

EST. 1963

Bidgood's

YOUR LOCAL GROCER



2.49 lb
5.49/kg

Fresh Apples
Select Varieties.
Product of Canada.



8.99 lb
19.82/kg

Beef Sirloin Tip Roast
Boneless.



Robin Hood Flour
Select Varieties. 2.5 kg.

4.99



Lantic Sugar
Fine Granulated. 2 kg.

2.99



Compliments Butter
Salted. 454 g.

5.77



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

2/\$6



Compliments Wieners
Select Varieties. 450 g.

1.99
Each



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

4/\$5



Compliments Muffins
Select Varieties. 400 - 440 g.

6.49



Compliments Bathroom Tissue
2 Ply. 30 Roll.
404 Sheets.

19.99

St. Patrick's Day is Tuesday March 17th



Sale Prices in Effect	thu	fri	sat	sun	mon	tues	wed
MARCH 2026	12	13	14	15	16	17	18

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

grocery



Quaker Instant Oatmeal
Select Varieties. 232 - 344 g. **3⁴⁹**



Pearl Milling Company Pancake Mix
Or Syrup 710 mL.
Select Varieties.
Pancake Mix 905 g. **3⁹⁹**



Smucker's Jams or Spreads
Select Varieties. 310 - 500 mL. **5⁹⁹**



Hunt's Snack Packs
Pudding or Juicy Gels.
Select Varieties. 368 - 396 g. **1⁹⁹**



Compliments Tomatoes
Select Varieties. 796 mL. **1⁷⁹** BUY CANADIAN



Clover Leaf Tuna
Select Varieties. 85 - 170 g. **2/\$4⁴⁴**



Club House Gravy or Sauce Mixes
Select Varieties. 20 - 47 g. **2/\$3**



Compliments Canola Oil
100% Pure. 3 Litre. **9⁹⁹** BUY CANADIAN



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



Compliments Rice Crackers
Select Varieties. 100 g. **1⁴⁹**



Compliments Cookies
Select Varieties. 300 - 350 g. **3⁷⁹** BUY CANADIAN



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



Cheetos Cheese Flavoured Snacks
Select Varieties. 220 - 285 g. **2/\$9⁵⁰**



Big 8 Spring Water
12 x 500 mL. **4⁹⁹** BUY CANADIAN

bakery



Compliments Mini Cupcakes
Chocolate or Vanilla. 284 g. **5⁹⁹** BUY CANADIAN



Compliments Swiss Rolls
Select Varieties. 400 g. **6⁴⁹** BUY CANADIAN



Portofino Artisan Sliced Breads
Select Varieties. 585 - 600 g. **5⁹⁹** BUY CANADIAN



Five Alive or Minute Maid Beverages or Fuze Iced Tea
Select Varieties. 8 - 10 x 200 mL. **3⁹⁹** BUY CANADIAN



Coca-Cola 12 Pack Soft Drinks
Select Varieties. 12 x 355 mL. **8⁹⁹**

deli



Maple Leaf Natural Selections Luncheon Meat
Select Varieties. 175 g. **7⁹⁹** BUY CANADIAN Each



Reser's Main Street Bistro Side Dishes
Select Varieties. 482 - 680 g. **6⁴⁹** Each



Compliments Roasted Chicken Breast
Select Varieties. Sliced or Shaved. **1⁹⁹** BUY CANADIAN 100 g



Folgers K-Cup Coffee
Select Varieties. 48's. 336 - 504 g. **32⁹⁹**



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

snacks



Compliments Candy
Select Varieties. 125 g.

\$1



Cadbury King Chocolate Bars
Select Varieties. 66 - 78 g.

2/\$5



Dare Real Fruit Gummy Candy
Select Varieties. 180 g.

BUY CANADIAN
2⁹⁹



Twizzlers or Nibs Licorice
Select Varieties. 311 - 454 g.
Jolly Rancher Ropes 283 g.

3⁷⁹



Compliments Candy
Select Varieties. 700 - 750 g.

value size
BUY CANADIAN
5⁹⁹

chilled & frozen



Compliments Cheese
Select Varieties.
Blocks 400 g.
Shredded 226 - 320 g.

BUY CANADIAN
6⁴⁹



iOGO Nano Drinkable Yogourt
Select Varieties. 6 x 93 mL.

BUY CANADIAN
4⁴⁹



Kraft Philadelphia Dips
Select Varieties. 227 g.

