



ONLY

2⁹⁹



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

1 LB CLAMSHELL

SAVE 56%

1⁴⁹
LB



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

ONLY

1⁴⁹

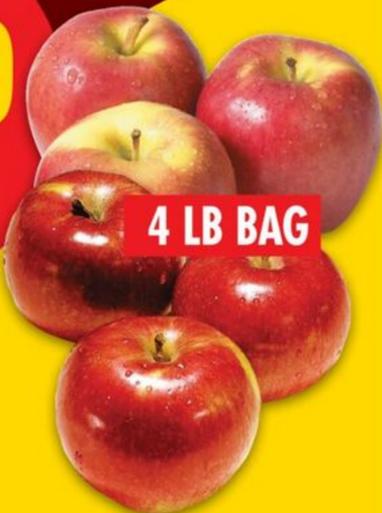


ENGLISH CUCUMBERS
product of Canada, Canada no. 1 grade
concombres anglais
20070132001_EA



ONLY

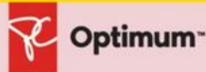
3⁹⁹



4 LB BAG

**FARMER'S MARKET™
AMBROSIA or
MCINTOSH APPLES**
product of Atlantic provinces,
Canada fancy grade
pommes
21307212001_EA/20713211001_EA

App exclusive offer



Earn
200
pts

For every \$1* spent
on all fresh apples

That's
20%
value

pommes
20039956001_KG / 21307212001_KG/20868985001_KG

NOFRILLS®

FLYER PRICES EFFECTIVE THURSDAY, FEBRUARY 26 TO WEDNESDAY, MARCH 4, 2026.

CLUB SIZE



\$10

ALWAYS

\$10

BUTCHER'S CHOICE® SAUSAGE
selected varieties, 1.1 kg
saucisses
21565790 EA



SAVE 37%

2.49
LB

CHICKEN LEGS
back bone removed, fresh
cuisses de poulet
5.49/kg
20129696, KG/20707114, KG



HALAL

SAVE 27%

10.88

LEAN GROUND BEEF
grass-fed, 2x450 g
boeuf haché maigre
21618300 EA

ONLY

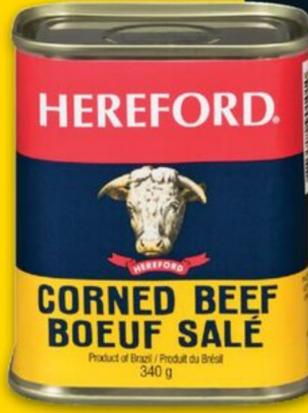
4.88

ARMSTRONG or PC® SHREDDED CHEESE 250-320 g or
ARMSTRONG CHEESE 400 g
selected varieties
fromage râpé ou fromage
21286240 EA



SAVE 40%

\$3



HEREFORD CORNED BEEF
340 g
boeuf salé
20050622 EA

ONLY

3.33

ACTIVIA YOGURT
selected varieties, 650 g
yogourt
20325132001 EA/20325132003 EA



SAVE UP TO 31%

4.99

NESTLÉ DRUMSTICK or NOVELTIES 4-10's or
CONFECTIONARY FROZEN DESSERT 1.5 L
selected varieties, frozen
friandises glacées ou dessert glacé de confiserie
20322380003 EA



ONLY

3.47

DR. OETKER RISTORANTE, CASA DI MAMA PIZZA or GIUSEPPE GARLIC FINGERS
selected varieties, frozen, 317-410 g
pizza ou bâtonnets à l'ail
20296100001 EA



ONLY

\$5

CHOCOLATE MILK
selected varieties, brand varies by region
2 L
lait au chocolat
20146518 EA/20110277001 EA



SAVE 52%

8.50

HIGH LINER PAN-SEAR or BATTERED FISH FILLETS
selected varieties, frozen, 425-540 g
filets de poisson
1186254 EA



SAVE 30%

6.99

UNICO VEGETABLE OIL
3 L
huile végétale
20098102 EA



SAVE 23%

\$5

GATORADE or ALLEN'S DRINK BOXES 6x591/8x355 mL
selected varieties
boisson désaltérante ou jus
20303218003, C66/20340520 EA



SAVE 20%

11.99

ROBIN HOOD or FIVE ROSES FLOUR
10 kg
farine
20134743 EA



SAVE 21%

\$1.25

Earn **300** pts

That's **.30** value

KD ORIGINAL
200 g
macaroni ou fromage
21549526 EA



SURPRISE OFFER
4 days only!

