

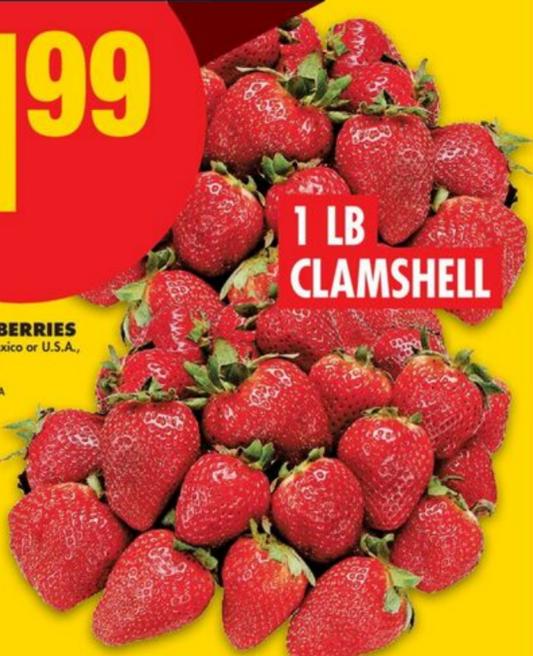
NOFRILLS[®] YESSAVINGS

ONLY

1.99

**1 LB
CLAMSHELL**

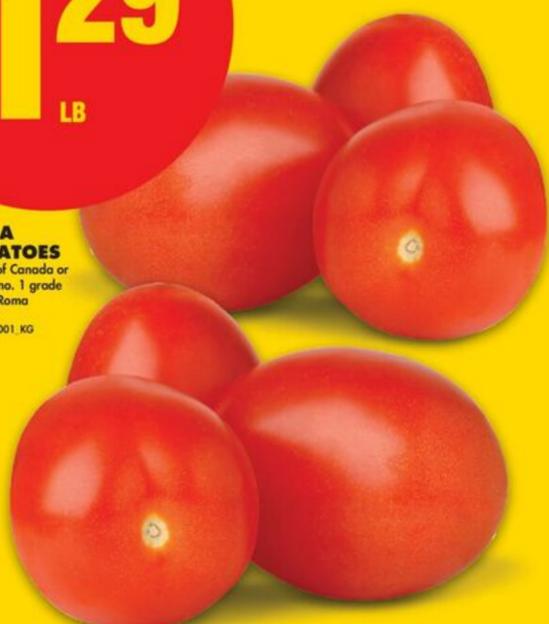
STRAWBERRIES
product of Mexico or U.S.A.,
no. 1 grade
fraises
20049778001_EA



SAVE 35%

1.29
LB

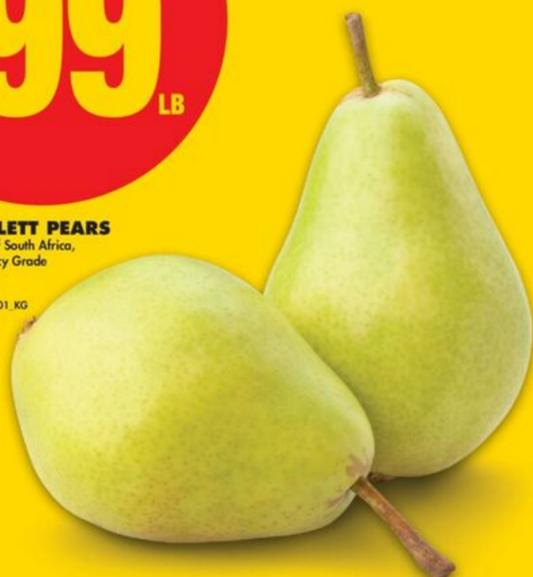
ROMA TOMATOES
product of Canada or
Mexico, no. 1 grade
tomates Roma
2.84/kg
20143381001_KG



SAVE 50%

.99
LB

BARTLETT PEARS
product of South Africa,
Extra Fancy Grade
poires
2.18/kg
20172240001_KG



SAVE 33%

3.99

292-383 G

**EAT SMART or
TAYLOR FARMS
CHOP SALAD KIT**
selected varieties, product of U.S.A.
trousses de salade
20674118_EA/ 21599513_EA



NO FRILLS® YES SAVINGS

FLYER PRICES EFFECTIVE THURSDAY, MARCH 5 TO WEDNESDAY, MARCH 11, 2026.

SAVE 21%

5.50

SEAQUEST® RAW or COOKED WHITE SHRIMP
frozen
36-55 per lb
300 g
crevettes
21636326 EA/21636352 EA



SAVE 59%

2.22
LB

PORK COMBO CHOP
fresh, bone-in
côtelettes de porc
4.89/kg
20683470 KG
WHILE QUANTITIES LAST



SAVE 23%

\$13

AUSTRALIAN LEAN GROUND LAMB
2x350 g
agneau haché
21682482 EA

SAVE 37%

8.77

MEDJOOL DATES
product of U.S.A.
dattes
20001686 EA



SAVE 37%

1.88

LANTIC GRANULATED SUGAR
2 kg
sucre granulé
20145033 EA



SAVE 33%

\$1

CARL BUDDIG SLICED DELI MEAT
selected varieties
55 g
charcuteries tranchées
20662015 EA



SAVE UP TO 54%

\$1

CLOVER LEAF LIGHT TUNA 170 g or
GOLD SEAL SARDINES 125 g
selected varieties
thon pâle or sardines
20573583 EA/21024465 EA



App exclusive offer

\$20

Earn
5,000
pts
That's \$5 value

PC® ROAST AND GROUND COFFEE 800-930 g,
WHOLE BEAN 820/907 g or **PODS** 30's
selected varieties
café torréfié et moulu ou en grains ou capsules
21038677 EA/21668446 EA



SAVE UP TO 43%

8.99
61 LOADS

TIDE LIQUID 1.62/1.86 L or **PODS** 18/31's
GAIN LIQUID LAUNDRY DETERGENT, DOWNY FABRIC SOFTENER, DOWNY or GAIN SCENT BOOSTERS 1.46/2.63 L, **DOWNY or BOUNCE DRYER SHEETS** 120/200's
selected varieties
détergent ou assouplissant ou rehausseur de parfum ou feuilles pour sècheuse
21597282 EA/21597281 EA



SAVE UP TO 54%

1.25

OASIS JUICE, DEL MONTE NECTAR or ARIZONA ICED TEA 960 mL or **FRUITE BEVERAGES** 2 L
selected varieties
jus ou nectar ou thé glacé ou boissons
2033672205 EA/20894117004 EA



SAVE 42%

.29

MR. NOODLES INSTANT NOODLES
selected varieties
85 g
nouilles instantanées
20322658001 EA



