members save **\$1**

LESLEY STOWE RAINCOAST CRISPS 150 G OR **WILDLY DELICIOUS JELLY** 185 ML
SELECTED VARIETIES
CRAQUELINS RAINCOAST CRISPS
LESLEY STOWE OU GELÉES WILDLY DELICIOUS
21025538_EA/21030996_EA
**Must be a registered PC Optimum™ member to load and get this offer.



Optimum

Members-Only Price™

3⁵⁰

Non-members **\$4**

PC® DIPS 200-227 G OR **NAAN CRISPS** 170 G
SELECTED VARIETIES
21681330_EA/21683470_EA
TREMPETTES OU CRAQUELINS DE NAANS PC®
**Must be a registered PC Optimum™ member to load and get this offer.



8⁴⁹

FROM OUR CHEFS™ SOUP
SELECTED VARIETIES, 700 ML
SOUPE CONCOCTÉ PAR NOS CHEFS™
21703369_EA/21703589_EA



\$9

INDIVIDUAL CHICKEN COMBO WITH WEDGES
361-530 G
COMBO DE PORTION INDIVIDUELLE DE POULET ET POMMES DE TERRE EN QUARTIERS
21086084_EA/21022536_EA



SAVE UP TO 2.00

\$16

BENTO CALIFORNIA FAMILY PACK SUSHI
SELECTED VARIETIES
470/654 G
SUSHI FORMAT FAMILIAL CALIFORNIA BENTO
21638655_EA



no name®

just low prices
(so switch)

1.50

NO NAME® CHUNK OR FLAKED LIGHT TUNA
170 G
20521647_EA/20521648_EA



NO NAME® CONDENSED SOUP
SELECTED VARIETIES, 284 ML
20252539_EA/20618885_EA

1.25



1.50

NO NAME® PIZZA OR TOMATO SAUCE
213 ML
20018020_EA/20169686_EA



2.50

NO NAME® ENGLISH MUFFINS
SELECTED VARIETIES
6'S
21216410_EA/21216413_EA



\$8

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



CLUB SIZE

GOOD HEALTH MORE VALUE

ELEVATE YOUR WELL BEING

\$9
LIMIT 4
OVER LIMIT PAY
12.99 EA

JOHN FRIEDA HAIR CARE OR BATISTE DRY SHAMPOO
SELECTED VARIETIES AND SIZES
21570307_EA/21645037_EA



SENSODYNE OR PRONAMEL TOOTH PASTE
SELECTED VARIETIES, 110/135 ML
20247931002_EA/20432268002_EA

6⁵⁰
LIMIT 6
OVER LIMIT PAY
7.49 EA



\$5
LIMIT 6
OVER LIMIT PAY
5.99 EA

IRISH SPRING BAR SOAP 6X104 G, BODY WASH 591 ML OR SOFTSOAP BODY WASH 591 ML
SELECTED VARIETIES
21219375_EA/21436477_EA



GET 5,000⁰⁰ \$5
when you spend \$25⁰⁰ on
back in points

CLARITIN, AERIUS OR HYDRASENSE ALLERGY PRODUCTS
SELECTED VARIETIES AND SIZES
20308018001_EA/21685500_EA



UP TO 20% OFF

BAND-AID OR POLYSPORIN
SELECTED VARIETIES AND SIZES
21335482_EA/20122893_EA



PREPARED IN
CANADA
FOR CANADIANS



9.99

FLOURISH PROTEIN PANCAKE OR WAFFLE MIX
430 G OR **BREAKFAST OR BAKING SYRUP** 375 ML
SELECTED VARIETIES
21375781_EA/21693002_EA

PREPARED IN CANADA

SAVE UP TO 35%

\$5

SCOTSBURN ICE CREAM 1.5 L OR NOVELTIES 12'S
SELECTED VARIETIES, FROZEN
20660078001_EA/20859667_EA

PREPARED IN CANADA

\$6

QUAKER MUFFIN OR COOKIE MIX
SELECTED VARIETIES, 900 G
20301064001_EA/21611830_EA

PREPARED IN CANADA

\$16

BALZAC'S WHOLE BEAN 340 G OR GROUND COFFEE CAN 300 G
SELECTED VARIETIES
20987612_EA/21364375_EA

PREPARED IN CANADA

3.50

PC TARTAR SAUCE
250 ML
20011012_EA/20861237_EA

PREPARED IN CANADA

3.50

MADE GOOD BARS, GRANOLA, MORNINGS, MINIS, RICE CRISPS OR DRIZZLE BARS
SELECTED VARIETIES, 120-150 G
20797052001_EA/21107621_EA
21425463_EA

