



FORTINOS®



4.99^{lb} pitted
prunes
11.00/kg 20006616_KG



- ✓ Air Chilled
- ✓ Canadian grown
- ✓ Grain fed

5.99^{lb} PC® Blue Menu® boneless skinless
chicken breast Club Pack or Mina Halal
boneless skinless chicken breast
13.21/kg 20127962_KG/21635763_KG

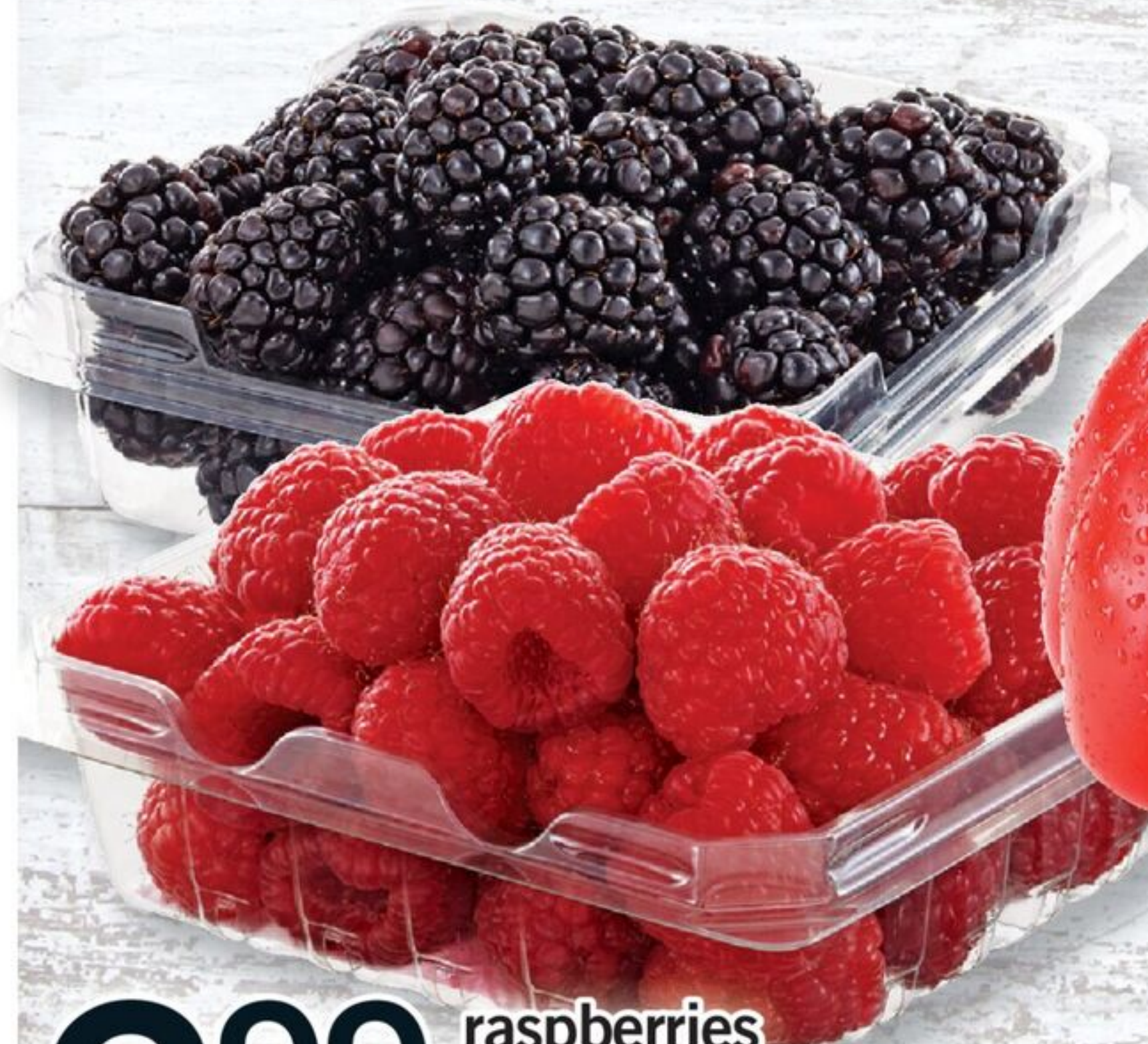


3.99^{lb} boneless pork loin
center cut & rib end
chops or roasts
8.80/kg 20827787_KG

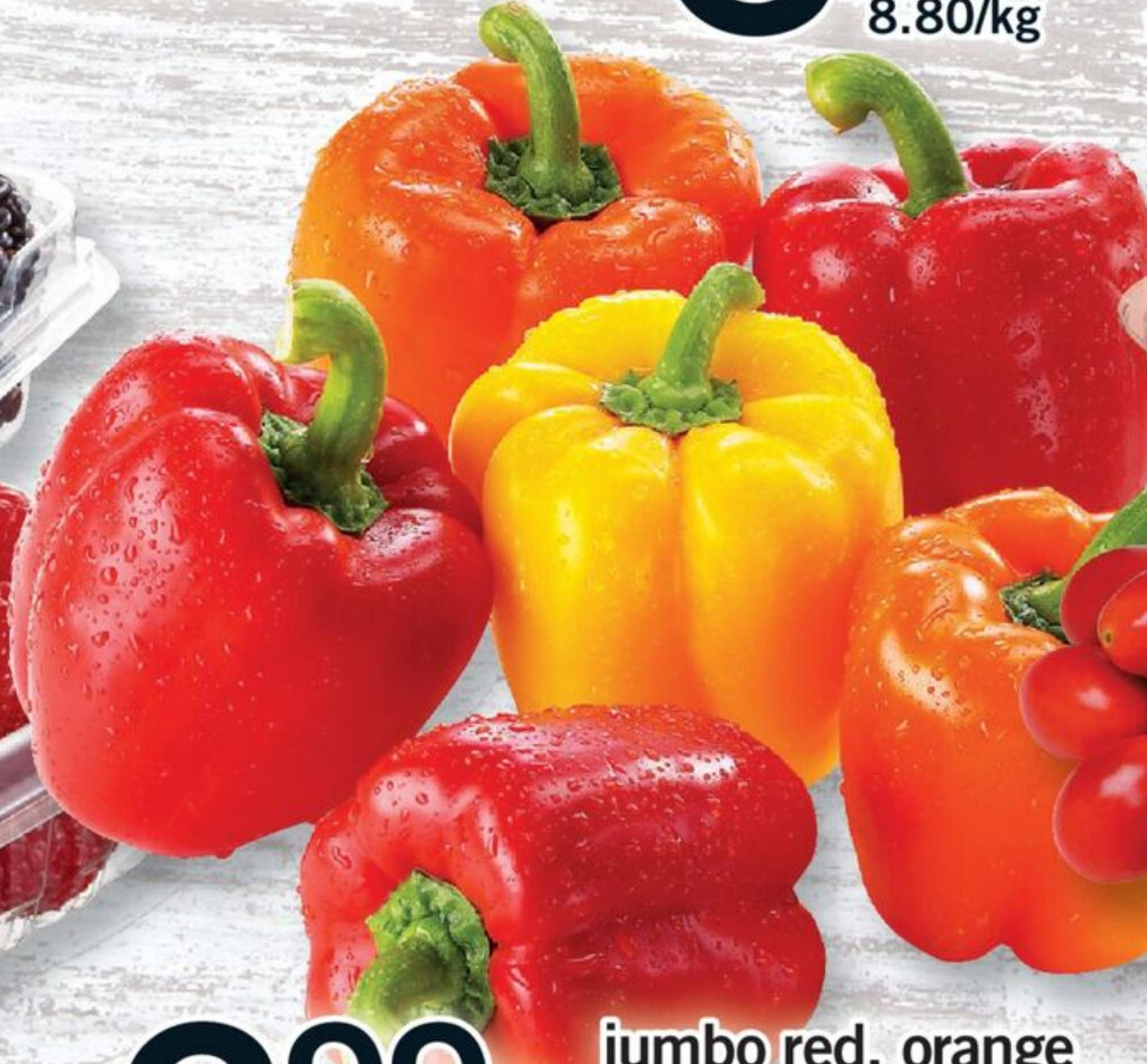


- ✓ Thick Centre Cut
- ✓ NO WASTE
- ✓ Tail, Neck & Belly removed

13.99^{lb} fresh Atlantic
salmon fillet
30.84/kg 20129990_KG



2.99 raspberries
or blackberries
product of Mexico
170 g 20128938001_EA/20051015001_EA



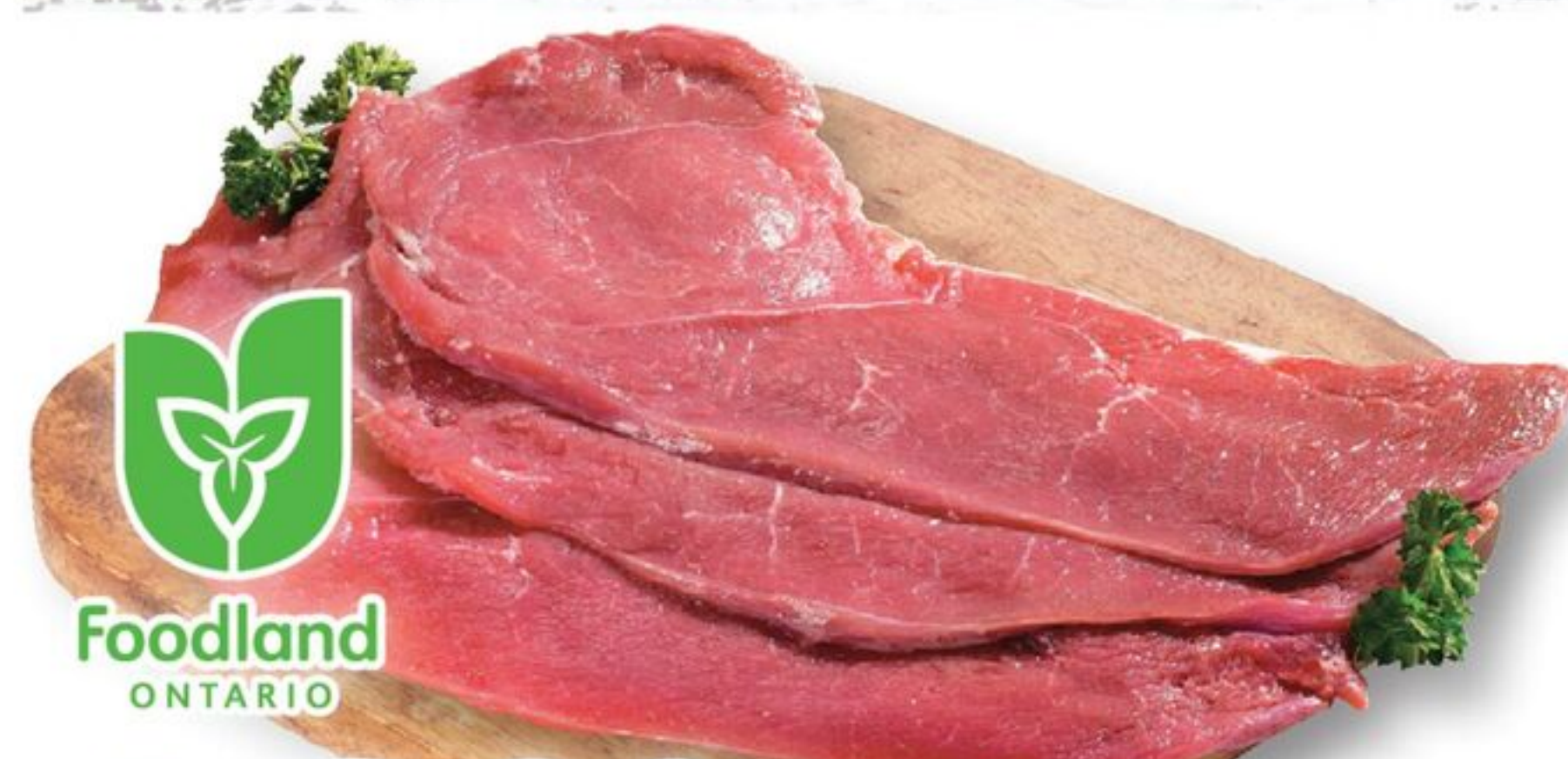
2.99^{lb} jumbo red, orange
or yellow sweet peppers
product of Ontario or Mexico
6.59/kg 20166880001_KG/20007535001_KG



