

# THANK YOU DAY

**1 DAY ONLY**  
 Prices and offers effective  
 Saturday, March 7<sup>TH</sup>, 2026.

## ONE DAY APP EXCLUSIVE

Earn **20,000** <sup>pts</sup> **\$20** back in points  
 When you spend **\$200\*** or more in-store  
\*Open your PC Optimum™ app or visit pcoptimum.ca to get the offer.

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

**GET 2 FREE\***

**FIRST 300 CUSTOMERS PER STORE GET BIG TURK CHOCOLATE BAR 60 G OR NESTLÉ COFFEE CRISP 50 G**  
 SELECTED VARIETIES  
 20019964\_EA/20686577002\_EA



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

## HOT DEAL

**\$2.75**

**CHEETOS CHEESE FLAVOURED SNACKS**  
 SELECTED VARIETIES, 170-285 G  
 21370169\_EA/21370195\_EA



## HOT DEAL

**\$5.50**

**PC® BLACK LABEL PIZZA**  
 SELECTED VARIETIES, FROZEN, 370-420 G  
 21531410\_EA/21615467\_EA



**MARCH**

**HIT OF THE MONTH**

**LIMIT 6**  
AFTER LIMIT  
4.00 EA.

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



**LIMIT 6**  
AFTER LIMIT  
2.50 EA.

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



**LIMIT 6**  
AFTER LIMIT  
6.00 EA.

**PC DIPS OR HUMMUS**  
SELECTED VARIETIES, 454 G  
20583725\_EA/20584098\_EA



**LOWEST PRICES  
BEST DEALS**

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

**DEAL DROP**

Limited-time deals on PC® home & more.

**LIMIT 4**  
OVER LIMIT PAY 30.00 EA

**\$15**

LIFE AT HOME® FELT HANGERS  
50'S  
21012347\_EA

**DOMINION**

PROUDLY CANADIAN

BONELESS CROSS RIB ROAST OR CLUB PACK STEAK  
CUT FROM CANADA AA GRADE BEEF OR HIGHER  
20794616\_KG/20794618\_KG

**SAVE UP TO 43%**

**7.88**  
LB  
17.37/KG

CANADIAN BEEF

**1.99**  
LB  
4.39/KG

**BUTTERBALL TURKEY**  
FROZEN, 3-5 KG  
21618104\_KG

**BUTTERBALL**

Frozen • Congelé

RAISED WITHOUT antibiotics  
ÉLEVÉ SANS antibiotiques

Young Turkey Seasoned with giblets  
Jeune dinde Assaisonné avec abats

Raised in Canada / Elevé au Canada

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

CANADIAN POULTRY

PC® EXTRA LARGE RED SEEDLESS GRAPES  
PRODUCT OF SOUTH AFRICA OR CHILE, NO. 1 GRADE OR  
PC® EXTRA LARGE GREEN SEEDLESS GRAPES  
PRODUCT OF PERU, SOUTH AFRICA OR CHILE, NO. 1 GRADE  
20159199001\_KG/20425775001\_KG

**3.49**  
LB  
7.69/KG

**\$6**

**LARSEN WIENERS OR HAM SLICES**  
SELECTED VARIETIES  
375-900 G  
20163681\_EA/20416522\_EA

**Larsen**

EXTRA LEAN • EXTRA-MAIGRE

SMOKED BONELESS HAM SLICES  
JAMBON DÉOSSÉ FUMÉ ET TRANCHÉ

375 g

15% MEAT PROTEIN • 15% PROTÉINES DE VIANDE  
KEEP REFRIGERATED • GARDER AU FROID

**EXTRA LARGE**

**AUTUMNCRISP**  
GREEN SEEDLESS GRAPES  
EXTRA LARGE VARIETY CANE PEPPERS

**SWEET CELEBRATION**  
RED SEEDLESS GRAPES  
RAISINS ROUGES SANS PÉPINS

**Larsen**

CLASSIC TASTE • GOÛT CLASSIQUE

WIENERS SAUCISSES FUMÉES

900 g

**SAVE 1.00**

**3.99**

**FARMER'S MARKET™**  
RUSSET OR WHITE POTATOES  
PRODUCT OF CANADA  
CANADA NO. 1 GRADE, 10 LB  
206010220001\_EA

**FARMER'S MARKET™**  
DECEES DU MARCHE

**WHITE BLANCHES**

**RUSSET**

4.54 kg 10 lb  
Potatoes Pommes de terre

CANADA No. 1 - PRODUCT OF CANADA/PRODUIT DU CANADA

PRODUCT OF CANADA

**\$3**

**COUNTRY HARVEST BREAD**  
600/650 G OR BAGELS 6'S  
SELECTED VARIETIES  
21778642\_EA/21693323\_EA/21178571\_EA

**COUNTRY HARVEST**

14 GRAINS + PROTEIN

EVERYTHING TOUT GAR

PREPARED IN CANADA

**2/\$16**  
OR 9.00 EA

**PC® PACIFIC LARGE WHITE SHRIMP**  
RAW OR COOKED  
PEELED OR RAW ZIPPERBACK®  
31-40/LB, 400 G OR  
SEAQUEST™ WHOLE TILAPIA  
1.36 KG OR POMPANO  
800 G, FROZEN  
20791381\_EA/21591947\_EA  
\*Open your PC Optimum™ app or visit pcoptimum.ca to get the offer.

**SEAQUEST™**  
Tilapia

**COOKED**  
PEELED WHOLE TILAPIA  
CHIFFES

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

APP EXCLUSIVE OFFER!

