

FRESH SAVINGS FOR THE WEEK OF THURSDAY MARCH 12TH TO WEDNESDAY MARCH 18TH, 2026.



7⁹⁹
/LB
SAVE \$4/LB

Maple Leaf Prime Raised Without Antibiotics Boneless, Skinless Chicken Breasts
17.61/kg
VALUE PACK



2⁹⁹
/LB

Fresh Orri Mandarins
Product of Israel
6.59/kg

THIS WEEK MEMBERS SAVE OVER \$30
See online flyer for more deals.



THANK YOU REWARDS MEMBER PRICING

2⁹⁹
SAVE \$2
NON-MEMBER \$4.99

Fresh Raspberries or Blackberries
Product of Mexico
6oz pkg



8⁹⁹
SAVE \$6
NON-MEMBER \$13.99

Porta Premium Pizza 12"
385-500g pkg
selected varieties



Longo's Meal Kits
604-950g pkg
selected varieties

CHEF INSPIRED. EASY ONE-PAN MEAL KITS. SERVES 2.

9⁹⁹
SAVE \$7
NON-MEMBER \$16.99



NEW BRUNSWICK
DELICIOUSLY CANADIAN



4⁹⁹
SAVE \$1

Fresh Canadian Atlantic Salmon Portion
113g
SKIN ON



Monsieur Gustav Flavoured Cheddar, Flavoured Gouda or Maple Leaf Natural Selections Deli Meat
125-250g pkg • Individual 6.99 selected varieties

2⁰⁰ \$12
SAVE \$5.98 ON 2



Janes Pub Style Chicken
700g pkg
selected varieties

5⁹⁹
SAVE AT LEAST \$7



Taylor Farms Fresh Chopped Salad Kits
Product of U.S.A.
305-383g pkg
selected varieties

3⁹⁹
SAVE \$2.50



2⁹⁹
SAVE UP TO \$1

Christie Cookies or Crackers
100-303g pkg
selected varieties

Select By Terra Delyssa Organic Extra Virgin Olive Oil
750mL bottle
selected varieties

9⁹⁹
SAVE UP TO \$8



Rao's Pasta Sauce
660mL jar
selected varieties

8⁹⁹
SAVE \$4



Astro Yogourt
650-750g tub
selected varieties

2⁹⁹
SAVE UP TO \$2

VOTED #1 GROCERY STORE IN ONTARIO! **wow Leger**

*Longo's ranked first among food retailers in Ontario, 2026 Leger WOW In-Store Experience survey.

FRESH MARKET PICKS

MARCH 12th-18th



\$4.99 Fresh Envy Apples
Product of U.S.A.
2lb bag
Extra Fancy Grade



\$3.99

Fresh Strawberries
Product of U.S.A.
454g pkg
No. 1 Grade



\$1.79
bunch

Fresh Spinach
Product of U.S.A.
bunch

ORGANIC



\$3.99
each

Fresh Celery or
Organic Celery
Product of U.S.A.
or Mexico
No. 1 Grade

ORGANIC



\$2.99
each

ORGANIC

Fresh Organic Green,
Red or Rainbow Swiss
Chard
Product of U.S.A.



ORGANIC

\$2.99

Fresh Organic Cherry
Tomatoes
Product of Mexico
255g pkg
No. 1 Grade

2 FOR \$4

Fresh Aaulfo Mangoes
Product of Mexico



\$3.99

Fresh Golden Berries
Product of Colombia
200g pkg



\$12

Wild Roses Bunch
Product of Colombia
10 stem
selected varieties



Fresh Ontario Pork
Back Ribs
2-pack cry-o-vac
11.00/kg

4⁹⁹
/LB

SAVE \$3/LB



FLOWN
IN
FRESH

Fresh Tree-Ripened
Mangoes
Product of Peru
11.00/kg

4⁹⁹
/LB



Frozen White
Shrimp Skewer
31-40ct
5 shrimp per skewer

8⁹⁹
FOR **\$10**

SAVE \$5.92 ON 8



3⁹⁹

SAVE \$1

Longo's Artisan
Olive Loaf
453g pkg



Fresh Heirloom
Tomatoes
Product of Ontario
6.59/kg

2⁹⁹
/LB



Fresh Avocados
Product of Mexico

2⁹⁹
FOR **\$4**

Nutella Hazelnut
Spread
725g jar or
Nutella Biscuits
276g pkg

6⁹⁹

SAVE UP TO \$2



ORGANIC

Crank Organic,
Fairtrade and Kosher
Coffee Beans
340g pkg
selected varieties

10⁹⁹

SAVE \$6

ROASTED IN THE GTA!



4⁹⁹

SAVE \$2

Longo's Sparkling
Water
6x1L bottles
selected varieties



4⁹⁹

SAVE \$1.50

Heinz Ketchup
750mL-1L bottle
selected varieties



3⁹⁹

Gray Ridge Large
White Eggs
12 pack



3⁴⁹

Redpath
Granulated Sugar
2kg pkg



2²⁹

Longo's
Essentials Bread
675g pkg



3⁹⁹

Oikos or Liberté
Greek Yogourt
4x100g pkg

WE'VE LOCKED DOWN PRICES ON EVERYDAY ITEMS.

Longo's

For online flyer, store hours and store locations,
visit us at Longos.com or call 1-800-9-Longos

f X @LongosMarkets

We reserve the right to limit quantities. We are diligent in proofing our flyers but unintentional errors in copy or image may occur. We reserve the right to correct any errors. Some images are for illustration purposes only. Savings refer to Longo's regular prices. Prices vary by location.