Optimum™ Thursday February 26 to Sunday March 1

You could get

30% or **20%** or **10%**
back in pts

Open the App
to get your offer!

Available for new and existing PC Optimum™ members.

PRICE DROP

\$3



CLASSICO PASTA SAUCE
selected varieties
410/600 ml
sauce pour pâtes
20325609001 EA/21618217 EA

1.50



ITALPASTA
selected varieties
750 g
pâtes
20296241001 EA
20296241003 EA

1.69



CHEF BOYARDEE PASTA
selected varieties
418/425 g
pâtes
20312500006 EA

6.99



TETLEY TEA
selected varieties
80/144's
thé
21613866 EA

8.99



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

FRESH AT LOW PRICES

3.99
LB

RED or GREEN SEEDLESS GRAPES
product of Peru, Chile or South Africa, no. 1 grade
raisins rouges ou verts sans pépins
8.80/kg
20425775001_KG/20159199001_KG



PKG OF 4

4.99

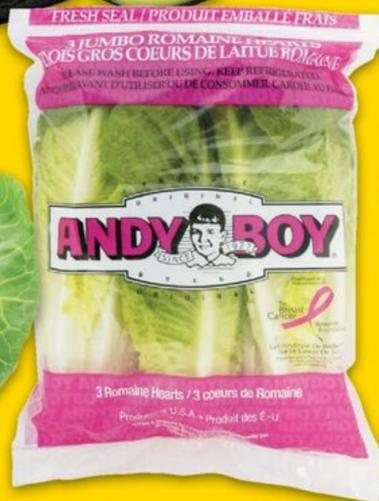
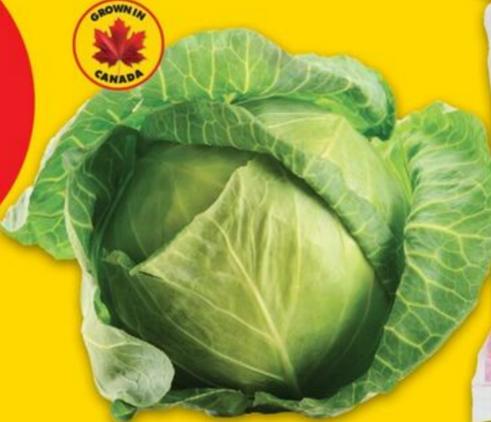
PKG OF 5

FARMER'S MARKET™ SWEET PEPPERS
product of Mexico or **AVOCADOS**
product of Mexico
pimientos ou avocats
21644936001_EA/20117550001_EA



.99
LB

GREEN CABBAGE
product of Canada, Canada no. 1 grade
chou vert
2.18/kg
20793034001_KG



5.99

PKG OF 3

ROMAINE HEARTS
product of U.S.A.
cœurs de romaine
20067389001_EA



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

4.99



PINEAPPLE
product of Costa Rica
ananas
20119813001_EA

5.99



FARMER'S MARKET™ ORANGES
product of Morocco or Spain
oranges
20162945001_EA

3 LB BAG

4.99



CANTALOUPE
product of Guatemala, Honduras, or Brazil no. 1 grade
each
cantaloup
20167017001_EA

6.99



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

4 LB BAG

3.99



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/211247299001_EA

680 G

2.49



PC® WHOLE WHITE or CREMINI MUSHROOMS
product of Canada
champignons blancs ou cremini entiers
20775803_EA/20776239_EA

227 G

\$5



NO NAME® NATURALLY IMPERFECT™ POTATOES
product of Canada, Canada no. 2 grade
pommes de terre
2094462001_EA

15 LB BAG

4.49
LB



LEAN GROUND PORK
fresh
porc haché maigre
9.90/kg
20228300_KG

CLUB SIZE

\$15



PC® BLUE MENU® BONELESS, SKINLESS CHICKEN BREAST
4 pack
poitrine de poulet sans peau désossée
21606270_EA

\$13



NO NAME® CHICKEN WINGS
selected varieties, frozen
908 g
ailes de poulet
21043209_EA