**SAVE UP TO 58%**

**1.25**

**OASIS 100% JUICE BLENDS, DEL MONTE NECTAR, HYDRAFRUIT, ARIZONA TEA JUICE**  
960 ML OR ALLEN'S 1L  
SELECTED VARIETIES  
20336722005\_EA  
20336722001\_EA

**OASIS**

100% JUICE-BLENDS

100% JUICE-JUS

PREPARED IN CANADA

**SAVE UP TO 50%**

**\$10**

**TERRA OLIVE OIL 1L OR NONNA PIA BALSAMIC GLAZE 250 ML**  
20839367\_EA  
20729461\_EA

**NONNA PIA**

BALSAMIC GLAZE  
DRESSING DE BALSAMIQUE

**TERRA DELLYSSA**

EXTRA VIRGIN OLIVE OIL  
VIEUX EXTRA

**3.50**

**MINUTE MAID ZERO SUGAR DRINKS**  
1.54 L OR LIBERTÉ MÉDITERRANÉE TUBS 500 G  
SELECTED VARIETIES  
21434119\_EA  
21473714\_EA

**Minute Maid**

zero sugar zéro sucre

**LIBERTÉ**

LEMONADE LIMONADE

**SAVE UP TO 36%**

**3.50**

**DR. OETKER RISTORANTE OR CASA DI MAMA PIZZA**  
320-410 G OR PC® FOCACCIA OR FLAT BREAD PIZZAS 330-455 G  
SELECTED VARIETIES  
FROZEN  
20296100001\_EA  
21648988\_EA

**Ristorante**

PIZZA SPINACI

**CASA DI MAMA**

FLAT BREAD PAIN PLAT  
no yeast on levure

**SAVE 3.99**

**\$17**

**PC® K-CUPS 30'S OR MCCAFFÉ GROUND COFFEE 290-300 G**  
SELECTED VARIETIES  
21721681\_EA/21038762\_EA

**McCafé**

GOURMET WEST COAST DARK ROAST

**SAVE UP TO 35%**

**12.99**

**AASHIRVAAD WHOLE WHEAT FLOUR OR BRAR'S DESI STYLE DURUM FLOUR 20 LB**  
21359688\_EA/20657367\_EA

**SHER**

DURUM ATTA

**AASHIRVAAD**

DESI STYLE

**SAVE 2.98**  
WHEN YOU BUY 2

**2/\$16**  
OR 9.49 EA

**PEPSI SOFT DRINKS**  
SELECTED VARIETIES  
12X355 ML  
20322361001\_C12  
20322361002\_C12

**PEPSI**

ZERO SUGAR

**SAVE UP TO 56%**

**6.50**

**CASHMERE BATHROOM TISSUE**  
12 DOUBLE ROLLS, SPONGETOWELS PAPER TOWELS 3=6 ROLLS OR SCOTTIES FACIAL TISSUE 6'S  
SELECTED VARIETIES  
21204739\_EA/21676183\_EA

**Cashmere**

**Scotties**

PREPARED IN CANADA

**SAVE FOR REAL**

PRICE DROP

FRESH PROMISE

MEMBERS SAVE MORE

no name®

HIT OF THE MONTH

IN STOCK PROMISE

MULTI SAVE

ALWAYS \$

CLUB SIZE

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

Members save **\$1.50**

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

**Robin Hood**  
ALL PURPOSE FLOUR  
ORIGINAL

**FIVE ROSES**  
ALL PURPOSE NEVER BLEND FLOUR  
LIMIT **4**

**SAVE 25%**  
**\$3**

**GREEN GIANT VEGETABLES**  
400-750 G OR MCCAIN FRIES OR HASHBROWNS 800 G, SELECTED VARIETIES, FROZEN  
21521219\_EA/21022277\_EA

**Green Giant**  
Géant Vert

**MCCAIN**  
STRAIGHT CUT COUPE RÉGULIÈRE

**PREPARED IN CANADA**

**\$8**

**PC NATURALLY SMOKED BACON**  
SELECTED VARIETIES  
375/500 G  
20152629\_EA

**BACON**

**PREPARED IN CANADA**

**3.49**

**LANTIC WHITE GRANULATED SUGAR**  
SELECTED VARIETIES  
2 KG  
20145033\_EA

**Rogers**  
Lantic  
Natural • Naturel  
granulated sugar  
sucre granulé

**PRODUCT OF CANADA**

**SAVE 34%**  
**1.50**

**OCEANS LIGHT TUNA OR GOLD SEAL SARDINES**  
SELECTED VARIETIES, 125/170 G  
21004270\_EA/21024464\_EA

**Ocean's**  
SKIPJACK IN WATER  
FLAKED LIGHT TUNA

**GOLD SEAL**  
WILD SARDINES SAUVAGES  
PRING WATER  
EAU DE SOURCE

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

**CRACKER BARREL CHEESE BARS 400 G OR SHREDS 250-320 G**  
SELECTED VARIETIES  
21290384\_EA/21290616\_EA

**CRACKER BARREL**  
TEX MEX

**PREPARED IN CANADA**

**SAVE .79**  
**2.50**

**UNICO PASTA 750 G OR SAUCE 680 ML**  
SELECTED VARIETIES  
20326537001\_EA/20794827\_EA

**Unico**  
Pasta Sauce  
ORIGINAL  
Thick & Tasty

**Unico**  
spaghetti

**PREPARED IN CANADA**

**SAVE UP TO 2.29**  
**\$7**

**LIBERTÉ GREEK TUBS 650/750 G OR STARBUCKS ICED COFFEE 1.18/1.42 L**  
SELECTED VARIETIES  
20642273\_EA/21215527\_EA

**LIBERTÉ GREEK**  
PROTEIN  
PLAIN  
750g

**STARBUCKS**  
ICED COFFEE  
CAFÉ GLACE

**2/\$7**  
OR 4.50 EA

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

**Leclerc**  
GO PURE  
Oatmeal Bars  
BROWNIES

**Nügabar**

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

Members save **\$1**

**CHEEZ IT, CHEEZ IT SNAP'D OR TOWNHOUSE CRACKERS**  
SELECTED VARIETIES  
213-391 G  
21451181\_EA/21074033\_EA  
\*\*Must be a registered PC Optimum™ member to load and get this offer.

**CHEEZ IT**  
SNAP'D

**TOWNHOUSE**  
ORIGINAL

**4.50**

**LECLERC CÉLÉBRATION COOKIES OR MINIS**  
SELECTED VARIETIES  
200-350 G  
21648944\_EA/21680155\_EA

**CELEBRATION**  
Mini  
COOKIES  
DOUBLE CHOCOLATE

**CELEBRATION**  
COOKIES  
CHOCOLATE

**\$6**

**CHRISTIE OREO, CHIPS AHOY, FUDGE-O OR DAD'S FAMILY SIZE COOKIES OR OREO CAKESTERS**  
285-500 G  
21014087\_EA/21639135\_EA

