



FORTINOS®



4.99 lb pitted prunes
11.00/kg 20006616_KG



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

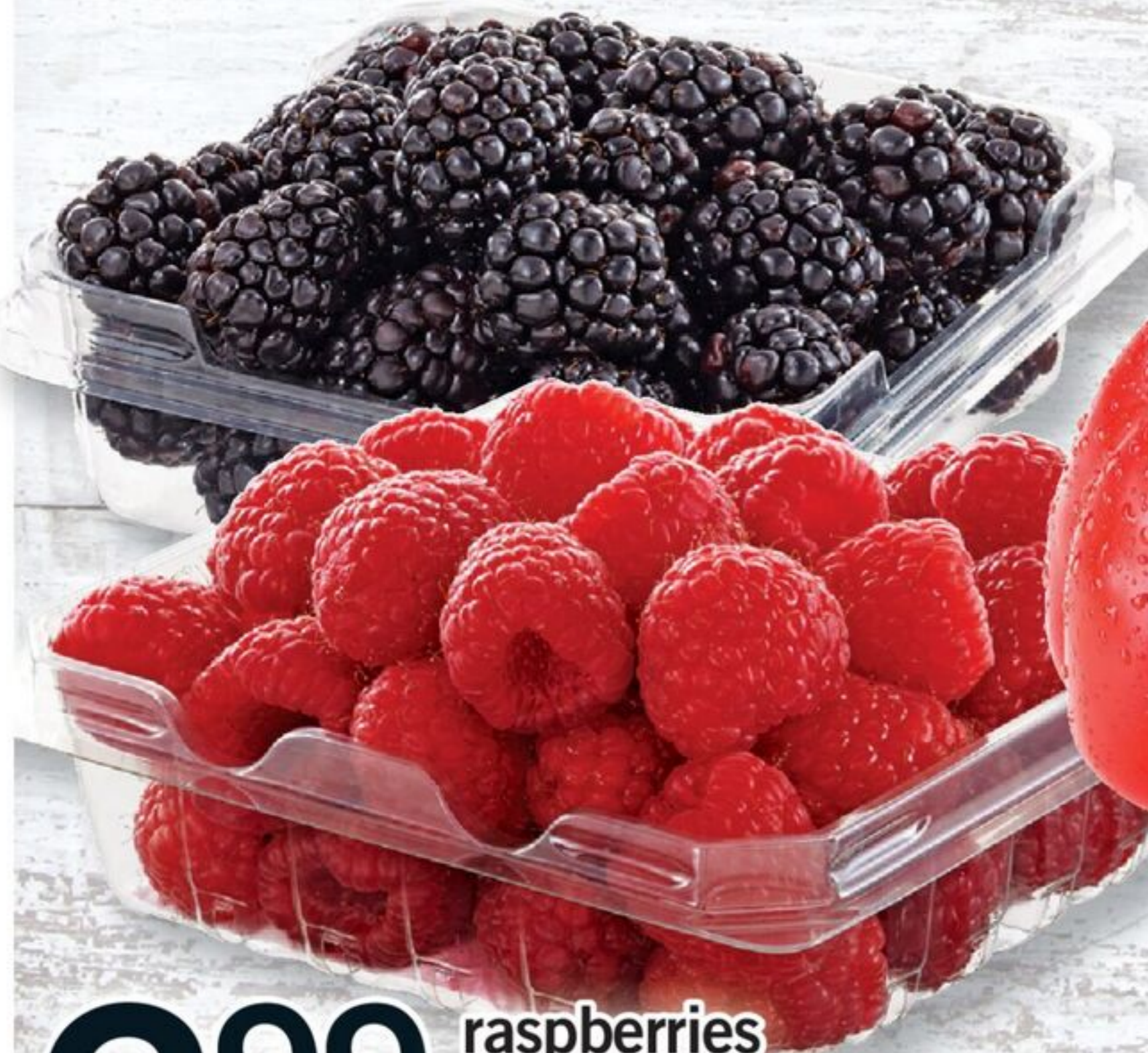
5.99 lb PC® Blue Menu® boneless skinless chicken breast Club Pack or Mina Halal boneless skinless chicken breast
13.21/kg 20127962_KG/21635763_KG