PREPARED IN CANADA

SAVE 1.00

\$5

CHEF BOMBAY ENTRÉES OR APPETIZERS
SELECTED VARIETIES, FROZEN
240-354 G
20973182_EA/21527683_EA

PREPARED IN CANADA

\$5

CHAPMAN'S MARKDALE CREAMERY ICE CREAM 2 L OR COLLECTION NOVELTIES 8'S
SELECTED VARIETIES
FROZEN
20315236001_EA
20323757001_EA

PREPARED IN CANADA

2/\$8
OR 4.99 EA

NESTLÉ CELLO CHOCOLATE MINIS
SELECTED VARIETIES, 98-130 G
21556200_EA/21556235_EA

PREPARED IN CANADA

\$2

AYLMER TOMATOES
SELECTED VARIETIES, 796 ML
21206804_EA/21207592_EA

PREPARED IN CANADA

1.25

RAVINE MUSHROOMS
SELECTED VARIETIES, 284 ML
21298248_EA

PREPARED IN CANADA

\$5

BAXTER OR SCOTSBURN CHOCOLATE MILK
SELECTED VARIETIES, 2 L
20092109_EA

PREPARED IN CANADA

2/\$11
OR 6.79 EA

PC OR BLUE MENU SPARKLING WATER
SELECTED VARIETIES, 12X355 ML
20668034002_C01
20668034001_C01

PREPARED IN CANADA

3.75

EARTH'S OWN OAT NON-DAIRY BEVERAGES
SELECTED VARIETIES, 1.75 L
21037799_EA/21517729_EA

PREPARED IN CANADA

UP TO 15% OFF

PERFECT SPORTS SUPPLEMENTS
SELECTED VARIETIES AND SIZES
21068247_EA/21068329_EA

PREPARED IN CANADA

HAPPY INTERNATIONAL WOMEN'S DAY

\$18

MORE-THAN-A-DOZEN TULIPS
ASSORTED COLOURS
21723965_EA



\$10

WOMEN'S DAY VIOLET IN TIN
21654280_EA



GET 5,000^{pts}

\$5
back in points

\$22

INTERNATIONAL WOMEN'S DAY BOUQUET
21669203_EA



\$5

STRAWBERRIES
PRODUCT OF MEXICO OR U.S.A.
454 G
20049778001_EA



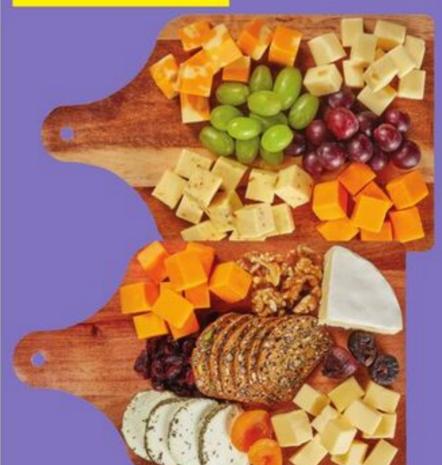
\$20

LARGE VEGETABLE OR FRUIT PLATTER
PREPARED IN-STORE
1.343-1.87 KG
20081718_EA/20121599_EA



\$14

CHARCUTERIE BOARDS
SELECTED VARIETIES AND SIZES
278-330 G
21405538_EA/21405571_EA



\$17

FARMER'S MARKET™ BAR CAKES
SELECTED VARIETIES, 675-770 G
21500812_EA/21500693_EA



7⁵⁰

FARMER'S MARKET™ SQUARES
SELECTED VARIETIES, 400/450 G
21216499_EA/21216523_EA



4⁵⁰

PC® BLACK LABEL ICE CREAM
SELECTED VARIETIES
FROZEN, 500 ML
21578921_EA/21648683_EA



\$4

MERCI CHOCOLATE BARS
SELECTED VARIETIES, 100/112 G
21160442_EA/21160514_EA



2/\$10
OR 5.99 EA

LINDT EXCELLENCE CHOCOLATE
SELECTED VARIETIES, 80-100 G
20312527009_EA/21664488_EA



5⁵⁰

FERRERO ROCHER BAGS
SELECTED VARIETIES, 80/100 G
21358719_EA/21358721_EA



SUPER

DEALS

\$5

GET **2,500** back in points for every \$8* spent on

KELLOGG'S RAISIN BRAN, ALL BRAN, CRISPIX, FUN PAC, MINI-WHEATS, MUSLIX, SPECIAL K OR VECTOR
SELECTED VARIETIES
210-525 G
20015041_EA
21607207_EA

VECTOR
HIGH PROTEIN*
WITH CRUNCHY GRANOLA CLUSTERS

MINI-WHEATS!
VERY HIGH FIBRE
MADE WITH 100% WHOLE GRAIN
ORIGINAL

2/9⁵⁰
OR 5.49 EA

CAVENDISH FARMS FRIES OR SPECIALTY POTATOES
SELECTED VARIETIES
FROZEN, 400-750 G
20729779_EA/21094815_EA

RESTAURANT Style DRIVE-THRU
FRIES / Frites
750 g

Flavour CRISP
CLASSIC CLASSIQUE
STRAIGHT CUT FRIES / Frites coupes régulières
750 g