ZONE 1



FRESH SAVINGS FOR THE WEEK OF THURSDAY MARCH 12TH TO WEDNESDAY MARCH 18TH, 2026.



THANK YOU REWARDS MEMBER PRICING

Scan your registered Thank You Rewards card and receive exclusive members only pricing on select products in-store.



NOT A MEMBER? NOT A PROBLEM!

Sign up to become a member and earn 500 Bonus Points when you opt in to receive emails and exclusive offers. Scan the QR code or visit Longos.com/thank-you-rewards

THIS WEEK MEMBERS SAVE OVER \$30

\$20

SAVE \$5

NON-MEMBER
\$25



Longo's Frozen Breaded
Pork Cutlets
840g pkg



22⁹⁹

SAVE \$2

NON-MEMBER
24⁹⁹

Longo's Frozen Cooked
Black Tiger Shrimp Ring
with Cocktail
480g pkg
COLOSSAL



26⁹⁹

SAVE \$3

NON-MEMBER
29⁹⁹

ORGANIC

Greenhouse Organic Fiery
Ginger Wellness Shots
1.26L pkg



6⁹⁹

SAVE \$1.50

NON-MEMBER
7⁹⁹

Venetian Cacciatore
Mild or Hot
175g pkg



5⁴⁹

SAVE \$1.50

NON-MEMBER
6⁹⁹

Longo's Gluten-Free
Fresh Pasta
300g pkg
selected varieties



11⁹⁹

SAVE \$2

NON-MEMBER
13⁹⁹

Tetley Tea
Orange Pekoe
216ct



2⁴⁹

SAVE \$1

NON-MEMBER
3⁴⁹

Vita Coco
Coconut Water
500mL tetra
selected varieties



18⁹⁹

SAVE \$1

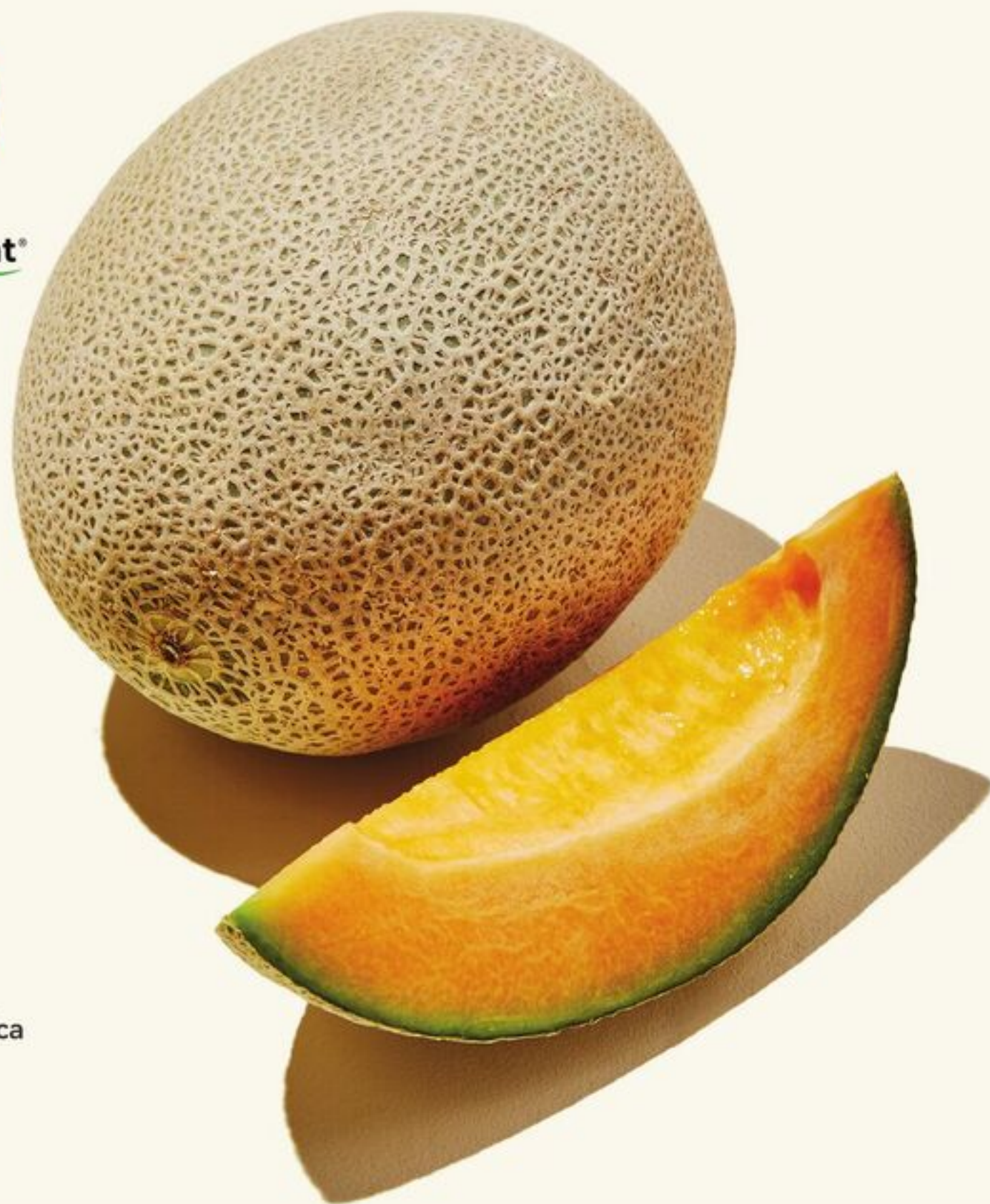
NON-MEMBER
19⁹⁹

Longo's Savoury Pies
Longo's Chicken Pot Pie,
Steak and Mushrooms Pie,
Tourtiere or Shepherd's Pie
970g pkg
FAMILY SIZE



MORE POINTS. FASTER EARNINGS. BIGGER REWARDS.