SAVE 29%

12.99

TILDA BASMATI RICE
4.54 kg
riz basmati
20153678 EA



AVAILABLE AT: JEROME & ALISHA'S - AJAX, STEVE & AMANDA'S - AJAX, ROB & TINA'S - AMHERSTBURG, JOE & VAL'S - AURORA, JOE'S - BELLEVILLE, ADIL'S - BRAMPTON, DAVE'S - BRAMPTON, FARZIN'S - BRAMPTON, HECTOR & ALICJA'S - BRAMPTON, MICHAEL & ABBY'S - BRAMPTON, ROCKY'S - BRAMPTON, SARANGAN'S - BRAMPTON, WALKER'S - BRANTFORD, ALFREDO'S - BURLINGTON, MICHAEL'S - BURLINGTON, JAVID & SALMA'S - CAMBRIDGE, ROSS & LINDSAY'S - CAMBRIDGE, RYAN'S - EAST YORK, COSIMO'S - ETOBICOKE, EMILIANO & ANA'S - ETOBICOKE, JASON'S - ETOBICOKE, JEFF, ROSE & HERB'S - ETOBICOKE, JEFF'S - ETOBICOKE, STEVE'S - ETOBICOKE, DOMENIC'S - GUELPH, SHANNON & RICHARD'S - GUELPH, CHRIS & JENN'S - HAMILTON, FRANCO'S - HAMILTON, GIORGIO'S - HAMILTON, TONY'S - HAMILTON, DEREK & LAURA'S - KITCHENER, BRENT & JENNIE'S - LONDON, DARRYL & TRACY'S - LONDON, GARY'S - LONDON, MASSE'S - LONDON, PHIL'S - LONDON, ROB & RACHAEL'S - LONDON, ROBERT & TRACEY'S - LONDON, DAVE & ANNETTE'S - MARKHAM, PETER & SUZI'S - MARKHAM, ROB'S - MARKHAM, VANSPELL'S - MARKHAM, JOHN'S - MILTON, DANIEL'S - MISSISSAUGA, DANIEL'S - MISSISSAUGA, HASIB'S - MISSISSAUGA, MARC'S - MISSISSAUGA, RAMAN'S - MISSISSAUGA, SARANGAN'S - MISSISSAUGA, TOM & MICHELLE'S - MISSISSAUGA, VITO'S - MISSISSAUGA, YAMA'S - MISSISSAUGA, CHRIS & SAMIA'S - NEPEAN, DICKIE'S - NEWMARKET, JOHN'S - NEWMARKET, ANAND & SHYVONNE'S - NORTH YORK, CARLO'S - NORTH YORK, DURANTE'S - NORTH YORK, JOHN & DANIELLE'S - NORTH YORK, JOHN'S - NORTH YORK, LEONETTI'S - NORTH YORK, LUSTRO'S - NORTH YORK, RICHARD & RUTH'S - NORTH YORK, DYLAN'S - OSHAWA, NADIM'S - OSHAWA, CONNOR & KENNEDY'S - OTTAWA, GABE'S - OTTAWA, DACOSTA'S - PICKERING, ASHLEY'S - RICHMOND HILL, FRASER & MELISSA'S - RICHMOND HILL, JIM'S - RICHMOND HILL, KYLE'S - SARNA, A.J.M.A.'S - SCARBOROUGH, ALI'S - SCARBOROUGH, CRAIG'S - SCARBOROUGH, DAVE & CHARLOTTE'S - SCARBOROUGH, DAVE'S - SCARBOROUGH, HESHAM'S - SCARBOROUGH, NADIA'S - SCARBOROUGH, NICK'S - SCARBOROUGH, ROD & JOE'S - SCARBOROUGH, VI & YU LING'S - SCARBOROUGH, JEFF & HOLLY'S - STITTVILLE, MICHAEL'S - STOUFFVILLE, ALI'S - TORONTO, ANDREW & SHEILEY'S - TORONTO, ANTHONY'S - TORONTO, DARREN'S - TORONTO, JIM & MARIA'S - TORONTO, LUCIANO'S - TORONTO, MIKE'S - TORONTO, ROCCO'S - TORONTO, SAM & NANCY'S - TORONTO, ANTHONY'S - VAUGHAN, DINO'S - VAUGHAN, VINCE & FRANÇA'S - VAUGHAN, PAUL & MALLORY'S - WATERLOO, GIRARD'S - WELLAND, CONROY'S - WHITBY, LIZ'S - WHITBY, QAI'S - WHITBY, MIKE'S - WOODBRIDGE, SCOTT'S - WOODSTOCK

nofrills.ca

01 NFO MCM

**PRICE
DROP**

1.50

ITALPASTA
selected varieties
750 g
pâtes
20296241001 EA
20296241003 EA



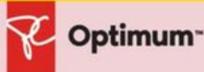
\$3

CLASSICO SAUCE
selected varieties
410/600 mL
sauce
20325609003 EA/21618217 EA



8.99

GALLO EXTRA VIRGIN OLIVE OIL
selected varieties
1 L
huile d'olive
20105368 EA



\$5.50

Earn
1,000
pts

That's
\$1
value

GENERAL MILLS FAMILY SIZE CEREAL
selected varieties
455-778 g
céréales
21103492 EA/21103495 EA

FRESH AT LOW PRICES

2.99

FARMER'S MARKET™ GRAPE TOMATOES
product of Canada, U.S.A. or Mexico or **MINI CUCUMBERS**
product of Ontario, Canada no. 1 grade
mini-concombres ou tomates raisins
21367888001 EA/20737570001 EA

283 G

FARMER'S MARKET™ GRAPE TOMATOES
product of Canada, U.S.A. or Mexico or **MINI CUCUMBERS**
product of Ontario, Canada no. 1 grade
mini-concombres ou tomates raisins
21367888001 EA/20737570001 EA

3.99

10 LB BAG
RUSSET, YELLOW or RED POTATOES
product of Canada, Canada no. 1 grade
pommes de terre
20601020001 EA/20601017001 EA/20601013001 EA

3.99

AVOCADOS product of Mexico, Peru, or Colombia or **PINEAPPLE** product of Costa Rica
avocats ou avocats
20160992001 EA/21644936001 EA

6 OZ CLAMSHELL

RED or GREEN SEEDLESS GRAPES 8.80 kg, product of Peru, South Africa or Chile, no. 1, grade or **BLACKBERRIES** each,
product of Mexico or U.S.A
raisins verts ou rouges sans pépins ou mûres
20425775001 KG/20139199001 KG

3.99

LB/EA



If your produce isn't fresh, we'll replace AND refund it.*

3.99

LB

RED, YELLOW or ORANGE SWEET PEPPERS
product of Mexico
poivrons rouges, jaunes ou orange
8.80/kg
20007335001 KG/20164880001 KG

2.99

325 G

ASPARAGUS
product of Mexico, no. 1 grade
asperges
20181709001 EA

2.49

BROCCOLI CROWNS
product of Mexico or U.S.A.
each
couronnes de brocoli
21121540001 EA

1.69

ENGLISH CUCUMBER
product of Ontario, Canada no. 1 grade
each
concombre anglais
20070132001 EA

Foodland ONTARIO

3.99

3 LB BAG

FARMER'S MARKET™ ORANGES product of Morocco or Spain or **LEMONS** product of U.S.A.
oranges ou citrons
20182945001 EA/20795313001 EA

2 LB BAG

1.29

EA/LB

RED MANGOES each, product of Peru or **CANARY MELONS** 2.84/kg, product of Brazil
mangue rouge ou melons canaris
20099435001 EA/21022511001 KG

4.99

600 G

KIWI product of Greece or **MINI SEEDLESS WATERMELON** or **HONEYDEW**
product of Guatemala, Honduras, Costa Rica, Mexico or Brazil
kiwi ou mini-melon d'eau sans pépins ou melon miel
21576187001 EA/20143379001 EA/20045376001 EA

3.99

PKG OF 2

ROMAINE HEARTS
product of U.S.A.
cœurs de romaine ou citron
20082756001 EA

ANDY BOY

2.99

3 LB BAG

FARMER'S MARKET™ CARROTS or YELLOW ONIONS
product of Canada or U.S.A., no. 1 grade
carottes ou oignons jaunes
20600927001 EA/20811994001 EA

3.99

680 G

PC® LITTLE GEMS™ RED, YELLOW or MIXED MINI POTATOES
product of Canada, Canada no. 1 grade
mini-pommes de terre rouges, dorées ou assorties
21347301001 EA/21347399001 EA

GROWN IN CANADA

4.99

4 LB BAG

FARMER'S MARKET™ AMBROSIA or ROYAL GALA APPLES
product of Ontario, Canada fancy grade
pommes
21307213001 EA/20767998001 EA

Foodland ONTARIO

6.99

4 LB BAG

FARMER'S MARKET™ MANDARINS
product of Morocco or Spain
mandarines
20054025001 EA

2.49

227 G

PC® WHOLE, or SLICED, WHITE or CREMINI MUSHROOMS
product of Ontario
champignons blancs ou cremini entiers ou tranchés
20775805 EA/20776239 EA

Foodland ONTARIO

PRICE DROP

.79

LB

GREEN CABBAGE
product of Canada,
Canada no. 1 grade
chou vert
20790346001 KG

GROWN IN CANADA

2.49

LB

EGGPLANT
product of Mexico
aubergine
5.49/kg
20152709001 KG

\$2

LB

PINK LADY APPLES
product of Ontario, Canada fancy grade
pommes
4.41/kg
20093376001 KG

Foodland ONTARIO

*Fresh Guarantee: Applicable to eligible fresh produce items purchased at No Frills store locations or online at nofrills.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 No Frills store where purchase originated. The guarantee does not apply to produce items with a stated "best before" date (e.g. bagged salad kit, packaged bean sprouts) and may not be combined with any other offer. We reserve the right to cancel or change the terms of this guarantee at any time without notice.

