

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



**7<sup>99</sup>**  
/LB  
**SAVE \$4/LB**

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



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

Fresh Orri Mandarins  
Product of Israel  
6.59/kg

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



**THANK YOU REWARDS MEMBER PRICING**

**2<sup>99</sup>**  
**SAVE \$2**  
NON-MEMBER \$4.99

Fresh Raspberries or Blackberries  
Product of Mexico  
6oz pkg



**8<sup>99</sup>**  
**SAVE \$6**  
NON-MEMBER \$13.99

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



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

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

**9<sup>99</sup>**  
**SAVE \$7**  
NON-MEMBER \$16.99



**NEW BRUNSWICK**  
DELICIOUSLY CANADIAN



**4<sup>99</sup>**  
**SAVE \$1**

Fresh Canadian Atlantic Salmon Portion  
113g  
SKIN ON



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

**2<sup>00</sup> \$12**  
**SAVE \$5.98 ON 2**



Janes Pub Style Chicken  
700g pkg  
selected varieties

**5<sup>99</sup>**  
**SAVE AT LEAST \$7**



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

**3<sup>99</sup>**  
**SAVE \$2.50**



**2<sup>99</sup>**  
**SAVE UP TO \$1**

Christie Cookies or Crackers  
100-303g pkg  
selected varieties

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

**9<sup>99</sup>**  
**SAVE UP TO \$8**



Rao's Pasta Sauce  
660mL jar  
selected varieties

**8<sup>99</sup>**  
**SAVE \$4**



Astro Yogourt  
650-750g tub  
selected varieties

**2<sup>99</sup>**  
**SAVE UP TO \$2**



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

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

# FRESH MARKET PICKS

MARCH 12<sup>th</sup>-18<sup>th</sup>



**2LB BAG**

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



**\$3.99**

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




**\$1.79**  
bunch

Fresh Spinach  
Product of U.S.A.  
bunch

**ORGANIC**



**\$3.99**  
each

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

**ORGANIC**



**\$2.99**  
each

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

**ORGANIC**



**\$2.99**

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

**ORGANIC**



**2 FOR \$4**

Fresh Aaulfo Mangoes  
Product of Mexico



**\$12**

Wild Roses Bunch  
Product of Colombia  
10 stem  
selected varieties



**\$3.99**

Fresh Golden Berries  
Product of Colombia  
200g pkg



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

**4<sup>99</sup>**  
/LB

**SAVE \$3/LB**

FLOWN  
IN  
FRESH

Fresh Tree-Ripened  
Mangoes  
Product of Peru  
11.00/kg

**4<sup>99</sup>**  
/LB

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

**8<sup>99</sup>**  
FOR **\$10**

**SAVE \$5.92 ON 8**



**3<sup>99</sup>**

**SAVE \$1**

Longo's Artisan  
Olive Loaf  
453g pkg



Fresh Heirloom  
Tomatoes  
Product of Ontario  
6.59/kg

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



Fresh Avocados  
Product of Mexico

**2<sup>99</sup>**  
FOR **\$4**

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

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

**SAVE UP TO \$2**

**ORGANIC**

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

**10<sup>99</sup>**

**SAVE \$6**

ROASTED IN THE GTA!