\$7



PC® FETA CHEESE 400 g or **BALDERSON CHEESE** 250/280 g
fromage
20219490_EA/21495455_EA

3.50



COUNTRY HARVEST BAGELS 6's or **BREAD** 600/650 g
selected varieties
bagels ou pain
21178571_EA/21178642_EA

\$5



FARMER'S MARKET™ LOAF CAKES
344-400 g or **CREISSANTS** 260-336 g
selected varieties
gâteaux quatre-quarts ou croissants
20565382_EA/20075943_EA

\$7



SEAQUEST® FISH FILLETS
selected varieties, frozen, 400 g
filets de poisson
20133570_EA

PRICE DROP

\$2
LB

SWEETANGO APPLES
product of Canada or U.S.A.,
extra fancy grade
pommes
4.41/kg
20289213001_KG



\$3
LB

TOMATOES ON THE VINE
product of Canada, Mexico or U.S.A.
tomates sur vigne
6.61/kg
20026703001_KG



\$5

NO NAME® NATURALLY IMPERFECT™ MINI CUCUMBERS
product of Canada, Canada no. 2 grade
mini-concombres
21606679001_EA



*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.

BRANDS YOU LOVE AT LOW PRICES

4⁵⁰



**CRACKER BARREL
NATURAL CHEESE SLICES**
selected varieties
200-240 g
tranches de fromage
21290705 EA



\$4

**PILLSBURY TOASTER
STRUDEL** 326 g or
**TOASTER
SCRAMBLES** 204 g
selected varieties, frozen
pâtisseries
2017264002 EA

3³⁵



NO NAME® JUICE
selected varieties, refrigerated
1.75 L
jus
21665646 EA/21671461 EA

1²⁵



TINA'S BURRITO
selected varieties, frozen
113 g
burrito
21639787 EA

\$3



NO NAME® CREAM CHEESE
selected varieties, 227/250 g
fromage à la crème
20308105001 EA

\$4



**CRAVE or KRAFT
DINNER ENTRÉES**
selected varieties, frozen, 200-340 g
plats cuisinés
21085315 EA

\$5⁵⁰

Earn
1,000
pts

That's
\$1
value

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



5⁵⁰



PC® PEANUTS 700 g,
CASHEWS or MIXED NUTS 200 g
selected varieties
arachides ou noix de cajou ou mélange de noix
20057990003 EA/21054942 EA

\$3



LECLERC CÉLÉBRATION COOKIES
selected varieties, 200/240 g
biscuits
21680155 EA

\$5



**QUAKER
BAKING MIXES** 750/900 g
or **OAT FLOUR** 700 g
selected varieties
mélanges à pâtisserie ou farine d'avoine
20301064001 EA/20301064004 EA

\$2



**UNICO
PASTA SAUCE**
selected varieties
680 mL
sauce pour pâtes
20326537001 EA

4²⁹



PINE-SOL CLEANER
selected varieties, 1.41 L
nettoyant
20298679001 EA/20298679002 EA

\$22



TIDE LIQUID 3.46/3.9 L or
PODS or FLINGS 45/76's
selected varieties
capsules de détergent à lessive ou détergent à lessive
21593670 EA/21593706 EA

1⁹⁰



NO NAME® FOIL
25 ft
papier d'aluminium
31119986 EA

7⁵⁰



PC® GOLD CHOCOLATE BAR
selected varieties, 300 g
barre de chocolat
20298217 EA

.90



FANCY FEAST 85 g or **FRISKIES** 156 g
WET CAT FOOD
selected varieties
nourriture humide pour chats
20311259 EA/20316703 EA

1⁵⁰



CESAR WET DOG FOOD
selected varieties, 100 g
nourriture humide pour chiens
20323206007 EA

\$10



PEDIGREE DENTASTIX 504-608 g,
JUMBONE 500 g or **MARROBONE** 1.9 kg
DOG TREATS
selected varieties
gâteries pour chiens
21081180 EA

6⁹⁹



ROYALE BATHROOM TISSUE
selected varieties
15-30 rolls
papier hygiénique
21572800 EA

BRANDS YOU LOVE AT LOW PRICES

ONLY

650

LIBERTÉ or SIGGI'S YOGURT
selected varieties
650/750 g
yogourt
20642373 EA/21353874 EA



