VERSION 1

9.99 /lb

NATURAL TOP SIRLOIN STEAK VALUE PACK OR ROAST
11.11/kg

2.99 /lb

FRESH CHICKEN DRUMSTICKS OR THIGHS
6.59/kg

5.99 /lb

FRESH LAMB SHOULDER CHOPS VALUE PACK
BONE-IN OR BONELESS
13.20/kg

3.99 ea.

FRESH CANADIAN ATLANTIC SALMON PORTIONS
8.80/kg

moi rewards member price

1.99 ea.

SPECIAL PRICE
2.99
for non-members

Effective April 15 | 17 | 18

VERSION 1

SEASONAL MIXED BOUQUET

LIMITED QUANTITIES AVAILABLE

15.00 ea.

PERFECT ADMIN DAY GIFT!

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COSMIC CRISP®

LARGE COSMIC CRISP APPLES

PRODUCE OF U.S.A. OR CANADA

4.5kg

1.99 /lb

BLACKBERRIES 170g

RASPBERRIES 170g

BLUEBERRIES 284g

PRODUCE OF CANADA

2.49 ea.

CASTELLO TOSCANO CHEDDAR 175g

DANISH FONTIGI 175g

CAMEMBERT LITTLE DANDY 125g

CAMEMBERT LITTLE DANDY CHEDDAR 125g

SELECT PRICE AS MARKED

40% OFF

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PRODUCE OF CANADA, ITALY, MEXICO OR ECUADOR 454g

MINI CUCUMBERS 454g

PRODUCE OF MEXICO, CANADA, CHINA

2.99 ea.

AT THE BAKERY

FRONT STREET BAKERY

SOURDOUGH OR CLASSICS BREAD

454g SELECTED VARIETIES

3.99 ea.

ICEBERG LETTUCE

PRODUCE OF CANADA, ITALY, MEXICO OR TURKEY

CELERY

PRODUCE OF CANADA, U.S.A. OR TURKEY

1.99 ea.

MAXWELL HOUSE OR NABOB COFFEE CAPSULES 312.4-384g

SELECTED VARIETIES, DARK OR LIGHT ROAST

15.99 ea.

SILK OR DANONE 125-180g OR DANONE BLENDED YOGURT

SELECTED VARIETIES

125 value of $1

3.49 ea.

LUCTARIA PUMPKIN SPICE, KELLOGG'S OR GENERAL MILLS CEREAL

SELECTED VARIETIES

5.49 ea.

McCAIN FRENCH FRIES 1.36kg OR SMARTONES 1.5kg

1.99 ea.

CAMPBELL'S SOUP 284-310ml

SELECTED VARIETIES

99¢ ea.

CRACKER BARREL BLOCK OR SHREDDED CHEESE

SELECTED VARIETIES

125 value of $1

5.99 ea.

PAMPERS OR HUGGIES DIAPERS 108-150ct

SIZES 1-6

SELECTED VARIETIES

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MISS VICKIE'S CHIPS, MISS VICKIE'S OR LAY'S® CHIPS

SELECTED VARIETIES

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SELECTED VARIETIES

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Effective April 16 17 18 19 20 21 22 **2026**

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FROIDS
SELECTED VARIETIES
VARIÉTÉS SÉLECTIONNÉES

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SCALLOPS APPETIZERS
FROZEN
SELECTED VARIETIES

IRRÉSISTIBLE
BACON OR BEEF
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VARIÉTÉS SÉLECTIONNÉES

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CHEESECAKE
SELECTED VARIETIES
VARIÉTÉS SÉLECTIONNÉES

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IRRÉSISTIBLE FROZEN PIZZA
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VARIÉTÉS SÉLECTIONNÉES

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6 PACK

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SPARKLING SPRING WATER
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Selected Stores
2 Bags
7.00

mix match

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Selected Stores
8.99 ea.

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JANES LUCKY SHRIMP OR CRACKED PEAR FILLETS
Assorted Varieties
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12.99 ea.

PERDUE HARVEST BRAND CUT, BONELESS, SKAN OR CHICKEN DRUMMING OR THIGHS FROZEN
Selected Stores
2.99 /100 g

SALE ENDS 10/07

SALE ENDS 10/07
DELI FRESH SHORT'S PARMIGIANO OR THE STYLE MOZZARELLA ROLL
Selected Stores
6.99 ea.

iögo or siggi's
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Selected Stores
10.99 ea.