FLORAL DEALS

\$20

**INTERNATIONAL
WOMEN'S DAY
BOUQUET**

bouquet
21397548_EA



\$10

**MIXED SMALL
BOUQUET or TULIPS**

petit bouquet varié ou tulipes
21619952_EA/21660811_EA



\$10

KALANCHOE

in bag
kalanchoé
21579956_EA



FRESH AT LOW PRICES

\$15



PC® AIR CHILLED WHOLE CHICKEN or SUFRA® HALAL WHOLE CHICKEN
up to 1.7 kg
poulet entier
21636475_EA



\$7^{LB}

LEAN GROUND BEEF AND PORK
bœuf et porc hachés maigres
15.43/kg
20861188_KG

\$4



LEAN GROUND PORK or MARCANGELO ITALIAN PORK SAUSAGE GRINDS
fresh, 450 g
porc haché maigre ou chair à saucisse de porc italienne
21646160_EA/21706437_EA



7⁹⁹

MARCANGELO JUMBO SAUSAGE
selected varieties, frozen
500/675 g
saucisses
21289731_EA

\$6



SCHNEIDERS JUICY JUMBOS or SMOKED SAUSAGES
selected varieties, 375/450 g
saucisses à hot dog ou saucisses fumées
20105611_EA

10⁹⁹



SWISS CHALET or MONTANA'S RIBS
selected varieties, 600/650 g
côtes
21022221_EA/21668141_EA

\$4



PC® TOPPED HUMMUS or GUSTA VEGGIE SLICES
280 g or 155 g
selected varieties
hummus ou tranches végété
20811328_EA/21706638_EA

\$7



SEAQUEST® FISH FILLETS
selected varieties, frozen, 400 g
filets de poisson
20153570_EA/21314740_EA

9⁵⁰



SEAQUEST® TILAPIA or WHOLE POMPANO
1.36 kg or 800 g
tilapia ou pompano entier
21591947_EA/21592084_EA

\$6



PC® SPLENDIDO® CHARCUTERIE or ZIGGY'S® KOLBASSA
100 g or 375 g
selected varieties
charcuteries ou kolbassa
21050405_EA/21396884_EA

\$5



PC® GOAT CHEESE LOGS or HENRI WILLIG GOUDA
140 g or 200 g
selected varieties
fromage de chèvre ou gouda
20330259_EA/21345050_EA

\$3



ZIGGY'S® FRESH PASTA
selected varieties
350/360 g
pâtes fraîches
21521168_EA

2⁵⁰



WONDER BREAD or BUNS
675 g or 8's
selected varieties
pain ou petits pains
20276296_EA/20297455_EA

\$3



COUNTRY HARVEST FARMHOUSE BREAD
selected varieties, 675 g
pain
21666487_EA/21666537_EA

3⁵⁰



PC® CINNAMON RAISIN BREAD
675 g
pain aux raisins
20639729_EA

5⁵⁰



PIZZA BUNS
6's
pains à pizza
21668798_EA

BRANDS YOU LOVE AT LOW PRICES



**CLUB
SIZE**



INCLUDES
HALAL

ONLY

5.99
LB

**BONELESS SKINLESS
CHICKEN BREAST**
fresh
13.21/kg
poitrine de poulet sans peau désossée
20654124_KG

ONLY

3.50



PREPARED IN
CANADA

ONLY

\$6

PC® CHEESE BARS 400 g or
SHREDDED CHEESE 250-320 g
selected varieties
barres de fromage ou fromage râpé
21060207_EA/21289689_EA

ONLY

\$7



PREPARED IN
CANADA



**PC® BLUE
MENU®
MARGARINE**
selected varieties
907 g
margarine
20604565_EA

ONLY

\$5

**PC® ORANGE
JUICE**
selected varieties, refrigerated
2.5 L
jus d'orange
21531644_EA

2.50



PREPARED IN
CANADA

**NO NAME®
WHIPPED TOPPING**
225 g
garniture fouettée
20017493_EA

\$3



PC® VEGETABLES
selected varieties, frozen
300-750 g
légumes
20318915_EA

\$6



PC® WOOD-FIRED PIZZA
selected varieties, frozen
351-413 g
pizza au feu de bois
21540352_EA

\$5



**PC® LARGE HEAVY-DUTY
FREEZER BAGS**
28's
sacs à congélation
21160691_EA

5.99



PC® LOADS OF ICE CREAM 1.5 L
or **NOVELTIES** 288 mL
selected varieties, frozen
crème glacée ou fraîdiennes glacées
20746245004_EA/21575239_EA

4.50



**PC® THE DECADENT®
COOKIES**
selected varieties
280/300 g
biscuits
20612237_EA/20612260_EA

2.75



**PC® KETTLE,
LOADS OF
WORLD OF
FLAVOURS
POTATOES**
selected varieties, 200 g
croustilles
20840911002_EA/21422931_EA

6.50



PC® CARBONATED SOFT DRINKS
selected varieties, 12x355 mL
boissons gazeuses
20218887001_C12/20990471001_C12

5.75



**PC® or BLUE MENU®
SPARKLING WATER**
selected varieties, 12x355 mL
eau pétillante
20668034002_C01

.88



**NO NAME® TOMATO, CREAM
OF MUSHROOM, VEGETABLE or
CHICKEN NOODLE SOUP**
284 mL
soupe
20302431_EA

\$1



**NO NAME® PASTA
TOMATO SAUCE**
156 mL or **PIZZA SAUCE**
213 mL or **MAC AND
CHEESE DINNER** 200 g
pâte de tomate, sauce à pizza ou
macaroni au fromage
20118094_EA/21529754_EA

2.79



PC® CROUTONS 140 g or
SALAD DRESSING 475 mL
selected varieties
crouillons ou vinaigrette
2062488001_EA/20796248002_EA

2.75



**PC® SWEETENED
CONDENSED MILK**
300 mL
lait condensé sucré
20112979_EA

8.99



**NO NAME®
HONEY**
selected varieties
1 kg
miel
20033683_EA

3.50



**PC® or BLUE MENU® PANCAKE or
WAFFLE MIX** 340/905 g or **SYRUP** 750 mL
selected varieties
mélange à crêpes ou gaufres ou sirop
20173139_EA/20374906_EA

Quantities and/or selection (flavour, colour, patterns, style) of items may be limited and not be available in all stores. No rainchecks or substitutions on clearance items or when quantities are advertised as limited. We reserve the right to limit purchase quantities per customer to reasonable family requirements. See in-store for details. We are not obligated to sell items based on errors or misprints in typography or photography. All savings claims (i.e. "Save", "Was", "1/2 Price", etc.) are in comparison to our own regular prices. Regular pricing and savings on items shown may vary by store location. Applicable taxes, fees, deposits, recycling or environmental surcharges are extra. Coupons must be presented and redeemed at time of purchase. *PC Optimum™: Scan your PC Optimum™ app or swipe your card to get Members Pricing or points. See in-store for details. **Must be a registered PC Optimum™ member to get this offer.