**4<sup>99</sup>**

**SAVE \$2**

Longo's Sparkling  
Water  
6x1L bottles  
selected varieties



**4<sup>99</sup>**

**SAVE \$1.50**



Heinz Ketchup  
750mL-1L bottle  
selected varieties



**3<sup>99</sup>**

Gray Ridge Large  
White Eggs  
12 pack



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

Redpath  
Granulated Sugar  
2kg pkg



**2<sup>29</sup>**

Longo's  
Essentials Bread  
675g pkg



**3<sup>99</sup>**

Oikos or Liberté  
Greek Yogourt  
4x100g pkg

**WE'VE LOCKED DOWN PRICES ON EVERYDAY ITEMS.**

**Longo's**

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



@LongosMarkets

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

ZONE 1



**FRESH SAVINGS FOR THE WEEK OF THURSDAY MARCH 12<sup>TH</sup> TO WEDNESDAY MARCH 18<sup>TH</sup>, 2026.**



# THANK YOU REWARDS MEMBER PRICING

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



## NOT A MEMBER? NOT A PROBLEM!

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

# THIS WEEK MEMBERS SAVE OVER \$30

# \$20

SAVE \$5

NON-MEMBER  
\$25



Longo's Frozen Breaded  
Pork Cutlets  
840g pkg



# 22<sup>99</sup>

SAVE \$2

NON-MEMBER  
24<sup>99</sup>

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



# 26<sup>99</sup>

SAVE \$3

NON-MEMBER  
29<sup>99</sup>

ORGANIC

Greenhouse Organic Fiery  
Ginger Wellness Shots  
1.26L pkg



# 6<sup>99</sup>

SAVE \$1.50

NON-MEMBER  
7<sup>99</sup>

Venetian Cacciatore  
Mild or Hot  
175g pkg



# 5<sup>49</sup>

SAVE \$1.50

NON-MEMBER  
6<sup>99</sup>

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



# 11<sup>99</sup>

SAVE \$2

NON-MEMBER  
13<sup>99</sup>

Tetley Tea  
Orange Pekoe  
216ct



# 2<sup>49</sup>

SAVE \$1

NON-MEMBER  
3<sup>49</sup>

Vita Coco  
Coconut Water  
500mL tetra  
selected varieties



# 18<sup>99</sup>

SAVE \$1

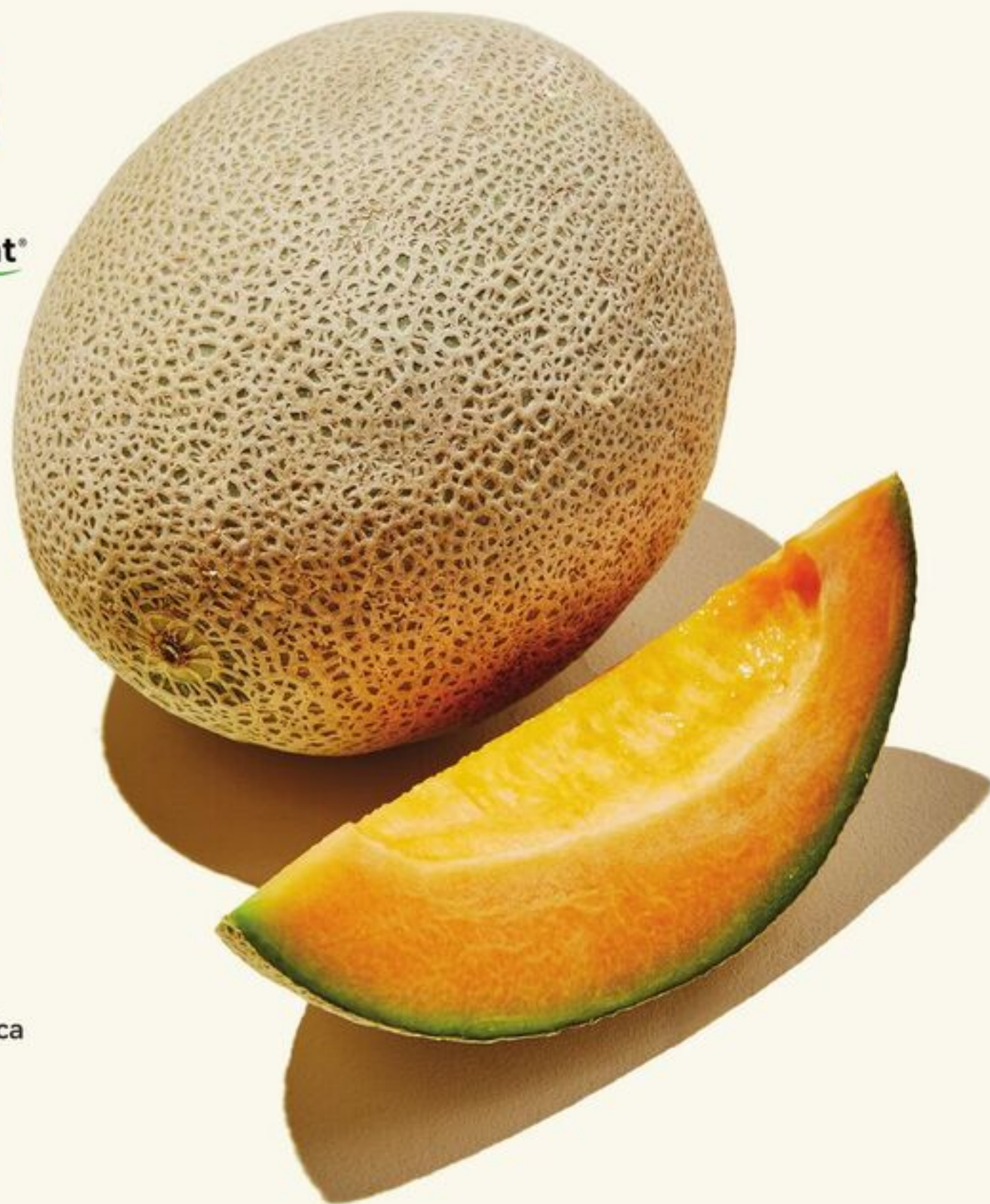
NON-MEMBER  
19<sup>99</sup>

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



# MORE POINTS. FASTER EARNINGS. BIGGER REWARDS.

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



Fresh Cantaloupe  
Product of Costa Rica  
each

**4<sup>99</sup>**



**5<sup>99</sup>**  
/LB  
**SAVE \$1/LB**

Yorkshire Valley Farms  
Fresh Organic Whole  
Chicken  
13.21/kg



**15<sup>99</sup>**  
/LB  
**SAVE \$1/LB**

Fresh Canadian  
Atlantic Salmon Side  
35.25/kg



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