**OREO**  
CAKESTERS

**Chips Ahoy!**  
ORIGINAL  
ORIGINAL

**5.50**

**NESTLÉ DRUMSTICK 4'S OR HÄAGEN-DAZ 414-450 ML**  
SELECTED VARIETIES  
FROZEN  
2032330003\_EA  
21513378\_EA

**DRUMSTICK**

**Häagen-Daz**

**PREPARED IN CANADA**

**2.75**

**PRINGLES SUPER STACK POTATO CHIPS**  
SELECTED VARIETIES,  
148/156 G  
21003823\_EA  
21003833\_EA

**PRINGLES**  
SOUR CREAM & ONION  
ORIGINAL

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

**RUFFLES POTATO CHIPS OR TOSTITOS TORTILLA CHIPS**  
SELECTED VARIETIES  
180-295 G  
21050581\_EA/21241053\_EA

**Ruffles**  
REGULAR  
NATURE

**Tostitos**  
ROUNDOS  
RONDES

**PREPARED IN CANADA**

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

**KOOL-AID OR CLEAR JAMMERS**  
SELECTED VARIETIES,  
10X180 ML  
20079976006\_EA  
20079976002\_EA

**Kool-Aid**  
jammers

**Blue Raspberry**

**\$21**

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

**Tide**  
OXI MAX

**Downy**  
GAIN BEADS

**PRICE DROP<sup>+</sup> so you can save more**

**2.50**

**MONSTER ENERGY**  
SELECTED VARIETIES  
473 ML  
20938249\_EA  
20938521\_EA

**MONSTER**  
ENERGY  
ZERO ULTRA

**2.50**

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

**CHEEMO**  
Perogies

**PREPARED IN CANADA**

**3.50**

**POPCORNERS**  
SELECTED VARIETIES  
142 G  
21370205\_EA/21370259\_EA

**POPCORNERS**  
WHITE  
MÉDAR  
LANC

**Kettle Corn**  
MAS A LA  
MAGNOLIE

**4.50**

**GARNIER WHOLE BLENDS SHAMPOO OR CONDITIONER**  
SELECTED VARIETIES  
AND SIZES  
20941723\_EA/20941824\_EA

**LIMIT 6**  
**OVER LIMIT PAY 6.99 EA**

**Garnier**  
Whole Blends

**FRESH PROMISE:** Applicable to eligible fresh produce items purchased at Dominion locations or online at newfoundlandgrocerystores.ca. If you are not completely satisfied with your eligible fresh produce item, we will replace it with an identical item, or in our discretion, a comparable item and provide you with a refund of the purchase price upon presentation of the item and your original purchase receipt within 7 days of purchase at the Dominion where purchase originated. This promise does not apply to reduced/clearance priced produce. This promise cannot be combined with any other offer. We reserve the right to cancel or change the terms of this promise at any time without notice. Quantities and/or selection of items may be limited and may not be available in all stores. For inquiries on product availability at your store please contact Customer Relations at the phone number below. No Rainchecks OR Substitutions on clearance items or where quantities are advertised as limited. Advertisements and product selection (flavour, colour, patterns, style) may vary by store location. We are not obligated to sell items based on errors or misprints in typography or photography. Pricing: All references to "Save, Was, Now, Savings, etc." is in comparison to our own regular prices. Coupons must be presented and redeemed at time of purchase. Savings on items shown may vary in each store location. Applicable taxes, deposits, or environmental surcharges are extra. No sales to retail outlets. ©/™ The trademarks, service marks and logos displayed in this flyer are trademarks of Loblaws Inc. and/or its subsidiaries. © 2025 Loblaws Inc. All rights reserved. PC Optimum™ program is provided by President's Choice Financial. President's Choice Financial personal banking services are provided by the direct banking division of Simplii Financial. ©PC, President's Choice, PC Financial and President's Choice Financial are registered trademarks of Loblaws Inc. Trademarks used under licence. We reserve the right to limit quantities to reasonable family requirements. PC OPTIMUM MEMBERS ONLY: These offers are only available to valid PC Optimum™ program members. Membership is free. To register as a PC Optimum™ member, see in-store or visit pcoptimum.ca. We are not obligated to award points based on errors or misprints. No cash value. See newfoundlandgrocerystores.ca for full program details including redemption restrictions. Minimum redemption 10,000 points. These offers cannot be combined with any other coupons, discounts or promotions and no adjustments on previous purchases. We reserve to modify or cancel these offers without notice. Product availability may vary by store. While supplies last. We reserve the right to limit quantities. \*Receive the points specified when you spend the qualifying dollar amount on the displayed participating product(s) and/or category(ies) before taxes and after redemptions and all coupons and discounts are deducted in a single transaction; \*\*Valid for flyer duration, after which the price will be the same for both PC Optimum™ and non-PC Optimum™ members. Taxes applicable on the purchase amount after discounts. PC Optimum™ member pricing is not applicable to any price match programs for participating stores operating under the Loblaws Inc. banner. **OUTDOOR/SEASONAL:** For your local store's hours and for a list of Dominion locations that DO NOT participate in this flyer, visit www.newfoundlandgrocerystores.ca or call Customer Relations at 1-866-727-0771. Quantities and/or selection of items may be limited and may not be available in all stores. Outdoor seasonal items (e.g. lawn and garden) may only be available at select store locations. Please check your local store for pricing, limits and availability. We reserve the right to limit quantities to reasonable family requirements. Rainchecks may be available for out of stock items excluding clearance items or where quantities are advertised as limited. We reserve the right to substitute the out of stock item for an equivalent item in lieu of providing a raincheck. Advertisements and product selection (flavour, colour, patterns, style) may vary by store location. Coupons must be presented and redeemed at time of purchase. We are not obligated to sell items based on errors or misprints in typography or photography. Applicable taxes, deposits, or environmental surcharges are extra. No sales to retail outlets. ©/™ The trademarks, service marks and logos displayed in this flyer are trademarks of Loblaws Inc. and others. All rights reserved. ©2025 Loblaws Inc. #PRICE DROP offer valid in-store at participating locations between February 26 - March 18, 2026 before applicable taxes and while quantities last. Offer applies only to select products. Offer may be modified and/or cancelled without notice. See in-store for full details.



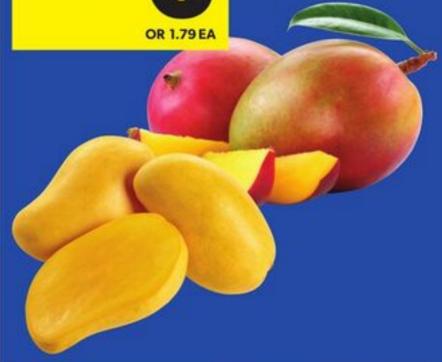
# FRESH PROMISE

## If it's not fresh, it's free.

\*Fresh Promise: Applicable to eligible fresh produce items purchased at Dominion locations or online at newfoundlandgrocerystores.ca. If you are not completely satisfied with your eligible fresh produce item, we will replace it with an identical item, or in our discretion, a comparable item and provide you with a refund of the purchase price upon presentation of the item and your original purchase receipt within 7 days of purchase at the Dominion where purchase originated. This promise does not apply to reduced/clearance priced produce. This promise cannot be combined with any other offer. We reserve the right to cancel or change the terms of this promise at any time without notice.