CUSTOMER RELATIONS 1-866-98-SMILE (76453)

nofrills.ca



App exclusive offers

**More offers
More points**

**LOAD YOUR DIGITAL COUPONS
IN 6 EASY STEPS**

1. Open your PC Optimum app and go to **Offers**
2. Tap **Digital Coupons**
3. Select **"Click here to add your Digital Coupons"**
4. Tap **"Select Offer"** on the coupons you want
5. Tap **"Add Offer"** – you're done!

Members
get over
\$25
in value

CLICK FOR
THESE COUPONS
AND MORE



**BOOST READY-TO-DRINK
PRODUCT**
6x237 mL or 4x325 mL
supplément nutritif

Save
\$2
with digital
coupon



**PC® SPLENDIDO
SLICED MEATS**
100 g
viandes tranchées

Earn
1,000
pts
Until April - 8 - 2026



**PC® PORTUGUESE
CUSTARD
TARTS**
360 g
tartelettes portugaises
à la crème pâtissière

Earn
1,000
pts
Until April - 8 - 2026



**PC® LOADS
OF ICE
CREAM**
1.5 L
crème glacée

Earn
1,000
pts
Until April - 8 - 2026



**PC® BLACK LABEL
ICE CREAM**
500 mL
crème glacée

Earn
750
pts
Until April - 8 - 2026



**PC® TOPPED
HUMMUS**
280
hummus garni

Earn
1,000
pts
Until April - 8 - 2026



**PC® CHICKEN
SPRING ROLLS**
574 g
rouleaux de printemps

Earn
1,500
pts
Until April - 8 - 2026



**PC® KETTLE
COOKED
CHIPS**
200 g
croustilles

Earn
500
pts
Until April - 8 - 2026



**PC® SPLENDIDO
EXTRA
VIRGIN OLIVE OIL**
1 L
huile d'olive

Earn
2,000
pts
Until April - 8 - 2026



PC® CHOCOLATE CHIPS
226-300 g
brisures de chocolat

Earn
750
pts
Until April - 8 - 2026



**PC® 3 PLY
FACIAL TISSUES**
mouchoirs

Earn
1,000
pts
Until April - 8 - 2026

More offers. More points.

CLICK FOR
THESE COUPONS
AND MORE



Optimum



Earn
500
pts

Until April - 8 - 2026

**NO NAME®
GARLIC TOAST**
16's
toast à l'ail

Optimum



Earn
1,000
pts

Until April - 8 - 2026

**NO NAME® POTATO AND
CHEDDAR PEROGIES**
2 kg
perogies

Optimum



Earn
1,000
pts

Until April - 8 - 2026

**NO NAME®
LONG GRAINED RICE**
2 kg
riz

Optimum



Earn
750
pts

Until April - 8 - 2026

**NO NAME®
PEANUT
BUTTER**
1 kg
beurre d'arachide

Optimum



Earn
500
pts

Until April - 8 - 2026

**NO NAME®
CHOCOLATE
BARS**
100 g
barres de chocolat

Optimum



Earn
250
pts

Until April - 8 - 2026

**PC® SUPER
SOFT
BATHROOM
TISSUE**
papier hygiénique

Optimum



Earn
5,000
pts

Until April - 8 - 2026

**PC® LAMB, BROWN
RICE & PEA DOG FOOD
RECIPE**
nourriture pour chiens

Optimum



Earn
1,000
pts

Until April - 8 - 2026

**PC® LARGE HEAVY
DUTY FREEZER BAGS**
sacs à congélation

Optimum



Earn
500
pts

Until April - 8 - 2026

**PC®
DISHWASHING
LIQUID SOAP**
740 mL
détergent liquide à vaisselle

MARCH

**HIT
OF THE
MONTH**

\$1.75



Made in Canada

Quaker Chewy Granola Bars

Selected varieties, 120 g

Limit: 6, over limit retail \$2.50

21359366_EA/21359369_EA

454 G

\$4.75



Prepared in Canada

PC® Dips

Selected varieties, 454 g

Limit: 6, over limit retail \$6.00

20584098_EA

\$3.33



Christie Family Size Crackers

Selected varieties, 328-454 g

Limit: 6, over limit retail \$4.00

20686037_EA/21189848_EA

**LOWEST PRICES
BEST DEALS**

As compared to other major grocery retailers within your local trade areas.
Offer valid March 1st - 31st, 2026 while quantities last.
We reserve the right to limit quantities to reasonable family requirements. No rainchecks.

BRANDS YOU LOVE AT LOW PRICES

.97



YOPLAIT YOP DRINKABLE YOGURT
selected varieties
200 mL
yogourt à boire
21478178 EA/21478300 EA



4.99

MCCAIN DEEP 'N DELICIOUS CAKE
selected varieties, frozen
510 g
gâteau
20310132002 EA

3.50



CAVENDISH PREMIUM FRIES
selected varieties, frozen
400-750 g
frites
21685114 EA



3.75

NEILSON CREAM
selected varieties
473 mL / 1 L
crème
20123609 EA

4.29



OASIS SMOOTHIE or HEALTH-BREAK
selected varieties, refrigerated
1.6 L
boisson fourrée
21329899 EA/21329910 EA

\$4



ORVILLE REDENBACHER MICROWAVE POPCORN
385-492 g or KERNEL JAR 850 g
selected varieties
mais à éclater ou en pot
20629532003 EA

1.25



NO NAME® BROTH
selected varieties
900 mL
bouillon
21189410 EA

3.50



SUNRYPE JUICE 1.36 L, **OASIS, ARIZONA** or **DEL MONTE DRINK BOXES** 8x200 mL
selected varieties
jus ou boisson en boîte
2044878003 EA/21649074 EA

6.25



GATORADE SPORT DRINKS 6x591 mL/8x355 mL or **POWDERS** 10x/560 g, selected varieties
boissons désaltérantes ou poudres
20303218003 CA/21403383 EA

\$2



COCA-COLA or PEPSI SOFT DRINKS
selected varieties
2 L
boissons gazeuses
20294926002 EA/20314026002 EA

Optimum

\$2

Earn **500 pts** That's **50¢** value

AYLMER ACCENTS 540 mL or **ROTEL TOMATOES** 284 g
selected varieties
tomates
21154532 EA/21207587 EA

2.50

CHEEZ-IT CRACKERS
selected varieties
191/200 g
croûtes
21234539 EA/21214560 EA

\$1

NO NAME® MUSHROOMS
selected varieties
284 mL
champignons
20299211 EA

2.99

CATELLI GLUTEN-FREE PASTA
selected varieties
340/375 g
pâtes sans gluten
20704235 EA

\$3

DIANA or BULL'S-EYE BBQ SAUCE
selected varieties
425/500 mL
sauce BBQ
20547834003 EA/21184617 EA

4.99

VLASIC PICKLES
selected varieties
1 L
cornichons
20555863001 EA

2.99

VH COOKING or DIPPING SAUCE
selected varieties
341-380 mL
sauces à cuisson ou à trempe
20294011 EA

\$6

MINUTE RICE
selected varieties
1.2/1.4 kg
riz
20074782001 EA

BRANDS YOU LOVE AT LOW PRICES

\$4

NO NAME® CHEESE SLICES
selected varieties
210/230 g
tranches de fromage
21614277 EA



\$5

CHAPMAN'S MARKDALE CREAMERY ICE CREAM 2L or
COLLECTION NOVELTIES 8's
selected varieties, frozen
crème glacée ou friandises glacées
20315236001 EA/20323757004 EA

\$10

ROBIN HOOD or FIVE ROSES FLOUR
selected varieties
5 kg
farine
20149342001 EA



\$8

HIGH LINER FISH FILLETS
selected varieties, frozen
315-700 g
filets de poisson
20303200001 EA/21595973 EA

250



BAGEL BITES
selected varieties, frozen
198 g
bouchées de bagel
20213483001 EA

\$4



ACTIVIA YOGURT
selected varieties
8x100 g
yogourt
20325384002 EA/21726103 EA

250



NO NAME® PRETZELS, CHEESE SNACKS or CORN CHIPS
selected varieties
200 g
grignolines
20048210 EA/20322677 EA