PREPARED IN CANADA

3/\$9
OR 3.33 EA

GENERAL MILLS, NATURE VALLEY, PILLSBURY, BETTY CROCKER OR MOTT'S FRUITSATIONS GRANOLA OR CEREAL BARS, TREATS OR FRUIT SNACKS
SELECTED VARIETIES
120-230 G
20318474001_EA
20807250_EA

FRUIT BY THE FOOT
VARIETY PACK!
3 FLAVOURS
STRAWBERRY TIE-DYE
BLUE-RASPBERRY TIE-DYE
BERRY TIE-DYE

NATURE VALLEY LUNCH BOX
DOUBLE CHOCOLATE FLAVOUR

\$6

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

Rice KRISPIES
SOURCE OF 7 VITAMINS & MINERALS
SUGAR WISE* 3 g SUGAR

MINI-WHEATS!
VERY HIGH FIBRE
MADE WITH 100% WHOLE GRAIN
ORIGINAL

\$5

MISS VICKIE'S KETTLE COOKED POTATO CHIPS
SELECTED VARIETIES
190/200 G
21240628_EA
21240703_EA

Miss Vickie's
Crafted with care since 1987
ORIGINAL RECIPE
RECETTE ORIGINALE

SEA SALT & MALT VINEGAR
SEL MARIN ET VINAIGRE DE MALT

PREPARED IN CANADA

\$5

CHRISTIE PREMIUM PLUS CRACKERS
SELECTED VARIETIES, 402-481 G
21109001_EA/21109004_EA

PREMIUM PLUS
UNSALTED TOPS
CRACKERS 450 g

PREMIUM PLUS
SALTED TOPS
CRACKERS 450 g

\$3

GET **500** back in points

JOLLY RANCHER ROPE
283 G OR **TWIZZLERS LICORICE** 311-454 G
SELECTED VARIETIES
20022328004_EA/21689823_EA

Twizzlers
twists torsades
STRAWBERRY FRAISE

JOLLY RANCHER
ROPES • CORDES

2/\$12
OR 6.99 EA

HERSHEY'S CHOCOLATE POUCHES
SELECTED VARIETIES, 160-270 G
20303970004_EA/20545259_EA

SKOR
minis

Reese's
minis

5⁵⁰

MAYNARD'S CANDY
SELECTED VARIETIES, 308-315 G
21549747_EA/21648577_EA

FUN MIX SUPER MÉLANGE

SOUR PATCH Kids

ARTIFICIAL FLAVOUR
ARÔME ARTIFICIEL

\$6

CADBURY EGGS, 190/200 G OR HOLLOW 96/97 G OR NESTLÉ HIDE ME EGGS 100-153 G
20073462_EA/21628045_EA

KitKat
hide me eggs
œufs à cacher

Cadbury Mini Eggs

PREPARED IN CANADA

5⁵⁰

M&M STAND UP POUCH CHOCOLATE
SELECTED VARIETIES, 155-170 G
21571767_EA/21571768_EA

m&m's
peanut crachide

m&m's
milk chocolate
chocolat au lait

4⁵⁰

EXCEL GUM BOTTLE
SELECTED VARIETIES, 80-94.49 G
20310919002_EA/20310919004_EA

excel
SPEARMINT
MENTHE VERTE

excel
WHITE BUBBLE MINT
MENTHE BALLOUNE

SUPER

DEALS

2⁵⁰

CAMPBELL'S CHUNKY SOUP
SELECTED VARIETIES, 515 ML
21480447_EA/21480519_EA



GET **3,000** back in points for every \$10* spent on

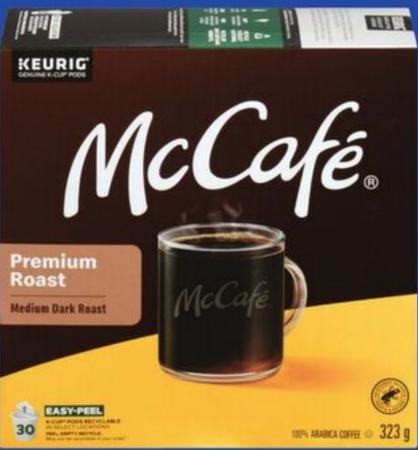
CAMPBELL'S BROTH, CONDENSED SOUP OR CHUNKY
SELECTED VARIETIES
250-900 ML
20322348002_EA
20176214001_EA
21480519_EA