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



**2<sup>49</sup>**  
/LB

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



**8<sup>99</sup>**  
/LB  
**SAVE \$1/LB**

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



**16<sup>99</sup>**  
/LB  
**SAVE \$2/LB**

Fresh Wild Caught  
Haddock Fillet  
37.46/kg



**5<sup>49</sup>**  
**SAVE 50¢**

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



**4<sup>99</sup>**  
**SAVE \$1**

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



**13<sup>99</sup>**  
/LB  
**SAVE \$1/LB**

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



By The Sea  
Frozen Air Fryer  
Seafood Meals  
selected varieties

**10<sup>99</sup>**  
**SAVE \$2**



**ORGANIC**

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

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



**4<sup>99</sup>**

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



Dubreton Organic  
Pork Dinner Sausages  
400g pkg  
**8<sup>99</sup>**  
**SAVE \$1**



Longo's Frozen  
Marinated Garlic  
& Herbs Butterfly  
Shrimp  
340g pkg  
**14<sup>99</sup>**  
**SAVE \$1**

Fresh fish is subject to availability.

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

# TAKE & BAKE PIZZA

**2 FOR \$20**  
SAVE \$1.98 ON 2

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

# CHICKEN MEAL DEAL.

**1kg Whole Barbecue Rotisserie Style Chicken and Choice of 2 Entrée Sides**  
Fresh, Never Frozen, Air-Chilled, Grain-Fed Chicken  
**23<sup>99</sup>**  
SAVE UP TO \$7.98

**1kg Whole Raised Without Antibiotics Rotisserie Style Chicken and Choice of 2 Entrée Sides**  
Fresh, Never Frozen, Air-Chilled, Grain-Fed Chicken  
**25<sup>99</sup>**  
SAVE UP TO \$7.98

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

**Bella Casara Burratini**  
125g tub **7<sup>99</sup>**

**Bella Casara Burrata**  
250g tub **12<sup>99</sup>**

**San Daniele Prosciutto**  
**2<sup>99</sup>** /100G

**Buy MORE SAVE MORE**

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

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

**Longo's Oven Roasted Chicken Breast**  
**3<sup>69</sup>** /100G

**Longo's Curato Prosciutto Cotto**  
**3<sup>49</sup>** /100G

HERE FOR A LIMITED TIME!

**31<sup>97</sup>**  
SAVE \$1

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

HERE FOR A LIMITED TIME!