ONLY

650

ACTIVIA YOGURT
12x100 g or **SAPUTO MOZZARELLISSIMA CHEESE** 500 g
selected varieties
yogourt ou fromage
20608924 EA/20759241002 EA



SAVE 22%

350

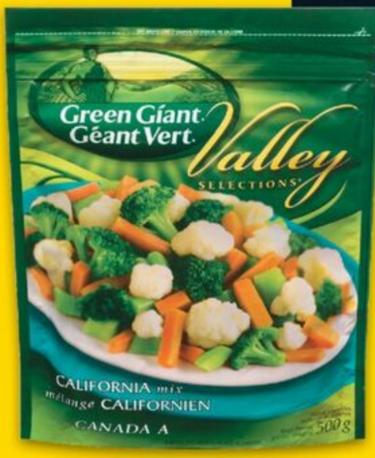
PC ICE CREAM SHOP ICE CREAM 946 ml or **NOVELTIES** 6's
selected varieties, frozen
crème glacée ou friandises glacées
21013145 EA



SAVE UP TO 33%

\$3

GREEN GIANT VEGETABLES
selected varieties frozen
283-750 g
légumes
21022355 EA



\$1

OLD EL PASO SEASONING
selected varieties
24 g
assaisonnement
21049495 EA



279

NO NAME WHIPPED TOPPING
225 g
garniture fouettée
20017493 EA



\$3.25

Earn 1,000 pts
That's \$1 value

KOOL-AID JAMMERS 10x180 mL, **MIO, CRYSTAL LIGHT** or **KOOL-AID LIQUID WATER ENHANCERS** 48 mL/22-56 g
selected varieties
boissons ou rehausseurs d'eau
20079976006 EA/20663423 EA



\$3

LAY'S POTATO CHIPS
selected varieties
177-235 g
croustilles
21241932 EA/21463082 EA



\$3

NO NAME PANCAKE MIX or SYRUP 905 g or 750 mL
mélange à crêpes ou sirop
20260630 EA/20322949 EA



1150

PC 100% PURE MAPLE SYRUP 500 mL or **BILLY BEE HONEY** 1 kg
sirop d'érable ou miel
20049221 EA/20724506 EA



\$8

STOK or STARBUCKS COLD BREW COFFEE
selected varieties
1.18/1.42 L
café infusé à froid
21003329 EA/21215530 EA



249

FRENCH'S MUSTARD
selected varieties
323/400 mL
moutarde
20083238 EA/20318504001 EA



379

NO NAME PICKLES
selected varieties
1 L
cornichons
20201126 EA



269

TIM HORTONS CHILI 425 g or **SOUP** 540 mL
selected varieties
chili ou soupe
21200783 EA/21332119 EA



\$1

NO NAME CANNED BEANS 540 mL or **TUNA** 170 g
selected varieties
légumineuses ou thon en conserve
20231848 EA/20554393 EA



\$4

COCA-COLA or PEPSI SOFT DRINKS
selected varieties
6x710 mL
boissons gazeuses
20310546002_C06/20313741002_C06



250

DARE BRETON or VINTA CRACKERS
selected varieties
132-225 g
craquelins
21520664 EA/21320701 EA



\$5

PC INSTANT COFFEE
selected varieties
80/100 g
café instantané
2149926 EA



175

NO NAME EVAPORATED MILK
selected varieties
354 mL
lait évaporé
21040510 EA/21040543 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. Members must open their PC Optimum™ App by March 1, 2026 to reveal their personalized surprise offer that will award one of 10%, 20% or 30% back in PC Optimum™ points when they spend the indicated minimum threshold or more cumulatively on groceries between February 26 to March 1, 2026, before taxes and after other redemptions, all coupons and discounts, and exclusions are deducted. PC Optimum™ Card or App must be presented at the time of transaction. Limit of one offer per member. See full personalized offer details in your App. **Must be a registered PC Optimum™ member to get this offer.

MARCH

**HIT
OF THE
MONTH**

STARTS SUNDAY MARCH 1ST

\$1.75



Made in Canada

Quaker Chewy Granola Bars

Selected varieties, 120 g
Limit: 6, over limit retail \$2.50
21359366_EA/21359369_EA

\$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.