\$26

GET **3,000** back in points for every \$10* spent on

MCCAFÉ K-CUP COFFEE
SELECTED VARIETIES, 30'S
21240975_EA



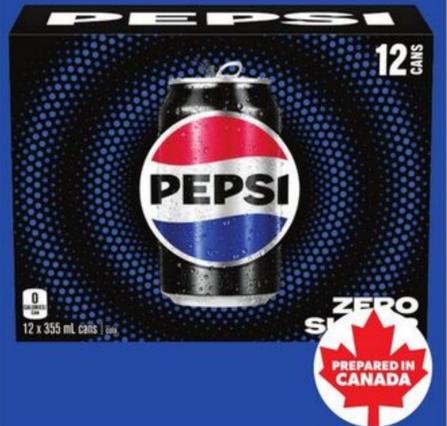
6⁹⁹

NESTEA LEMON
SELECTED VARIETIES
12X341 ML
21689167_C12



2/\$16
OR 9.49 EA

PEPSI SOFT DRINKS
SELECTED VARIETIES
12X355 ML
203223401001_C12



SAVE 2.58
WHEN YOU BUY 2

PEPSI SOFT DRINKS
SELECTED VARIETIES
6X710 ML
20310546002_C06
20310546004_C06

2/\$13
OR 7.79 EA



7⁹⁹

FUZE LEMON OR PEACE TEA
SELECTED VARIETIES
12X341 ML
21645443_C12
21645563_C12



2⁵⁰

MONSTER ENERGY
SELECTED VARIETIES
473 ML
20938249_EA
20938521_EA



\$8

DANONE ACTIVIA
SELECTED VARIETIES
12X100 G
20303412001_EA/20944778_EA



GET **3,000** back in points for every \$10* spent on

DANONE ACTIVIA EXPERT
SELECTED VARIETIES
4X100 G OR 750 G
21687900_EA/21688205_EA



1²⁵

YOPLAIT YOP
SELECTED VARIETIES, 200 ML
21477986_EA/21478178_EA



\$21

TIDE LAUNDRY DETERGENT 3.46-3.9 L,
PODS OR FLINGS 45-76'S,
DOWNY OR GAIN BEADS 853 G
SELECTED VARIETIES
21593670_EA/21659405_EA



\$10

ROYALE FACIAL TISSUE
SELECTED VARIETIES
6'S
21018478_EA



رمضان مبارك

BLESSED RAMADAN

Celebrate meals worth sharing and more ways to save.