479



DARE BEAR PAWS 480/490 g,
WAGON WHEELS 630 g, **GRISSOL MELBA TOAST** 350/400 g or **BAGUETTES** 220 g
selected varieties
biscuits ou croquillons
20307218001 EA/21238487 EA

\$1



CLUB HOUSE DRY SAUCE MIX
selected varieties
20-47 g
mélanges à sauce déshydratés
20302814001 EA/20801021 EA

\$5



CLUB HOUSE BLENDS or LA GRILLE SEASONING
selected varieties
111-248 g
mélanges ou assaisonnement
20308006002 EA/20321740001 EA

6.99



TAZO TEA CONCENTRATE 946 mL or
LIPTON TEA BLACK or GREEN 200 g
selected varieties
concentré de thé ou thé
21295930 EA/21593297 EA

\$6



NESTLÉ COFFEEMATE 425/450 g,
NESQUIK SYRUP 510/700 mL
or **POWDER** 540 g
selected varieties
rehausseur pour café ou sirop au chocolat ou poudre
20309221002 EA/20320167002 EA

\$5



NO NAME® HOT CHOCOLATE MIX
500 g
mélange à chocolat chaud
20760278 EA

\$3



SENSIBLE PORTIONS VEGGIE STRAWS or CHIPS
selected varieties
120-142 g
grignolines ou croustilles
20377204001 EA

3.99



MARS CHOCOLATE MULTIPACK
selected varieties
4's
chocolat
20313925 EA/20638842 EA

Optimum

Member Price
\$8.49



Non-Members
\$8.99



KELLOGG'S JUMBO SIZE CEREAL
selected varieties
700 g-1.05 kg
céréales
20072706 EA/20591235 EA

BRANDS YOU LOVE AT LOW PRICES

4⁵⁰

**GARNIER WHOLE BLENDS
SHAMPOO or
CONDITIONER**

selected varieties
346-370 mL
shampooing ou revitalisant
20941723, EA/20941827, EA

LIMIT: 6, OVER LIMIT RETAIL: \$5



2⁵⁰

**DEGREE
DEODORANT**

selected varieties
48-85 g
déodorant
20303942001, EA/20304331002, EA



\$1

**NO NAME®
GEL AIR FRESHENER**

selected varieties
170 g
assainisseur d'air
21405442, EA/21405448, EA



2⁵⁰

**DAWN
DISHWASHING LIQUID**

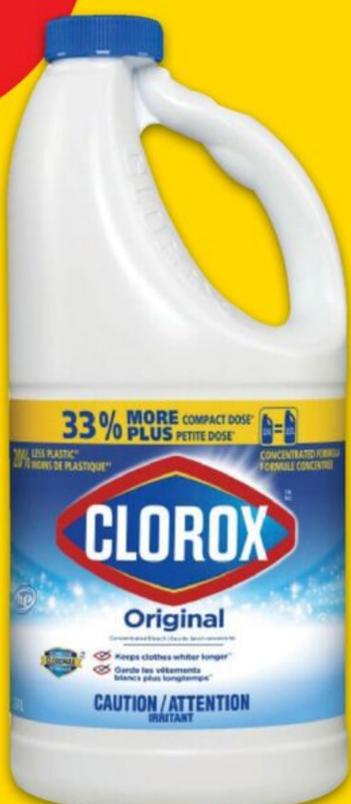
selected varieties
431-473 mL
détergent liquide à vaisselle
21430581, EA/21430590, EA



4⁵⁰

CLOROX BLEACH

2.4 L
eau de Javel
21283179, EA



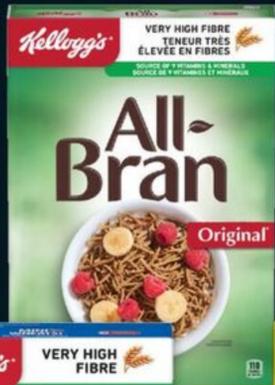
\$7

GLAD GARBAGE BAGS

selected varieties
10-52's
sacs à ordures
20297334001, EA/213359461, EA



LOW PRICES IN STOCK



\$4

KELLOGG'S ALL BRAN 405/525 g, **RAISIN BRAN** 375/436 g, **VECTOR** 306/400 g, **SPECIAL K** 320-355 g, **MINI-WHEATS** 377-460 g or **CRISPIX** 350 g **CEREAL**
selected varieties
céréales
21607207_EA/21607294_EA



3 29

FIBRE 1 BARS 125 g or **NATURE VALLEY GRANOLA BARS, PROTEIN BARS** or **BISCUITS** 148-210 g
selected varieties
barres
20687504001_EA/20686988001_EA

3 50

GENERAL MILLS CEREAL
selected varieties
300-437 g
céréales
21104047_EA/21213662_EA



Earn **3,000 pts**

For every \$10* spent

That's **\$3** value



\$6

PILLER'S KOLBASSA 300/375 g or **PEPPERONI** 175/250 g
selected varieties
kolbassa ou pepperoni
20042333_EA/20308469_EA

\$3

QUAKER INSTANT OATMEAL
selected varieties
232-344 g
gruaux instantanés
21190260_EA/21190265_EA



\$2

QUAKER DIPPS
selected varieties
150/156 g
barres
20847582_EA/21185317_EA



2 50

QUAKER RICE CAKES or **CRISPY MINIS**
selected varieties
100-199 g
galettes de riz ou minis
20163708002_EA/20850854_EA



6 99

STARBUCKS COFFEE ENHANCER
selected varieties
828 mL
rehausseur pour café
21358473_EA



\$7

NESCAFÉ or TASTER'S CHOICE INSTANT COFFEE
selected varieties
100-170 g
café instantané
20661811001_EA/20873036_EA



12 49

STARBUCKS ROAST AND GROUND COFFEE
340 g, **PODS** 10's or **HOT CHOCOLATE** 240/300 g
selected varieties
café torréfié et moulu ou capsules ou chocolat chaud
21651626_EA/21660417_EA



2 50

CHRISTIE CRISPERS
selected varieties
145 g
croquellins
21358333_EA



4 50

CHRISTIE PREMIUM PLUS 402-500 g or **RITZ DRIZZLED** 226 g **CRACKERS**
selected varieties
croquellins
21109004_EA/21712595_EA



2 50

CHRISTIE CRACKERS
selected varieties
175-200 g
croquellins
21030647_EA/21547034_EA



\$1

HERSHEY'S SINGLE CHOCOLATE BAR
selected varieties, 42-59 g
barre de chocolat
20581797_EA/20582012_EA



4 50

HERSHEY'S CHOCOLATE BAR MULTIPACK 4's or **POUCHES** 160-230 g
selected varieties
chocolat
20303970004_EA/20573406_EA



2 50

HERSHEY'S FAMILY BAR 90-120 g or **JOLLY RANCHER CANDY** BAG 182/198 g
selected varieties
barre ou sac de friandises
20078139_EA/20683743_EA

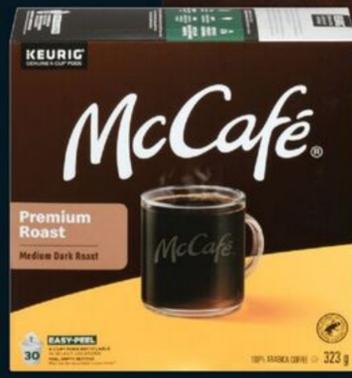


\$2

MAYNARDS CANDY
selected varieties
135-154 g
friandises
21545554_EA/21694186_EA



LOW PRICES IN STOCK



16⁹⁹

\$23

TIMOTHY'S, KRISPY KREME or DONUT HOUSE COFFEE PODS
selected varieties, 30's capsules de café
20899892_EA/21433555_EA

VAN HOUTTE or MCCAFFÉ GROUND COFFEE PODS
selected varieties, 30's capsules de café moulu
20743469_EA/21240975_EA



279

450

CHRISTIE COOKIES 224-303 g or MINI COOKIES 144-200 g
selected varieties biscuits
21358407_EA/21585155_EA