3⁴⁹



Black Diamond Cheese Sticks or Strings
Select Varieties. 252 - 336 g.

7⁹⁹



International Delight
Select Varieties. 946 mL.

5⁹⁹



Compliments Whipped Topping
Regular or Light. 225 g.

BUY CANADIAN
3⁹⁹



McCain French Fries
Select Varieties. 800 g.
Frozen.

2⁷⁹



Pillsbury Toaster Strudels
Select Varieties. 326 g.

3⁴⁹



Pillsbury Pizza Pops
Select Varieties. 2.85 kg.
Frozen.

19⁹⁹



Healthy Choice Power Bowls
Select Varieties. Frozen.
269 - 280 g.

6⁴⁹



Best Buy Vegetables
Select Varieties. 750 g.
Frozen.

BUY CANADIAN
2⁹⁹



St. Hubert Pot Pies
Select Varieties.
715 - 800 g. Frozen.

BUY CANADIAN
10⁴⁹



Compliments Stuffed Chicken
Select Varieties. 284 g.
Frozen.

BUY CANADIAN
4⁴⁹



Compliments Breaded Chicken
Select Varieties. 700 g.
Frozen.

BUY CANADIAN
7⁹⁹



High Liner Family Favorites Fish
Or Shrimp. Select Varieties.
315 - 700 g. Frozen.

BUY CANADIAN
8⁹⁹

household & pet



Compliments Facial Tissue
3 Ply 81's. 2 Ply 126's. Each.

BUY CANADIAN
1⁹⁹



Dawn Dishwashing Liquid or Spray
Select Varieties. 431 - 982 mL.

4⁹⁹



Pine-Sol Liquid Cleaner
Select Varieties. 1.41 Litre.

5⁹⁹



Whiskas Temptations
Select Varieties. 180 g.

3/\$9



Friskies Party Mix
Select Varieties. 170 g.

3⁴⁹

This symbol denotes Plus deposit and/or environmental levies where applicable.

produce

Red, Green or Black Seedless Grapes
Product of Chile.

4⁴⁹ lb
9.90/kg



Fresh Blackberries or Raspberries
170 g. Product of Mexico/U.S.A.

4⁹⁹ Each



Mini Seedless Watermelon
Product of Guatemala.

6⁹⁹ Each



Iceberg Lettuce
Product of Mexico/U.S.A.

3⁹⁹ Each



Compliments Garden or Coleslaw Salad
340 - 397 g. Product of U.S.A.

2⁴⁹ Each



Hot House Beefsteak Tomatoes
Product of Canada.

2⁹⁹ lb
6.59/kg



Compliments Rainbow Peppers
3's. Product of Mexico.

6⁹⁹ Each

meat

Chris Brothers Beef Brisket

7⁹⁹ lb
17.61/kg



Fresh Pork Rib Chops
Bone in.

3⁷⁹ lb
8.36/kg



Fresh Boneless Skinless Chicken Breasts

7⁹⁹ lb
17.61/kg



Schneiders Lunchmate Stackers and Kits
Select Varieties. 90 - 120 g.

2/\$6



Johnsonville Sausages
Select Varieties. 500 g.

6²⁹ Each



Larsen Wieners
Select Varieties. 375 g.

4²⁹ Each



Schneiders Ham Halves
Select Varieties. 700 g.

14⁷⁹ Each



Dempster's Hot Dog and Hamburger Buns
White or Seeded. 8's. 360 g.

3⁴⁹



Tropicana Orange Juices
Or Trop 50. Select Varieties.
1.36 Litre.

5⁴⁹



General Mills Cereal
Select Varieties. 300 - 437 g.

4⁹⁹



Earth's Own Beverages
Select Varieties.
1.75 - 1.89 Litre.

3⁴⁹



Old Dutch Potato Chips
Select Varieties. 220 - 235 g.
Ridgies or Veggie Crisps 200 g.

2/\$7

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

Easter Baking

Sale Prices In Effect March 12 - 18, 2026



Compliments Flour

Select Varieties. 2.5 kg.

3⁹⁹



Lantic Sugar

Yellow, Brown or Icing Sugar. 1 kg.

3²⁹



Club House Extracts

Select Varieties. 43 mL.
Excludes Pure Vanilla.