**4/\$6**  
OR 1.79 EA

**RED MANGOES**  
PRODUCT OF PERU OR  
**ATAULFO MANGOES**  
PRODUCT OF MEXICO  
20121509001\_EA/20059635001\_EA



**\$5**

**CANTALOUPE**  
PRODUCT OF GUATEMALA OR  
HONDURAS  
20167017001\_EA



**4<sup>50</sup>**

**FARMER'S MARKET™**  
**AVOCADO BAG**  
PRODUCT OF MEXICO, 5'S  
21644936001\_EA

**AVOCADOS**  
AVOCATS

5'S  
PRODUCT OF MEXICO-PRODUIT DU MEXIQUE

**PKG OF 5**



**8<sup>50</sup>**

**FARMER'S MARKET™**  
**KIWI**  
PRODUCT OF GREECE, CLUB SIZE  
21576456001\_KG

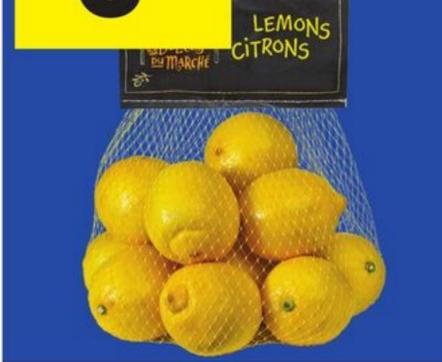


**2 LB**

**6<sup>50</sup>**

**FARMER'S MARKET™**  
**LEMONS**  
PRODUCT OF U.S.A., 2 LB  
20795315001\_EA

LEMONS  
CITRONS



**\$5**

**FARMER'S MARKET™**  
**MINI CUCUMBERS**  
PRODUCT OF CANADA, 6'S  
20737370001\_EA



**PRODUCT OF CANADA**

**1<sup>28</sup>**  
LB  
2.82/KG

**GREEN CABBAGE**  
PRODUCT OF CANADA  
CANADA NO. 1 GRADE  
20793034001\_KG



**PRODUCT OF CANADA**

**2/\$11**  
OR 6.00 EA

**TAYLOR FARMS**  
**CHOPPED SALAD KITS**  
PRODUCT OF U.S.A.  
SELECTED VARIETIES, 267-383 G  
21209541\_EA/21335159\_EA

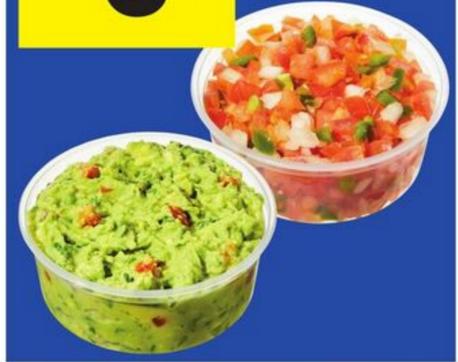
SWEET KALE  
CHOU FRISE DOUX  
CHOPPED KIT • SALADE DOUX

Dill Pickle  
Cornichons  
À l'Aigre  
CHOPPED KIT • SALADE HACHÉE



**\$6**

**GUACAMOLE** 270 G OR  
**PICO DE GALLO** 170 G  
**SALSA** 170 G  
PREPARED IN-STORE  
21657916\_EA/21552223\_EA



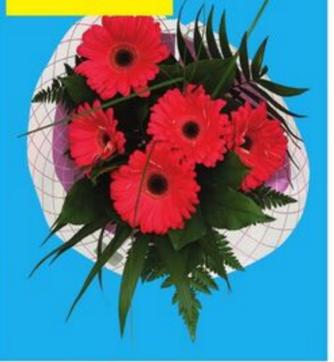
**\$35**

**PC™ PREMIUM**  
**GIFT BOUQUET**  
21087827\_EA



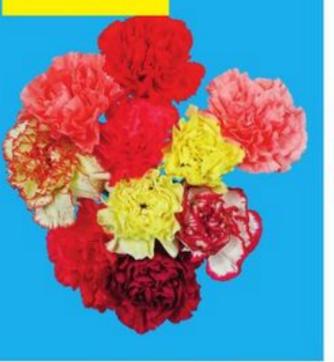
**\$16**

**MIXED GERBERA**  
**BOUQUET**  
21527754\_EA



**\$10**

**RAINBOW**  
**CARNATION**  
**BUNCH**  
21593430\_EA



**\$8**

**CAMPANULA**  
**BLOOM**  
OF THE MONTH  
21730503\_EA



**9<sup>49</sup>**  
LB  
20.92/KG

**EXTRA LEAN**  
**GROUND BEEF**  
20798252\_KG



**CLUB SIZE**

**SAVE**  
**UP TO 1.85** LB

**5<sup>99</sup>**  
LB  
13.21/KG

**PORK SIRLOIN CHOPS**  
**OR ROAST**  
BONELESS  
20836782\_KG/20835855\_KG



**\$4**  
LB  
8.82/KG

**CHICKEN LEG**  
**QUARTERS**  
BACK ATTACHED, FRESH  
20153925\_KG



**CLUB SIZE**

**\$7**

**ATLANTIC CHOICE™**  
**SAUSAGES**  
SELECTED VARIETIES, 375-500 G  
21332592\_EA/21332594\_EA



**PREPARED IN CANADA**

**8<sup>99</sup>**

**NO NAME™ SMOKIES™**  
SELECTED VARIETIES, 900 G  
20734142\_EA

original  
smoked pork sausages  
sans couleur • sans nitrate  
saucisses de porc fumées  
originales

900 g



**PREPARED IN CANADA**

**SAVE**  
**UP TO 4.00**

**\$8**

**IMPOSSIBLE**  
**PLANT-BASED**  
**BURGER PATTIES** 227 G  
OR **GROUND MEAT** 340 G  
FROZEN  
21403513\_EA/21403522\_EA