FRESH SAVINGS FOR THE WEEK OF THURSDAY MARCH 12TH TO WEDNESDAY MARCH 18TH, 2026.



Fresh Cantaloupe
Product of Costa Rica
each

4⁹⁹



5⁹⁹
/LB
SAVE \$1/LB

Yorkshire Valley Farms
Fresh Organic Whole
Chicken
13.21/kg



15⁹⁹
/LB
SAVE \$1/LB

Fresh Canadian
Atlantic Salmon Side
35.25/kg



5⁹⁹

Longo's Fresh Flavour Bombs
Cherry Tomatoes on the Vine
Product of Ontario
341g pkg



2⁴⁹
/LB

Fresh Zucchini or Baby
Vegetable Marrow
Product of Mexico
5.49/kg



8⁹⁹
/LB
SAVE \$1/LB

Yorkshire Valley Farms Fresh
Organic Split Chicken Wings
19.82/kg
VALUE PACK



16⁹⁹
/LB
SAVE \$2/LB

Fresh Wild Caught
Haddock Fillet
37.46/kg



5⁴⁹
SAVE 50¢

Wonderful In-Shell
Pistachios
Product of U.S.A.
200-225g pkg
selected varieties



4⁹⁹
SAVE \$1

Longo's Fresh Whole or
Sliced King Oyster
Mushrooms
Product of Ontario
200g pkg



13⁹⁹
/LB
SAVE \$1/LB

Maple Leaf Prime
Raised Without
Antibiotics Chicken
Breast Fillets
Thin Sliced or Diced
30.84/kg



By The Sea
Frozen Air Fryer
Seafood Meals
selected varieties

10⁹⁹
SAVE \$2



2⁹⁹

Fresh Organic Green or
Red Leaf Lettuce
Product of U.S.A.
each

ORGANIC



4⁹⁹

Fresh Organic Red or
Yellow Cooking Onions
Product of U.S.A.
3lb bag



Dubreton Organic
Pork Dinner Sausages
400g pkg
8⁹⁹
SAVE \$1



Longo's Frozen
Marinated Garlic
& Herbs Butterfly
Shrimp
340g pkg
14⁹⁹
SAVE \$1

Fresh fish is subject to availability.

FRESH SAVINGS FOR THE WEEK OF THURSDAY MARCH 12TH TO WEDNESDAY MARCH 18TH, 2026.

TAKE & BAKE PIZZA

2 FOR \$20
SAVE \$1.98 ON 2

Sourdough Take & Bake Pizza
Choose from:
Double Cheese or Pepperoni
Individual \$10.99
selected varieties

CHICKEN MEAL DEAL.

1kg Whole Barbecue Rotisserie Style Chicken and Choice of 2 Entrée Sides
Fresh, Never Frozen, Air-Chilled, Grain-Fed Chicken
23⁹⁹
SAVE UP TO \$7.98

1kg Whole Raised Without Antibiotics Rotisserie Style Chicken and Choice of 2 Entrée Sides
Fresh, Never Frozen, Air-Chilled, Grain-Fed Chicken
25⁹⁹
SAVE UP TO \$7.98

FREE
BUY A CHICKEN MEAL DEAL AND RECEIVE A LONGO'S 350G WHITE BAGUETTE FOR FREE WHEN YOU SCAN YOUR REWARDS CARD!
SAVE \$2.49

Bella Casara Burratini
125g tub **7⁹⁹**

Bella Casara Burrata
250g tub **12⁹⁹**

San Daniele Prosciutto
2⁹⁹ /100G

Buy MORE SAVE MORE

Regularly priced selected products 350g pkg or larger size
20% OFF

EXTRA, JARISBERG, OKA, AGROPUR, Grand Cheddar, GUSTAV, Gouda

Longo's Oven Roasted Chicken Breast
3⁶⁹ /100G

Longo's Curato Prosciutto Cotto
3⁴⁹ /100G

HERE FOR A LIMITED TIME!

31⁹⁷
SAVE \$1

NEW La Rocca 8" Key Lime Pie Cake or 8" Strawberry Lemon Cake

HERE FOR A LIMITED TIME!

19⁹⁹
SAVE \$2

NEW Dufflet Purple Hyacinth Chocolate Fudge Cake

15⁹⁹
SAVE \$2

Stefano Frozen Tiramisu
450g pkg
selected varieties

Traditional or Cream Cheese Icing

2 FOR \$12

Longo's Cinnamon Rolls
9 pack
Individual \$6.49

IT'S BACK!

25⁹⁹

Longo's Ice Cream Cake
1.3L pkg
selected varieties

EARN 500 POINTS

5⁹⁹
SAVE \$1

St. Viateur Montreal Bagels
6 pack, 480g pkg
selected varieties

6⁹⁹

Longo's Muffins
6 pack, 600g pkg
selected varieties

EARN 50 POINTS

9⁹⁹

Longo's Lemon Meringue Pie
1kg pkg

EARN 100 POINTS

FRESH SAVINGS FOR THE WEEK OF THURSDAY MARCH 12TH TO WEDNESDAY MARCH 18TH, 2026.

CITRILICIOUS

CAN'T STOP THE PEEL-ING.