PERDUE HARVEST CARAMELIZED CHICKEN
Selected Stores
10.99 ea.

DELI FRESH SALADS
Selected Stores
5.99 ea.

2/4 PACK

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WHOLES VALUE SIZE SNACKS
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5.99 ea.

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Assorted Varieties
3.49 ea.

NESTEA
Assorted Varieties
6.99 ea.

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Assorted Varieties
5.49 ea.

MAGNUM ICE CREAM BARS
Assorted Varieties
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TOWN HOUSE
Assorted Varieties
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Selected Stores

COLOMBOS
Assorted Varieties
5.99 ea.

LINDT EXCELLENCE CHOCOLATE OR MATINGERS CANDY
Assorted Varieties
Selected Stores

DANIEL DELICIOUS
Assorted Varieties
5.99 ea.

DELICIAN FROZEN CAKES 454 g
Assorted Varieties
Selected Stores

ZATARAIN'S
Assorted Varieties
1.99 ea.

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Purex 4 in 1

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FRESH

3.99 ea. STRAWBERRIES 454 g PRODUCT OF CANADA, U.S.A., CHILE

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3.99 /lb LARGE RED, ORANGE OR YELLOW OR ALDENS SWEET PEPPERS PRODUCT OF MEXICO 0.80 kg

2.49 /lb TOMATOES ON THE VINE PRODUCT OF MEXICO 0.400 kg

1.99 ea. LARGE RED OR YELLOW ONIONS PRODUCT OF CHILE

5 PK 4.99 ea. AVOCADOS 2 PK PRODUCT OF MEXICO, CHINA

6.99 /lb FLAT BEANS PRODUCT OF MEXICO 0.454 kg

2.49 /lb GREEN ZUCCHINI PRODUCT OF MEXICO 0.400 kg

4.99 ea. GRAPES 454 g PRODUCT OF CHILE OR SOUTH AFRICA

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WILD WONDERS 3.99 ea. SWEET WILD WONDERS PRODUCT OF CANADA, MEXICO

3.99 /lb STEM & LEAF CLEMENTINES PRODUCT OF CHINA 0.908 kg

Cotton Candy 4.99 /lb COTTON CANDY GRAPES PRODUCT OF CHILE, U.S.A., CHINA 70.000 kg

2.49 ea. BUNCH SPINACH PRODUCT OF MEXICO, U.S.A., CHINA

2.99 /lb FRESH GINGER PRODUCT OF CHINA 0.226 kg

GUSTA 5.49 ea. GUSTA VEGGIE SLICES 454 g PRODUCT OF CANADA

HALF-PRICE 2.99 ea. SUMMER FRESH SMOOTHIES 946 mL

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Organic

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3 lb bag 5.99 ea. ORGANIC RED DELICIOUS APPLES 3 lb PRODUCT OF CHINA, U.S.A., CANADA OR CHILE

5.49 ea. ATTITUDE ORGANIC SOUP OR SALAD 170 g PRODUCT OF CHINA, U.S.A., CANADA

Attitude 70 mg

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Every Gingerale 250 mL 4 FOR $5

Sliced & Diced

Metro

14.99 ea. FRESH PINEAPPLES OR FRUIT CARDINALS 1.5 kg

5.99 ea. CORED PINEAPPLES 454 g FRUIT SERVATORIES 340 g

6.99 ea. LARGE MIXED MELON OR WATERMELON CHUNKS 1.5 kg

Fresh Blooms

39.99 ea. PREMIUM HARVESTED ROSES 60 cm PRODUCT OF COLOMBIA, ECUADOR OR KENYA

NEW 19.99 ea. BIRDS OF PARADISE

pick Canada

19.99 ea. EUCALYPTUS ANCHORS PRODUCT OF CANADA, U.S.A., COLOMBIA, ECUADOR

12.99 ea. FRESH CUT TULIPS 10 STEMS PRODUCT OF COLOMBIA, ECUADOR

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FLOWER ARRANGEMENT
BLU ROSE ON POT
ASSORTED COLORS
AND STYLES

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Celebrate your awesome admin with our brilliant variety of florals – or create a personalized arrangement by our team of talented designers.