**19<sup>99</sup>**  
SAVE \$2

**NEW Dufflet Purple Hyacinth Chocolate Fudge Cake**

**15<sup>99</sup>**  
SAVE \$2

**Stefano Frozen Tiramisu**  
450g pkg  
selected varieties

Traditional or Cream Cheese Icing

**2 FOR \$12**

**Longo's Cinnamon Rolls**  
9 pack  
Individual \$6.49

IT'S BACK!

**25<sup>99</sup>**

**Longo's Ice Cream Cake**  
1.3L pkg  
selected varieties

**EARN 500 POINTS**

**5<sup>99</sup>**  
SAVE \$1

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

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

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

**EARN 50 POINTS**

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

**Longo's Lemon Meringue Pie**  
1kg pkg

**EARN 100 POINTS**

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

# CITRILICIOUS

CAN'T STOP THE PEEL-ING.

**10LB  
CASES**



**MUST  
TRY**

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



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

**19<sup>99</sup>**

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

**4<sup>99</sup>  
/LB**



3lb case  
**14.99**

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



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

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

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

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



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

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

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

**1<sup>99</sup>  
/LB**

**1<sup>99</sup>  
/LB**

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



**4<sup>99</sup>  
/LB**

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

**ORGANIC**

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

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



**ORGANIC**

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

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



**ORGANIC**

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

**4<sup>99</sup>**



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

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

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

**1<sup>99</sup>  
/LB**

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

# THEY'RE BACK! LONGO'S ZEPPOLE.

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

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



Longo's 8"  
Zeppole Cake

**29<sup>99</sup>**

**EARN 300 POINTS**

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



CHOCOLATE  
HAZELNUT

Longo's Zeppole  
selected varieties

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

**WHEN YOU BUY  
6 OR MORE.**

**EARN 50 POINTS  
PER UNIT**



FRESH STRAWBERRY  
& CHANTILLY CREAM



TRADITIONAL  
AMARENA  
CHERRIES

Longo's Zeppolini  
selected varieties

**2<sup>69</sup>**

**WHEN YOU BUY  
6 OR MORE.**

**EARN 25 POINTS  
PER UNIT**



TANGY LEMON  
CREAM



## CEDAR PLANK SALMON WITH HONEY-ORANGE GLAZE

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

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

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

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

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

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

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

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

*Grill orange slices alongside salmon, if desired.*

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



**14<sup>99</sup>**  
SAVE \$2

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



**1<sup>29</sup>**  
/EA

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



Fresh Atlantic  
Salmon Side  
900g tray  
SKINLESS

**\$30**  
SAVE \$5



Frozen Canadian Lobster Tails  
4x3oz, 340g pkg

**19<sup>99</sup>**  
SAVE \$3



Frozen Lobster Claws  
454g pkg

**19<sup>99</sup>**  
SAVE \$5



# ST. PATRICK'S DAY DELIGHTS!



Decoration may vary by location.

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

**13<sup>99</sup>**



EARN 100 POINTS

MADE IN-STORE!



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

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



EARN 100 POINTS

Decoration may vary by location.



Fresh Green Kiwi  
Product of Greece or Italy  
600g pkg

**4<sup>99</sup>**



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

**1<sup>99</sup>**  
/LB



**79¢**  
/LB

Fresh Large Green Cabbage  
Product of Ontario  
1.74/kg



Kerrygold Irish Cheese  
Irish Reserve or Dubliner  
198g pkg

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



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

SAVE \$3/LB



Rachel's Corned Beef Brisket  
17.61/kg

FRESH  
DELI  
CUT



Cashel Irish Blue Cheese

**6<sup>99</sup>**  
/100G



Guinness Draught  
4x440mL cans

**13<sup>99</sup>**  
SAVE \$1



Alexander Keith's IPA  
6x473mL cans

**19<sup>99</sup>**



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

# GRILL IT!

AVAILABLE IN  
OUR FROZEN  
MEAT AISLE.