**10LB
CASES**



**MUST
TRY**

**IN-STORE
TASTING
SAT-SUN
10:30AM - 4PM**



Fresh Poppies Mandarins
Product of U.S.A.
10lb case

19⁹⁹

Fresh Gold
Nugget Mandarins
Product of U.S.A.
11.00/kg

**4⁹⁹
/LB**



3lb case
14.99

Beneath their bumpy, golden peel,
this unique limited season mandarin
is one of the sweetest, juiciest
citrus varieties you'll ever taste.
It's great for juicing and snacking!



Fresh Cara Caras Oranges
Product of U.S.A.
10lb case

16⁹⁹

Fresh Navel Oranges
Product of U.S.A.
10lb case

16⁹⁹



Fresh Lemons
Product of U.S.A.
10lb case

16⁹⁹

Fresh Cara Cara
Oranges
Product of U.S.A.
4.39/kg

**1⁹⁹
/LB**

**1⁹⁹
/LB**

Fresh Minneola
Tangerines
Product of U.S.A.
4.39/kg



**4⁹⁹
/LB**

Fresh Sumo Mandarins
Product of U.S.A.
11.00/kg

ORGANIC

Fresh Organic
Mandarins
Product of U.S.A.
2lb bag

6⁹⁹



ORGANIC

Fresh Organic
Navel Oranges
Product of U.S.A.
3lb bag

5⁹⁹



ORGANIC

Fresh Organic
Lemons
Product of U.S.A.
2lb bag

4⁹⁹



7⁹⁹ Fresh Poppies
Mandarins
Product of U.S.A.
4lb bag

Fresh Blood Oranges
Product of U.S.A.
4.39/kg

**1⁹⁹
/LB**

TRADITIONALLY
EATEN DURING
ST. JOSEPH'S DAY.
JOIN US FOR IN-STORE
TASTING EXPERIENCE
MARCH 19.

THEY'RE BACK! LONGO'S ZEPPOLE.

The perfect marriage of Chantilly cream and freshly baked pâte à choux makes for a dessert you'll be dreaming about. But don't dream too long, Longo's authentic Italian Zeppole are here for a limited time only.

MADE IN-STORE. AVAILABLE FOR
THE MONTH OF MARCH ONLY.



Longo's 8"
Zeppole Cake
29⁹⁹

EARN 300 POINTS

- Layers of vanilla sponge cake
- Chantilly cream filling with Amarena cherries
- Topped with zeppolini



CHOCOLATE
HAZELNUT

Longo's Zeppole
selected varieties

3⁷⁹

**WHEN YOU BUY
6 OR MORE.**



**EARN 50 POINTS
PER UNIT**



FRESH STRAWBERRY
& CHANTILLY CREAM



TRADITIONAL
AMARENA
CHERRIES

Longo's Zeppolini
selected varieties

2⁶⁹

**WHEN YOU BUY
6 OR MORE.**



**EARN 25 POINTS
PER UNIT**



TANGY LEMON
CREAM



CEDAR PLANK SALMON WITH HONEY-ORANGE GLAZE

Planked salmon is surprisingly easy to make and always a show-stopper!

Prep: 10 min (plus 2 hr soaking)
Grill: 25 min Serves: 6 to 8

- 1 large orange**
- 3 tbsp Longo's Unpasteurized Pure Liquid Honey**
- 2 tbsp Longo's Dijon Mustard**
- 1 tbsp Longo's Country Churned Salted Butter Sticks**
- 1 tbsp each chopped fresh Longo's Organic Tarragon and minced fresh Longo's Organic Chives (plus extra for garnish)**
- 1 skinless side fresh Atlantic salmon (from New Brunswick) (about 1kg)**
- 1 large or 2 medium cedar grilling planks, soaked in cold water for at least 2 hr**
- 1/2 tsp each salt and pepper**

Finely grate enough orange zest to measure 1 tbsp. Slice about one-quarter portion off the end of the orange and juice it to make 1 tbsp. Slice the remaining orange thinly to use as a garnish.

Combine honey, orange zest, orange juice, mustard and butter in small saucepan and heat until melted and combined. Remove from heat; stir in tarragon and chives.