8⁹⁹

MEDJOL DATES
PRODUCT OF U.S.A., 2 LB TUB
20001886_EA



\$16

ZABIHA HALAL BUFFALO CHICKEN WINGS
FROZEN, 908 G
20503457_EA



\$10

SUFRA' HALAL CHICKEN THIGHS OR DRUMSTICKS
FRESH, UP TO 840 G
21616917_EA/21617004_EA



1⁷⁵

KURKURE SNACKS
SELECTED VARIETIES, 115 G
21361077_EA/20659742_EA



2⁴⁹
LB
5.49/KG

ROMA TOMATOES
BULK, PRODUCT OF CANADA OR MEXICO
20143381001_KG



8⁹⁹

SUFRA' HALAL LEAN GROUND BEEF
454 G
21397283_EA



4⁵⁰

SURAJ' GINGER GARLIC PASTE
SELECTED VARIETIES, 750 G
20299612002_EA



8⁵⁰

AL RIFAL MIX CLASSIC NUTS
SELECTED VARIETIES, 450 G
20830650_EA



2⁵⁰

PUCK THICKENED CREAMY PRODUCT
160 G
21449248_EA



6⁴⁹

HANDI MEATEOR BEEF SAMOSAS
SELECTED VARIETIES, 300 G
21692043_EA



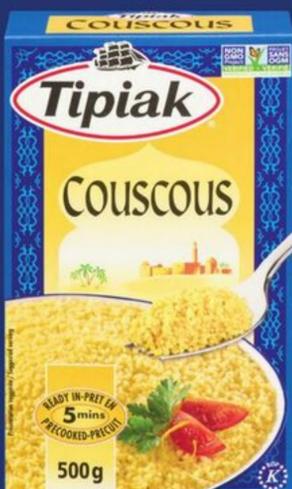
\$8

SURAJ' SOOJI FLOUR
2 KG
21071270_EA



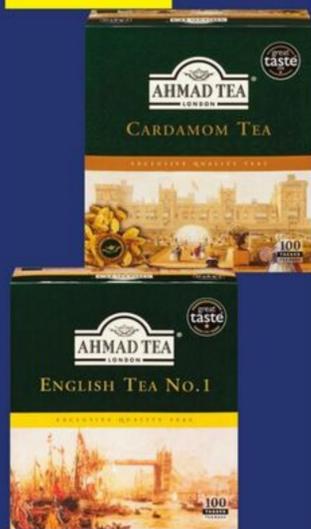
4⁵⁰

TIPIAK COUSCOUS
500 G
20026612_EA



\$7

AHMAD TEA
SELECTED VARIETIES, 200 G
20784225_EA
20784305_EA



\$27

BRAR'S DESI GHEE
1.6 KG
20869883_EA



1⁷⁵

SUNFEAST YIPPEE MASALA NOODLES
280 G
21127101_EA



\$13

TILDA SONA MASOORI RICE
4.535 KG
21527715_EA



11⁵⁰

NO NAME' DISPOSABLE MEAL PREP CONTAINERS
50'S
21406001_EA



\$4

NO NAME' FOOD STORAGE CONTAINERS
SELECTED VARIETIES
21161828_EA
21295288_EA



SHOP THE WORLD IN OUR AISLES*

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

SHOP NOW

3⁵⁰

LARGE DRAGON FRUIT
PRODUCT OF VIETNAM
20168395001_EA



\$2

T&T BAKERY TROPICAL CAKES
SELECTED VARIETIES, 180 G
20826092_EA



5⁹⁹

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



2²⁸
LB
5.03/KG

GINGER ROOT
PRODUCT OF CHINA
201779038001_KG



SAVE .99

\$7

SEAQUEST BAY SCALLOPS
UNCOOKED, FROZEN,
100-150/LB, 400 G
21558527_EA



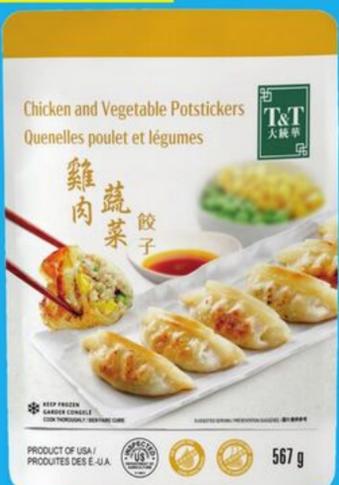
8⁹⁹

FRUTÉE ICE CREAM
SELECTED VARIETIES, FROZEN,
270 ML
21701514_EA



\$5

T&T POTSTICKERS
SELECTED VARIETIES, FROZEN,
567 G
21495805_EA



2/4⁸⁸
OR 2.89 EA

ROOSTER TOFU
SELECTED VARIETIES, 454 G
21474765_EA



3⁴⁹

ORION TURTLE CHIPS
SELECTED VARIETIES, 160 G
21454281_EA



6⁷⁹

KEWPIE MAYONNAISE
465 ML
21644268_EA



3⁷⁹

LEE KUM KEE PANDA OYSTER FLAVOURED SAUCE
510 G
20139600_EA



3⁴⁹

LEN XIANG RICE PAPER
400 G
21635892_EA



2⁹⁹

T&T SUSHI NORI ROASTED SEAWEED SHEETS
10'S, 27 G
20703060_EA



16⁹⁹

T&T THAI JASMIN RICE
8.2 KG
20705590_EA



8⁹⁹

MAGGI SEASONING LARGE RED CAP
800 ML
20073020_EA



4⁴⁹

HEIWA ROASTED SESAME SEEDS
SELECTED VARIETIES,
227 G
20739488_EA



SUPER YOUR EVERYDAY

3.50

KELLOGG'S EGGO WAFFLES
SELECTED VARIETIES, FROZEN, 6/8'S
20323436001_EA/21511747_EA

330 g

SAVE 3.56
WHEN YOU BUY 4
4/\$10
OR 3.39 EA

KRAFT DINNER ORIGINAL CUPS
SELECTED VARIETIES, 58 G
20298547001_EA/21435099_EA

10.99

HELLMANN'S REAL MAYONNAISE
1.42 L
20173154002_EA

GET 1,500 back in points
\$1.50

HELLMANN'S REAL-VRAIE MAYONNAISE
EST. 1913
1.42 L

PREPARED IN CANADA

\$12

CARBONE PASTA SAUCE
SELECTED VARIETIES
650 ML
21495457_EA

CARBONE ARRABBIATA
660 mL

\$2

LIPTON OR KNORR DRY SOUP MIX
SELECTED VARIETIES, 52-145 G
20308188001_EA/20308188007_EA

LIPTON Chicken Noodle Poulet et nouilles
166 g

Knorr ONION SOUP Mélange à soupe
145 g

\$10

KELLOGG'S RICE KRISPIES SQUARES, SPECIAL K CRISPY BARS OR POP TARTS PASTRIES
JUMBO SIZE, SELECTED VARIETIES
24-40'S, 550 G-1.15 KG
21014823_EA
21164970_EA