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



Longo's Frozen  
Pork & Beef Chevaps  
1.5kg pkg

**\$25**

THANK YOU EARN 75 POINTS



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

THANK YOU EARN 150 POINTS



Longo's Frozen  
Chicken Kaftas  
1.1kg pkg

**\$25**

THANK YOU EARN 75 POINTS



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

**\$25**

THANK YOU EARN 75 POINTS



Longo's Frozen  
Lamb Sausage  
500g pkg

**\$25**

THANK YOU EARN 75 POINTS



Longo's Frozen  
Chicken Spiedini  
950g pkg

**\$45**

THANK YOU EARN 100 POINTS



Longo's Frozen  
Chicken Souvlaki  
850g pkg

**\$30**

THANK YOU EARN 100 POINTS



Longo's Frozen  
Lamb Spiedini  
950g pkg

**\$50**

THANK YOU EARN 100 POINTS



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

**1.99**

# SPRING BAKING



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

Shane  
Bakery Manager, Brooklin



Robin Hood or  
Five Roses Flour  
2.5kg pkg  
selected varieties

**5.49**

SAVE UP TO \$1.50



Redpath Special  
Fine Granulated  
Sugar  
2kg pkg

**3.49**



**8.99**  
SAVE \$2

Ghirardelli  
Chocolate Chips  
250-283g pkg  
selected varieties



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

**5.99**

SAVE UP TO \$2



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



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



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

**4.99**

SAVE UP TO \$2



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

**3.49**  
SAVE AT  
LEAST \$1.80



# GROCERY



Ben's Original Bistro Rice  
240-250g pkg  
selected varieties  
**2<sup>99</sup>**  
SAVE UP TO \$2



Clif Bar Singles  
50-68g pkg  
Individual \$2.49  
selected varieties

**3 FOR \$5**  
SAVE AT LEAST  
\$2.39 FOR 3

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

Bubly Sparkling Water  
12x355mL cans  
selected varieties

**6<sup>99</sup>**  
SAVE \$1

Pepsi Beverages  
Mini Cans  
6x222mL cans  
selected varieties  
**4<sup>99</sup>**  
SAVE 50¢



**19<sup>99</sup>**  
SAVE \$5  
Folgers Coffee  
K-Cup Pods  
30ct  
selected varieties



The Keg  
Seasoning  
140-225g pkg  
selected varieties  
**5<sup>49</sup>**  
SAVE AT LEAST \$1



LeClerc Cookies  
240g pkg  
selected varieties  
**3<sup>99</sup>**  
SAVE \$1



Neal Brothers  
Tortillas  
300g pkg or  
Salsa 410g jar  
selected varieties  
**5<sup>49</sup>**  
SAVE UP TO \$2



**6<sup>99</sup>**  
SAVE \$2  
Whittaker's  
Chocolate Bar  
200-220g pkg  
selected varieties



Nature Clean  
Dish Soap  
740mL bottle  
selected varieties  
**3<sup>99</sup>**  
SAVE \$1



Kellogg's Nutri-Grain Bars,  
Rice Krispies Squares,  
Pop-Tarts or Special K  
Pastry Crisps  
125-384g pkg  
selected varieties  
**3<sup>49</sup>**  
SAVE AT LEAST 50¢



Two Bears  
Oat Beverage  
946mL tetra or  
Black Coffee  
207mL can  
selected varieties  
**2<sup>99</sup>**  
SAVE UP TO \$3



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



Dempster's  
Bread 375g pkg,  
Hot Dog or  
Hamburger  
Buns 6-8 pack,  
Dempster's  
Tortillas 7" or  
Hostess Snack  
Cakes 6 pack  
selected varieties  
**3<sup>49</sup>**  
SAVE UP TO \$1



Cheez-It Snack  
Crackers  
191-200g pkg  
selected varieties  
**2<sup>99</sup>**  
SAVE \$1



Matheson Food  
Company  
Mac & Cheese  
170g pkg  
selected varieties  
**2<sup>99</sup>**  
SAVE \$1