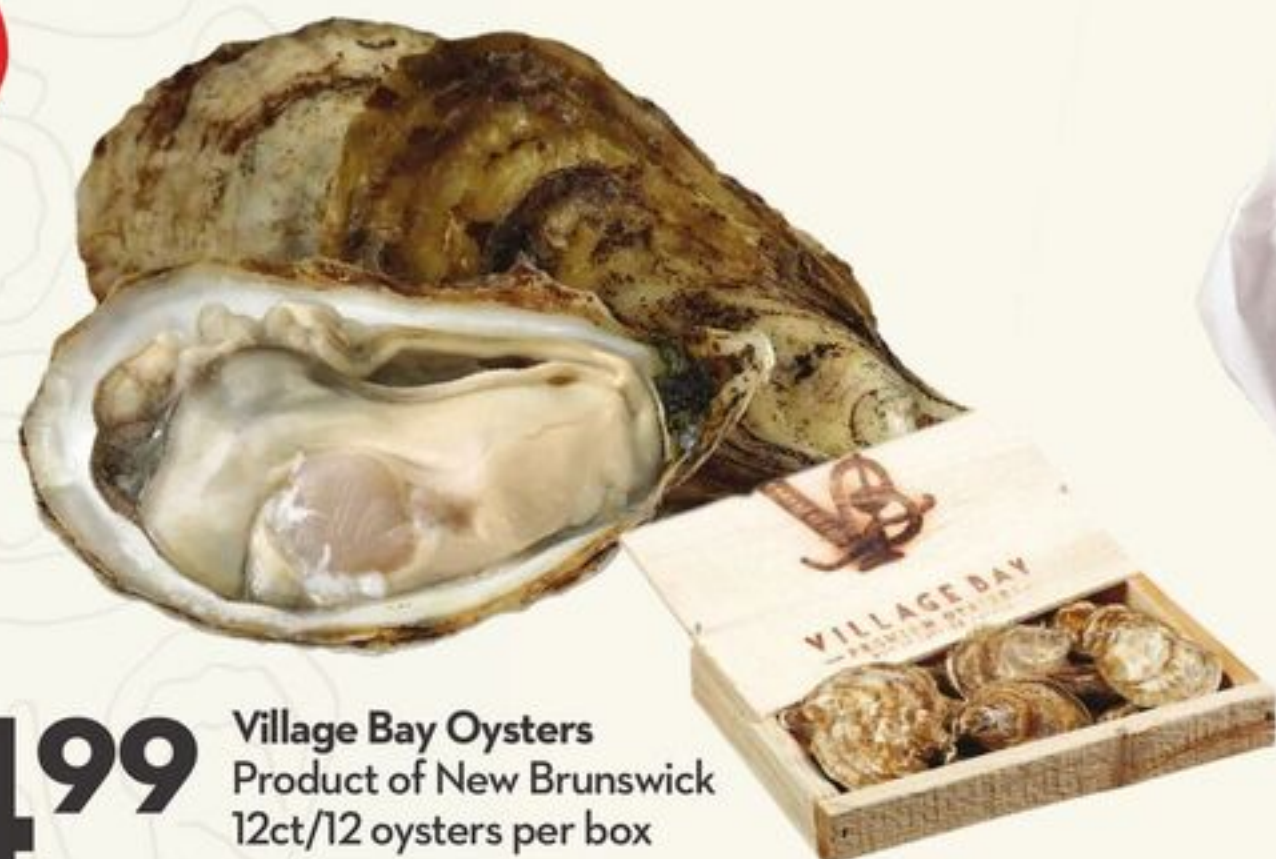
Arrange salmon on soaked plank. Season with salt and pepper and brush liberally with half of the glaze. Place plank on preheated medium-high grill and close lid; cook for 15 minutes. Brush with remaining glaze mixture and continue to cook for 8 to 10 minutes or until the centre of the fish has a hint of coral when tested with a knife.

Remove plank to baking sheet. Garnish with orange slices and additional tarragon and chives.

Tips: If salmon is larger than 1 plank, arrange 2 planks side by side on the back side of a baking sheet to slide onto the grill easily.

Grill orange slices alongside salmon, if desired.

Per serving (1/6 recipe): 290 calories; 32g protein; 13g fat; 10g carbohydrate; 0g fibre; 9g sugars; 400mg sodium.



14⁹⁹
SAVE \$2

Village Bay Oysters
Product of New Brunswick
12ct/12 oysters per box



1²⁹
/EA

Honey Moon Oyster 2.5-3"
Product of New Brunswick
Per Oyster



Fresh Atlantic
Salmon Side
900g tray
SKINLESS

\$30
SAVE \$5



Frozen Canadian Lobster Tails
4x3oz, 340g pkg

19⁹⁹
SAVE \$3



Frozen Lobster Claws
454g pkg

19⁹⁹
SAVE \$5



ST. PATRICK'S DAY DELIGHTS!



Decoration may vary by location.



Longo's 12" Giant St. Patrick's Day Message Cookie

13⁹⁹



EARN 100 POINTS

MADE IN-STORE!



Longo's St. Patrick's Day Cupcakes
6 pack
assorted varieties

7⁹⁹



EARN 100 POINTS

Decoration may vary by location.



Fresh Green Kiwi
Product of Greece or Italy
600g pkg

4⁹⁹



Fresh Granny Smith Apples
Product of U.S.A.
4.39/kg

1⁹⁹
/LB



79¢
/LB

Fresh Large Green Cabbage
Product of Ontario
1.74/kg



Kerrygold Irish Cheese
Irish Reserve or Dubliner
198g pkg

9⁹⁹



7⁹⁹
/LB

SAVE \$3/LB



79¢
/LB

Fresh Large Green Cabbage
Product of Ontario
1.74/kg

FRESH
DELI
CUT



Cashel Irish Blue Cheese

6⁹⁹
/100G



Guinness Draught
4x440mL cans

13⁹⁹

SAVE \$1



Alexander Keith's IPA
6x473mL cans

19⁹⁹



Selection may vary by location. Beer is available at the following Longo's locations: Ajax, Ancaster, Aurora, Bathurst, Brampton, Brooklin, Burloak, Guelph, Leaside, Liberty Village, Maple, Maple Leaf Square, Milton, Mount Pleasant, North Oakville, Richmond Hill, Southeast Oakville, Walkers Line, Weston, Winston Churchill, Yonge & Sheppard. Prices include tax and deposit.

GRILL IT!

AVAILABLE IN
OUR FROZEN
MEAT AISLE.

Choose from
Teriyaki Asian Style,
Sweet & Tangy BBQ,
Korean Style or
Thai Style Sweet Chili.