**\$11**  
LB  
24.25/KG

**FRESH RAINBOW**  
**TROUT FILLETS**  
20897813\_KG



**CANADIAN SEAFOOD**

**\$15**

**40 FATHOMS**  
**BREADED FILLETS**  
FROZEN, 815 G  
20810357\_EA/20807664\_EA

BREADED FILLETS  
Haddock • Aiglefin  
FILETS PANÉS

BREADED FILLETS  
COD • MORUE  
FILETS PANÉS

815 g • 1.8 lb



**\$10**

**PC™ SMOKED SALMON**  
**OR CRAB & LOBSTER**  
**BAKE & SERVE DIP**  
FROZEN, 360 G  
21682613\_EA/21682673\_EA



**PREPARED IN CANADA**

# SUPER FRESH

**4<sup>50</sup>**

**BUTTER CROISSANTS**  
BAKED IN-STORE  
6'S  
21682999\_EA



**3<sup>50</sup>**

**GRAIN BREAD**  
BAKED IN-STORE  
SELECTED VARIETIES, 383-450 G  
2081250\_EA/21721692\_EA



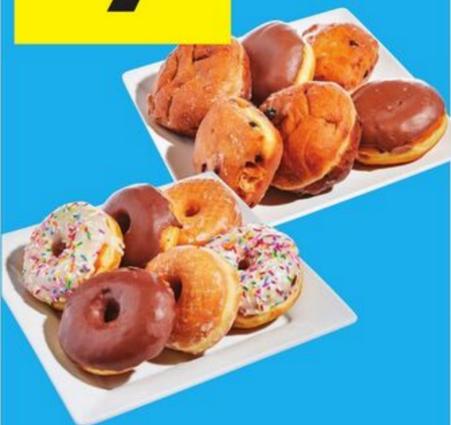
**1<sup>50</sup>**

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



**\$7**

**ASSORTED DONUTS**  
6'S  
21244805\_EA/21244806\_EA



**7<sup>50</sup>**

**ACE ARTISAN ROLLS**  
SELECTED VARIETIES, 6-10'S  
21596345\_EA/21596355\_EA



**\$6**

**CINNAMON BUNS**  
BAKED IN-STORE  
10'S  
21467540\_EA



**3<sup>25</sup>**

**WONDER BREAD OR BUNS**  
SELECTED VARIETIES AND SIZES  
20305135\_EA/20305674\_EA



**\$3**

**HOSTESS SNACK CAKES**  
SELECTED VARIETIES, 202/206 G  
21283752\_EA



**3<sup>50</sup>**

**PC<sup>®</sup> 10 INCH TORTILLAS**  
SELECTED VARIETIES  
342-650 G  
20182857\_EA/21447518\_EA



**SAVE UP TO 1.99**

**7<sup>50</sup>**

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



**SAVE 2.49**

**\$8**

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



**\$7**

**BOURSIIN CREAM CHEESE** 150 G OR **PILLER'S KOLBASSA** 250-375 G  
SELECTED VARIETIES  
2016794\_EA/20308469\_EA



**\$14**

**MAPLE LEAF NATURAL SELECTIONS OR PC<sup>®</sup> FREE FROM SLICED DELI MEAT**  
CLUB PACK, SELECTED VARIETIES  
375/400 G  
20772015\_EA/20923814\_EA



**Optimum<sup>™</sup>**

Members-Only Price<sup>™</sup>

**\$7**

Non-members **\$8**

Members save **\$1**

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



**Optimum<sup>™</sup>**

Members-Only Price<sup>™</sup>

**3<sup>50</sup>**

Non-members **\$4**

**PC<sup>®</sup> DIPS** 200-227 G OR **NAAN CRISPS** 170 G  
SELECTED VARIETIES  
21681330\_EA/21683470\_EA  
<sup>™</sup>Must be a registered PC Optimum<sup>™</sup> member to load and get this offer.



**8<sup>49</sup>**

**FROM OUR CHEFS<sup>™</sup> SOUP**  
SELECTED VARIETIES, 700 ML  
21703369\_EA/21703589\_EA



**\$9**

**INDIVIDUAL CHICKEN COMBO WITH WEDGES**  
361-530 G  
21086084\_EA/21022536\_EA



**SAVE UP TO 2.00**

**\$16**

**BENTO CALIFORNIA FAMILY PACK SUSHI**  
SELECTED VARIETIES  
470/654 G  
21638655\_EA



no name®

just low prices  
(so switch)