# DAIRY AND FROZEN

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

**6<sup>99</sup>**  
SAVE UP TO \$3



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

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



**6<sup>49</sup>** Activia Yogourt  
12x95-100g pkg  
selected varieties  
SAVE UP TO \$2

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

**5<sup>49</sup>**  
SAVE AT LEAST \$1.50



**7<sup>99</sup>** Becel Margarine  
637-850g pkg  
selected varieties  
SAVE \$2

Oasis Orange  
Juice  
1.54L jug  
selected varieties

**4<sup>99</sup>**  
SAVE \$1.50



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

**15<sup>99</sup>**  
SAVE \$2



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

**8<sup>99</sup>**  
SAVE \$2



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

**2 FOR \$5**  
SAVE \$1.98 ON 2



Olivieri Skillet  
Gnocchi  
280-300g pkg  
selected varieties

**4<sup>99</sup>**  
SAVE \$2



Palma Pasta  
Frozen Lasagna  
2.4kg pkg  
selected varieties

**34<sup>99</sup>**  
SAVE \$5



**5<sup>49</sup>** Nature's Path  
Frozen Waffles  
210g pkg  
selected varieties  
SAVE UP TO \$1

# LONGO'S MUST-HAVES

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

**13<sup>99</sup>**  
SAVE \$2



MADE  
WITH WHOLE  
BREAST  
MEAT.