Longo's Frozen
Pork & Beef Chevaps
1.5kg pkg

\$25

THANK YOU EARN 75 POINTS



\$60 Longo's Frozen Sliced
Beef Short Ribs
1.81kg pkg
selected varieties

THANK YOU EARN 150 POINTS



Longo's Frozen
Chicken Kaftas
1.1kg pkg

\$25

THANK YOU EARN 75 POINTS



Longo's Frozen Pork
Souvlaki or Porchettini
850-950g pkg

\$25

THANK YOU EARN 75 POINTS



Longo's Frozen
Lamb Sausage
500g pkg

\$25

THANK YOU EARN 75 POINTS



Longo's Frozen
Chicken Spiedini
950g pkg

\$45

THANK YOU EARN 100 POINTS



Longo's Frozen
Chicken Souvlaki
850g pkg

\$30

THANK YOU EARN 100 POINTS



Longo's Frozen
Lamb Spiedini
950g pkg

\$50

THANK YOU EARN 100 POINTS



Longo's Greek Style Pita
White or Whole Grain
400g pkg

1.99

SPRING BAKING



"Check out [Longos.com](https://www.longos.com) for great baking recipe ideas like Pear Chip Blondies and many more tasty treats."

Shane
Bakery Manager, Brooklin



Robin Hood or
Five Roses Flour
2.5kg pkg
selected varieties

5.49

SAVE UP TO \$1.50



Redpath Special
Fine Granulated
Sugar
2kg pkg

3.49



8.99
SAVE \$2

Ghirardelli
Chocolate Chips
250-283g pkg
selected varieties



Quaker Oat Four
700g pkg or
Baking Mixes
900g pkg
selected varieties

5.99

SAVE UP TO \$2



3.99
Eagle Brand
Condensed Milk
300mL can
selected varieties
SAVE AT LEAST \$1.50



2.29
Carnation
Evaporated Milk
354mL can
selected varieties
SAVE 70¢



E.D. Smith
Pure Pumpkin
796mL can or
Pie Fillings
540mL can
selected varieties

4.99

SAVE UP TO \$2



Longo's Almonds,
Raisins or Coconut
100-375g pkg
selected varieties

3.49
SAVE AT
LEAST \$1.80



GROCERY



Ben's Original Bistro Rice
240-250g pkg
selected varieties
2.99
SAVE UP TO \$2



Clif Bar Singles
50-68g pkg
Individual \$2.49
selected varieties
3 FOR \$5
SAVE AT LEAST
\$2.39 FOR 3

Clif Bar
12 Pack
600-816g pkg
selected varieties
\$19.99
SAVE \$5

Bubly Sparkling Water
12x355mL cans
selected varieties

6.99
SAVE \$1



Pepsi Beverages
Mini Cans
6x222mL cans
selected varieties
4.99
SAVE 50¢



19.99
SAVE \$5
Folgers Coffee
K-Cup Pods
30ct
selected varieties



The Keg
Seasoning
140-225g pkg
selected varieties
5.49
SAVE AT LEAST \$1



LeClerc Cookies
240g pkg
selected varieties
3.99
SAVE \$1



Neal Brothers
Tortillas
300g pkg or
Salsa 410g jar
selected varieties
5.49
SAVE UP TO \$2



6.99
SAVE \$2
Whittaker's
Chocolate Bar
200-220g pkg
selected varieties



Nature Clean
Dish Soap
740mL bottle
selected varieties
3.99
SAVE \$1



Kellogg's Nutri-Grain Bars,
Rice Krispies Squares,
Pop-Tarts or Special K
Pastry Crisps
125-384g pkg
selected varieties
3.49
SAVE AT LEAST 50¢



Two Bears
Oat Beverage
946mL tetra or
Black Coffee
207mL can
selected varieties
2.99
SAVE UP TO \$3



Haribo Gummies
175g pkg
Individual \$3.99
selected varieties
2 FOR \$6
SAVE \$1.98 ON 2



Dempster's
Bread 375g pkg,
Hot Dog or
Hamburger
Buns 6-8 pack,
Dempster's
Tortillas 7" or
Hostess Snack
Cakes 6 pack
selected varieties
3.49
SAVE UP TO \$1



Cheez-It Snack
Crackers
191-200g pkg
selected varieties
2.99
SAVE \$1



Matheson Food
Company
Mac & Cheese
170g pkg
selected varieties
2.99
SAVE \$1

DAIRY AND FROZEN

Greenfield Natural
Bacon, Sausages,
Wieners or Back Bacon
200-375g pkg
selected varieties

6⁹⁹
SAVE UP TO \$3



Cavendish Farms
Premium Fries
540-750g pkg
Individual \$4.49
selected varieties

2 FOR \$8
SAVE UP TO \$1.58 ON 2



6⁴⁹ Activia Yogourt
12x95-100g pkg
selected varieties
SAVE UP TO \$2

Häagen-Dazs Ice Cream
414-450mL tub or
Häagen-Dazs Novelties
3 pack
selected varieties

5⁴⁹
SAVE AT LEAST \$1.50



7⁹⁹ Becel Margarine
637-850g pkg
selected varieties
SAVE \$2

Oasis Orange
Juice
1.54L jug
selected varieties

4⁹⁹
SAVE \$1.50



Yorkshire Valley
Farms Organic
Breaded Chicken
Bites or Fillets
454-480g pkg
selected varieties

15⁹⁹
SAVE \$2



Beyond Meat
Ground
340g pkg,
Beyond Sausage
400g pkg or
Beyond Steak
Seared Tips
226g pkg
selected varieties

8⁹⁹
SAVE \$2



Longo's
Pizza Dough
700g pkg
Individual \$2.99
selected varieties

2 FOR \$5
SAVE \$1.98 ON 2



Olivieri Skillet
Gnocchi
280-300g pkg
selected varieties

4⁹⁹
SAVE \$2



Palma Pasta
Frozen Lasagna
2.4kg pkg
selected varieties

34⁹⁹
SAVE \$5



5⁴⁹ Nature's Path
Frozen Waffles
210g pkg
selected varieties
SAVE UP TO \$1

LONGO'S MUST-HAVES

Longo's Chicken
Strips or Nuggets
700g pkg
selected varieties

13⁹⁹
SAVE \$2



MADE
WITH WHOLE
BREAST
MEAT.