GET 1,000 back in points
\$1

KELLOGG'S RICE KRISPIES SQUARES
Original Coût original
660 g

SPECIAL K CRISPY BARS
strawberry • 10 Blueberry
300 g

POP TARTS
CRISPS
No artificial colours
300 g

5.50

POST OR ALPEN MUESLI FAMILY SIZE CEREAL
SELECTED VARIETIES
453-650 G
21575229_EA/21713806_EA

Post Shreddies
Original - Originale
FAMILY SIZE - FORMAT FAMILIAL
600 g

Alpen Muesli
No Sugar Added Sans sucre ajouté
600 g

\$7

INTERNATIONAL DELIGHT COFFEE WHITENER OR COLD FOAM
SELECTED VARIETIES
396-946 ML
20895480002_EA
20895480003_EA

INTERNATIONAL DELIGHT
FRENCH VANILLA
946 mL

INTERNATIONAL DELIGHT
HAZELNUT
946 mL

SAVE UP TO 22%

HIGH LINER PAN SEAR OR SIGNATURE FISH
SELECTED VARIETIES
FROZEN, 425-540 G
20844670_EA/21186254_EA

\$14

High Liner Signature Cuts HADDOCK ENGLISH STYLE FILETS
425 g

High Liner Pan Sear HADDOCK TRADITIONAL
425 g

PREPARED IN CANADA

2/\$11
OR 6.99 EA

HEALTHY CHOICE STEAMERS OR SIMPLY ENTRÉES
SELECTED VARIETIES
FROZEN, 255-306 G
20318016005_EA
20974538_EA

Healthy Choice Steamers
Grilled Chicken Mantova
255 g

Healthy Choice Simply Entrees
Grilled Chicken & Broccoli Alfredo
255 g

2/\$7
OR 4.29 EA

NO NAME MARSHMALLOWS OR PC MAPLE MARSHMALLOWS
SELECTED VARIETIES
400 G
20304072002_EA
20311578001_EA

NO NAME
miniature marshmallows
guimauves miniatures
multicolores
400 g

PC
miniature marshmallows
guimauves miniatures
400 g

\$11

CORONA CERO
6X330 ML
21650191_C06

CORONA CERO
6X330 ML
21650191_C06

\$10

ROYALE BATHROOM TISSUE
SELECTED VARIETIES, 12 DOUBLE ROLLS
21363770_EA

ROYALE
Original soft tout doux
12=24

\$21

CASHMERE BATHROOM TISSUE
SELECTED VARIETIES, 24-72 ROLLS
21189845_EA/21443648_EA

Cashmere Ultra
24-72
3 Ply

PREPARED IN CANADA

Earn 8,000 pts

When you spend \$30+ on select pantry staples*. Online only.

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*Offer valid from March 5-18, 2026. Conditions apply, see site for details.





\$10

DENTALIFE CHEWS
407-595 G OR **BEGGIN STRIPS** 708/850 G
SELECTED VARIETIES
21065095_EA/21101589_EA

\$2

ONE TRUE INSTINCT DOG FOOD
SELECTED VARIETIES, 368 G
21303479_EA/21303487_EA

\$13

PURINA ONE DRY DOG FOOD
SELECTED VARIETIES, 1.6-1.8 KG
20946448_EA

\$26

PC EXTRA MEATY DOG FOOD
SELECTED VARIETIES, 7 KG
21361753_EA

SAVE 5.00

\$35

PC NUTRITION FIRST DRY DOG FOOD
SELECTED VARIETIES, 7 KG
21305879_EA

\$8

PC NUTRITION FIRST DOG TREATS
SELECTED VARIETIES, 160/270 G
21544858_EA/21544864_EA

SAVE 1.99

\$13

PURINA ONE DRY CAT FOOD
SELECTED VARIETIES, 1.45-1.8 KG
20552861_EA

\$3

WHISKAS TEMPTATIONS CAT TREATS
SELECTED VARIETIES, 160/180 G
20298151005_EA

MEGA-PACK MÉGA-FORMAT

Temptations

TASTY CHICKEN FLAVOUR
SAVEUR DE POULET SAVOUREUX

180 g

\$30

FRISKIES CAT FOOD
32'S OR TIDY CATS ALERT LITTER 3.63 KG
SELECTED VARIETIES
21186765_C01/21581080_EA

\$7

FRISKIES CAT TREATS
SELECTED VARIETIES, 454 G
21186997_EA

\$17

PC NUTRITION FIRST CAT FOOD
SELECTED VARIETIES, 2 KG
21303030_EA

\$10

PC EXTRA MEATY CAT FOOD
SELECTED VARIETIES, 2 KG
21361585_EA

SAVE 1.99

\$20

ARM & HAMMER CAT LITTER
SELECTED VARIETIES, 6.35-12.7 KG
21086970_EA

SAVE 2.00

\$15

PC BIRD FOOD
4 KG
21308596_EA

ELEVATE YOUR WELL BEING

UP TO
15% OFF

EUCERIN AND AQUAPHOR BODY CARE PRODUCTS
SELECTED VARIETIES AND SIZES
21085698_EA/20694196_EA



UP TO
20% OFF

NEUTROGENA CLEANSERS, MOISTURIZERS OR TREATMENTS
SELECTED VARIETIES AND SIZES
20853160002_EA



5.50

COLGATE TOTAL OR SENSITIVE PRO-RELIEF TOOTH PASTE, COLGATE 360 OR PERIODARG MANUAL TOOTHBRUSHES 1 EA., COLGATE KIDS MOUTHWASH 500 ML
SELECTED VARIETIES AND SIZES
20280090_EA/21166129_EA