3¹⁹



Quaker Muffin or Cookie Mixes

Or Oat Flour 700 g.
Select Varieties.
Muffin or Cookie Mixes
750 - 900 g.

4⁹⁹



Betty Crocker Super Moist Cake Mix

Or Frosting 340 - 450 g.
Cake Mixes 375 - 404 g.

2⁴⁹



Eagle Brand Condensed Milk

Select Varieties. 300 mL.

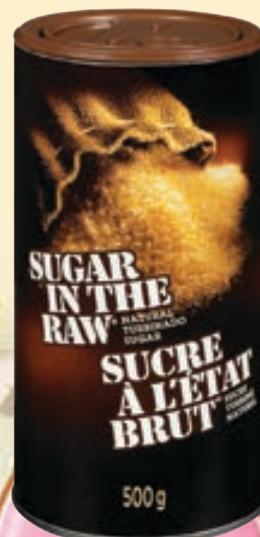
4²⁹



Carnation Evaporated Milk

Select Varieties. 354 mL.

2/\$4



Sugar In The Raw

500 g.

2⁹⁹

Easter Baking



Becel Soft Margarine
Select Varieties. 637 - 850 g.

7⁹⁹



Imperial Margarine
Soft Tub or Quarters. 1.28 - 1.36 kg.

7⁹⁹



Gay Lea Premium Butter
Select Varieties. 250 g.

6⁴⁹



Compliments Whipped Topping
Regular or Light. 1 Litre.

2/\$7



Kraft Philadelphia Cream Cheese/Fromage à la crème
Select Varieties. Certaines variétés. 450 g.

8⁴⁹



Compliments Tart or Pie Shells
Select Varieties. Tarts 255 g.
Pie Shells 285 - 340 g. Frozen.

3⁹⁹



Compliments Frozen Fruit
Select Varieties. 1.5 kg. Frozen.

12⁹⁹

value size



Magic Baking Powder
450 g.

6⁹⁹



E.D. Smith Pure Pumpkin
796 mL.

4⁴⁹



E.D. Smith Pie Filling
Select Varieties. 540 mL.

5⁴⁹



Knox Gelatin
84 g.

4⁹⁹



Compliments Honey Graham Wafers
408 g.

3⁹⁹



Quality. Value. Guaranteed.

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



Compliments Chocolate Chips or Chunks

Select Varieties. 225 - 270 g.

4⁹⁹



Compliments Graham Crumb Pie Crust

Regular or Chocolate. 170 g.

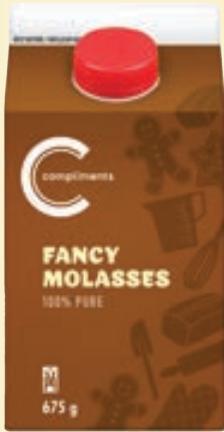
2⁴⁹



Compliments Coconut

Select Varieties. 200 g.

2⁹⁹



Compliments Fancy Molasses

675 g.

2⁹⁹



Compliments Coconut Milk

6% or 18% Fat. 400 mL.

1⁴⁹



Compliments Evaporated Milk

Regular or Partly Skimmed. 354 mL.



1⁹⁹



Compliments Pie Filling

Select Varieties. 540 mL.

3⁹⁹



Compliments Graham Crumbs

400 g.

2/\$4



Compliments Muffin Mix

Bran. 900 g.



2/\$7



Compliments Corn Starch

450 g.

2⁴⁹



Compliments Raisins

Select Varieties. 375 g

3⁴⁹



Compliments All Vegetable Shortening

454 g.

4⁴⁹

Easter Candy



Storck Toffifee
123 g.

3⁹⁹



Compliments Solid Milk Chocolate Bunny
100 g.

4⁴⁹



Hershey Easter Treats
Select Varieties. Eggs 185 - 340 g.
Reese Mini Cups or Kisses 170 - 230 g.

5⁴⁹



Nestle Chocolate Easter Bunny
Select Varieties. 85 - 94 g.

6⁴⁹



Cadbury Mini Eggs
Select Varieties. 190 - 200 g.

6⁴⁹



Kinder Surprise Eggs
Regular or Mini. 80 - 100 g.

6⁹⁹



Cadbury Mini Eggs
Select Varieties. 148 - 154 g.

6⁹⁹



Lindt Gold Bunny
Or Mini 5 Pack. Select Varieties. 50 - 100 g.

8⁹⁹



Kinder Easter Chocolate with Plush Toy
116 g.