1.50

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



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

1.25



1.50

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



2.50

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



8.50

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



CLUB SIZE

# GOOD HEALTH MORE VALUE

ELEVATE YOUR WELL BEING

**\$9**  
**LIMIT 4**  
 OVER LIMIT PAY  
 12.99 EA

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



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

**6<sup>50</sup>**  
**LIMIT 6**  
 OVER LIMIT PAY  
 7.49 EA



**\$5**  
**LIMIT 6**  
 OVER LIMIT PAY  
 5.99 EA

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



**GET 5,000<sup>00</sup> back in points**  
 when you spend \$25\* on

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



**UP TO 20% OFF**

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



PREPARED IN  
**CANADA**  
FOR CANADIANS



**9<sup>99</sup>**

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

PREPARED IN CANADA

**SAVE UP TO 35%**

**\$5**

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

PREPARED IN CANADA

**\$6**

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

PREPARED IN CANADA

**\$16**

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

PREPARED IN CANADA

**3<sup>50</sup>**

**PC TARTAR SAUCE**  
250 ML  
20011012\_EA/20861237\_EA

PREPARED IN CANADA

**3<sup>50</sup>**

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

PREPARED IN CANADA

**SAVE 1.00**

**\$5**

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

PREPARED IN CANADA

**\$5**

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

PREPARED IN CANADA

**2/\$8**  
OR 4.99 EA

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

PREPARED IN CANADA

**\$2**

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

PREPARED IN CANADA

**1<sup>25</sup>**

**RAVINE MUSHROOMS**  
SELECTED VARIETIES, 284 ML  
21298248\_EA

PREPARED IN CANADA

**\$5**

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

PREPARED IN CANADA

**2/\$11**  
OR 6.79 EA

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

PREPARED IN CANADA

**3<sup>75</sup>**

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

PREPARED IN CANADA

**UP TO 15% OFF**

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

PREPARED IN CANADA

# HAPPY INTERNATIONAL WOMEN'S DAY

**\$12**

**10 STEM TULIPS**  
ASSORTED COLOURS  
20833978\_EA



**\$11**

**WOMEN'S DAY VIOLET IN TIN**  
21654280\_EA



**\$22**

**INTERNATIONAL WOMEN'S DAY BOUQUET**  
21669203\_EA



**5<sup>50</sup>**

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



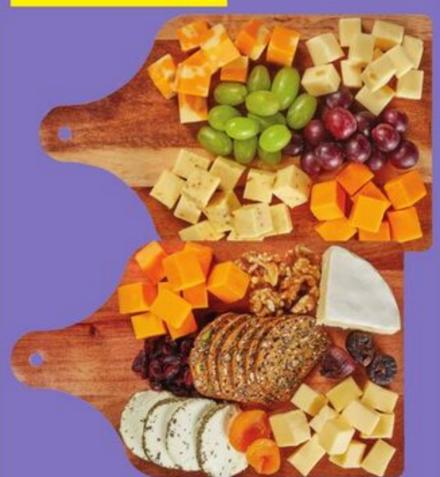
**\$20**

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



**\$14**

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



**\$17**

**FARMER'S MARKET™ BAR CAKES**  
SELECTED VARIETIES, 675-770 G  
21500612\_EA/21500693\_EA



**7<sup>50</sup>**

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



**4<sup>50</sup>**

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



**\$4**

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



**2/\$10**  
OR 5.99 EA

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



**5<sup>50</sup>**

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



# SUPER

# DEALS

**\$5**

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

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

**VECTOR**  
HIGH PROTEIN\*  
WITH CRUNCHY GRANOLA CLUSTERS

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

**2/9<sup>50</sup>**  
OR 5.49 EA

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

**RESTAURANT Style DRIVE-THRU**  
FRIES / Frites  
750 g

**Flavour CRISP**  
CLASSIC CLASSIQUE  
STRAIGHT CUT FRIES  
750 g

PREPARED IN CANADA

**3/\$9**  
OR 3.33 EA

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

**FRUIT BY THE FOOT**  
VARIETY PACK!  
3 FLAVOURS  
128 g

**NATURE VALLEY LUNCH BOX**  
DOUBLE CHOCOLATE FLAVOUR

**\$6**

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

**Rice KRISPIES**  
SOURCE OF 7 VITAMINS & MINERALS  
SUGAR WISE\* 3 g SUGAR  
FAMILY SIZE  
560 g

**MINI-WHEATS!**  
VERY HIGH FIBRE  
MADE WITH 100% WHOLE GRAIN  
ORIGINAL  
FAMILY SIZE  
650 g

**\$5**

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

**Miss Vickie's**  
Crafted with care since 1937  
ORIGINAL RECIPE  
RECETTE ORIGINALE  
200 g

PREPARED IN CANADA

**\$5**

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

**PREMIUM PLUS**  
UNSALTED TOPS  
CRACKERS 450 g

**PREMIUM PLUS**  
SALTED TOPS  
CRACKERS 450 g

**\$3**

GET **500** back in points

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

**Twizzlers**  
twists torsades  
STRAWBERRY FRAISE  
454 g

**JOLLY RANCHER**  
ROPES • CORDES  
283 g

**2/\$12**  
OR 6.99 EA

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

**SKOR**  
minis  
191 g

**Reese's**  
minis  
210 g

**5<sup>50</sup>**

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

**FUN MIX SUPER MELANGE**

**SOUR PATCH Kids**  
ARTIFICIAL FLAVOUR  
AROME ARTIFICIEL  
315 g

**\$6**

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

**KitKat**  
hide me eggs  
œufs à cacher  
190/200 g

**Cadbury Mini Eggs**  
PREPARED IN CANADA

**5<sup>50</sup>**

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

**m&m's**  
peanut crachide  
165 g

**m&m's**  
milk chocolate  
chocolat au lait  
165 g

**4<sup>50</sup>**

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

**excel**  
SPEARMINT  
MENTHE VERTE  
60 PEECES

**excel**  
WHITE BUBBLE MINT  
MENTHE BALLOUNE  
60 PEECES

# SUPER

# DEALS

**2<sup>50</sup>**

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



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

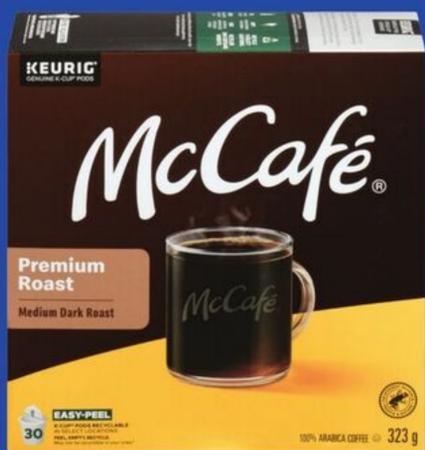
**CAMPBELL'S BROTH, CONDENSED SOUP OR CHUNKY**  
SELECTED VARIETIES  
250-900 ML  
20322348002\_EA  
20176214001\_EA  
21480519\_EA



**\$26**

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

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



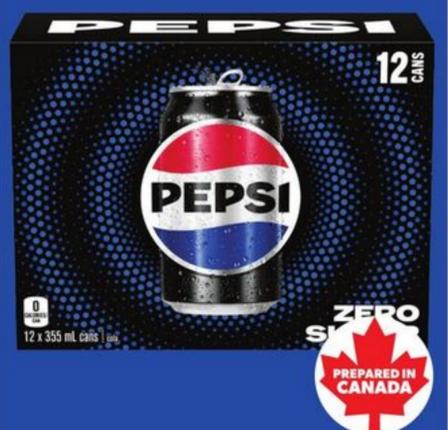
**6<sup>99</sup>**

**NESTEA LEMON**  
SELECTED VARIETIES  
12X341 ML  
21689167\_C12



**2/\$16**  
OR 9.49 EA

**PEPSI SOFT DRINKS**  
SELECTED VARIETIES  
12X355 ML  
203223401001\_C12



**SAVE 2.58**  
WHEN YOU BUY 2

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

**2/\$13**  
OR 7.79 EA



**7<sup>99</sup>**

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



**2<sup>50</sup>**

**MONSTER ENERGY**  
SELECTED VARIETIES  
473 ML  
20938249\_EA  
20938521\_EA



**\$8**

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



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

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



**1<sup>25</sup>**

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



**\$21**

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



**\$10**

**ROYALE FACIAL TISSUE**  
SELECTED VARIETIES  
6'S  
21018478\_EA



رمضان مبارك

# BLESSED RAMADAN

Celebrate meals worth sharing and more ways to save.