CHRISTIE FAMILY SIZE COOKIES 374-488 g or CAKESTERS 285 g
selected varieties biscuits
21014087_EA/21712437_EA



250

250

250

DARE GRISSOL TOAST 150/200 g or BAGUETTES 120/130 g
selected varieties biscottes ou baguettes
21033188_EA

DARE BRETON 135-200 g. VINTA 200/225 g
CRACKERS or VEGGIE CRISPS 100 g
selected varieties croquillons
20973368_EA/21520664_EA

DARE BEAR PAWS 168-240 g. ULTIMATE COOKIES 290/300 g. WAGON WHEELS 315/360 g or VIVA PUFFS 300 g
selected varieties biscuits
20974346_EA/21080791_EA



\$4

\$4

\$4

RUFFLES POTATO TORTILLA 210/235 g CHIPS
selected varieties croustilles ou croustilles de tortillas
21241053_EA/21693042_EA

TOSTITOS TORTILLA CHIPS
selected varieties 205-295 g
croustilles de tortilla
21050575_EA

MISS VICKIE'S POTATO CHIPS
selected varieties 190/200 g
croustilles
21240703_EA



250

267

349

\$8

PRINGLES POTATO CRISPS
selected varieties 148/156 g
croustilles
21003823_EA/21003833_EA

KELLOGG'S RICE KRISPIES 154-198 g. POP TARTS 384 g. SPECIAL K NUTRI-GRAIN 295 g BARS
selected varieties bars
20126567001_EA/21290111_EA

KELLOGG'S EGGO WAFFLES
selected varieties, frozen, 8's gaufres
20302779_EA

NUTELLA HAZELNUT SPREAD 725 g or NUTELLA & GO HAZELNUT SPREAD WITH BREADSTICKS 208 g
karkandé de noisettes ou karkandé de noisettes avec bâtonnets
20436105_EA



\$3

\$3

\$3

\$4

LECLERC CÉLÉBRATION COOKIES
selected varieties, 240 g biscuits
21680155_EA

LECLERC CÉLÉBRATION MINI COOKIES
selected varieties 200 g biscuits
21648654_EA/21648929_EA

LECLERC GO PURE or NUGABAR BARS
selected varieties, 140-175 g bars
21507838_EA/21536595_EA

SIMPLY DRINKS
selected varieties, refrigerated 1.54 L boissons
21170793_EA

LOW PRICES IN STOCK



6²⁹

KRAFT PEANUT BUTTER
selected varieties
750 g/1 kg
beurre d'arachide
20039581001_EA/20039581005_EA



PHILADELPHIA CREAM CHEESE PRODUCT 227/250 g or **KRAFT SINGLES** 410 g
selected varieties
fromage à la crème ou tranches de fromage
20441267_EA/21188654_EA

3⁹⁹



6⁵⁰

15⁹⁷

MAXWELL HOUSE ROAST AND GROUND COFFEE 864-900 g or **PODS** 30's
selected varieties
café torréfié et moulu ou capsules
21308076_EA/21606882_EA



iögo YOGURT
selected varieties
16x100 g
yogourt
20606778001_EA

\$3



OCEAN'S WHITE TUNA 170 g, **GOLD SEAL MACKEREL** 115 g or **PINK SALMON** 213 g
selected varieties
thon blanc ou maquereau ou saumon rose
21005216_EA/21083426_EA

3⁵⁰



ACTIVIA EXPERT YOGURT
selected varieties
4x100 g
yogourt
21688261_EA

4⁹⁹



LACTANTIA PURIFILTRE MILK
selected varieties
2 L
lait
21424991_EA

1⁵⁰



OCEAN'S LIGHT or FLAVOURED TUNA
selected varieties
85/170 g
thon pâle ou aromatisé
21004270_EA

5⁵⁰



LYSOL DISINFECTING WIPES 75/84's, **SPRAY** 350 g or **MULTI-PURPOSE TRIGGER** 950 mL
selected varieties
lingettes ou vaporisateur désinfectant ou tout usage à gâchette
20314511001_EA/21449826_EA

\$20



FINISH DISHWASHER TABS
selected varieties
60-105's
capsules de détergent pour lave-vaisselle
21218875_EA/21561337_EA

\$8



ROYALE BATHROOM TISSUE
selected varieties
15x30 rolls
papier hygiénique
21572800_EA

11⁹⁹



ROYALE FACIAL TISSUE
selected varieties
12x100 sheets
mouchoirs
20705292_EA

12⁹⁹



ROYALE TIGER TOWEL PAPER TOWELS
selected varieties, 6x12 rolls
essuie-tout
21484732_EA

\$7



LYSOL TOILET BOWL CLEANER 2x710 mL, **DISINFECTING SPRAY** 425/539 g or **LAUNDRY DISINFECTANT** 1.2 L
selected varieties
nettoyant à cuvette ou vaporisateur désinfectant ou désinfectant pour lessive
21238361_EA/21487308_EA

7⁹⁹



CHARMIN BATHROOM TISSUE 8x24 rolls or **BOUNTY PAPER TOWELS** 3x6 rolls
selected varieties
papier hygiénique ou essuie-tout
21470159_EA/21707477_EA

\$15



GAIN LIQUID LAUNDRY DETERGENT 4.25 L or **FLINGS** 42's
selected varieties
détergent à lessive
20959627_EA/21671135_EA

\$22



TIDE LIQUID LAUNDRY DETERGENT 3.46/3.9 L or **PODS** or **FLINGS** 45/76's
selected varieties
détergent à lessive
21593670_EA/21593706_EA

\$13



PUREX 4.08-4.43 L, **SUNLIGHT** 4 L **LIQUID LAUNDRY DETERGENT**, **SNUGGLE FABRIC SOFTENER** 2.77 L or **DRYER SHEETS** 200's
selected varieties
détergent ou assouplissant
20083525002_EA/21427042_EA

BIG EASTER DEALS!



150



150

HERSHEY'S 34-42 g or
NESTLÉ SINGLES 25-29 g
selected varieties
barres individuelles
20268183001_EA

**CADBURY MINI EGGS,
CREAM EGGS or
KINDER JOY** 20 g or
**CARNABY SWEET MILK
CHOCOLATE BUNNY** 100 g
selected sizes
friandises
20831065_EA



\$3



350

**JOLLY RANCHER GUMMIES,
TWIZZLERS BUNNIES** 200 g or
**CARNABY SWEET MILK
CHOCOLATE EGGS** 150 g
selected varieties
friandises
21065056_EA

**CADBURY or
LINDT MULTI'S or
PEEPS MARSHMALLOW
CHICS** 3's
friandises
20077202_EA/21485296_EA

450



**LINDT MINI EGG,
KINDER HOLLO, MINI FRIENDS or
DARE REAL FRUIT BUNNY**
selected varieties
75-225 g
friandises
20187234_EA

525



FERRERO EGGS 90-100 g or
ROCHER HALLOW BUNNY 70 g
21484705_EA/21694065_EA

\$8



**LINDT CHOCOLATE
EGG POUCHES** 180 g or
BUNNY 5's
selected varieties
sachets d'œufs en chocolat ou lapin
21628361_EA

\$12



KINDER MAXI PULSH 116-150 g or
LINDT BUNNY 200 g
selected varieties
peluche ou chocolat
20012895_EA/21158918_EA

RAMADAN KAREEM

رمضان كريم



877

2 LB TUB

MEDJOOOL DATES
product of U.S.A.
dattes
20001686_EA



399

SURAJ® DRY BEANS or LENTILS
selected varieties
1.8 kg
lentilles ou haricots
20558757_EA
20558760_EA