Longo's Plum Sauce or
Sweet Thai Chili Sauce
1L bottle
selected varieties

4⁹⁹
SAVE 50¢



Longo's Sriracha
Mayo Sauce & Dip
350mL bottle

2⁹⁹
SAVE \$1.50



Longo's
CURATO
PRODUCT OF ITALY

3⁹⁹ Longo's Curato
Wine Vinegar Red
White or Rose
500mL bottle
SAVE 50¢
EARN 100 POINTS



Longo's
CURATO
PRODUCT OF ITALY

Longo's Curato
Glaze with
Balsamic Vinegar
250mL bottle
selected varieties

7⁹⁹
SAVE \$1



Longo's Tortillas 10"
610g pkg
selected varieties

3⁹⁹
SAVE 30¢



Longo's Honey
500mL bottle

5⁹⁹
SAVE AT LEAST \$1



SAVE ON THE BRANDS YOU LOVE AT LONGO'S



Longo's Fully Cooked Beef Pot Roast 550g pkg,
Longo's Fully Cooked Beef Barbacoa 500g pkg,
Longo's Pork Pot Roast in Gravy 575g pkg or
Longo's Pork Carnitas 600g pkg

FROM 11⁹⁹
SAVE \$1



Longo's Cookie Thins 170g pkg
selected varieties

2⁹⁹
SAVE \$1

Longo's Nutless Snack Clusters 160g pkg
selected varieties

2⁹⁹
SAVE 50¢

Longo's Cookie Fingers or Cracker Crisps 130-150g pkg
selected varieties

2⁹⁹
SAVE \$1



Longo's Pasta Sauce 473mL or 1L jar
selected varieties

5⁹⁹
SAVE UP TO \$1.50



Longo's Mini Biscotti 600g pkg

14⁹⁹

EARN 100 POINTS



Longo's Frozen Pasta Entrees 1-1.5kg pkg
selected varieties

9⁹⁹
SAVE \$2



Longo's 12" Fruit Pie 1kg pkg
selected varieties

12⁹⁹
EARN 100 POINTS

FRESH SALAD



LONGO'S MEAL SIZE

- MADE FRESH
- 10 VARIETIES
- AVAILABLE IN THE KITCHEN DEPARTMENT
- GENEROUS, MEAL SIZED PORTIONS



Our Meal Size Salads are made with premium ingredients, big portions, and delicious flavor combinations - the perfect grab and go meal.

LONGO'S FAMILY SIZE SALADS

- MADE FRESH
- 4 FLAVORS
- PERFECT FOR SHARING
- IDEAL FOR DINNER SIDES, ENTERTAINING OR GATHERINGS



Share freshness with the whole family. Our Family Size Salads are made fresh, come in four delicious flavors - perfect for meals, parties, or easy entertaining.

LONGO'S SALADS FOR ONE

- MADE FRESH
- 5 VARIETIES
- GREAT VALUE, QUICK AND CONVENIENT
- PERFECT FOR LIGHT MEALS OR SNACKS
- PORTION-CONTROLLED AND PORTABLE



Quick, fresh, and ready when you are. Choose from five Single Size salads - perfectly portioned and made fresh daily for easy snacking or light meals.



3⁹⁹

Gray Ridge Large White Eggs
12 pack

2²⁹

Longo's Essentials Bread
675g pkg



3⁴⁹

Redpath Granulated Sugar
2kg pkg



4⁹⁹

Longo's Fresh Mini Seedless Cucumbers
Product of Ontario
11 pack



6⁹⁹

ORGANIC

Fresh Organic Grape Tomatoes
Product of Ontario
681g pkg



4⁹⁹

Fresh Hydroponic Lettuce
Product of Ontario
2 pack • assorted varieties



3⁹⁹

Longo's Fresh Russet Potatoes
Product of Canada
10lb bag



3⁹⁹

Oikos or Liberté Greek Yogourt
4x100g pkg



2⁹⁹ /LB

Longo's Fresh Ontario Air-Chilled, Grain-Fed Chicken Leg Quarters
Value pack • 6.59/kg



10⁹⁹

Organic Meadow Milk
1%, 2% or skim
4L bag



6⁴⁹

Beatrice Milk
1%, 2% or skim
4L bag



2 FOR \$4

Longo's Pasta
450g pkg
Individual \$2.29



5⁹⁹

Frito-Lay Value Pack Chips
325-535g pkg
selected varieties



9⁹⁹

Imported Emmental Cheese, Medium Cheddar Cheese or Imported Aged Cheddar Cheese
Average weight 400g

\$5.00/ serving

19⁹⁹

Longo's Oven-Ready Meals
900g-1kg pkg
Serves up to 4



20⁹⁹

Cashmere Bath Tissue
24=72 rolls

WE'VE LOCKED DOWN PRICES ON EVERYDAY ITEMS.

FRESH SAVINGS FOR THE WEEK OF THURSDAY MARCH 12TH TO WEDNESDAY MARCH 18TH, 2026.