1.99 each PC® Organics whole
cremini or white mushrooms
227 g, product of Ontario
or grape tomatoes
283 g, product of Canada,
Canada no. 1 grade or
Guatemala, no. 1 grade
21367888001_EA/21021565_EA



9.99 case brown Turkey figs
product of Brazil,
800 g average case
21035252_EA



12.99^{lb} veal cutlets
bottom round
or sirloin tip
28.64/kg 20844263_KG

PC® cooked
white peeled
shrimp
31-40 per lb,
frozen
20791381_EA

9.99 400 g



San Daniele
mortadella
selected varieties
20090246_KG

7.99^{lb} 1.76/100 g



Optimum
1,000 PPS

Saputo mini
Friulano cheese
20708981_EA

9.99 500 g



4.99 each Schneiders Juicy Jumbos
or smoked sausages 375-450 g,
Marcangelo sausages 675 g,
Maple Lodge Farms or Zabiha Halal
chicken franks 900 g, selected varieties
20003128_EA/20770591_EA



5.99 250 g Brandt
kolbassa
selected
varieties



2.99 each Dempster's bread 675 g,
buns 8's, English muffins 6's
or 7" tortillas selected varieties
20147355_EA/20339353_EA

PC®
50-50 blend,
baby spinach or
spring mix salads
product of U.S.A.
21204253_EA/21204386_EA

3.99 283/312 g



Neilson
1% chocolate
milk 750 mL
or shakes 310 mL
selected varieties
20766719_EA/21040942_EA

.99
each

Oikos 4's
or IOGO nano drink
or pouches 4/6's yogurt
selected varieties
20625055_EA/20609687001_EA

3.49
each

Kraft
peanut butter
750 g/1 kg
or St. Dalfour
spreads 225 mL
selected varieties
20039581001_EA/20299223001_EA

5.99
each

Ben & Jerry's
or Talenti 473 mL,
Breyers ice cream
or frozen dessert 1.41 L
or Magnum bars 3/4's
selected varieties, frozen
20950739_EA/21428403_EA

4.99
each

Catelli pasta 300-375 g,
No Yolks noodles 340 g,
Aylmer tomatoes 540/796 mL
or Rotel tomatoes 284 g
selected varieties
20312623001_EA/20527060_EA

1.99
each

Eskal natural spring water 24x500 mL
or Coca Cola, Canada Dry, Pepsi
or Bubly mini cans 6x222 mL
20071779_C24/20354288002_C06

3.99
each

Rio Mare tuna
selected varieties
20035383_EA/21639369_EA

4.99
3x65/80 g

Monini
extra virgin
olive oil
20992432_EA

12.99
1 L

Christie cookies
21358407_EA/21361512_EA

2.79
251-271 g

Dr. Oetker Ristorante
or Casa Di Mama pizza
selected varieties, frozen
20296424006_EA/20852957_EA

3.49
170-410 g

PC® salad
dressing 475 mL,
vinaigrette 350 mL,
croutons 140 g
or salad topper 100 g
selected varieties
20628488006_EA/20796248002_EA

2.49
each

Clorox bleach
1.18-1.27 L,
Royale Velour
facial tissue 82's
or Febreze
bathroom each,
selected varieties
21658359_EA/21283160_EA

1.99
each

Huggies
or Pampers
diapers
selected varieties
21458748_EA/21551525_EA

29.99
66-184's

PC® Organics
pouches 128 mL
or Brothers fruit
crisps 10/12 g
selected varieties
20651248003_EA/21056742_EA

\$1

Silk non-dairy
beverage
selected varieties
20328231002_EA/20737777_EA

3.49
1.75/1.89 L

Prices effective at all Burlington, Oakville and Waterdown stores only.

Flyer prices effective from Thursday, April 16th, to Wednesday, April 22nd, 2026

Visit us at fortinos.ca. FOLLOW US ON

Quantities and/or selection of items may be limited and may not be available in all stores. No Rainchecks OR Substitutions on clearance items or where quantities are advertised as limited. Advertised regular pricing and product selection (flavour, colour, patterns, style) may vary by store location. We reserve the right to limit quantities to reasonable family requirements. 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 shown may be greater depending on store location. Applicable taxes, deposits, or environmental surcharges are extra. No sales to retail outlets. To register as a PC Optimum™ member visit pcoptimum.ca. We are not obligated to award points based on errors or misprints. No cash value. Minimum redemption 10,000 points. These offers cannot be combined with any other coupons, discounts or promotions. Receive the points specified when you spend the qualifying dollar amount on the displayed product (s) and/or category. The trade-marks, service marks and logos displayed in this flyer are trade-marks of Loblaw's Inc. and others. ©2026 Loblaw's Inc. All rights reserved.

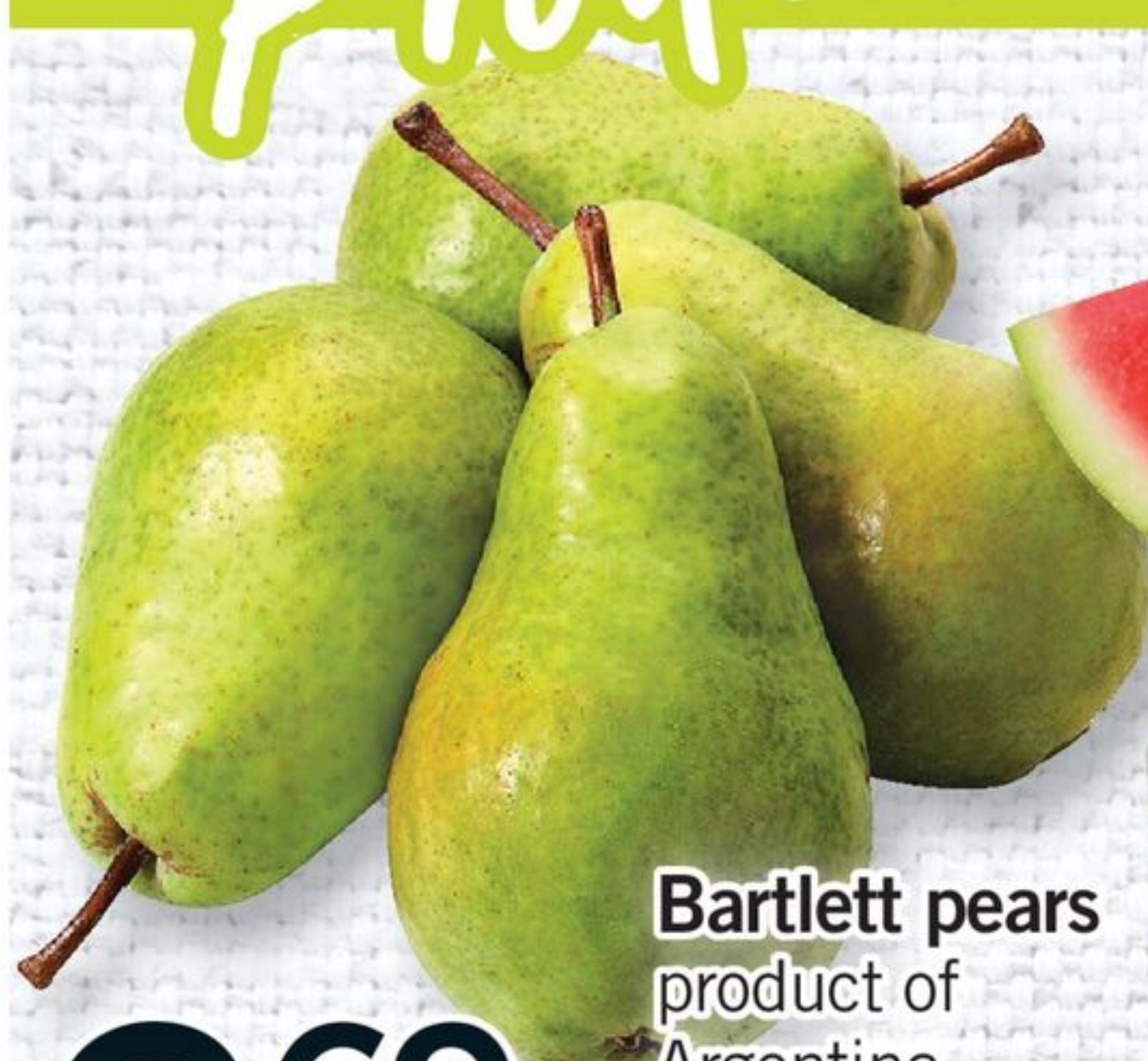
FORT BACK

this product is printed using vegetable-based inks



Produce

Nature's Bounty arriving fresh daily!