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

**4<sup>99</sup>**  
SAVE 50¢



Longo's Sriracha  
Mayo Sauce & Dip  
350mL bottle

**2<sup>99</sup>**  
SAVE \$1.50



Longo's  
CURATO  
PRODUCT OF ITALY

**3<sup>99</sup>** Longo's Curato  
Wine Vinegar Red  
White or Rose  
500mL bottle  
SAVE 50¢

THANK YOU EARN 100 POINTS



Longo's  
CURATO  
PRODUCT OF ITALY

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

**7<sup>99</sup>**  
SAVE \$1



Longo's Tortillas 10"  
610g pkg  
selected varieties

**3<sup>99</sup>**  
SAVE 30¢



Longo's Honey  
500mL bottle

**5<sup>99</sup>**  
SAVE AT LEAST \$1



# SAVE ON THE BRANDS YOU LOVE AT LONGO'S



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

**FROM 11<sup>99</sup>**  
**SAVE \$1**



Longo's Cookie Thins 170g pkg  
selected varieties

**2<sup>99</sup>**  
**SAVE \$1**

Longo's Nutless Snack Clusters 160g pkg  
selected varieties

**2<sup>99</sup>**  
**SAVE 50¢**

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

**2<sup>99</sup>**  
**SAVE \$1**



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

**5<sup>99</sup>**  
**SAVE UP TO \$1.50**



Longo's Mini Biscotti 600g pkg

**14<sup>99</sup>**  
**EARN 100 POINTS**



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

**9<sup>99</sup>**  
**SAVE \$2**



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

**12<sup>99</sup>**  
**EARN 100 POINTS**

# FRESH SALAD



## LONGO'S MEAL SIZE

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



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

## LONGO'S FAMILY SIZE SALADS

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



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

## LONGO'S SALADS FOR ONE

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



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



**3<sup>99</sup>**

**Gray Ridge Large White Eggs**  
12 pack

**2<sup>29</sup>**

**Longo's Essentials Bread**  
675g pkg



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

**Redpath Granulated Sugar**  
2kg pkg



**4<sup>99</sup>**

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



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

**ORGANIC**

**Fresh Organic Grape Tomatoes**  
Product of Ontario  
681g pkg



**4<sup>99</sup>**

**Fresh Hydroponic Lettuce**  
Product of Ontario  
2 pack • assorted varieties



**3<sup>99</sup>**

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



**3<sup>99</sup>**

**Oikos or Liberté Greek Yogourt**  
4x100g pkg



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

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



**10<sup>99</sup>**

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



**6<sup>49</sup>**

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



**2 FOR \$4**

**Longo's Pasta**  
450g pkg  
Individual \$2.29



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

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



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

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

**\$5.00/ serving**

**19<sup>99</sup>**

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



**20<sup>99</sup>**

**Cashmere Bath Tissue**  
24=72 rolls

**WE'VE LOCKED DOWN PRICES ON EVERYDAY ITEMS.**

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

SAVE ON THE BRANDS YOU LOVE AT LONGO'S

# FOR EVERY BURGER

IT HAS TO BE  
**HEINZ**  
ESTD 1869



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

**3.29**

SAVE UP TO \$2.20



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

**3.49**

SAVE UP TO \$2.50



Heinz Beans  
398mL can  
selected varieties

**1.99**

SAVE UP TO \$1.50



Kraft Philadelphia  
Cream Cheese  
227-250g pkg  
selected varieties

**4.49**

SAVE UP TO \$1.50



Kraft Dinner  
175-200g pkg  
selected varieties

**1.99**

SAVE UP TO 50¢



Classico Pasta Sauce  
218-600mL jar  
selected varieties

**3.49**

SAVE \$2.50



Maxwell House  
Original Roast  
Ground Coffee  
864g canister

**18.99**

SAVE \$4



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

**6.99**

SAVE \$1



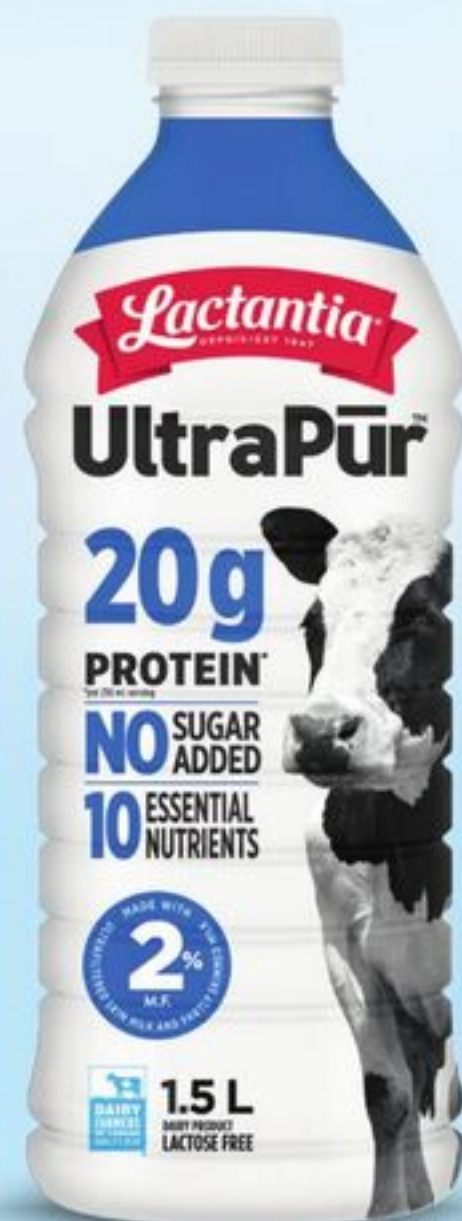
Taco Bell Dinner Kit  
260-420g pkg  
selected varieties

**4.99**

SAVE \$1

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

# Save on the brands you love at Longo's



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

**5<sup>99</sup>**  
SAVE UP TO \$2



iöGO Creamy Duo Yogourt  
650g tub  
selected varieties

**3<sup>49</sup>**  
SAVE \$1.50



Beatrice  
Chocolate Milk  
750mL carton

**1<sup>99</sup>**  
SAVE UP TO \$1



B-FIT Protein Shakes  
460mL pkg  
selected varieties

**3<sup>49</sup>**  
SAVE 50¢



**4<sup>99</sup>**  
SAVE \$3  
Olympic Organic Yogourt  
650g tub  
selected varieties



# SAVE ON THE BRANDS YOU LOVE AT LONGO'S



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

**GET  
\$15\***



\*Learn more



Starbucks  
Coffee Enhancer  
828mL bottle  
selected varieties

**6<sup>99</sup>**  
SAVE \$2



Starbucks  
Nespresso  
Virtuo Line 8ct  
selected varieties

**12<sup>99</sup>**  
SAVE \$2



Starbucks  
Nespresso  
Pods Original  
10ct

**8<sup>99</sup>**  
SAVE \$4



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

**12<sup>99</sup>**  
SAVE UP TO \$2

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**MARCH BREAK**  
*Ready*



**2<sup>99</sup>** Old El Paso  
Shells or Components  
189-334g pkg  
selected varieties  
SAVE UP TO \$3



**5<sup>99</sup>** General Mills  
Family Size Cereal  
475-725g pkg  
selected varieties  
SAVE AT LEAST \$2



**3<sup>49</sup>** Pillsbury Refrigerated  
Baked Goods  
340-468g pkg  
selected varieties  
SAVE \$1.50



**2<sup>99</sup>** Nature Valley Granola Bars  
130-230g pkg or Fruit by the Foot,  
Betty Crocker Fruit Rollups or  
Fruit Gushers 128-141g pkg  
selected varieties  
SAVE UP TO \$2