SAVE ON THE BRANDS YOU LOVE AT LONGO'S

FOR EVERY BURGER

IT HAS TO BE
HEINZ
ESTD 1869



Diana or Bull's-Eye
Barbecue Sauce
425-500mL bottle
selected varieties

3.29

SAVE UP TO \$2.20



Kraft Salad Dressing
425mL bottle or
Pure Salad Dressing
355mL bottle
selected varieties

3.49

SAVE UP TO \$2.50



Heinz Beans
398mL can
selected varieties

1.99

SAVE UP TO \$1.50



Kraft Philadelphia
Cream Cheese
227-250g pkg
selected varieties

4.49

SAVE UP TO \$1.50



Kraft Dinner
175-200g pkg
selected varieties

1.99

SAVE UP TO 50¢



Classico Pasta Sauce
218-600mL jar
selected varieties

3.49

SAVE \$2.50



Maxwell House
Original Roast
Ground Coffee
864g canister

18.99

SAVE \$4



Taco Bell Crunchwrap
Supreme or Double
Decker Kit
401-642g pkg
selected varieties

6.99

SAVE \$1



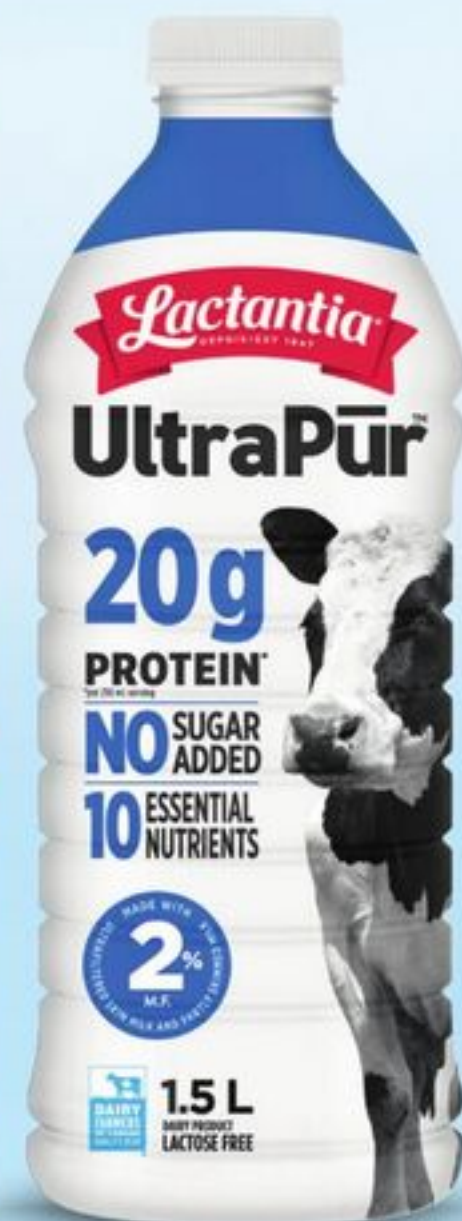
Taco Bell Dinner Kit
260-420g pkg
selected varieties

4.99

SAVE \$1

FRESH SAVINGS FOR THE WEEK OF THURSDAY MARCH 12TH TO WEDNESDAY MARCH 18TH, 2026.

Save on the brands you love at Longo's



Lactantia PurFiltre Organic, Lactose-Free or UltraPur Milk
1.5-2L pkg
selected varieties

5⁹⁹
SAVE UP TO \$2



iöGO Creamy Duo Yogourt
650g tub
selected varieties

3⁴⁹
SAVE \$1.50



Beatrice Chocolate Milk
750mL carton

1⁹⁹
SAVE UP TO \$1



B-FIT Protein Shakes
460mL pkg
selected varieties

3⁴⁹
SAVE 50¢



4⁹⁹ Olympic Organic Yogourt
650g tub
selected varieties
SAVE \$3



SAVE ON THE BRANDS YOU LOVE AT LONGO'S



**SPEND
\$50**
ON ANY
STARBUCKS®
PRODUCTS

**GET
\$15***



*Learn more



Starbucks
Coffee Enhancer
828mL bottle
selected varieties

6⁹⁹
SAVE \$2



Starbucks
Nespresso
Virtuo Line 8ct
selected varieties

12⁹⁹
SAVE \$2



Starbucks
Nespresso
Pods Original
10ct

8⁹⁹
SAVE \$4



Starbucks K-Cups 10ct or
Roasted or Ground Coffee
340g pkg
selected varieties

12⁹⁹
SAVE UP TO \$2

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MARCH BREAK
Ready



2⁹⁹ Old El Paso
Shells or Components
189-334g pkg
selected varieties
SAVE UP TO \$3



5⁹⁹ General Mills
Family Size Cereal
475-725g pkg
selected varieties
SAVE AT LEAST \$2



3⁴⁹ Pillsbury Refrigerated
Baked Goods
340-468g pkg
selected varieties
SAVE \$1.50



2⁹⁹ Nature Valley Granola Bars
130-230g pkg or Fruit by the Foot,
Betty Crocker Fruit Rollups or
Fruit Gushers 128-141g pkg
selected varieties
SAVE UP TO \$2

Campbell's

Pepperidge Farm
Goldfish Crackers or Crisps
177-200g pkg
selected varieties

2⁹⁹
SAVE UP TO \$1.30



3²⁹ Campbell's Ready to
Serve Soup
515mL can
selected varieties
SAVE AT LEAST 70¢



3²⁹ Campbell's
Chunky Soup
515mL can
selected varieties
SAVE AT LEAST 70¢



Since 1989 • Depuis 1989

IT'S NOT JUST PASTA.



Italpasta Artisan
Pasta
450g pkg
selected varieties

1⁹⁹
SAVE 50¢



Italpasta
Gluten-Free Pasta
340g pkg
selected varieties

3⁴⁹
SAVE 50¢



Italpasta Soup Cuts
450g pkg
selected varieties

1⁹⁹
SAVE 50¢



2⁹⁹ Italpasta Lasagne
Jumbo Shells or Manicotti
225-500g pkg
selected varieties

† Registered Trademark of Italpasta Ltd.