2.69lb
5.93/kg

Bartlett pears
product of
Argentina,
Extra Fancy
grade
20172240001_KG



**Prepared
IN STORE DAILY**

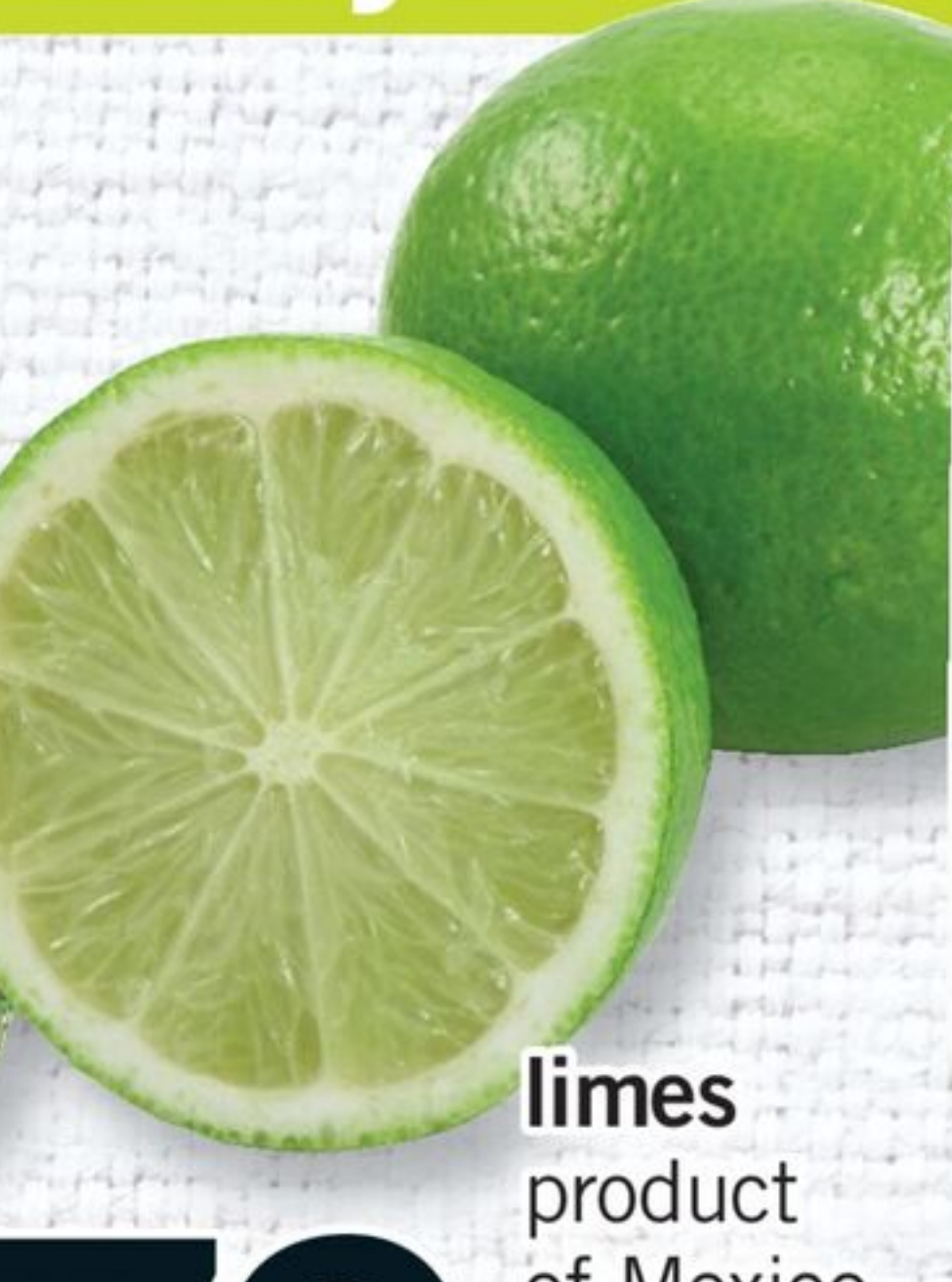
1.89lb
4.17/kg

**seedless
watermelon cuts**
product of Mexico
or U.S.A.
20503182_KG



4.99
5's

**bagged
avocados**
product of
Mexico
21644936001_EA



.79

limes
product
of Mexico
or Colombia
each
20040489001_EA



4.99
340 g

**PC® greenhouse
grown strawberries**
product of Ontario,
Canada no. 1 grade
21027142001_EA



2.99lb
6.59/kg

Heirloom tomatoes
product of Ontario,
Canada no. 1 grade
20154799001_KG



3.99
6's

mini cucumbers
product of Ontario,
Canada no. 1 grade
20737570001_EA



green cabbage
product of Canada,
Canada no. 1 grade
20793034001_KG

.99lb
2.18/kg



3.99
3 lb

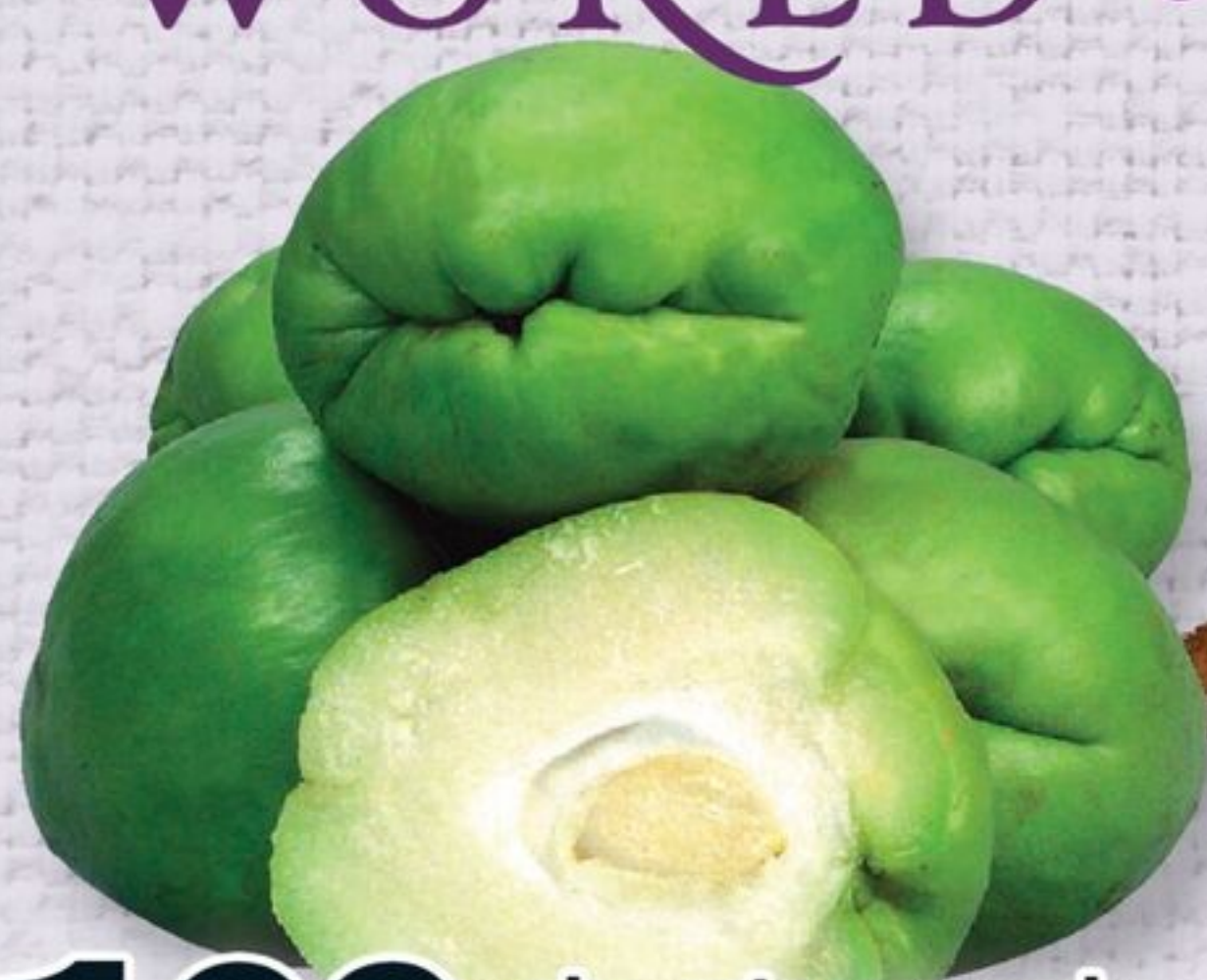
yellow onions
product of Canada,
Canada no. 1 grade
20811994001_EA



3.99
227 g

shishito peppers
product of Mexico
21111986001_EA

WORLD OF FLAVOURS



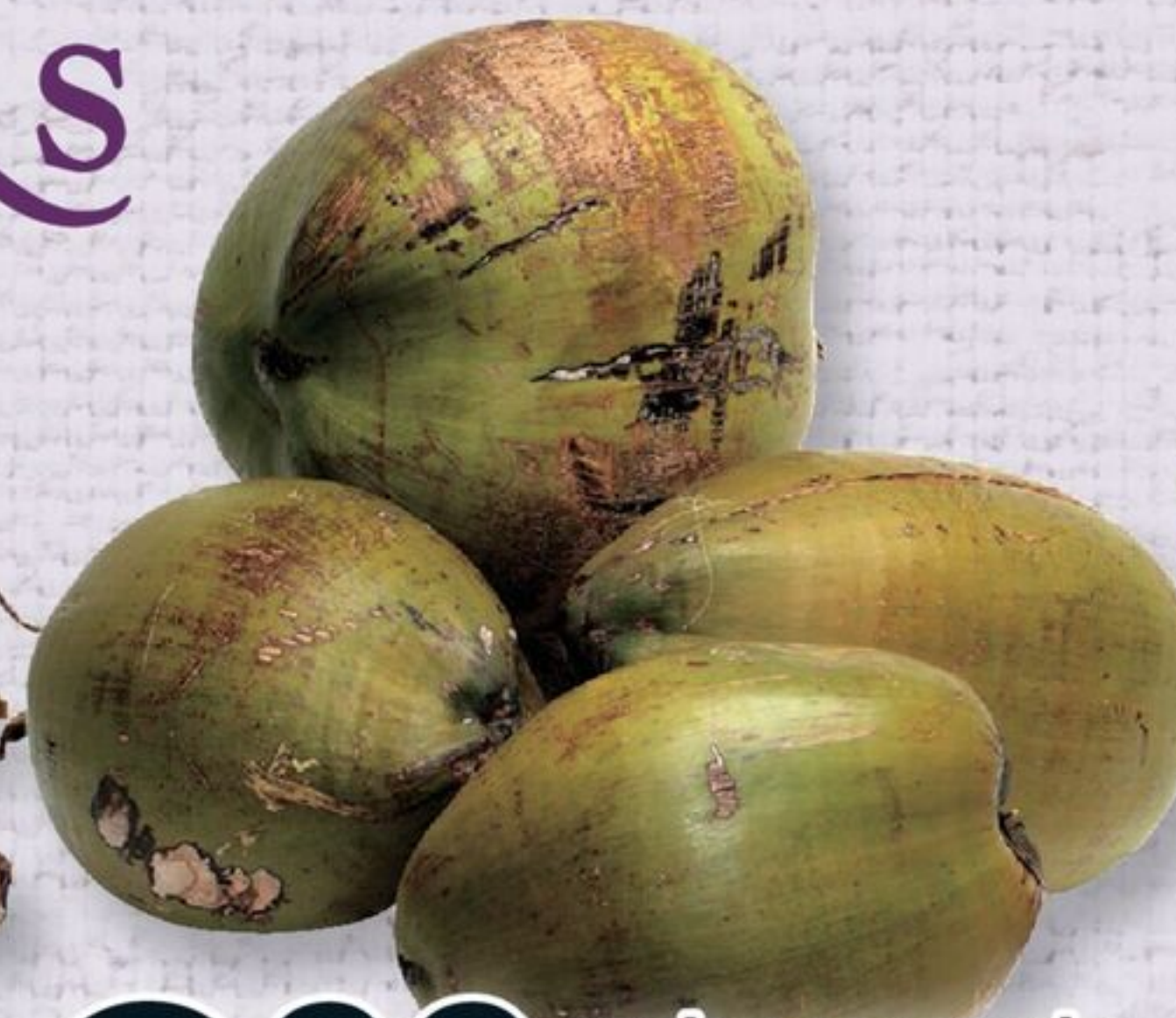
1.29
each

chayote squash
product of
Costa Rica
20167837001_EA



1.49lb
3.28/kg

cassava
product of
Costa Rica
20087682001_KG



2.99
each

water coconuts
product of
Costa Rica
20707992001_EA



4.99lb
11.00/kg

guava
product of Egypt
20162500001_KG



1.99lb
4.39/kg

long eggplant
product of
Honduras
20159013001_KG

Pick Organic

Over 150 items available every day!

**100% carrot
juice!**

**Greenhouse
organic carrot juice**
product of Ontario
21700109_EA

5.99
900 mL



4.89
100 g

**PC® Organics
shiitake
mushrooms**
product of Ontario
20626629_EA



4.49
454 g

organic limes
product
of Mexico
or Colombia
20435942001_EA



**organic
genovese basil**
product of Ontario
21521330001_EA

6.99
5.5" pot



6.99
170 g

**organic
blueberries**
product of Mexico
or Peru, no. 1 grade
20625647001_EA

Administrative Professionals Day

Wednesday, April 22



mixed bouquets
21549450_EA

\$20-50 each

store made
fresh arrangements
20183189_EA

starting at
39⁹⁹ each

Say 'thinking of you' with this new carry tote, packed with love. Flowers in a glass vase, a beverage and chocolate bar.



NEW

29⁹⁹ each
Bloom and Brew holder
21739307_EA

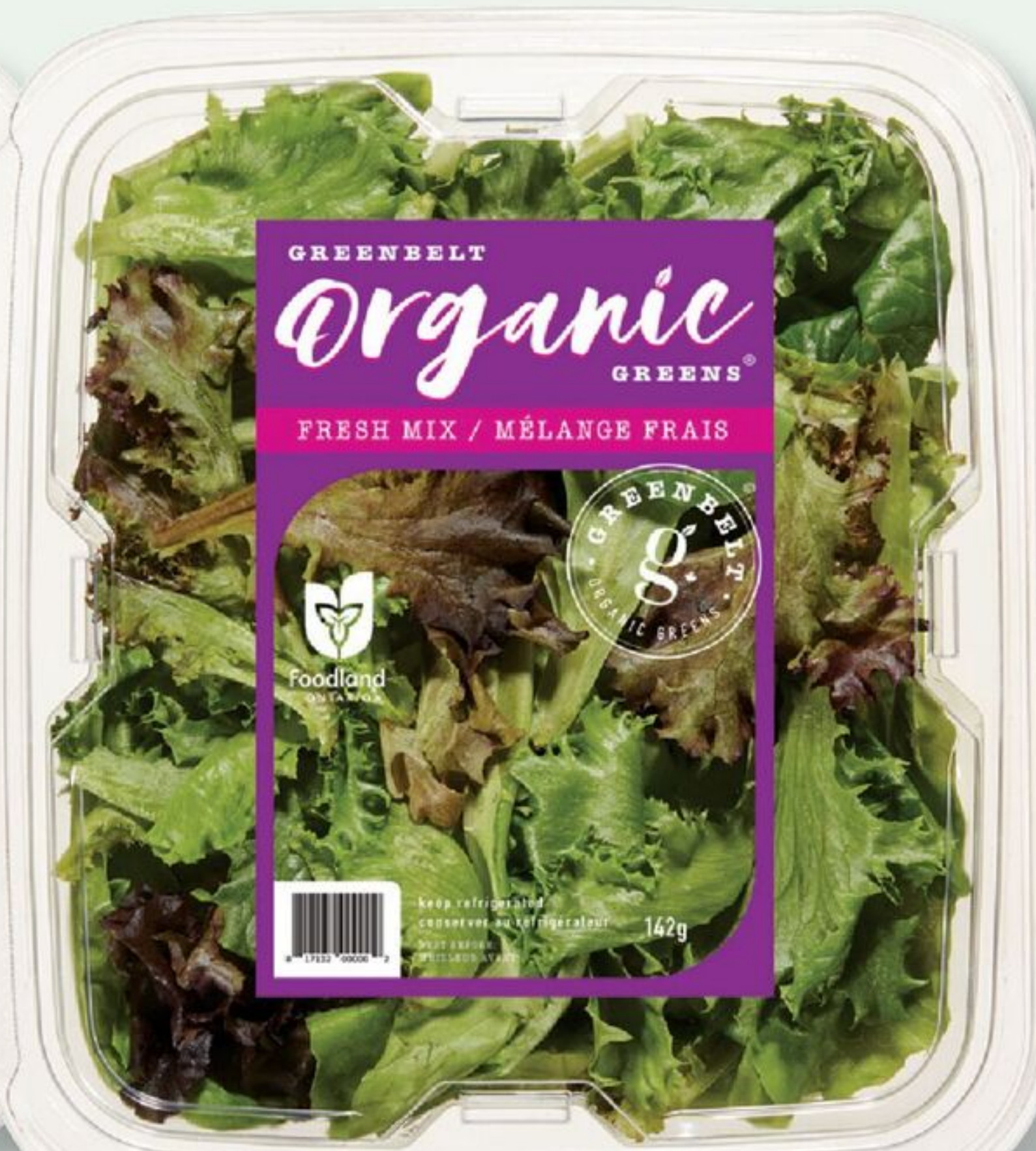


Located west of Hamilton, Greenbelt produces quality, organic greens year round. Their greenhouses operate on a small environmental footprint, running on solar and biomass energy. Certified organic, these greens are grown and harvested with optimal care ensuring quality and freshness.