App exclusive offers

**More offers
More points**

Members
get over
\$25
in value

CLICK FOR
THESE COUPONS
AND MORE



<p></p> <p>Earn 500 pts Until March - 4 - 2026</p> <p>PC® INSTANT COFFEE 80 - 100 g café instantané</p>	<p></p> <p>Save \$2 with digital coupon</p> <p>NESCAFÉ RICH INSTANT COFFEE excludes 95 g café instantané</p>	<p></p> <p>Earn 1,000 pts Until March - 4 - 2026</p> <p>PC® CHOCOLATE BARS 300 g chocolat au lait</p>	<p></p> <p>Earn 2,000 pts Until March - 4 - 2026</p> <p>PC® BASQUE CHEESECAKE 600 g gâteau au fromage</p>
<p></p> <p>Earn 500 pts Until March - 4 - 2026</p> <p>PC® COLESLAW 397 g salade de chou</p>	<p></p> <p>Earn 1,000 pts Until March - 4 - 2026</p> <p>PC® GNOCCHI or RISOTTO 350/400 g gnocchi ou risotto</p>	<p></p> <p>Earn 750 pts Until March - 4 - 2026</p> <p>PC® BLUE MENU® CALAMANSI CITRUS & STRAWBERRY SPARKLING WATER 12 x 355 mL eau pétillante</p>	
<p></p> <p>Earn 750 pts Until March - 4 - 2026</p> <p>PC® LOW SODIUM CLUB SODA 12 x 355 mL soda</p>	<p></p> <p>Earn 1,500 pts Until March - 4 - 2026</p> <p>PC® RED BREW DE-ALCOHOLIZED LAGER BEER 12 x 355 mL bière</p>	<p></p> <p>Earn 1,000 pts Until March - 4 - 2026</p> <p>PC® BABY WIPES 300's lingettes bébé</p>	
<p></p> <p>Earn 500 pts Until March - 4 - 2026</p> <p>NO NAME® CHICKEN STRIPS 908 g lanières de poulet</p>	<p></p> <p>Earn 500 pts Until March - 4 - 2026</p> <p>NO NAME® CHICKEN NUGGETS 908 g pépites de poulet</p>	<p></p> <p>Earn 2,000 pts Until March - 4 - 2026</p> <p>PC® MEAT LASAGNA 2.27 kg lasagne</p>	

More offers. More points.

CLICK FOR
THESE COUPONS
AND MORE



Optimum



Earn
500
pts

Until March - 4 - 2026

NO NAME® CHOCOLATE CHIP COOKIES
907 g
brisures chocolatées

Optimum



Earn
500
pts

Until March - 4 - 2026

NO NAME® BUTTER
454 g
beurre salé

Optimum



Earn
500
pts

Until March - 4 - 2026

NO NAME® 100% WHOLE GRAIN QUICK OATS
1 kg
gruau rapide

Optimum



Earn
500
pts

Until March - 4 - 2026

NO NAME® SPICES
150 g
épices

Optimum



Earn
1,000
pts

Until March - 4 - 2026

NO NAME® CHICKEN HOT DOGS
1.5 kg
saucisses fumées

Optimum



Earn
500
pts

Until March - 4 - 2026

NO NAME® CHICKEN BURGER
908 g
burger au poulet

Optimum



Earn
500
pts

Until March - 4 - 2026

NO NAME® CALIFORNIA MIXED VEGETABLES
750 g
mélange de légumes

Optimum



Earn
2,000
pts

Until March - 4 - 2026

NO NAME® CHICKEN WINGS, MEDIUM BBQ
908 g
barbecue mi-piquantes

Optimum



Earn
500
pts

Until March - 4 - 2026

NO NAME® LEMONADE
1.75 L
limonade

Optimum



Earn
1,500
pts

Until March - 4 - 2026

NO NAME® FACIAL TISSUE
2 ply, 6 x 200 sheets
tissu facial

Optimum



Earn
1,000
pts

Until March - 4 - 2026

NO NAME® KITCHEN GARBAGE BAGS
21 L
sacs poubelle

Optimum



Earn
1,500
pts

Until March - 4 - 2026

NO NAME® EXTRA SCENTED SCOOPABLE CLUMPING CAT LITTER
7 kg
litière pour chat

**NEW
LOWER
PRICES**



\$5

CHAPMAN'S FROZEN YOGURT
or **SORBET**
selected varieties, frozen
2 L
yogourt glacé ou sorbet
20314434001 EA/20529120001 EA