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ASSORTED STYLES
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BLOOMING
HOUSEPLANTS
6" SQUIRT MUG

12.99 ea.

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CELEBRATION
BOUQUET
Fall

HYDRANGEA
6" SPRING CURE

21.99 ea.

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2 CT.

SAVE $2

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DOUBLE SPIKE

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MONEY TREE
IN DECORATIVE
GLASS

32.99 ea.

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AIR THINGS
BRACES ROOTS
Fall

Our Butcher's Finest

11.99 /lb — BEEF CUBES / BOEUF CHAUDRON MORCELLÉ OR CUBE STEAK
Sale Price 8.99/kg

19.99 /lb — LIFE SMART NUTRITIONAL BENEFITS OF GRASS FED BEEF / BÉNÉFICES NUTRITIFS DU BŒUF À L'HERBE OR CLUB OR T-BONE OR STRIP LOIN STEAK
Sale Price 44.09/kg

BONELESS

6.99 /lb — BONELESS PORK LOIN CHOPS / MAIGRE PORC DE DOS DÉSOSSÉ
Sale Price 15.40/kg

SAVE $1 WITH MOI REWARDS UNTIL OCT 29

4.49 /lb — PORK SHOULDER CHOPS SINGLE PACK
Sale Price 9.90/kg

6.99 /lb — SPICED CRUST CHICKEN WINGS
Sale Price 15.40/kg

4.99 /lb — LEAN GROUND PORK / MAIGRE PORC HACHÉ
Sale Price 11.00/kg

SAVE $1 WITH MOI REWARDS UNTIL OCT 29

125 COUPONS OF $1

5.44 /lb — MAPLE LEAF PRIME BONELESS INTERIOR PORK LOIN ROAST / RÔTI DE LONGE DE PORC DÉSOSSÉ
Sale Price 11.99/kg

10.99 ea. — FRESH GROUND LAMB / AGNEAU HACHÉ
Sale Price 24.20/kg

4.99 /lb — FLETCHER'S PORK COCTAIL WEIN
Sale Price 10.99/kg

4.99 ea. — STONE'S PICKLES
Sale Price 10.99/kg

8.99 ea. — MAPLE LEAF PREMIUM CHICKEN PANNÉ SANDWICH
Sale Price 19.80/kg

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NEW

8.99 ea. — PANNÉ PANNÉ BUTTER CHICKEN / BEURRE DE POULET
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NEW

8.99 ea. — PANNÉ PANNÉ PANNÉ BURGERS
Sale Price 19.80/kg

NEW

8.99 ea. — PANNÉ PANNÉ NUGGETS
Sale Price 19.80/kg

11.99 ea. — MONA VOLLMER'S LASAGNA
Sale Price 8.99/kg

14.99 ea. — MONTANA'S SWISS CHEESE & ONION BEEF BURGERS
Sale Price 14.99/kg

I earn with moi rewards

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Sale Price 14.99/kg

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9.99 ea. **80** moi — ALBERTON ORGANIC PORK SAUSAGES OR ORGANIC CHICKEN SAUSAGES OR PORK
Sale Price 19.80/kg

14.99 ea. **125** moi — MAPLE LEAF 100 SCHNEIDER OR SAUSAGES OR SAUSAGES
Sale Price 14.99/kg

6.99 ea. **60** moi — DL DAYS FRESH BREAKFAST SAUSAGES
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9.99 ea. **80** moi — BEYOND PLANT BASED CHICKEN OR CHICKEN STRIP STRIPS
Sale Price 19.80/kg

NEW

9.99 ea. **80** moi — MARC ANGELO APPETIZERS
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11.99 ea. **125** moi — ST HUBERT MOZZARELLA CHEESE STICKS
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18.99 lb. FRESH MEDITERRANEAN SEA BASS FILLETS

FAMILY PACK

BENTO SUSHI ASSORTED FAMILY PACK 32 Pieces

18.00 ea.