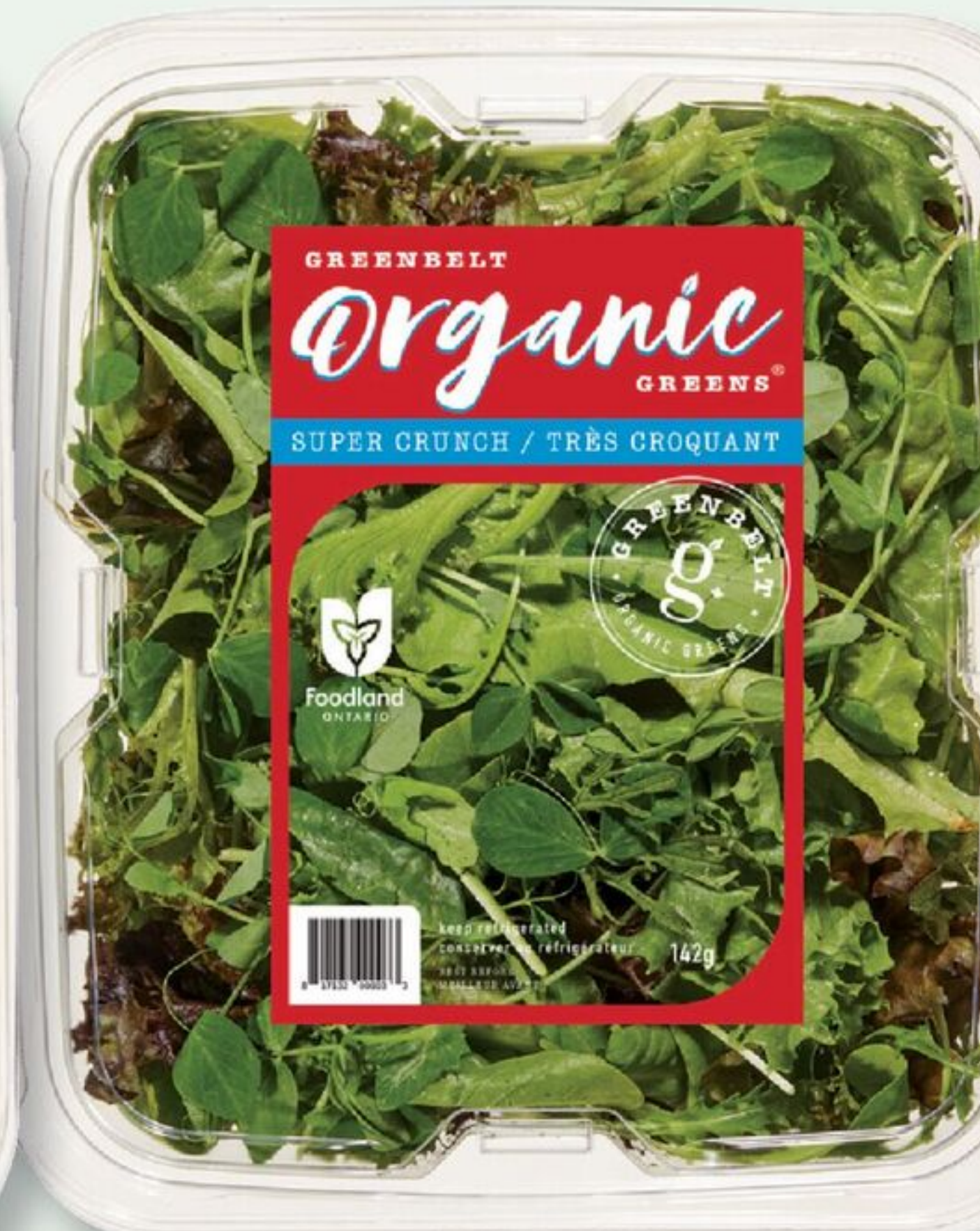


549
142 g

**Organic
Arugula**
21469982_EA



**Organic
Fresh Mix**
21469983_EA



**Organic
Kale Crunch**
21470201_EA



**Organic
Romaine**
21665112_EA

Meat

FULL SERVICE BUTCHER • Custom cuts your way!



11.99 lb
26.43/kg
veal stew
boneless
20859401_KG



9.99 lb
22.02/kg
lean ground veal
20856914_KG



15.99 lb
35.25/kg
veal loin
or rib chops
selected varieties
20843510_KG



6.99 lb
15.41/kg
Fortinos
barese sausage
21201336_KG

Yorshire
Valley Farms
whole chicken
21374664_KG



5.99 lb
13.21/kg

9.99
454 g
Yorshire Valley Farms
organic extra lean
ground chicken
21100070_EA



8.49
400/450 g
Fortinos
Grande pork,
Grande turkey,
Italian style or
turkey meatballs
21071791_EA

Fortinos
fresh burgers
salt & pepper,
garlic & worcestershire,
bacon or cheddar
20969944_EA



5.99
227 g



8.99
375/454 g
Lou's
peameal bacon
selected varieties
20133609_EA/20285088_EA



15.99
each
Swiss Chalet BBQ
pork back ribs 600 g
or Montana's BBQ
pork back ribs 650 g
selected varieties,
fully cooked
21022221_EA/21203458_EA



18.99
1.13 kg
PC® or
Blue Menu®
Thick & Juicy™
burgers
chicken or turkey,
frozen
20155317_EA/20956689_EA



15.99
800 g/1 kg
Royal Meats
Royal chevaps
beef & lamb, chicken
or pork & beef, frozen
21188906_EA/21188951_EA

Seafood Now In Season!



Found in the cold waters of the Pacific,
halibut is prized for its mild, firm white
meat. Fantastic brushed with oil and grilled.



27.99 lb
61.72/kg
Pacific fresh
halibut steaks
20853054_KG



29.99 lb
66.12/kg
Pacific fresh
halibut fillets
20853055_KG

Spring marks its passage with the
start of the Pickerel season! This fresh
water fish from Lake Erie has a sweet
taste and mild flakey texture.



15.99 lb
35.25/kg
fresh pickerel fillet
20138948_KG



Montreal-style Bagels

Our bagels are first boiled in honey water, then baked in our gas-fired ovens giving each bagel a light crust and dense, chewy interior.

✓ Made Fresh Daily
✓ Over 20 varieties

CLICK HERE



a proud
FORTINOS
recipe

159
each

single bagel
20091255_EA



Optimum
1,500 pts

799
each

6 pack bagels
21395466_EA



Deli

From Our Chefs
deli meat
selected varieties,
deli sliced or shaved

21696032_KG

1999 lb
4.41/100 g



1399
375-400 g



Maple Leaf
Natural Selections
sliced deli meat
selected varieties

20772015_EA/20772016_EA



699
200 g

Tre Stelle bocconcini
selected varieties

20024992_EA/20318663_EA



699
125 g

buffalo mozzarella
or burrata

21189924_EA/21190677_EA



PC® Natural Choice®
strips
selected varieties

20786418_EA/20787394_EA

1299
300/375 g



Henry's tempeh
selected varieties

21719268_EA

799
200/250 g



799
170 g

Bothwell cheese
selected varieties

21184024_EA



429
170 g

PC® naan crisps

21683375_EA/21683470_EA



Disney · PIXAR

FREE STICKER PACK

FOR EVERY \$25 SPENT*

\$5
UNIQUE ALBUM

©Disney ©Disney/Pixar

*WHILE SUPPLIES LAST FROM APRIL 9TH UNTIL MAY 6TH, 2026. EXCLUSIONS APPLY. VISIT WWW.LOBLAWUNIVERSE.CA OR IN-STORE FOR EXCLUSIONS AND COMPLETE OFFER DETAILS.

Core Power

21731701_EA/21731654_EA

4.99

414 mL

Classico
pasta sauce
selected varieties

20325609003_EA/21618217_EA

4.49

410/600 mL

Philadelphia
cream cheese
selected varieties

20299760001_EA/20641267_EA

4.79

227/250 g

Nature Valley granola bars 120-230 g,
Betty Crocker or Motts fruit snacks
128-226 g, selected varieties

20686716001_EA/21644476_EA

3.49

each

Catelli pasta
selected varieties

20312623001_EA/20527060_EA

1.99

340-375 g

Milk 2Go milk
selected varieties

21065263_EA

4.99

6x200 mL

Crave entrées
selected varieties,
frozen

21177052_EA

5.49

200-340 g

Dr. Oetker Suprema
pizza 475-520 g
or Giuseppe Stuffed
Crust pizza 685-771 g
selected varieties, frozen

21555844_EA/21649640_EA

7.99

each

Coca-Cola
or Canada Dry
soft drinks
selected varieties

20318694001_C12/20318694002_C12

8.49

12x355 mL

Old El Paso
shells or tortillas
selected varieties

20306992001_EA/20314171001_EA

3.49

125-334 g

Royale
Tiger towels

21484702_EA

12.99

3=6 rolls

PC® or
PC® Blue Menu®
sparkling water
selected varieties

21194356_C01/21306051_C01

5.99

12x355 mL

Clif energy bar
selected varieties

21664843_EA/21664823_EA

9.99

5x68 g

Snyder's pretzels
selected varieties

20316052003_EA/20316052004_EA

3.49

240/340 g

Disney · PIXAR
FREE STICKER PACK
 FOR EVERY \$25 SPENT*

\$5
 UNIQUE ALBUM

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©Disney ©Disney/Pixar

PC®
 kettle cooked,
 Loads Of™ or
 World of Flavours
 potato chips
 selected varieties
 20840911002_EA/20841921001_EA

250
 200 g

Goldfish crackers
 selected varieties
 20300320_EA/21575178_EA

299
 156-227 g

Kellogg's
 family size
 cereal
 selected varieties
 21449784_EA/21651947_EA

699
 450-650 g

Royale
 bathroom tissue
 selected varieties
 21187145_EA/21572800_EA

1299
 15=30 rolls

Starbucks
 Nespresso
 Vertuo capsules
 selected varieties
 21398289_EA/21520565_EA

1299
 8's

Healthy Choice
 frozen entrées
 selected varieties,
 frozen
 20974538_EA/21041002_EA

549
 259-283 g

179
 33-52 g

Nestlé
 chocolate singles
 selected varieties
 20066954_EA/20306258_EA

599
 144-200 g

Cadbury
 chocolate pouches
 selected varieties
 21648537_EA/21650494_EA

849
 8x330 mL

Maison Perrier
 sparkling water
 selected varieties
 21576328_C08/21576465_C08

Taco Bell sauce
 selected varieties
 21661787_EA/21661788_EA

349
 207 mL

849
 12x341 mL

Fuze iced tea
 or Peace tea
 selected varieties
 21645443_C12/21645563_C12

Nescafé
 espresso
 concentrate
 selected varieities
 21665027_EA/21665148_EA

899
 500 mL

349
 204-280 g

Pillsbury
 pizza pops, toaster
 strudel or scrambles
 selected varieties,
 frozen
 20172664001_EA/21435996_EA

Coke Classic
 glass bottle
 20048388001_C06

699
 6x237 mL

GET
BONUS
STICKERS

WHEN YOU BUY THESE PARTICIPATING OFFERS*

SPEND \$9*

On select Milk 2 Go
and get one bonus
sticker pack.