\$13

LIMIT 4 OVER LIMIT PAY 14.99 EA

L'ORÉAL EXCELLENCE HAIR COLOUR OR ROOT COVER UP
SELECTED VARIETIES
20941293_EA / 20306551008_EA



\$3

LIMIT 6 OVER LIMIT PAY 4.99 EA

DEGREE BASE DEODORANT
SELECTED VARIETIES, 48-85 G
20296452005_EA/21425475_EA



UP TO
20% OFF

DOVE, OLD SPICE OR AXE MEN'S HAIR CARE
SELECTED VARIETIES AND SIZES
21360088_EA/21571753_EA



Only to be used by adults who are trying to quit smoking.
WARNING: This product contains nicotine.
Nicotine is highly addictive.

Maximize your chances of quitting with Combination Therapy

UP TO **20% OFF** Nicorette or Nicoderm selected varieties and sizes

COMBINATION THERAPY



NICODERM
Step 1
7 Clear Patches
20143634001_EA

NICORETTE
QuickMist[®]
150 Sprays, Mint
21548830_EA

NICORETTE
Gum 4 mg,
Peppermint
105 pieces
20318396002_EA

NICORETTE
Lozenges, Mint
2 mg, 160's
21597656_EA

Stop smoking aid. To make sure a NICORETTE[®] or NICODERM[®] product is right for you, always read and follow the label. © Kenvue Canada Inc. 2026



care for you, means confidence for her



#KeepHerConfident

\$5.50 ea.
DOVE shampoo & conditioner 355 mL, hairspray 198 g, dry shampoo 142 g, bar soap 3x106 g or body wash 325 mL selected varieties
21644748_EA/21644833_EA/20551359_EA/21018398_EA/21220515_EA/21511893_EA

NEW **\$16.99 ea.**
DOVE sugar scrub 425 g or oil body wash 452 mL selected varieties
21713889_EA/21717476_EA

NEW **\$11 ea.**
LIMIT 4 OVER LIMIT PAY 14.99 EA
DOVE derma scalp shampoo & conditioner 473/266 mL
21703985_EA/21703991_EA

NEW **\$14 ea.**
LIMIT 4 OVER LIMIT PAY 17.99 EA
DOVE derma scalp 3-in-1 scalp moisture serum 59 mL
21703921_EA

FOR HEALTHY LOOKING, BEAUTIFUL SMILES!



LIMIT 6 3.50
OVER LIMIT PAY 4.49 EA
Crest Complete Paste or Crest Pro-Health Paste, selected varieties
21041420_EA/21354028_EA

LIMIT 6 6.50
OVER LIMIT PAY 7.49 EA
Crest Gum Restore Paste or Crest Scope Outlast Mouthwash 1 L, selected varieties
21354615_EA/20948877_EA



LIMIT 4 9.50
OVER LIMIT PAY 10.49 EA
Crest 3D White Advanced Paste Multipack or Crest Pro-Health Mouthwash 1 L, selected varieties
20902657_EA/21519018_EA



UP TO 30% OFF
Oral-B Pro 300 Electric Brushes or Oral-B Brush Heads, selected varieties
20346231002_EA/21475139_EA

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Flu shot? Think Pharmacist.

Talk to your Pharmacist or book now* at phealth.ca/flu

Subject to vaccine availability. Pharmacists can administer flu shots to children aged 5 and older in Yukon, Alberta, Saskatchewan, and PEI; 4 and older in British Columbia; 2 and older in Ontario, Manitoba, New Brunswick, Newfoundland and Nova Scotia. Flu shot administration for children under the age of 5 may vary from Pharmacy to Pharmacy. ®/™ Trademark of 911979 Alberta Ltd, used under license.

MAKE MEALS EASY

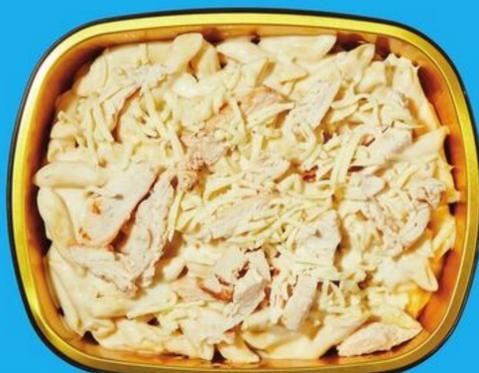
\$7

IN-STORE PREPARED SUB SANDWICHES OR WRAPS
SELECTED VARIETIES
230-299 G
21623669_EA
21623663_EA



\$16

IN-STORE PREPARED FAMILY PASTA TRAYS
SELECTED VARIETIES
900 G-1.1KG
21638701_EA



\$20

IN-STORE PREPARED PULLED PORK BAO BUNS, GYRO OR FAJITA CHICKEN TACO TRAY
825-850 G
21533948_EA

Our butchers cut quality meat in your store every day!