9<sup>99</sup>

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



\$16

**ZABIHA HALAL BUFFALO CHICKEN WINGS**  
FROZEN, 908 G  
20503457\_EA



\$4<sup>99</sup> LB  
8.82/KG

**CHICKEN THIGHS**  
CLUB SIZE  
20707407\_KG



INCLUDES HALAL

1<sup>75</sup>

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



2<sup>99</sup> LB  
6.59/KG

**ROMA TOMATOES**  
BULK, PRODUCT OF CANADA OR MEXICO  
20143381001\_KG



8<sup>99</sup>

**SUFRA' HALAL LEAN GROUND BEEF**  
454 G  
21397283\_EA



4<sup>50</sup>

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



8<sup>50</sup>

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



2<sup>50</sup>

**PUCK THICKENED CREAMY PRODUCT**  
160 G  
21449248\_EA



6<sup>49</sup>

**HANDI MEATEOR BEEF SAMOSAS**  
SELECTED VARIETIES,  
300 G  
21692043\_EA



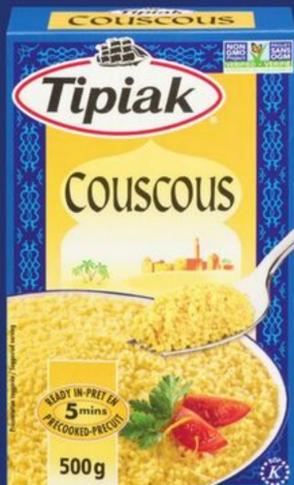
\$8

**SURAJ' SOOJI FLOUR**  
2 KG  
21071270\_EA



4<sup>50</sup>

**TIPIAK COUSCOUS**  
500 G  
20026612\_EA



\$7

**AHMAD TEA**  
SELECTED VARIETIES,  
200 G  
20784225\_EA  
20784305\_EA



\$27

**BRAR'S DESI GHEE**  
1.6 KG  
20869883\_EA



1<sup>75</sup>

**SUNFEAST YIPPEE MASALA NOODLES**  
280 G  
21127101\_EA



\$13

**TILDA SONA MASOORI RICE**  
4.535 KG  
21527715\_EA



11<sup>50</sup>

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



\$4

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



# SHOP THE WORLD IN OUR AISLES\*

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

[SHOP NOW](#)

**\$4**

**LARGE DRAGON FRUIT**  
PRODUCT OF VIETNAM  
20168395001\_EA

**\$2**

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

**5<sup>99</sup>**

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

**2<sup>48</sup>**  
LB  
5.47/KG

**GINGER ROOT**  
PRODUCT OF CHINA  
20179038001\_KG

**SAVE .99**

**\$7**

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

**8<sup>99</sup>**

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

**\$5**

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

**2/4<sup>88</sup>**  
OR 2.89 EA

**ROOSTER TOFU**  
SELECTED VARIETIES, 454 G  
21474765\_EA

**3<sup>49</sup>**

**ORION TURTLE CHIPS**  
SELECTED VARIETIES, 160 G  
21454281\_EA

**6<sup>79</sup>**

**KEWPIE MAYONNAISE**  
465 ML  
21644268\_EA

**3<sup>79</sup>**

**LEE KUM KEE PANDA OYSTER FLAVOURED SAUCE**  
510 G  
20139600\_EA

**3<sup>49</sup>**

**LEN XIANG RICE PAPER**  
400 G  
21635892\_EA

**2<sup>99</sup>**

**T&T SUSHI NORI ROASTED SEAWEED SHEETS**  
10" x 5", 27 G  
20703060\_EA

**16<sup>99</sup>**

**T&T THAI JASMIN RICE**  
8.2 KG  
20705590\_EA

**8<sup>99</sup>**

**MAGGI SEASONING LARGE RED CAP**  
800 ML  
20073020\_EA

**4<sup>49</sup>**

**HEIWA ROASTED SESAME SEEDS**  
SELECTED VARIETIES,  
227 G  
20739488\_EA

# SUPER YOUR EVERYDAY

**3.50**

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

**330 g**

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

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

**10.99**

**HELLMANN'S REAL MAYONNAISE**  
1.42 L  
20173154002\_EA

GET **1,500** back in points  
**\$1.50**

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

**PREPARED IN CANADA**

**\$12**

**CARBONE PASTA SAUCE**  
SELECTED VARIETIES  
650 ML  
21495457\_EA

**CARBONE ARRABBIATA**  
660 mL

**\$2**

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

**LIPTON Chicken Noodle**  
Poulet et nouilles

**Knorr ONION SOUP**  
Mélange à soupe

**\$10**

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

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

**KELLOGG'S RICE KRISPIES SQUARES**  
Original  
Coût original

**SPECIAL K CRISPY BARS**  
strawberry • 10 Blueberry

**POP TARTS**  
CRISPS  
No artificial colours

**5.50**

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

**Post Shreddies**  
Original - Originale

**Alpen Muesli**  
No Sugar Added  
Sans sucre ajouté

**\$7**

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

**INTERNATIONAL DELIGHT**  
FRENCH VANILLA

**INTERNATIONAL DELIGHT**  
HAZELNUT

**SAVE UP TO 22%**

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

**\$14**

**High Liner Signature Cuts Haddock**  
ENGLISH STYLE FILETS

**High Liner Pan Sear Haddock**  
TRADITIONAL FILETS

**PREPARED IN CANADA**

**2/\$11**  
OR 6.99 EA

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

**Healthy Choice Steamers**  
Grilled Chicken Mantova

**Healthy Choice Simply Entrées**  
Grilled Chicken & Broccoli Alfredo

**2/\$7**  
OR 4.29 EA

**NO NAME MARSHMALLOWS OR PC MAPLE MARSHMALLOWS**  
SELECTED VARIETIES  
400 G  
20304672002\_EA  
20311578001\_EA

**no name®** multi-coloured miniature marshmallows  
guimauves miniatures multicolores

**no name®** miniature marshmallows  
guimauves miniatures

**\$11**

**CORONA CERO**  
6X330 ML  
21650191\_C06

**CORONA CERO**  
6X330 ML

**\$10**

**ROYALE BATHROOM TISSUE**  
SELECTED VARIETIES, 12 DOUBLE ROLLS  
21363770\_EA

**Royale**  
Original  
soft-tout doux

**\$21**

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

**Cashmere**  
Ultra

**PREPARED IN CANADA**

**Earn 8,000 pts**

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

Use code **PAN8K**

[Shop now](#)