21065263_EA/21537885_EA



SPEND \$10*

On Cheerios, Oatmeal Crisp,
Nature Valley, Old El Paso,
Pillsbury, or Annie's products
and get one bonus
sticker pack.

21103495_EA/21714114_EA



SPEND \$10*

On select Kraft, Heinz,
Philadelphia, Maxwell House,
Nabob, Tassimo, Taco Bell,
Classico, Garden Select, Crave,
Bagel Bites, MiO, Crystal Light,
Jell-O, Renee's, Bull's-Eye, Diana
products and get one bonus
sticker pack.

20866924010_EA/20039581001_EA



SPEND \$10*

On select Nescafe,
Starbucks coffee,
or Maison Perrier
beverage products
and get one bonus
sticker pack.

20873036_EA/21576465_EA



SPEND \$10*

On PC® Blue Menu
products and get one
bonus sticker pack.

20057669001_EA/20923627_EA



SPEND \$10*

On select PC®
or no name®
chips, popcorn,
or pretzels
and get one bonus
sticker pack.

21686998_EA/20840911004_EA



SPEND \$12*

On select Campbell's ready to
serve soups 515 ml, Habitant
soup 796 ml, Snyder's pretzels
240 g, Chunky 515 ml, Goldfish
crackers or Snack Factory
crisps 200 g and get one
bonus sticker pack.

20300320_EA/20948940_EA



SPEND \$15*

On select Coca-Cola,
Canada Dry, Sprite, A&W,
Fanta, Fresca, Vitaminwater,
Smartwater, Core Power,
Peace Tea, Fuze, Monster
energy, Powerade or Body
Armor and get one bonus
sticker pack.

20853723_EA/20318694002_EA



SPEND \$15*

On select
Cracker Barrel,
Black Diamond,
IOGO, Astro or
Lactantia products
and get one bonus
sticker pack.

21290705_EA/20986474_EA



SPEND \$15*

On select
Christie crackers,
Christie cookies,
Cadbury, Halls
or Clif energy bars
and get one bonus
sticker pack.

21520747_EA/20686037_EA



SPEND \$15*

On select Royale
paper products
and get one bonus
sticker pack.

21484702_EA/21378233_EA



*WHILE SUPPLIES LAST. WHEN YOU SPEND REQUIRED AMOUNT ON SELECT PRODUCTS BEFORE APPLICABLE TAXES IN A SINGLE TRANSACTION AND GET ONE (1) BONUS STICKER PACK. NO CASH VALUE. CANNOT BE COMBINED WITH ANY OTHER COUPONS OR PROMOTIONAL OFFERS. NO SUBSTITUTIONS, REFUNDS, EXCHANGES OR RAINCHECKS ON FREE BONUS CARD PACK. PURCHASE MUST BE MADE IN SAME TRANSACTION TO QUALIFY. WE RESERVE THE RIGHT TO LIMIT QUANTITIES TO REASONABLE REQUIREMENTS. OFFER VALID UNTIL MAY 6, 2026.

Administrative Professionals Day

Wednesday, April 22



12⁹⁹
10 stems cut tulips
assorted colours
20180973_EA

store made
fresh arrangements
20183189_EA

starting at
39⁹⁹
each



NEW

Bloom and Brew
holder
21739307_EA

Say 'thinking of you' with this
new carry tote, packed with love.
Flowers in a glass vase, a beverage
and chocolate bar.

29⁹⁹
each



19⁹⁹
each petite bouquet
20680462_EA



39⁹⁹
each envelope
arrangement
21750037_EA



Aquatico
tulip vase
21565168_EA

22⁹⁹
each



large Everyday
arrangement
\$35 each

\$21
each small Everyday
arrangement
21590835_EA/21590921_EA

Earth Day Wednesday, April 22 · AIR PLANTS



16⁹⁹
each Sticking Around planter
21742656_EA

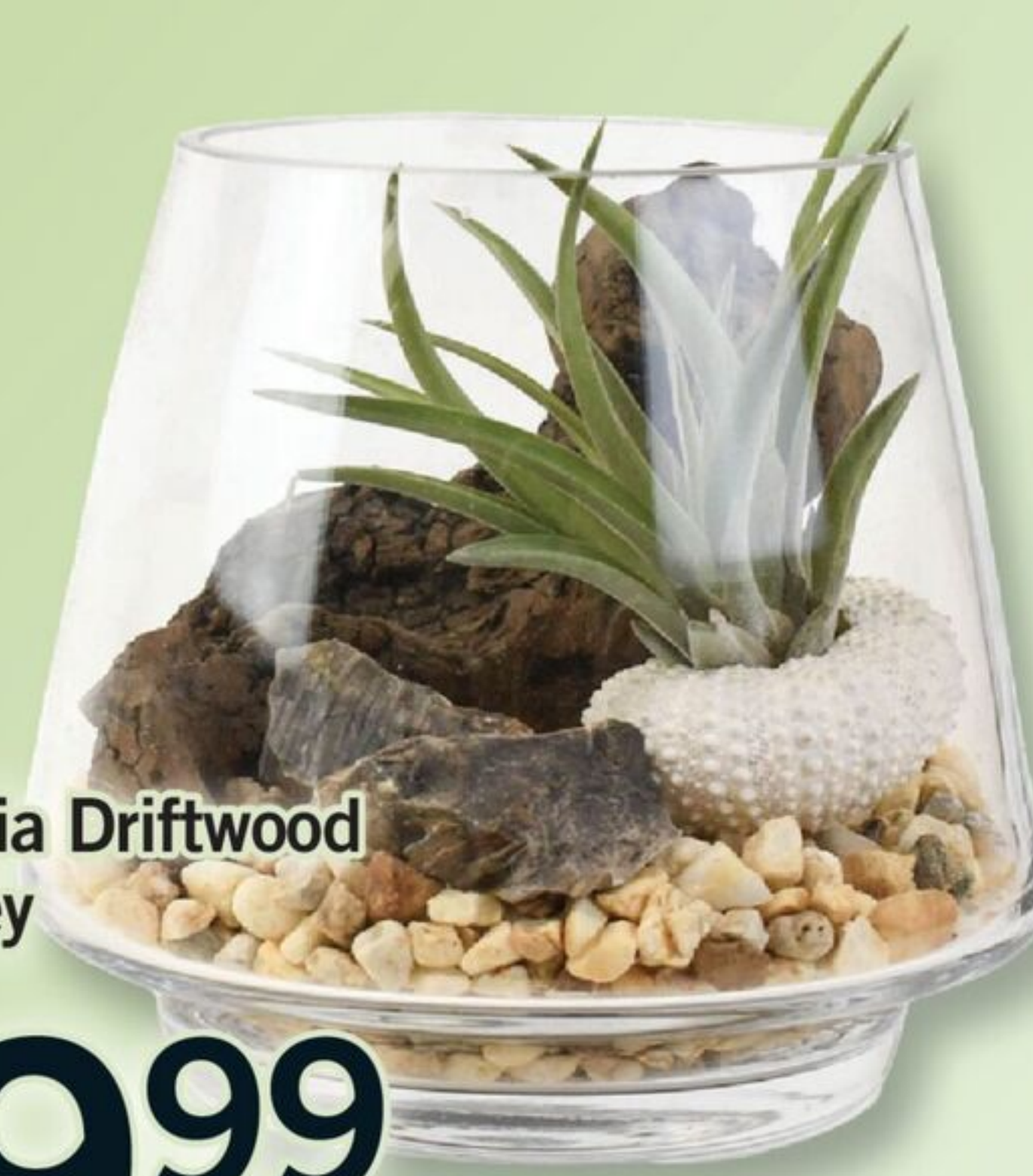
Home Tweet
Home
21742675_EA

21⁹⁹
each



Tillandsia Driftwood
in Kinsey
21746636_EA

39⁹⁹
each





Grab & Go Sandwiches

Made fresh in store with
Pane Fresco breads!

5 varieties!

ham & cheese sandwich,
tuna salad sandwich,
egg salad sandwich,
chicken salad sandwich,
tomato & cheese sandwich

21186299_EA

5⁴⁹
each

Grab & Go Soups

13 varieties!



9⁷⁹
900 mL

PANE Fresco
family-sized chilled Soup To Go

Tomato Basil, Turkey Chili, Lentil and Potato, Mediterranean Lentil,
Chicken Broth, Carrot Ginger Low Sodium, Vegetable Chili Low Sodium,
Chicken Quinoa, Mushroom, Thai Squash, Jambalaya,
Sausage & Lentil or Cabbage Roll

21345574_EA, 21345577_EA

Grocery



Primo
canned beans
selected varieties

21187513_EA/21187516_EA

159
540 mL



De Cecco
pasta 454 g
or Unico
passata 680 mL
selected varieties

20416260_EA/21056283_EA

279
each



Grissol
baguettes,
canape or
melba toast
selected varieties

20313040001_EA/21033173_EA

349
120-200 g



349
1.75 L
Fruitopia or
Peace Tea beverage
selected varieties

20347440001_EA/21170681_EA



Glaceau
Smartwater
selected varieties

20154181_EA/21520451_EA

299
1 L



799
each
McCain
pizza pocket
selected varieties,
frozen, 540/600 g



279
141 g
MUSH
overnight oats
selected varieties



1199
660 mL
Carbone
sauce
selected varieties



649
1 L
Natrel
flavoured cream
selected varieties



599
240-354 g
Chef Bombay
entrées or snacks
selected varieties,
frozen



P.F. Chang's
sauces
selected varieties

21557057_EA/21557164_EA

499
350 mL



Mott's Clamato
cocktail
selected varieties

20318955002_EA

449
1.89 L



Hellmann's Real
mayonnaise

20173154002_EA

999
1.42 L



ReaLemon
lemon juice

20081313_EA

429
945 mL



Bonne Maman
jam 250-290 mL
or spreads
250-380 g
selected varieties

20307313006_EA/21520714_EA

699
each



449
each
Kashi bars
or Kellogg's
homestyle Rice
Krispies squares
selected varieties,
175-200 g



Rude Mama
Vietnamese
hot sauce

21660987_EA/21661262_EA

1099
285 mL



Vector
granola
311 g or
Cora waffle
or pancake
mix 700 g

21651406_EA/21670070_EA

599
each



999
each
Coors Edge
non-alcoholic
beer
6x355 mL

211039377_C06



2,000
Kicking Horse
coffee K-Cups
selected varieties

21628567_EA/21722646_EA

1449
10's



Authentic fan-favourite Asian food!