4.99 ea. 8 PIECES FRIED WONTON WITH SEASONING 90 g

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19.99 ea. WILDER MEDITERRANEAN CRAB MEAT 454 g

14.99 ea. TRUE NORTH SMOKED SALMON 454 g

6.99 ea. SEAFOOD SALAD 500 g

8.99 ea. OCEAN PRIDE WHOLE CLEANED SQUID 454 g

11.99 ea. PURDYS SMOKED FILLETS 454 g

7.99 ea. FISH LAND SMOKED FISH SLICES 90 g

Irrésistible

6.99 ea. IRRÉSISTIBLE CHICKEN CORDON BLEU 2 x 150 g

7.99 ea. IRRÉSISTIBLE FRIED FISH TIME 454 g

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7.99 ea. IRRÉSISTIBLE ATLANTIC SALMON BURGERS 2 x 113 g

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2.99 100 g IRRÉSISTIBLE CHICKEN BREAST

2.99 100 g LOUPAC CHICKEN HAM

3.99 100 g IRRÉSISTIBLE AFRICAN CHICKEN

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7.99 ea. MAPLE LEAF SLICED DELI CHEESE 175 g

5.00 ea. FAN FAVORITES ORIGINALS 454 g

6.99 ea. PILLER'S PEPERONI 454 g

8.99 ea. MAPLE LEAF SMOKED SAUSAGE OR CANADIAN BACON DELI MEAT 175 g

11.99 ea. GASTRO CASA RUSTICA SALAMI, SPICY SALAMI OR PEPPERCORN SALAMI 175 g

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7.99 ea. 125 Value of 2.99

SWISS CHALET

8.99 ea. 125 Value of 2.99

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4.59 750 g when you buy 500 g or more JEAN BRENA CHEESE 2% FILLED PRESSED WHEEL CHEESE WITH PARMESAN

4.79 750 g when you buy 500 g or more LOUPAC DOUBLE CRÈME BRIE DOUBLE PRESSURIZED CHEESE WITH CREAM OR CHEESE WITH CREAM

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FRONT STREET BAKERY

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Irresistible

9.99 ea. — IRRESISTIBLE BEEF PIE 425 g

10.99 ea. — IRRESISTIBLE TURKEY CHICKEN PIE 425 g

6.49 ea. — IRRESISTIBLE BRIOCHE BUNS MINI 6 PK 300 g

4.99 ea. — IRRESISTIBLE SAVOURY CHIANTA BUNS 10 PK 500 g

Half price rotisserie and deli items

3.49 ea. — ITALIAN OR FRENCH BREADS 475 g / 454 g (EXCLUDES BAKERY)

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8.99 ea. — SELECTION SPREADS 400 g

5.99 ea. — SELECTION LUXE DELI CARE 175 g (EXCLUDES BAKERY)

4.99 ea. — SUN MAID RAISIN BRIOCHE 10 x 1.4 oz / 40 g

3.99 ea. — EASTERN SHORE SEAFOOD PRODUCT CRAWFISH 340 / 454 g

4.49 ea. — SAMPLEWOOD RYE BREAD 454 g (EXCLUDES BAKERY)

2.99 ea. — EASTERN SHORE BAKER BREAD 454 g (EXCLUDES BAKERY)

siggi's skyr yogurt

high in protein made with simple ingredients

4.49 ea. — SIGGI'S SKYR YOGURT 4 x 90 g / 4 x 100 g (EXCLUDES VARIETY PACK)

TRY OUR CHIPS AND ALL YOUR FRY FAVOURITES

EASTERN FRIES 454 g (EXCLUDES VARIETY PACK)

4.99 ea.

BITE INTO CANADA'S FAVOURITE BREAKFAST

SAVE $3 when you buy any

1 Dempster's® Bagels or Bread

+

1 Kraft Philadelphia® Cream Cheese Product 227 - 142 g or Kraft Peanut Butter Spread 170 g - 1 kg

Limited time offer. Valid from Thursday, October 26 to Wednesday, November 8, 2023 at participating Loblaws, Zehrs, Fortinos, Independent, Atlantic Superstore and Superstore stores. While supplies last.