pork loin schnitzel
21588065_EA

lean beef meatballs plain
21587897_EA

pork stir fry strips
21588095_EA

beef stir fry strips cut from Canada AA grade beef
21588067_EA

chicken stir fry strips
21588091_EA

SUGAR? NONE. FLAVOUR? TONS! WANTA?



2/\$16*
OR \$8.99 EA.

FANTA® beverages selected varieties
12x355 mL
21723323_C12



\$7.99*

Fuze® iced tea selected varieties
12x341 mL
21645563_C12



2/\$10*
OR \$5.79 EA.

Canada Dry® beverages selected varieties
6x222 mL
20354227001_C06

NEW



2/\$5*
OR \$2.99 EA.

BODYARMOR beverages selected varieties
473 mL
21585195_EA



\$2.50*

Monster Energy® beverages* selected varieties
473 mL
21723586_EA

Valid from March 5th to March 11th, 2026

*Plus applicable taxes, levies, deposits and fees. Valid at participating locations for a limited time. Subject to availability while supplies last. Retailer may sell for less.

† This product may not be suitable for everyone. Please read the label for instructions.

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MIX & MATCH 2 FOR \$12 OR \$6.79 EA.



Skillet Gnocchi selected varieties
280-350 g | 21022065_EA

Fresh Pasta selected varieties
250-350 g | 20915704_EA/20915838_EA

Fresh Sauce selected varieties | 300 mL | 20114410_EA

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Brighten Winter Naturally.



\$13

Yoplait® YOP® selected varieties 12 x 200 mL
21481820_EA



\$4

Yoplait Tubes® selected varieties 8 x 56 g
56920133427_EA



\$5

Yoplait® Source Protein® selected varieties 650 g
21587047_EA



7⁵⁰

Yoplait® Source® or Yoplait® Creamy® selected varieties 16 x 100 g
20317317001_EA
20120316004_EA

LIBERTÉ



\$7

Liberté Greek® tubs 650-750 g, Liberté Méditerranée® 900 g, selected varieties
20642273_EA
21685616_EA



\$5

Liberté® Kéfir selected varieties 1 L
21216416_EA



3⁵⁰

Liberté Méditerranée® selected varieties 500 g
21473714_EA
20788062002_EA

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ioGO nanö

CREAMY YOGURT TO GRAB & GO!



\$4⁵⁰
ioGO nanö CREAMY YOGURT POUCH 4 X 90 G SELECTED VARIETIES 2179786_EA/2179914_EA



\$4⁵⁰

ioGO nanö DRINKABLE YOGURT 6 X 93 ML SELECTED VARIETIES 21690943_EA/20609687001_EA



\$4⁵⁰

ioGO nanö YOGURT WITH FLAVOURED PEARLS 4 X 100 G SELECTED VARIETIES 2078739_EA



\$9

ioGO CREAMY, 0% OR LACTOSE-FREE YOGURT 16 X 100 G SELECTED VARIETIES 20609593001_EA/21622847_EA



\$13

ioGO CREAMY YOGURT 2 KG SELECTED VARIETIES 2065692_EA



\$5

siggi's SKYR YOGURT 4 X 100 G SELECTED VARIETIES 2165914_EA/21589925_EA



\$4⁷⁵

ASTRO BALKAN YOGURT 750 G SELECTED VARIETIES 201652600100_EA/2010553001_EA



GET **3,000** back in points for every \$12* spent on

Snack Factory Pretzel Crisps 200 g or Chocolate Pretzel Crisps 155 g selected varieties

INVITE PRETZEL CRISPS, They're delicious company



\$6

Snack Factory® Pretzel Crisps® selected varieties 200 g 20948940_EA/21676303_EA



\$8

Snack Factory® Pretzel Crisps® Milk Chocolate Crunch & Milk Chocolate & Caramel Drizzlers selected varieties 155 g 21576322_EA/21576333_EA

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Laundry Essentials



\$6

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 21579827_EA/21553085_EA

TACKLE HOLI COLOUR STAINS WITH Gain



\$9

Gain Detergent 61 LD, Ivory Snow Detergent 32 LD, PODS/Flings 18/31's, Liquid Softener 83/120 LD, Sheets 120/200's, Beads 303/368/379 g, Downy Rinse 54 LD 21593783_EA/21549743_EA



\$17

Downy Liquid Softener 138/190 LD, Rinse 90 LD 21701409_EA 21701470_EA

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