1288 T&T® hot pot rolls
selected varieties
340 g
21570350_EA/21570410_EA



148 T&T® tropical cakes
selected varieties
180 g
20826092_EA/20826537_EA



298 T&T® cookies
168-304 g
21049626_EA



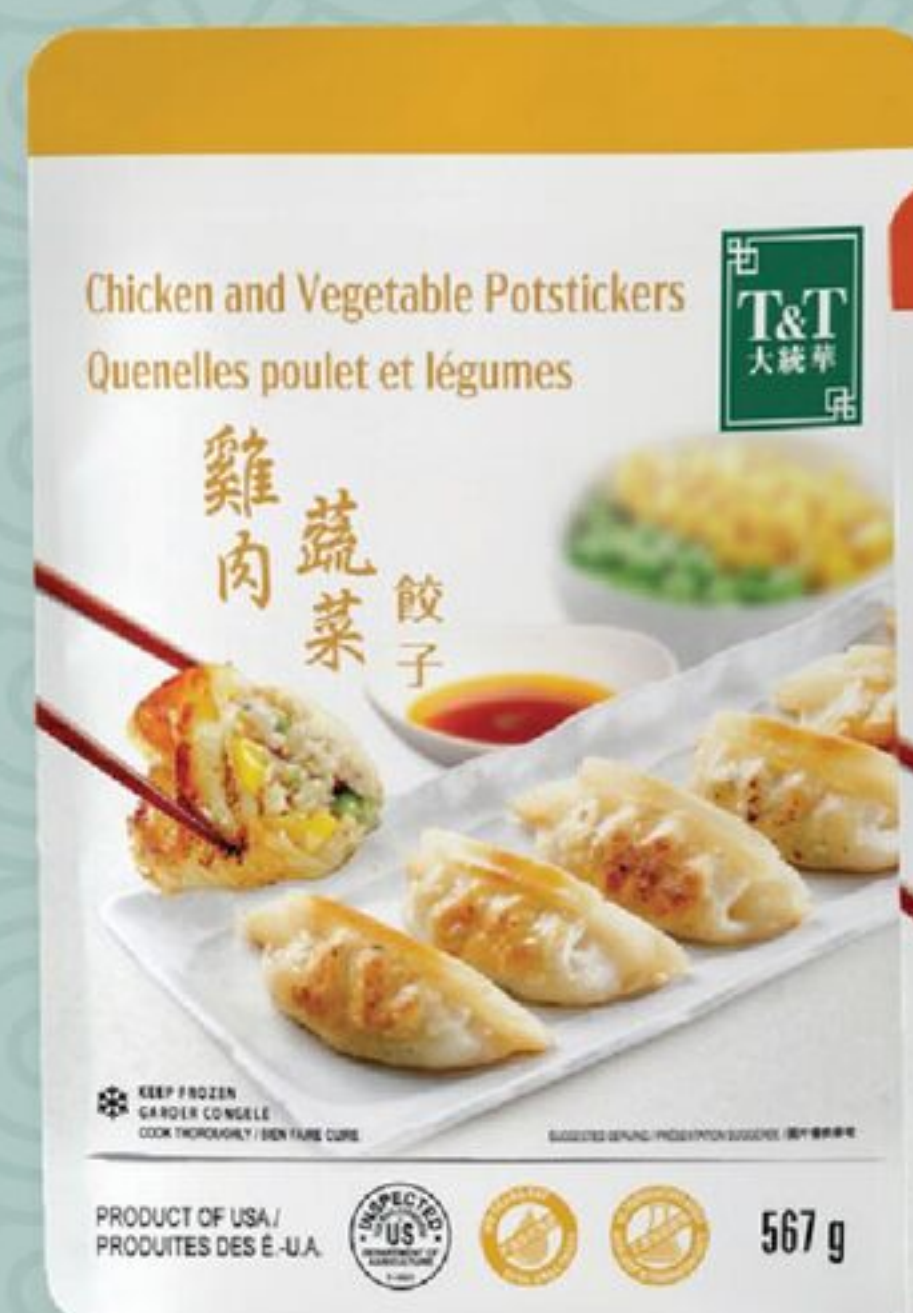
688 T&T® vegetable
spring rolls
frozen
500 g
21615702_EA



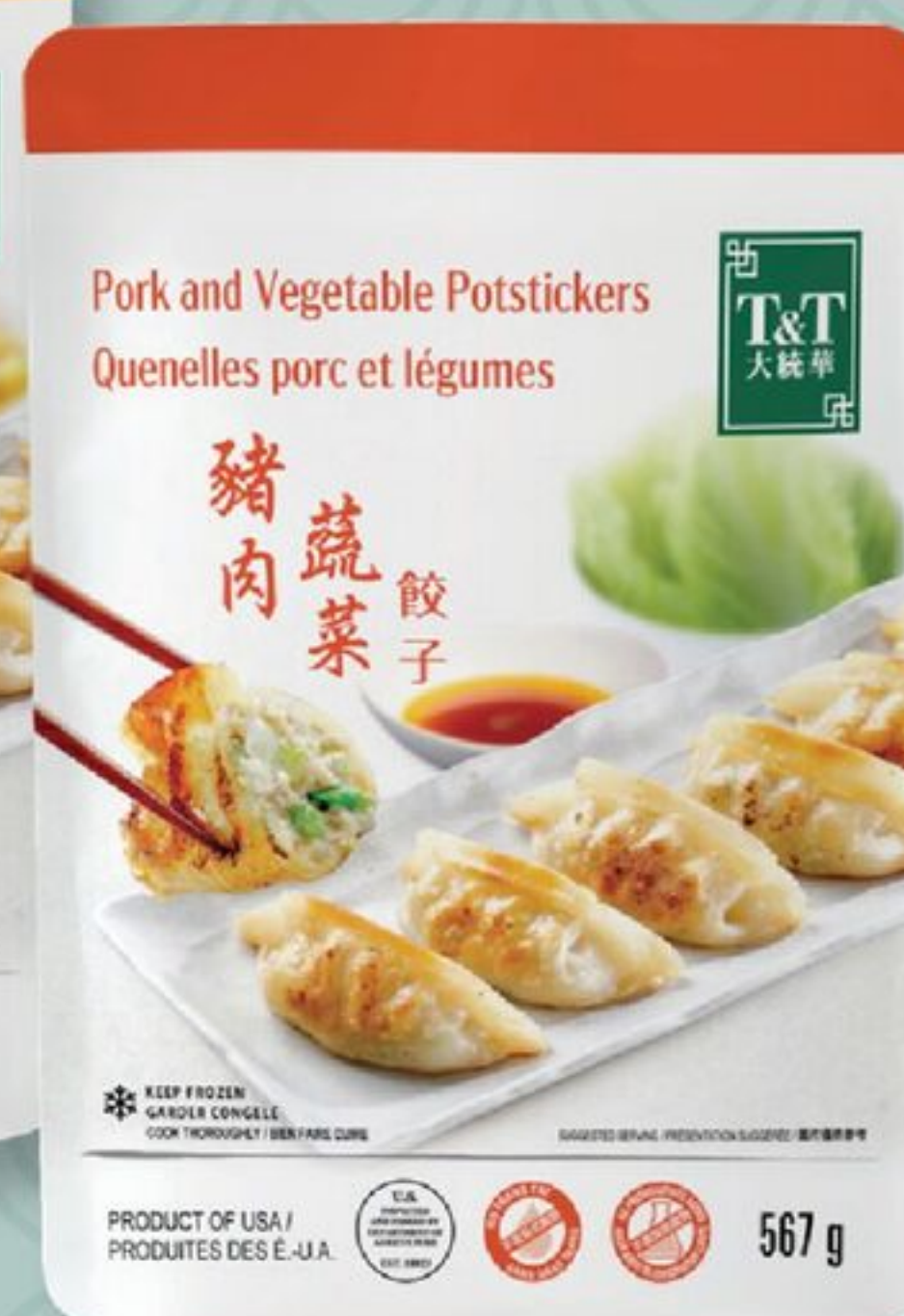
148 T&T® Korean
roasted sea laver
3's
20593313_EA



1688 T&T® jasmine rice
8.2 kg
20705590_EA



488 T&T® potstickers
selected varieties, frozen
567 g
21495805_EA/21495823_EA



378 T&T® 3-minute
ramen noodles
selected varieties
504 g
21447366_EA/21447367_EA



598 T&T® BBQ pork
steamed buns
frozen
540 g
21495784_EA



298 T&T® roasted
seaweed sheets
27 g
20703060_EA



T&T® aloe
vera drink
selected varieties
20593585_EA

248
1.5 L



598 T&T® ice cream tub
selected varieties
1 L
21297144_EA/21300559_EA



Seafood



Sardo marinated
garlic shrimp
\$21.99 750 g

19.99
800 g

Sardo marinated
seafood salad
20963628_EA/20963932_EA



Paese Mio
anchovies
hot or mild

7.49
150 g

21023473_EA/21024592_EA



21.99
454 g

Triple Crown
Black Tiger shrimp
raw or cooked,
13/15 per lb., frozen
21003780_EA/21576323_EA



*Great for
salads & dips!*

5.99
454 g

SeaQuest® crab flavoured
Alaska pollock
leg or flake style
20591152_EA/20591951_EA



Meat



Marcangelo
beef or chicken
medallions
selected varieties

14.99
340-452 g



4.49 lb
9.90/kg

Springer's
smoked turkey
wing or drumstick
20789810_NG/20790390_NG



8.99
720 g

REA sausage
selected varieties,
frozen
21440621_EA



8.99
each

Marty's pickles 1 L or
pickled eggs 300/500 mL
selected varieties
21644617_EA/21644643_EA



15.99
700 g

Prime raised
without antibiotics
chicken meatballs
frozen
21703397_EA



9.99
500 g

PC® sausage rolls
selected varieties, frozen
21439588_EA/21538572_EA



10.99
574 g

PC® spring rolls
selected varieties, frozen
20698096_EA/20698091_EA



10.99
454 g

PC® mozzarella
cheese sticks
frozen
21116020_EA



Natural Health



4.49

136-198 g

Popcorners
popped corn chips
or Angie's Boom Chicka
Pop popcorn or puffs
selected varieties

6.99

4x200 mL

Fever Tree
premium drink mixers
selected varieties

7.49

325-400 g

Jordans
cereal or granola
selected varieties

7.49

each

Elmhurst non-dairy
beverage or creamer
selected varieties,
473-946 mL

Blue Diamond
non-dairy
beverage
selected varieties

3.49

946 mL



Made in
small batches!

Tree Island
grass-fed yogurt,
cream top
selected varieties

5.79

500 g



Silk
non-dairy
yogurt
selected varieties

6.49

500-650 g



Stoked Oats
oatmeal
selected varieties

8.49

500 g



Salt Spring
whole bean
coffee
selected varieties

14.99

400 g



Fair trade
& organic!

Made in
Tuscany Italy!

Pasta Toscana
organic egg pappardelle
or fettuccine noodles
selected varieties

4.49

250 g



Gluten free!

Jovial pasta
227-340 g or
Solenzi pasta
sauce 480 mL
or pesto 180-210 g
selected varieties

6.99

each



Casbah
quinoa,
rice or
falafel mix
selected varieties

4.99

180-284 g



Pizza Oggi
gluten free
pizza
selected varieties,
frozen

9.99

450/452 g



Gluten free!

Quesava
gluten free
side dish
selected varieties,
frozen

11.99

425 g



Healthy Snacking

0 g sugar!

2.49

355 mL

Thirsty Buddha soda
selected varieties



4.79

30-75 g

Sana or
Hummingbird
chocolate
selected varieties



Hu Kitchen
organic
chocolate
selected varieties

6.99

60 g



LOCAL

Tonica
kombucha
selected varieties

8.99

1.1 L



Poppi
low sugar soda
selected varieties

10.99

4x355 mL



Baby



Optimum
10,000 pts
for every \$50
spent on
baby diapers,
food, formula,
wipes, needs
or accessories
selected varieties
20962515_EA/21208370_C01

Huggies
Goodnites S/M
or Pull Ups
selected varieties
20549408_EA/21056742_EA

Similac pro advance
ready to drink formula
selected varieties
21334752_C01

Enfamil
NeuroPro
powder
selected varieties
21589079_EA/21589205_EA

Kendamil
formula powder
21699547_EA

28⁹⁹
34-74's

59⁹⁹
16x235 mL

65⁹⁹
862/890 g

44⁹⁹
800 g



8⁹⁹
each
Nestlé
Cerelac cereal
400 g or Pampers
or Huggies
wipes 112-216's
selected varieties
20708211_EA/20799372_EA

17⁹⁹
each
Gerber
pouches 128 mL
or jars 159-162 mL
21024932_EA/21024943_EA

19⁹⁹
each
Baby Gourmet
pouches 128 mL
or Love Child
Love Ducks 30 g
selected varieties
20368074001_EA/21054242_EA

39⁹⁹
each
Baby Gourmet puffs
or bars 40-98 g or Love
Child Oaty Chomps
138 g, selected varieties
20944539_EA/21123961_EA

34⁹⁹
907 g
Enfagrow
powder
selected
varieties
21694898_EA/21694972_EA

Body & Health

Listerine 1 L
or Jergens
lotion 620 mL
selected varieties
20701283_EA/21195511_EA

8⁹⁹
each



Pantene
hair care or styling
170-355 mL
or Crest toothpaste
63-105 mL
selected varieties
20311794002_EA/21041112_EA

5⁹⁹
each



Dr. Squatch
bar soap 141 g
or Method body
wash 532 mL
or Ivory body
wash 1035 mL
selected varieties
21425299_EA/21432530_EA

7⁹⁹
each



SoftSoap
332 mL
or Ricola
lozenges 17-19's
selected varieties
21351640_EA/21475078_EA

39⁹⁹
each



Secret
or Old Spice
deodorant
or bodywash
selected varieties
21077613_EA/21163307_EA

79⁹⁹
73-86 g/532 mL



Always
pads, liners
or Tampax
tampons
selected varieties
and sizes
21000869_EA/21374659_EA

119⁹⁹
each



Depends
or Poise
12-60's
or liners
114-126's
selected varieties
20558843005_EA/21100737_EA

189⁹⁹
each



up to **20% OFF**

Centrum,
Caltrate or
Emergen-C
selected sizes
and varieties
21236171_EA/21236176_EA



Ensure
6x235 mL,
Glucerna
6x237 mL
or Barebells 4's
selected varieties
2018023003_EA/20308731008_C06