12⁴⁹



Compliments Chocolate Covered Almonds or Raisins
900 g.

15⁹⁹



Cadbury Mini Easter Eggs
875 g.

22⁴⁹



Cadbury Mini Eggs
Select Varieties. 745 g.

\$24

BUY CANADIAN

value size

Product Images May Differ Slightly From The Actual Item On Sale



Bigood's Bakery.

BUY 1
GET 250
BONUS
POINTS

Homemade Gum Drop
Krinkles 3 Pcs per pack



\$3.99 Each pack

BUY 1
GET 250
BONUS
POINTS

Home Made Sour
Dough Round 300 g



\$4.69 Each

BUY 1
GET 500
BONUS
POINTS

Tuxedo Bar Cake Half



\$11.99 Each

Grocery.

BUY 1
GET 250
BONUS
POINTS

Assorted Armstrong
Shredded Cheese
320 g



\$6.99 ea

BUY 1
GET 250
BONUS
POINTS

Assorted Heinz Beans
398 ml



\$1.79 Ea

BUY 1
GET 250
BONUS
POINTS

Assorted Cavendish
Flavour Crisp 750 g



\$4.49 ea

BUY 1
GET 250
BONUS
POINTS

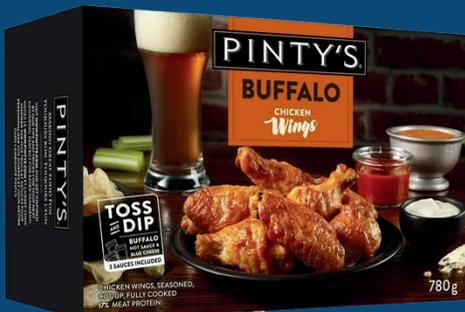
Campbell's
Spaghetti's 425 ML



\$1.99 ea

BUY 1
GET 500
BONUS
POINTS

Pinty's Buffalo Chicken
Wings 780 g



\$11.99 ea

BUY 1
GET 250
BONUS
POINTS

Butcher's Choice

Frozen Lamb loin Chops



\$8.99/lb

BUY 1
GET 500
BONUS
POINTS

Chicken Nuggets (White
Meat) 2 Kg Bag



\$19.99 each bag

Sale Price In Effect Thursday March 12th - Wednesday March 18th

Product Images May Differ Slightly From The Actual Item On Sale

50/50
BIDGOODS
50/50
DRAW

WE WOULD LIKE TO THANK
 OUR CUSTOMERS FOR YOUR
 CONTINUED SUPPORT!
 — WITH OUR 50/50 DRAW —

\$198,533.17

BACK TO THE COMMUNITY!



Assorted Gatorade
 6x591 ml
 2/\$11.50



Assorted Pepsi
 6x710 ml
 2/\$9.00



Assorted Pepsi
 24Pk x 355 ml
 \$13.49 ea

BUY 1
 GET 500
 BONUS
 POINTS

**Bidgoods Salt Cod
 Cellos**



\$8.99/lb

BUY 1
 GET 500
 BONUS
 POINTS

**Bigood's Cove
 Fresh Salmon Fillets**



\$12.24/lb

BUY 1
 GET 500
 BONUS
 POINTS

Marinated Bottle Moose



\$20.99 Ea Bottle

BUY 1
 GET 250
 BONUS
 POINTS

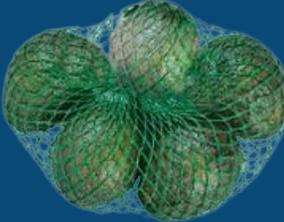
**Compliments White
 Mushrooms 8 Oz**



\$3.99 Each

BUY 1
 GET 250
 BONUS
 POINTS

**Fresh Produce
 5 Pk Avocados**



\$4.99 Each

BUY 1
 GET 250
 BONUS
 POINTS

Green Cabbage



\$1.39/lb

BUY 1
 GET 500
 BONUS
 POINTS

Large Cold Plates



\$14.99 Ea

BUY 1
 GET 500
 BONUS
 POINTS

**Bidgood's Deli
 Mexican Dips**



\$10.31/lb

BUY 1
 GET 500
 BONUS
 POINTS

**Bidgoods Beef
 Teriyaki 1 Pk**



\$9.49 ea pk

Sale Price In Effect Thursday March 12th - Wednesday March 18th