6.99 ea. — KRAFT PEANUT BUTTER 1 kg

BUY ANY 2 PARTICIPATING GENERAL MILLS PRODUCTS AND GET

400 moi POINTS

5.49 ea. — GENERAL MILLS CEREAL 300 - 350 g (EXCLUDES VARIETY PACK)

3.49 ea. — NATURE VALLEY CRISPY BARS 6 PK 252 g (EXCLUDES VARIETY PACK)

3.49 ea. — NATURE VALLEY CRISPY BARS 6 PK 252 g (EXCLUDES VARIETY PACK)

4.49 ea. — OLD EL PASO MEXICAN MIX OR TACO SEASONING 35 g (EXCLUDES VARIETY PACK)

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CANADA SOCCER MERCH AND PREMIUM GENERAL MILLS PRODUCTS

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*Optimum Card Offer: Valid only at participating Loblaws, Zehrs, Fortinos, Independent, Atlantic Superstore and Superstore stores. While supplies last. Limit one offer per Optimum Card. Offer ends on Tuesday, November 7, 2023.

FREE SAME-DAY PICKUP | **SAME FLYER PRICES AND DEALS ONLINE**

More Great Savings

6.49 ea. — KREMA MEXICAN VARIANT 500 g

4.99 ea. — I CAN't BELIEVE IT'S BUTTER 454 g

4.49 ea. — TETLEY TEA 60 — 60 ea.

12.99 ea. — LAVAZZA COFFEE 250 g

2.99 ea. — MOTHERSOME APPLESAUCE 4 x 90 g

4.49 ea. — GREEN GIANT VEGETABLE MIXES 454 g

4.79 ea. — IMMORTABLE COOKED BEANS 540 ml

4.49 ea. — STONE'S THROW 500 ml

4.99 ea. — FRANK'S ORIGINAL SAUCE 60 — 60 ea.

6.99 ea. — BRAMMAS CONDIMENT 500 g; WHOLE GRAIN MUSTARD 250 g

6.79 ea. — ANCESTRAL APPLE CIDER VINEGAR 1 L

4.99 ea. — MEL SHOP SEASONING 75 g

3.79 ea. — LEGUME TRADITION COOKIES 200 g

7.99 ea. — FIBRE COOKIES 300 g

4.49 ea. — LA CROIX TORTILLA CHIPS 425 g

17.99 ea. — PRINGLES SNACK CRACKERS CHIPS 1.36 kg — 55 ea.

1.79 ea. — EXCEL GUM 60 g

6.49 ea. — MARS CHOCOLATES 184 – 396 g — 80 ea.

3.49 ea. — ADNEC WATER 1.5 kg

2.44 ea. — CROOKERS OR STELLA ROSA TRICKS 375 – 750 ml — 125 Crooners

3.19 ea. — NON-ALCOHOLIC BEER CLAMPERDOWN 500 ml; CLEVER MOCKTAILS 355 ml

9.99 ea. — HEAR ZERO NON-ALCOHOLIC BEER 24 x 355 ml

19.49 ea. — RED BULL ENERGY DRINKS 24 x 355 ml

3.49 ea. — FOCUS FACTOR ENERGY DRINKS 355 ml

5.99 ea. — RED ROSE ORANGE PEKOE TEA 70 — 70 ea.

1.69 ea. — HEINZ PORK LEANED BEANS 398 ml

1.99 ea. — OCEAN'S TUNA 170 g

5.99 ea. — HEALTHY CHOICE FROZEN MEAL 340 – 400 g

7.49 ea. — DR. OETKER SUPREMA OR GIUSEPPE PIZZAS 340 – 425 g

6.99 ea. — DR. OETKER RISTORANTE OR RISTORANTINO GOURMET PIZZA 340 – 425 g

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Dr. Oetker family

PIZZAS TO ENJOY

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IRRÉSISTIBLE FROZEN MEAT LASAGNA 1.13KG

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157 g
SELECTED VARIETIES

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7.99 ea. TACO BELL SUPREME CRUNCHY OR CHEESY DOUBLE TACO KIT
401 - 642 g
SELECTED VARIETIES

2.99 ea. TACO BELL SAUCES
207 ml
SELECTED VARIETIES

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425 - 445 g
SELECTED VARIETIES

4.99 ea. TACO BELL CORE KITS
370 - 420 g
SELECTED VARIETIES

4.99 ea. TACO BELL CREAMY SAUCES
354 ml
SELECTED VARIETIES

TACO BELL SEASONING
28 g
SELECTED VARIETIES

1.25 ea.