139⁹⁹
each



brüst
protein coffee
330 mL/50-60 g
selected varieties
20959040_EA/21396468_EA

349⁹⁹
each



Household



8⁹⁹ Sunlight laundry detergent 45 WL
1.84 L 21427015_EA/21427029_EA



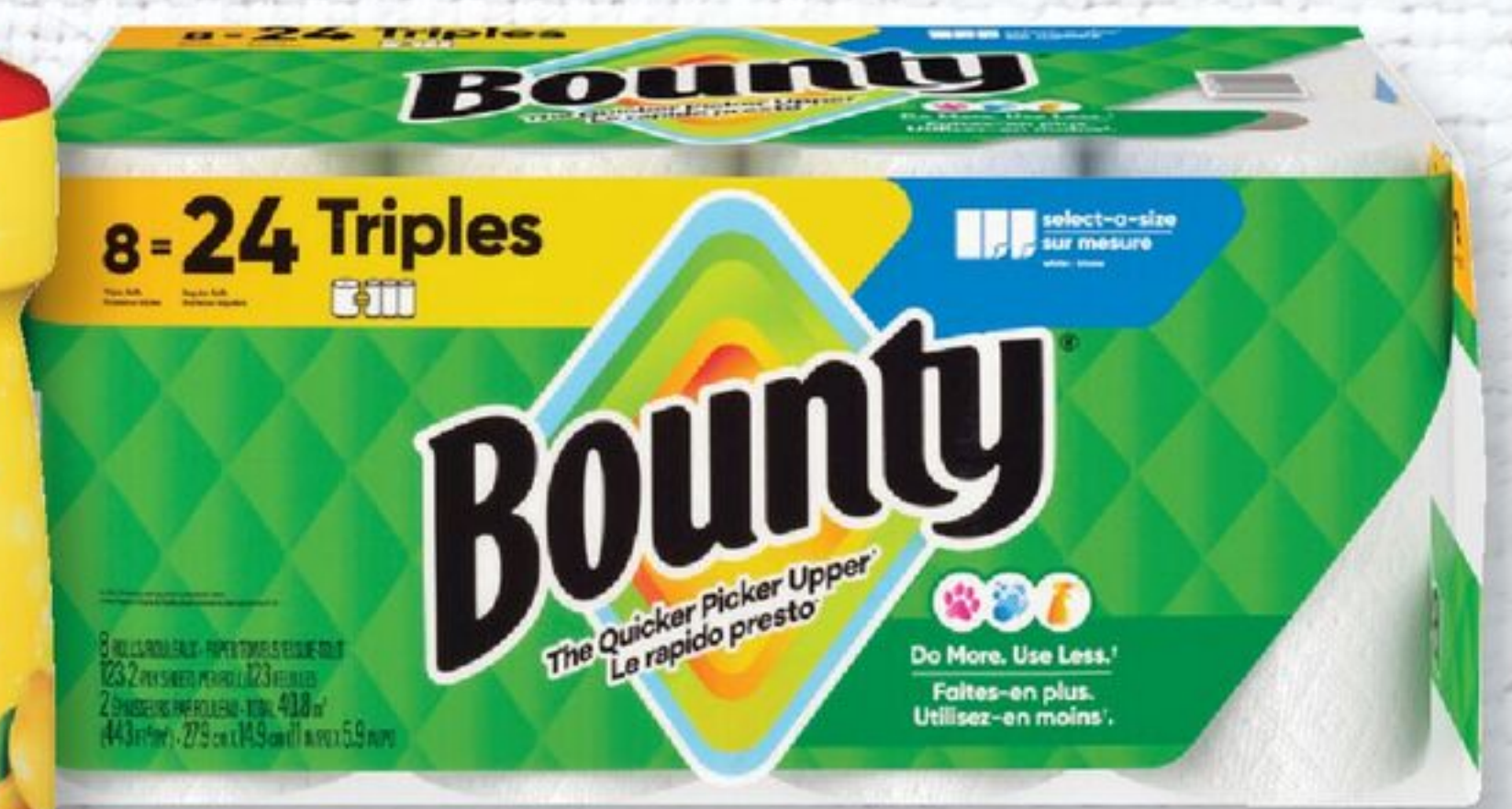
6⁹⁹ each Fleecy fabric softener 1.36 L or sheets 80's selected varieties 20311072001_EA/21311876_EA



5⁹⁹ each Pine-Sol multi purpose cleaner 1.41 L or Clorox disinfecting wipes 75's 20298679001_EA/20348537002_EA



4⁹⁹ each Lysol multi surface cleaner 1.2 L or all purpose spray 650-950 mL or no name® scour sponges 6's selected varieties 20309873002_EA/20556918_EA



31⁹⁹ each Bounty Select-A-Size paper towel 8=24 rolls 21670311_EA



27⁹⁹ 60-72's Finish dishwasher tabs selected varieties 21218875_EA



6⁹⁹ 250 mL Finish dishwasher machine cleaner selected varieties 20753595_EA/20806223_EA



5⁴⁹ 90 m Glad Cling Wrap 20186554_EA



11⁴⁹ 6's Royale facial tissue selected varieties 20906153_EA/21618478_EA



24⁹⁹ 24=72 rolls Cashmere bathroom tissue selected varieties 21189845_EA

Pet Needs for Cats, Dogs & Birds!



14⁹⁹ 794 g Fresh Pet wet dog food 21025603_EA/21094639_EA



3²⁹ 283 g Purina Beneful wet prepared meals for dogs 20303551001_EA/20303551002_EA



13⁹⁹ 259-280 g Dream Bone Grill Masters dog chews 21403507_EA/21403509_EA



10⁹⁹ 2 kg PC® Nutrition First® dog food selected varieties 21304456_EA/21307661_EA



41⁹⁹ 5.4 kg Nature's Recipe dry dog food 21692145_C01/21692311_C01



1²⁹ 79.4 g Purina Fancy Feast Petites selected varieties 21357335_EA/21357340_EA



6⁹⁹ 56 g Catit catnip 21478271_EA



9⁹⁹ 1.5-2 kg Whiskas dry cat food selected varieties 21588889_EA/21588943_EA



23⁹⁹ 5.44 kg Tidy Cats cat litter selected varieties 21206305_C01/21217951_C01



1⁹⁹ 300-320 g PC® Wild Bird suet cake 21302909_EA/21302923_EA

Bulk

Scoop what you want in the quantities you need!

over 60 seasonings and spices!

20% OFF BULK SPICES ONLY



Alexander's Fudge

Made with real butter and cream, each piece of Alexander's Fudge embodies the rich creamy texture, decadent flavour, and signature top quality of this family business in Smithville, Ontario.

6⁹⁹ each
Alexander's chocolate, maple, mint chocolate or cinnamon bun
21626144_EA/21626145_EA



.99 each
Topps Ring Pop fruit frenzy
20038966_EA



1⁹⁹ 40.5 g
Fun Dip candy
21209780_EA



2⁹⁹ 26 g
Topps Juicy Drop pop candy
20063894_EA

Wonka Nerds Rope rainbow candy
21575156_C24

1⁹⁹ 26 g



PEZ
21612168_EA/21575242_EA
3⁹⁹ each





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PC Optimum™ members earn
10^{pts} per litre of fuel = a 1% return!**