3⁵⁰

NATURAL BAKERY RYE BREAD
500 g
pain de seigle
21688966 EA



SUNRISE BOLOGNA
selected varieties
375 g
bologne
20806936 EA

\$5

BURNBRAE NESTLAID LARGE EGGS
12's
gros œufs
20816075001 EA



4⁵⁰

\$8



CLIF BAR 5 PK
selected varieties
340 g
barre
21664766 EA/21664843 EA

\$7



PC ORGANICS FRUIT
selected varieties, frozen
600 g
fruits surgelés
20431483003 EA

7⁵⁰



LILYDALE SLICED MEATS
selected varieties
500 g
viandes tranchées
21675636 EA

3⁵⁰



MINUTE MAID ZERO SUGAR BEVERAGES or **FUZE ICED TEA**
selected varieties, refrigerated
1.54/1.75 L
boissons ou thé glacé
21434119 EA/21452207 EA

\$4



HEALTHY CHOICE DINNER ENTRÉES
selected varieties, frozen
269-306 g
plats cuisinés
21460636 EA

\$2



SNACK PACK PUDDING
selected varieties
4x99 g
pudding
20310707001 EA

3²⁵



iÖGO NANO DRINKABLE YOGURT
selected varieties
6x93 mL
yogourt
20609687001 EA

\$5



ACTIVIA YOGURT
selected varieties
8x93 mL
yogourt
21430512 EA

\$8



EXTRA LEAN GROUND BEEF
fresh
450 g
bœuf haché extra maigre
21675592 EA

\$4



TWININGS TEA
selected varieties
20's
thé
20300740001 EA

6⁵⁰



MCCAIN PIZZA POCKETS
selected varieties, frozen
540/600 g
pochettes de pizza
21615136 EA

4⁷⁵

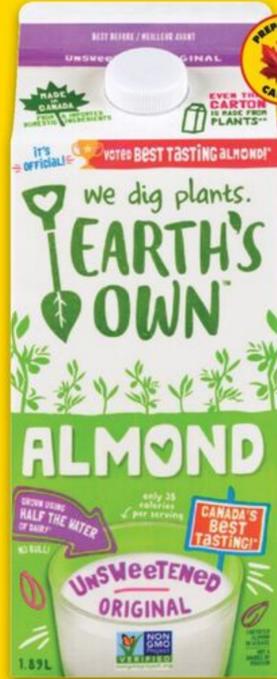


SMUCKER'S UNCRUSTABLES
selected varieties, frozen
4's
pâtisseries
21543057 004

**NEW
LOWER
PRICES**

5⁵⁰

**SCHNEIDERS
BREAKFAST BITES
or SANDWICHES**
selected varieties, frozen
204-288 g
bouchées déjeuner ou sandwichs
21623187 EA/21623288 EA



3⁵⁰

**EARTH'S OWN
ALMOND or SOY
BEVERAGES**
selected varieties, refrigerated
1.75/1.89 L
boisson aux amandes ou soya
20327647 EA

\$5

**CHAPMAN'S
SUPER NOVELTIES**
selected varieties, frozen
8-20's
friandises glacées
20111532 EA/20117581001 EA



6⁵⁰

FRUTÉE ICE CREAM
selected varieties, frozen
270 ml
crème glacée
21701523 EA



4⁷⁵

PC® FROZEN FRUIT
selected varieties
300-600 g
fruits surgelés
20312227 EA



\$5

**M&M'S or MARS
CHOCOLATE POUCHES**
selected varieties
155-170 g
chocolat
21571767 EA/21571768 EA



\$3

TWIZZLERS CANDY 311-454 g or
JOLLY RANCHER ROPE 283 g
selected varieties
friandises
2002328004 EA



7⁵⁰

**SAMYANG
NOODLES**
selected varieties
450 g
nouilles
21450283 EA



7⁵⁰

MUSAFIR PANEER BURGERS 450 g or
BUTTER CHICKEN BITES 357 g
burgers de paneer ou bouchées de poulet
21705194 EA/21705196 EA



\$5

PAM COOKING SPRAY
selected varieties
141/170 g
vaporisateur à cuisson
20178204001 EA