1299

SHER DURUM ATTA
9.07 kg
farine durum atta
20657367_EA



229

SURAJ® NAAN
selected varieties
5's
naan
21051353_EA



RAMADAN KAREEM

رمضان كريم

1.69
LB

OPO SQUASH
product of Dominican Republic
courge opo
3.73/kg
20142053001_KG



1.99
LB

GREY ZUCCHINI
product of Mexico
courgette grise
4.39/kg
20036780001_KG

2.99
LB

JUMBO WALNUTS
product of U.S.A.
noix géantes
6.59/kg
20122893001_KG



2.99

DRIED FIGS
product of Turkey
figues séchées
20599942_EA

2.99

CRISPY POUND CAKE
selected varieties
368 g
quatre-quarts
20814079_EA



2.99

CRISPY COOKIES
selected varieties
350 g
biscuits
20820419_EA



3.49

CRISPY ROTI
selected varieties
15's
21195607_EA



\$12

SUFRA® HALAL CHICKEN THIGHS
boneless, skinless
up to 736 g
hauts de cuisses de poulet halal
21647999_EA



\$12

SUFRA® HALAL SPLIT CHICKEN WINGS
up to 720 g
ailes de poulet
halal séparées
21670164_EA



11.49
LB

AUSTRALIAN MINI LAMB LEG
mini-gigot d'agneau australien
25.33/kg
21682534_KG



13.99
LB

AUSTRALIAN LAMB LOIN CHOPS
fresh
côtelettes de longe d'agneau
30.84/kg
21682497_KG



9.99

ZABIHA HALAL FIRE CRISP CHICKEN BURGERS, NUGGETS or DRUMSTICKS
selected varieties, frozen
700-750 g
burgers de poulet ou pépites ou pilons
21704617_EA/21704999_EA



4.99

ZABIHA HALAL BREAKFAST CHICKEN STRIPS
375 g
tranches de poulet halal à déjeuner
20105121_EA



2.50

ZABIHA HALAL CHICKEN WIENERS
450 g
saucisses de poulet halal
20006571_EA



RAMADAN KAREEM

رمضان كريم

1.99

FROOTI MANGO JUICE 1 L or
ROYALTY DIGESTIVES 400 g
selected varieties
jus de mangue ou biscuits
20041155, EA
20875669, EA



8.99

BRAR'S RASMALAI
selected varieties
850 g
rasmalai
2028698002, EA



13.99

GUARD BASMATI RICE
selected varieties
4.54 kg
riz basmati
21531648, EA/21531791, EA



11.99

NANAK DESI GHEE
800 g
ghee
20082263, EA

7.49

ALSHIFA NATURAL HONEY
selected varieties
500 g
miel
20842334, EA



5.99

NANAK CUBED PANEER
selected varieties
400 g
paneer en cubes
20107519, EA



2.29

HANS DAIRY DAHI
selected varieties
750 g
dahi
20092811, EA/20313667, EA



1.29

TAMAM CANNED BEANS
selected varieties
796 mL
légumineuses en conserve
21214487, EA



9.99

WAGH BAKRI PREMIUM TEA
907 g
thé de qualité supérieure
20375231, EA



2.49

NORDEX CREAM PRODUCT
170 mL
produit à la crème
20127025, EA



1.50

HALDIRAM'S SNACKS
selected varieties
150/160 g
collations
20309425, EA/20314667007, EA



\$2

TAMAM SHAWARMA SPICES
selected varieties
50 g
épices à shawarma
21219645, EA



.75

NATIONAL VERMICELLI
150 g
vermicelles
20170057, EA



3.49

SHAN GINGER GARLIC PASTE
selected varieties
310 g
pâte de gingembre et ail
21447372, EA/21447373, EA



5.99

SHER BESAN CHANA FLOUR
1.81 kg
farine
20869922, EA



3.29

ROOH AFZA
800 mL
courage concentrée
21027924, EA



2.49

BRITANNIA GOOD DAY BISCUITS
selected varieties
231 g
biscuits
21023105, EA



HAPPY NOWRUZ!

نوروزتان پیروز!



.99

BUNCH MINT
product of Mexico or
CILANTRO
product of Mexico or U.S.A.
menthe ou coriandre
20139326001_KG/20091825001_KG



249
LB

LONG EGGPLANT
product of Mexico
aubergine longue
5.49/kg
20159013001_KG



169

METHI LEAF
product of Mexico
bunch
feuilles de fenugrec
20159689001_EA



400 G

599

TAMARIND SWEET & SOUR
product of Thailand
tamarin aigre-doux
21658886001_EA



279

KHAAS HALAL YOGOURT
selected varieties
750 g
yogourt
20343515_EA



499

PUCK LABNEH
400 g
labneh
21624037_EA



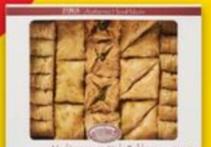
\$8

BASA STEAKS
frozen
1 kg
darnes de pangasius
20910469_EA



\$15

BYBLOS BAKLAVA
725 g
baklava
21708090_EA



299

ZINDA COUSCOUS 907 g
or
TRICOLOUR PEARL COUSCOUS 600 g
selected varieties
couscous
20013708_EA/21406157_EA



599

ALFA PUFF PASTRY
selected varieties
850 g
pâte feuilletée
21606998_EA



249

QUALITY BULGUR or JARISH
selected varieties
907 g
bulgur ou jarish
21528275_EA/21528526_EA



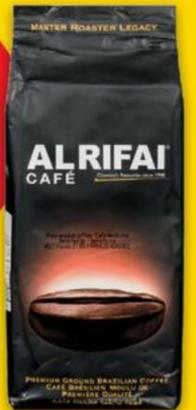
150

PUCK THICKENED CREAMY PRODUCT
160 g
produit crémeux épais
21449248_EA



799

AL RIFAI COFFEE
selected varieties
450 g
café
20830650_EA



199

NO NAME® WHITE VINEGAR
4 L
vinaigre blanc
20102756_EA



1199

KRITI GOLD EXTRA VIRGIN OLIVE OIL
750 mL
huile d'olive extra vierge
20572876_EA



1299

817 ELEPHANT BRAND EXTRA LONG GRAIN BASMATI RICE
4 kg
riz basmati
21341987_EA



EAST ASIAN FLAVOURS AT LOW PRICES

.99
LB

DAIKON or JUMBO CARROTS
product of China
daikon ou carottes
2.18/kg
20082109001_KG/20851084001_KG



1.99
EA/LB

CHINESE OKRA or DRAGON FRUIT
4.39/kg product of Mexico or
each, product of Vietnam
gombo ou pitaya
20113382001_KG/20168395001_EA



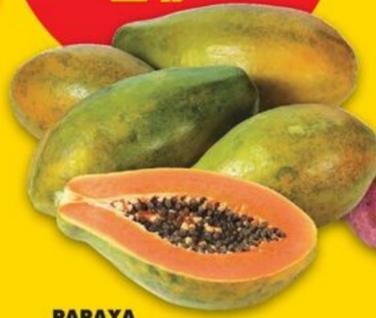
1.29
LB

NAPA or TAIWANESE CABBAGEE
product of Mexico or China
chou
2.84/kg
20015025001_KG/20020863001_KG



1.79
LB

PAPAYA
product of Mexico or Guatemala
papaye
3.95/kg
20817066001_KG



1.49
LB

JAPANESE SWEET YAMS
product of Canada
ignames
3.28/kg
20524922001_KG



.98

GOLDEN HAPPINESS SPECIALTY BUNS
selected varieties, 100 g
brioches de spécialité
21297545_EA



\$5

SEAQUEST® SEAFOOD MEDLEY
frozen, 340 g
mélange de produits de la mer
21592029_EA



3.88
LB

UTILITY DUCK
frozen, 8.55/kg
canard
20143386_KG



5.48
LB

PORK BELLY
fresh
flanc de porc
12.08/kg
21614914_KG



4.88

ROOSTER® KIMCHI
selected varieties, 400 g
kimchi
21040695_EA



\$4

PC® FARM-FRESH QUAIL EGGS
18's
œufs de caille
21688098001_EA



\$3.88

SUMM SPRING ROLLS or DUMPLINGS
selected varieties
250-350 g
rouleaux de printemps
ou boulettes
21114397_EA