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PC Optimum™ points:**

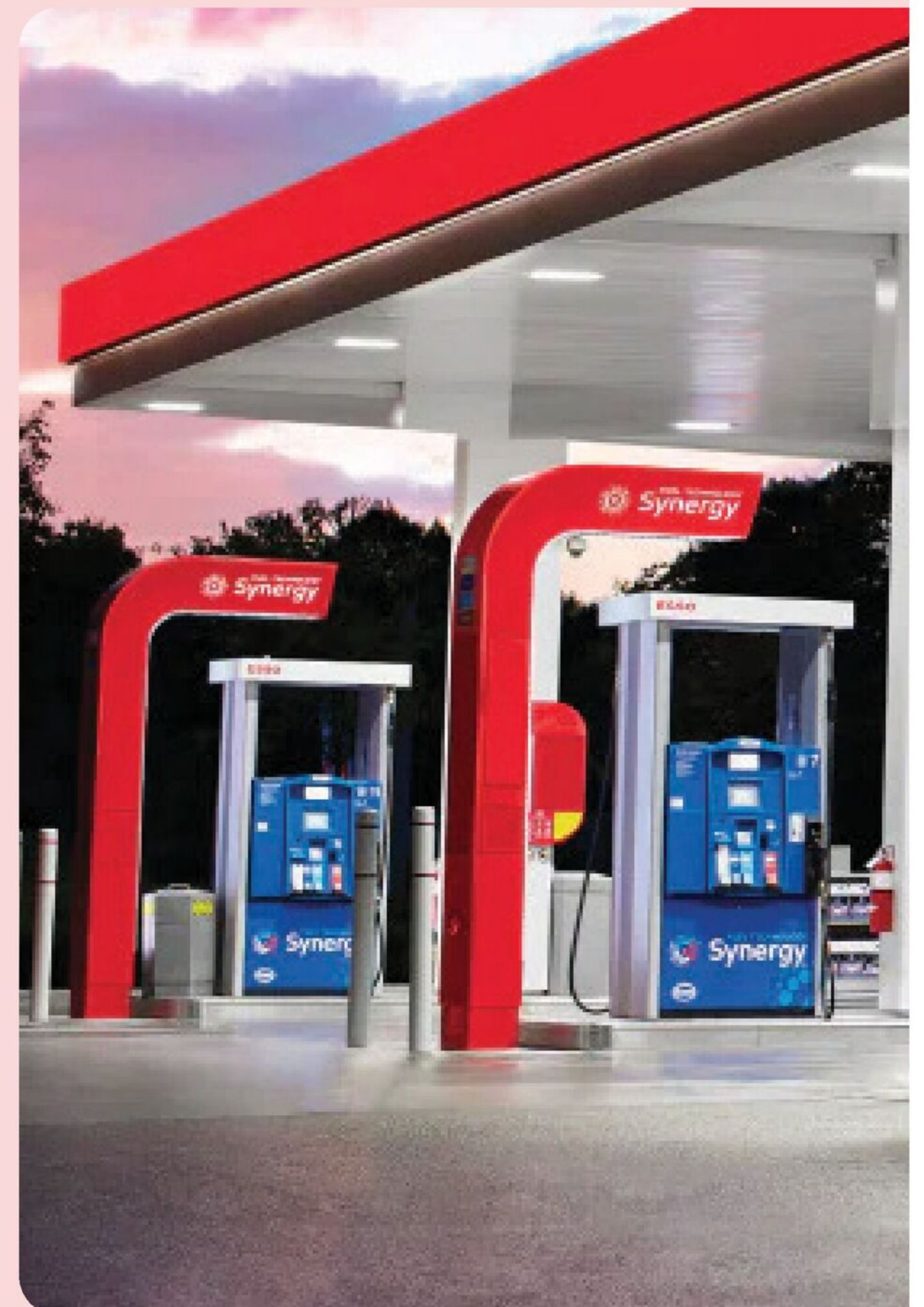


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PC® Mastercard®



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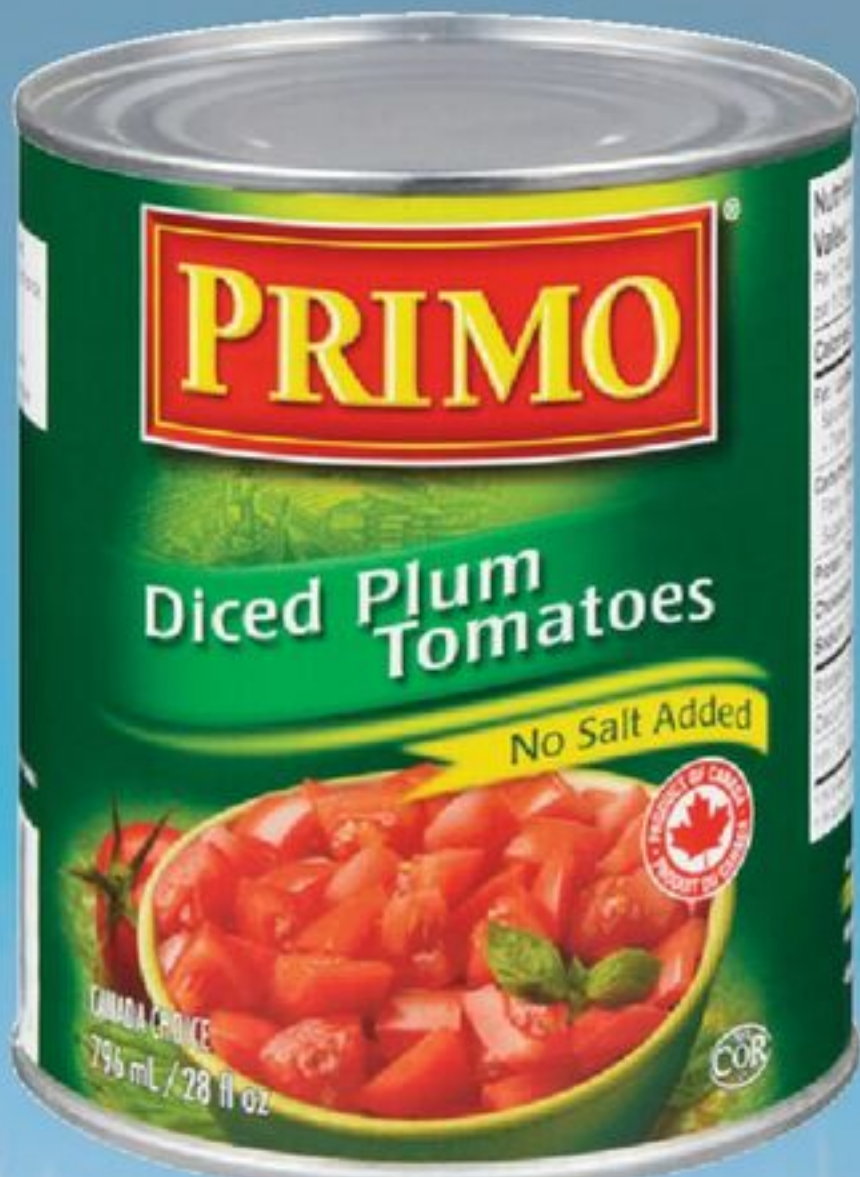
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2.79
Primo Pasta Sauce
Selected Varieties (680 mL)





1.99
Primo Diced No Salt Added
Tomatoes (796 mL)



2.79



2.59
Primo Pizza Sauce
Squeeze
Selected Varieties (375 mL)



1.59
Primo No Salt Added
Chick Peas (540 mL)



13.99
Primo Extra Virgin
Olive Oil (1 L)



3.29
Primo Oven Ready
Lasagna (375 g)







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HIGH PROTEIN
YOGURT OF THE NHL®



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TO THE STANLEY CUP® FINAL**
\$25,000 IN TOTAL PRIZES



\$329
Oikos® Pro™
300 mL
21651846



\$799
Oikos® Pro™
650 g
21652073



\$799
Oikos®
650 g, 750 g
21305945



\$349
Oikos®
4 x 95 g, 4 x 100 g
20625055





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* No purchase necessary. Begins 03/23/26 at 12:00:01 AM ET & Ends 05/24/26 at 11:59:59 PM ET. Draw 05/25/26 at 2PM ET. One (1) Grand Prize: Trip for 2 to a 2026 Stanley Cup® Final game (ARV \$9,000 CAD) and 920 Instant Win Prizes: a \$100 Digital Prepaid Card (120 total), or a \$5 CAD Physical Danone Oikos® Coupon (800 total). Mathematical skill-testing question required. Full contest rules: www.snacktowin.ca. Oikos® used under lic., © 2026, Danone US, LLC. All rights reserved. Oikos® Pro™ used under lic., © 2026, Danone US, LLC. All rights reserved. NHL, the NHL Shield, the word mark and image of the Stanley Cup and the Stanley Cup Final logo are registered trademarks of the National Hockey League. NHL and NHL team marks are the property of the NHL and its teams. © 2026 NHL. All Rights Reserved.

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OF ACTIVIA'S EXPERTISE IN GUT HEALTH**



\$549
Activia®
8 x 100 g
21725748



\$549
Activia®
650 g
20325132003



\$699
Activia®
8 x 93 mL
21430512

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\$599
International Delight®
946 mL
21242388



\$399
Danino®
6 x 93 mL
21520250

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LIBERTÉ PROTEIN & TASTE

4⁴⁹

Liberté Greek® 4 x 100 g,
selected varieties
20801752003



4⁴⁹

Yoplait® Source Protein®
650 g, selected varieties

21587047
21720809



6⁹⁹

Yoplait® YOP® Reduced
Sugar 6 x 200 g

21719749
21721005



NEW
FLAVOUR

NEW
FLAVOUR

NEW
FLAVOUR

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



TASTE THE DIFFERENCE

ITALY'S #1* BRAND OF TOMATOES



4⁴⁹
Mutti Strained
Tomatoes (Passata)
680 ml
Selected Varieties
20288490001



8⁹⁹
Mutti
Pasta Sauce
660 ml
Selected Varieties
21541102



4⁹⁹
Mutti
Peeled Tomatoes
796 ml
20934512



2⁹⁹
Mutti
Finely Chopped
Tomatoes (Polpa)
398 ml
20934514



ONE FAMILY,
ONE PASSION. TOMATOES.

* Circana S.r.l. - Tot Italy Hyper + Super + Small Self Service of the top brands by
value sales in the Tomato Derivatives category - Progressive JAN 2025 - DEC 2025

MADE BETTER to TASTE BETTER

ONLY SIMPLE
INGREDIENTS



Original
21316018_EA



Lactose-Free
21002993_EA



Herbs & Spices
21177728_EA



Light
21316006_EA



Optimum
250^{pts}

\$3⁹⁹

NEW



Lactose-Free
Garlic & Chives
21731137_EA

Tre Stelle Cream Cheese

KICKING
HORSE®
COFFEE

GIDDY CUP



Kicking Horse® Coffee \$1⁴⁴⁹
10 K-Cup® pods

21628596_EA, 21628567_EA, 21628644_EA, 21722646_EA

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5,000^{pts}
That's like \$5 in points.

for every \$50 spent on any combination of
Boston Pizza, Indigo and Instacart gift cards



Indigo

instacart

Offer valid in-store or online at www.giftofchoice.ca.
April 16-22, 2026. Subject to availability; selection may vary by
region and store. Please check your local store for availability.
We reserve the right to limit quantities. See gift card for details,
terms & conditions. Offer applies to every \$50 spent on Boston
Pizza, Indigo and Instacart gift cards in a single transaction.
Cannot be combined with any other gift card offers. Not valid
on prior purchases. PC Optimum points cannot be redeemed
toward the purchase of gift cards. Must be a registered
PC Optimum member. If purchased online, please allow up to
2 weeks for points to be added to your PC Optimum account.
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ENTER FOR A CHANCE TO

**WIN
A LAUNDRY
ROOM
MAKEOVER**

A smarter way to
clean laundry, period.



SCAN FOR
CONTEST DETAILS

\$11⁹⁹



Fresh Linen
21425514



Fragrance Free
21425515



Fresh Linen
21701960



Lavender Bliss
21660179

Ocean Wave
21660040

Laundry Essentials



12.⁹⁹

Tide Detergent 1.86 L/1.62 LD,
Gain Detergent 2.6 L, Ivory Snow
Detergent 1.36 L, PODS/Flings
18/23/31 CT, Downy/Gain Fabric Softener
1.66/2.63 L, Bounce/Downy/Gain Sheets
120/200 CT, Downy/Gain/Ivory Snow
Beads 303/368/379 g, Downy Rinse
1.09 L, Selected Varieties
21670717_EA/21635322_EA/
20014406_EA

**6 WEEKS OF
CRISP FRESHNESS***



15.⁹⁹-19.⁹⁹

Gain/Cheer Detergent 100 LD, Tide Detergent 52/64 LD,
PODS/Flings 25/42 CT, Liquid Softener 96/150 LD,
Sheets 240/180 CT, Beads 453/515/550 g, Rinse 70 LD
Selected Varieties
21671138_EA/21671135_EA

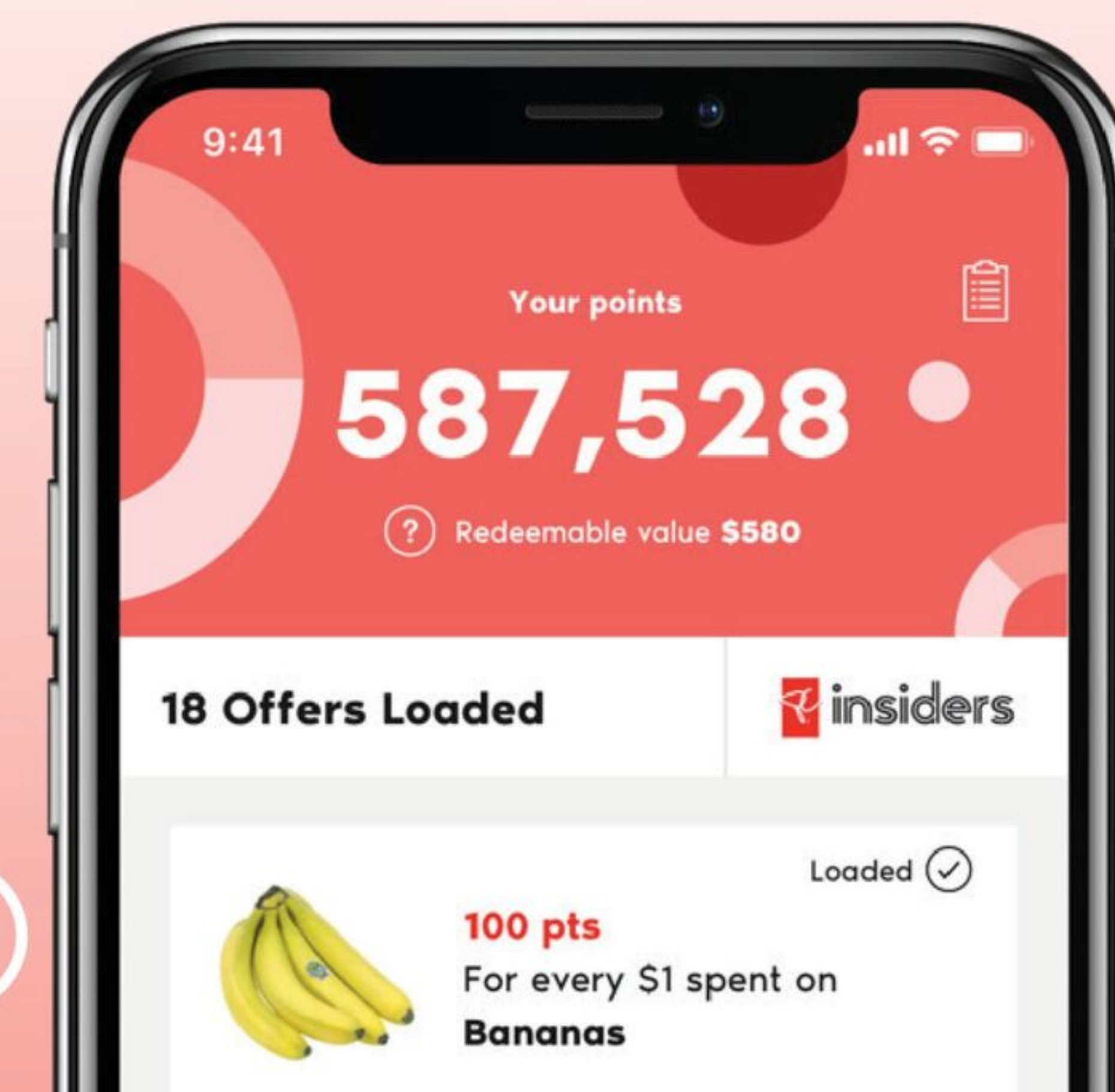
*FROM WASH UNTIL WEAR

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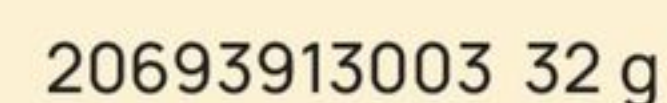
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COUPONS**

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POINTS WHEN
YOU SHOP
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**PC OPTIMUM™
APP**



ONLINE 24

Wellbeing starts within.



20309377001 36 g

21566781 24 g

21400132 29 g



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(B)
Corporation



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All Progressive®
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Products



**HIGH
POTENCY**



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**SHELF
STABLE**



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21418096
21418097
21619328
21184785

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Natural support
for a healthier gut.



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628451219156-1L



628451219170-750ML



628451219217-1.5L

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WOMAN OWNED • HIGH PERFORMANCE • ALL NATURAL • 100% PURE ESSENTIAL OILS