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





**\$10**

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

**\$2**

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

**\$13**

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

**\$26**

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

**SAVE 5.00**

**\$35**

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

**\$8**

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

**SAVE 1.99**

**\$13**

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

**\$3**

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

**MEGA-PACK MÉGA-FORMAT**

**Temptations**

**TASTY CHICKEN FLAVOUR**  
SAVEUR DE POULET SAVOUREUX

180 g

**\$30**

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

**\$7**

**FRISKIES CAT TREATS**  
SELECTED VARIETIES, 454 G  
21186997\_EA

**\$17**

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

**\$10**

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

**SAVE 1.99**

**\$20**

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

**SAVE 2.00**

**\$15**

**PC BIRD FOOD**  
4 KG  
21308596\_EA

# ELEVATE YOUR WELL BEING

UP TO  
**15% OFF**

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



UP TO  
**20% OFF**

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



**5.50**

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



**\$13**

**LIMIT 4 OVER LIMIT PAY 14.99 EA**

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



**\$3**

**LIMIT 6 OVER LIMIT PAY 4.99 EA**

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



UP TO  
**20% OFF**

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



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

Maximize your chances of quitting with Combination Therapy

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

**COMBINATION THERAPY**



**NICODERM**  
Step 1  
7 Clear Patches  
20143634001\_EA

**NICORETTE**  
QuickMist<sup>®</sup>  
150 Sprays, Mint  
21548830\_EA

**NICORETTE**  
Gum 4 mg,  
Peppermint  
105 pieces  
20318396002\_EA

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

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



care for you, means confidence for her



#KeepHerConfident

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

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

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

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

FOR HEALTHY LOOKING, BEAUTIFUL SMILES!



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

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



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



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

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**Flu shot? Think Pharmacist.**

Talk to your Pharmacist or book now\* at [phealth.ca/flu](http://phealth.ca/flu)

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

# MAKE MEALS EASY

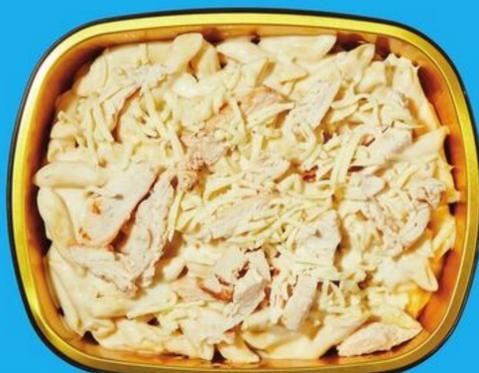
**\$7**

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



**\$16**

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



**\$20**

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

## Our butchers cut quality meat in your store every day!



**pork loin schnitzel**  
21588065\_EA

**lean beef meatballs plain**  
21587897\_EA

**pork stir fry strips**  
21588095\_EA

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

**chicken stir fry strips**  
21588091\_EA

**SUGAR? NONE. FLAVOUR? TONS! WANTA?**



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

FANTA® beverages selected varieties  
12x355 mL  
21723323\_C12



**\$7.99\***

Fuze® iced tea selected varieties  
12x341 mL  
21645563\_C12



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

Canada Dry® beverages selected varieties  
6x222 mL  
20354227001\_C06

**NEW**



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

BODYARMOR beverages selected varieties  
473 mL  
21585195\_EA



**\$2.50\***

Monster Energy® beverages\* selected varieties  
473 mL  
21723586\_EA

Valid from March 5th to March 11th, 2026

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

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

The trademarks that appear are the property of their respective trademark owners.

\*Coca-Cola Ltd., used under license.



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



**Skillet Gnocchi** selected varieties  
280-350 g | 21022065\_EA

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

**Fresh Sauce** selected varieties | 300 mL | 20114410\_EA

VISIT [WWW.OLIVIERI.CA](http://WWW.OLIVIERI.CA) FOR GREAT RECIPE INSPIRATIONS

**What if buying gas fuelled your points?**

Only Esso™ and Mobil™ gas earns you PC Optimum™ points.



**Esso Mobil + Optimum**

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**Brighten Winter Naturally.**



**\$13**

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



**\$4**

Yoplait Tubes® selected varieties 8 x 56 g  
56920133427\_EA



**\$5**

Yoplait® Source Protein® selected varieties 650 g  
21587047\_EA



**7<sup>50</sup>**

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

# LIBERTÉ



**\$7**

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



**\$5**

Liberté® Kéfir selected varieties 1 L  
21216416\_EA



**3<sup>50</sup>**

Liberté Méditerranée® selected varieties 500 g  
21473714\_EA  
20788062002\_EA

TAXES APPLICABLES  
TRADEMARKS OF YOPLAIT MARQUES S.N.C. (FRANCE) USED UNDER LICENSE / TRADEMARKS OF LIBERTÉ MARQUES S.N.C. USED UNDER LICENSE / MADE IN CANADA FROM DOMESTIC AND IMPORTED INGREDIENTS

## ioGO nanö

CREAMY YOGURT TO GRAB & GO!



**\$4<sup>50</sup>**

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



**\$4<sup>50</sup>**

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



**\$4<sup>50</sup>**

ioGO nanö YOGURT WITH FLAVOURED PEARLS 4 X 100 G SELECTED VARIETIES  
2078799\_EA



**\$9**

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



**\$13**

ioGO CREAMY YOGURT 2 KG SELECTED VARIETIES  
20656992\_EA



**\$5**

siggi's SKYR YOGURT 4 X 100 G SELECTED VARIETIES  
21659014\_EA/21589925\_EA



**\$4<sup>75</sup>**

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



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

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

INVITE PRETZEL CRISPS, They're delicious company



**\$6**

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



**\$8**

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



Milk Chocolate & Caramel Flavour  
Milk Chocolate Crunch

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## Laundry Essentials



**\$6**

Tide Detergent 21/24/25 LD, Gain Detergent 32 LD, PODS/Flings 9/16's, Liquid Softener 0.78/1.53 L, Sheets 40/80's, Beads 121/141 g, Rinse 23 LD  
21579827\_EA/21553085\_EA

## TACKLE HOLI COLOUR STAINS WITH Gain



**\$9**

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



**\$17**

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

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