Earn
500
pts
That's
50¢
value

4.29

HUY FONG SAMBAL OELEK, CHILI GARLIC SAUCE, S&W SWEET SPAGHETTI SAUCE
1 L
sambal oelek ou sauce chili à l'ail ou sauce à spaghetti sucrée
20100178_EA/21495446_EA



10.99

KNORR CHICKEN BOUILLON MIX
selected varieties, 1 kg
mélange pour bouillon de poulet
20154074_EA



3.49

INDOMIE INSTANT NOODLES
selected varieties
400-425 g
nouilles instantanées
20686719_EA



5.99

O'TASTY DUMPLINGS
selected varieties, frozen
567 g
boulettes
20319243001_EA



4.49

LOTTE MOCHI ICE CREAM
selected varieties, frozen
270 g
mochi
21247132_EA



1.88

TASTIE DRIED RED CHILI
120 g
piment rouge séché
21450309_EA



2.99

LEE KUM KEE PREMIUM SOY SAUCE or MAGGI SEASONING
500 mL
selected varieties
sauce de soja ou assaisonnement
20026520_EA/20123023_EA



1.50

ROOSTER® COCONUT MILK
selected varieties, 398 mL
lait de coco
21378707_EA



HAPPY PASSOVER!

חג פסח שמח!

3⁸⁸
LB



MARVID CHICKEN LEG
Clubpack
8.56/kg
cuisses de poulet
21158909_KG

1⁹⁹
LB



MARVID CHICKEN BONES
4.39/kg
os de poulet
20064889_KG

14⁹⁹



KOSHER MEHADRIN MINCED BEEF LEAN
33.04/kg
bœuf maigre émincé casher
20811352_KG

21⁴⁹
LB



KOSHER MEHADRIN BEEF PICKLED BRISKET
47.37/kg
pointe de poitrine marinée
20811150_KG

13⁹⁹



NANUK SMOKED COHO SALMON
140 g
saumon fumé coho
20067205_EA

8⁹⁹



FOODFEST GEFILTE FISH ROLL 500 g, **CHEF TZALI** or **FRESH & FROZEN GEFILTE FISH** 565 g, selected varieties
poisson gefilté
21019034_EA/21589284_EA

7⁹⁹



FOODFEST FISH FILLETS SOLE
400 g
filets de sole
20812093_EA

8⁹⁹



FOODFEST SMOKED COHO SALMON
125 g
saumon fumé coho
21594173_EA

2⁹⁹



MOTOLA PICKLES
selected varieties, 670 g or **CROWN HEARTS OF PALM WHOLE** 400 mL
cornichons ou coeurs de palmier
20214491001_EA/21178970_EA

7⁹⁹



CROWN DELUXE ALUMINUM PAN HALF SIZE
9" x 13", 10 pack
plats en aluminium
21450377_EA

2⁹⁹



CLASSICO HEAVY DUTY CUTLERY
selected varieties
50 pack
couverts
21594072_EA

2⁷⁹



GLICKS DISH SOAP
selected varieties
700 g
détergent
21523678_EA

3²⁹



GALIL GREEN TEA
20 pack
thé
20947055_EA

4²⁹



STREIT'S POTATO STARCH
340 g
fécule de pomme de terre
20065579_EA

AVAILABLE AT: ANTHONY'S NOFRILLS - 1054 CENTRE ST, VAUGHAN | VINCE & FRANCA'S NOFRILLS - 1631 RUTHERFORD RD, VAUGHAN
JOHN & DANIELLE'S NOFRILLS - 270 WILSON AVE, NORTH YORK | CARLO'S NOFRILLS - 6220 YONGE ST, NORTH YORK

AVAILABLE AT SELECT LOCATIONS ONLY

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HAPPY PASSOVER!

חג פסח שמח!

1.99



MANISCHEWITZ MATZO BALL & SOUP MIX
127-142 g
mélange à soupe de boulettes matzo
20176971001 EA



15.99

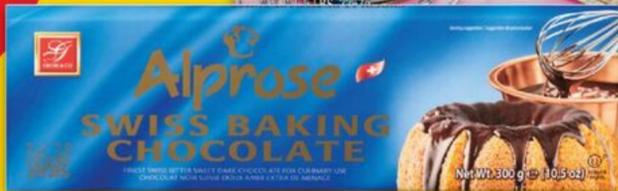
CROWN COTTONSEED or VEGETABLE OIL
2.83 L
huile de coton ou huile végétale
21453483 EA

13.99



9.99

STREIT'S MATZO
5 lb KFP
matzo
20067135 EA



ALPROSE SWISS CHOCOLATE 300 g
chocolat
20029004 EA

10.99



PEREG ALMOND FLOUR
340 g
farine d'amandes
21085062 EA

7.99



ELITE COFFEE 200 g or
CROWN HONEY 500 g
café ou miel
20081513 EA/21543934 EA

7.99



MANISCHEWITZ CAKE MIX
selected varieties, 340-425 g
mélanges à gâteau
20167293004 EA

6.99



LIPTON CHICKEN CONSOMME MIX
400 g
mélange à soupe consommé
20094402 EA

6.49



LIEBER'S BEEF SOUP MIX
400 g
mélange à soupe
20079218 EA

3.49



YEHUDA CAKE MEAL BOX
454 g
farine de gâteau
20354937 EA

4.99



PEREG CRUMBS MATZO
selected varieties
340 g
matzo
21396298 EA

5.99



TONNELLI BALSAMIC VINEGAR
500 mL
 vinaigre balsamique
20094137 EA

6.29



GOLD'S DUCK SAUCE
selected varieties
1.13 kg
sauce pour canards
20294819002 EA

3.99



LIEBER'S APPLE SAUCE
selected varieties
709 g
purée de pommes
20325086002 EA

4.29



MANISCHEWITZ KETTLE CHIPS BBQ 170 g or
TONNELLI PASTA SAUCE 710 g
selected varieties
croquettes ou saucier pour pâtes
203566612002 EA/21029308 EA

3.99



TABATCHNICK CHICKEN BROTH 907 mL or
GALLIL PRESERVE 370 g
selected varieties
bouillon de poulet ou confiture
21029501 EA/21177317 EA

1.99



CROWN SUPREME TUNA CHUNK
selected varieties, 170 g
thon pâle en morceaux
20104490 EA

AVAILABLE AT: ANTHONY'S NOFRILLS - 1054 CENTRE ST, VAUGHAN | VINCE & FRANCA'S NOFRILLS - 1631 RUTHERFORD RD, VAUGHAN
JOHN & DANIELLE'S NOFRILLS - 270 WILSON AVE, NORTH YORK | CARLO'S NOFRILLS - 6220 YONGE ST, NORTH YORK



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*Standard message and data rates may apply.

†Raincheck + PC Optimum Points: Applies to out of stock items advertised in the current weekly flyer ("Promotion Period"). Raincheck can be used towards purchase of the unavailable item (subject to reasonable customer requirements) at the advertised flyer price plus 10% back in PC Optimum points when the item is back in stock or within 14 days of raincheck issue date. 10% back in PC Optimum points is calculated per item on the advertised flyer price. Raincheck requests must be made in-store during the unavailable item's Promotion Period. Raincheck must be redeemed in-store at the issuing store location. Raincheck + Pts does not apply to flyer items marked "while quantities last", gift cards, liquor, tobacco, seasonal and products which are provincially-regulated, or as we determine from time to time. Customers who are not PC Optimum program members will not be eligible to receive PC Optimum points. To become a member, visit www.pcoptimum.ca. We reserve the right to cancel or change the terms of this offer at any time without notice.

‡Throwback Prices: Program applies to one item weekly, as advertised in-store/online at nofrills.ca.

ONLN FPCX

no name™ mobile



& get 50% off a SIM card



find us at the checkout lanes

exclusively at  **NOFRILLS®**

Subject to change. Conditions apply. Visit nonamemobile.ca for full details.

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