**Campbell's**

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

**2<sup>99</sup>**  
SAVE UP TO \$1.30



**3<sup>29</sup>** Campbell's Ready to  
Serve Soup  
515mL can  
selected varieties  
SAVE AT LEAST 70¢



**3<sup>29</sup>** Campbell's  
Chunky Soup  
515mL can  
selected varieties  
SAVE AT LEAST 70¢



Since 1989 • Depuis 1989

**IT'S NOT JUST PASTA.**



Italpasta Artisan  
Pasta  
450g pkg  
selected varieties  
**1<sup>99</sup>**  
SAVE 50¢



Italpasta  
Gluten-Free Pasta  
340g pkg  
selected varieties  
**3<sup>49</sup>**  
SAVE 50¢



Italpasta Soup Cuts  
450g pkg  
selected varieties  
**1<sup>99</sup>**  
SAVE 50¢



**2<sup>99</sup>** Italpasta Lasagne  
Jumbo Shells or Manicotti  
225-500g pkg  
selected varieties  
SAVE 50¢

† Registered Trademark of Italpasta Ltd.

# HAPPY PASSOVER



Fresh Kosher  
Whole Chicken  
11.00/kg

**4<sup>99</sup>**  
/LB  
SAVE \$1/LB



**1<sup>49</sup>**  
/LB

Fresh Yellow Potatoes  
Product of Canada  
3.29/kg



Longo's Fresh  
White or Brown  
Whole Mushrooms  
Product of Ontario  
227g pkg

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



Fresh Curly or  
Italian Parsley or Dill  
Product of U.S.A.

**2 FOR \$5**



**3<sup>99</sup>** Fresh Parsnips  
Product of Canada  
454g pkg



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

Fresh Horseradish  
Product of U.S.A.  
13.21/kg



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

Fresh Bagged  
Avocados  
Product of Mexico  
5ct

Longo's Frozen  
Smoked Wild  
Sockeye Salmon  
200g pkg

**16<sup>99</sup>**  
SAVE \$2



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

BROOKLIN: 5550 Baldwin St. South, Whitby  
RICHMOND HILL: 10860 Yonge St., Richmond Hill  
BAYVIEW: 7355 Bayview Ave., Thornhill

YORK MILLS: 808 York Mills Rd., Toronto  
BATHURST: 9306 Bathurst St., Vaughan

LEASIDE: 93 Laird Dr., Toronto  
YONGE & SHEPPARD: 4841 Yonge St., Toronto

# HAPPY PASSOVER



**7<sup>49</sup>** Aish Tamid  
Shabbos Candles  
72ct  
**SAVE \$2.50**



**2<sup>99</sup>** Pierre Bonne Jam  
250mL Jar  
selected varieties  
**SAVE \$1.50**



Kedem  
Grape Juice  
1.89L bottle  
selected varieties  
**7<sup>99</sup>**  
**SAVE \$4**



Streit's Cake Meal,  
Matzo Farfel or Matzo Meal  
454g pkg  
selected varieties  
**4<sup>99</sup>**  
**SAVE \$1**



**19<sup>99</sup>** Streit's Passover Matzo  
5lb pkg  
**SAVE \$2**

Gefen Organic  
Red Beets  
500g pkg  
Vacuum Packed  
**2<sup>99</sup>**  
**SAVE \$1**



Red Beet  
Horseradish  
250mL bottle  
selected varieties  
**2<sup>69</sup>**  
**SAVE 70¢**



Streit's Matzo Ball or  
Matzo Ball & Soup Mix  
128g pkg  
selected varieties  
**2<sup>99</sup>**  
**SAVE \$2**



Elite Instant Coffee  
200g jar  
**9<sup>99</sup>**  
**SAVE \$2**



**3<sup>99</sup>** Wissotzky Tea  
30-60g pkg  
selected varieties  
**SAVE \$1**

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

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