\$6

**NESTLÉ CARNATION
HOT CHOCOLATE MIX**
selected varieties
400/450 g
mélange à chocolat chaud
21397690 EA



\$12

**IAMS
DRY CAT FOOD**
selected varieties
1.36/1.59 kg
nourriture sèche pour chats
21027553 EA



3⁷⁵

**NO NAME®
DISINFECTANT WIPES**
selected varieties
75's
lingettes désinfectantes
21386780 EA



1⁵⁰

**KNORR or LIPTON
SOUP MIX**
selected varieties
40-145 g
mélange à soupe
20297514001 EA/20308188001 EA



\$7

PC® BATHROOM TISSUE 12=24 rolls or
FACIAL TISSUE 6x126 sheets
papier hygiénique ou mouchoirs
20181283 EA/21450718 EA



GLOBAL FOODS AT LOW PRICES

2⁴⁹
LB



LONG EGGPLANT
product of Mexico, Honduras or Dominican Republic
5.49/kg
aubergine longue
20159013001_KG

3⁹⁹
LB



OKRA
product of Guatemala or Honduras
8.80/kg
gombo
20091263001_KG

2 LB TUB



8⁹⁹

MEDJOOL DATES
product of U.S.A.
907 g
dates
20001686_EA

1⁹⁹
LB



OPO SQUASH
product of Mexico, Dominican Republic or Honduras
4.39/kg
courge obo
20142055001_KG

\$12



SUFRA[®] HALAL SPLIT CHICKEN WINGS
up to 720 g
ailes de poulet
halal séparées
21649813_EA

4⁸⁸
LB



PORK BELLY PORTIONS
fresh
10.76/kg
portions de poitrine de porc
21614914_KG

5⁵⁰



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

2²⁹



SURAJ[®] NAAN
selected varieties
5's
naan
21051353_EA

2²⁹



HANS DAIRY DAHI
selected varieties
750 g
dahi
20092811_EA

4⁹⁹



BRAR'S MALAI PANEER
375 g
paneer
20283164_EA

1⁴⁹



TAMAM CANNED BEANS or CHICKPEAS
selected varieties
796 mL
haricots ou pois chiches
21214487_EA

6⁹⁹



NANAK TANDOORI PANEER POPPERS
frozen
454 g
tandoori
20097721_EA

8⁹⁹



PRANA PARATHA
selected varieties
frozen
2.4 kg
paratha
21172364_EA

7⁹⁹



QUALITY PRIYA BASMATI RICE
3.63 kg
riz basmati
20582349_C01

Optimum[™]

\$3⁹⁹

Earn **500** pts

50¢

KFI COOKING SAUCE
selected varieties
375/395 mL
sauces à cuisson
2041949001_EA/2041949003_EA

2⁵⁰



ROOSTER[®] SWEETENED CONDENSED MILK
300 mL
lait condensé
20126907_EA

AVAILABLE AT SELECT LOCATIONS ONLY

HAPPY HOLI!

होली की शुभकामनाएं



12⁹⁹

**AASHIRVAAD
WHOLE WHEAT
FLOUR**
selected varieties
9.07 kg
farine de blé entier
21359688 EA



3⁹⁹

**SURAJ[®]
DRY BEANS or
LENTILS**
selected varieties
1.8 kg
haricots secs ou lentilles
20558757 EA/20558760 EA



\$2

**SURATI
SNACKS** 250/341 g or
**SURAJ[®]
JUICE** 1 L
selected varieties
collations ou jus
20322576003 EA/21001004 EA



6⁴⁹

**BRAR'S
SAMOSA**
selected varieties
frozen
624 g
samosas
21000033 EA



1⁵⁰

**KURKURE
SNACKS**
selected varieties
115 g
collations
20659742 EA/21361077 EA





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SHOP ONLINE, GET IT DELIVERED.

Get **\$15 in PC Optimum™ points** on each of your first 5 eligible online grocery orders*. Use code **TRYNF**

That's up to **\$75** in points!

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GET FLYER TO YOUR EMAIL.

STRAIGHT TO YOUR EMAIL

Scan the QR code to sign up.

STRAIGHT TO YOUR PHONE

Text "OFFER" to 374557 (FRILLS)*



*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.

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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Enjoy these price drops for longer.



We'll honour a current deal if we're sold out, and give 10% in PC Optimum points.



Count on low everyday prices.



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

The  **NOFRILLS**® thing to do.

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