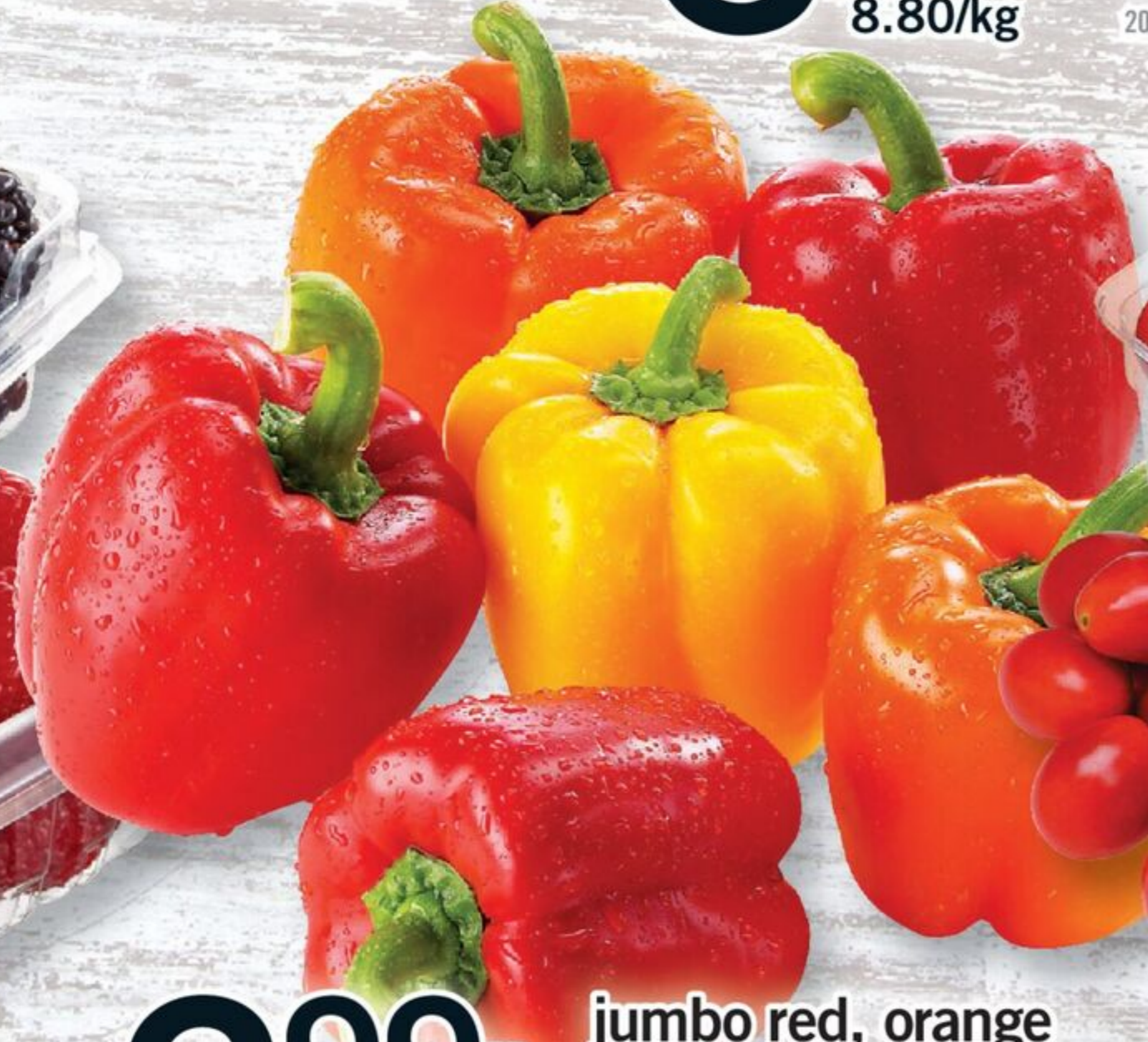
3.99 lb Ontario Pork boneless pork loin center cut & rib end chops or roasts
8.80/kg 20827787_KG



13.99 lb FRESH Salmon thick Centre Cut NO WASTE Tail, Neck & Belly removed 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



11.99 lb Foodland Ontario veal cutlets bottom round or sirloin tip
26.43/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** pts

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

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

Kraft
peanut butter 750 g/1 kg
or St. Dalfour
spreads 225 mL
selected varieties
20039581001_EA/2029923001_EA

99 each

349 each

599 each

NEW

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

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

bubly mini
6x222 mL

eska
24x500 mL
100% BPA FREE
100% RECYCLABLE

399 each

499 each

399 each

Rio Mare
Solid Light Tuna in Olive Oil
Thon pâle entier dans l'huile d'olive
Net 195 g (3 x 65 g)

Rio Mare
Solid Light Tuna in Olive Oil
Thon pâle entier dans l'huile d'olive
Net 240 g (3 x 80 g)

Imported
Monini
extra virgin olive oil
20992432_EA

500 (Optimum)

Christie cookies
21358407_EA/21361512_EA

Dr. Oetker
Ristorante
PIZZA PEPPERONI
NEW NOUVEAU

Dr. Oetker
Casa di Mama
PEPPERONI

499 3x65/80 g
20035383_EA/21639369_EA

1299 1 L

279 251-271 g

349 170-410 g
20296424006_EA/20852957_EA

PC® salad dressing 475 mL,
vinaigrette 350 mL,
croutons 140 g
or salad topper 100 g
selected varieties
2062848006_EA/20796248002_EA

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

Huggies
or **Pampers**
diapers
selected varieties
21456748_EA/21551525_EA

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

Silk non-dairy
beverage
selected varieties
20328231002_EA/20773777_EA

249 each

199 each

2999 66-184's

\$1

500 (Optimum)

349 1.75/1.89 L

Prices effective at Hamilton, Stoney Creek and Ancaster 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 Loblaws Inc. and others. ©2026 Loblaws Inc. All rights reserved.

Produce Nature's Bounty arriving fresh daily!



2.69 lb
5.93/kg

Bartlett pears
product of Argentina,
Extra Fancy grade
20172240001_KG

*Prepared
IN STORE DAILY*

1.89 lb
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

2.99 lb
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

.99 lb
2.18/kg

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

1.49 lb
3.28/kg

cassava
product of Costa Rica
20087682001_KG

2.99 each

water coconuts
product of Costa Rica
20707992001_EA

4.99 lb
11.00/kg

guava
product of Egypt
20162500001_KG

1.99 lb
4.39/kg

long eggplant
product of Honduras
20159013001_KG

Pick Organic Over 150 items available every day!

100% carrot juice!

5.99
900 mL

Greenhouse organic carrot juice
product of Ontario
21700109_EA

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

6.99
5.5" pot

organic genovese basil
product of Ontario
21521330001_EA

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.

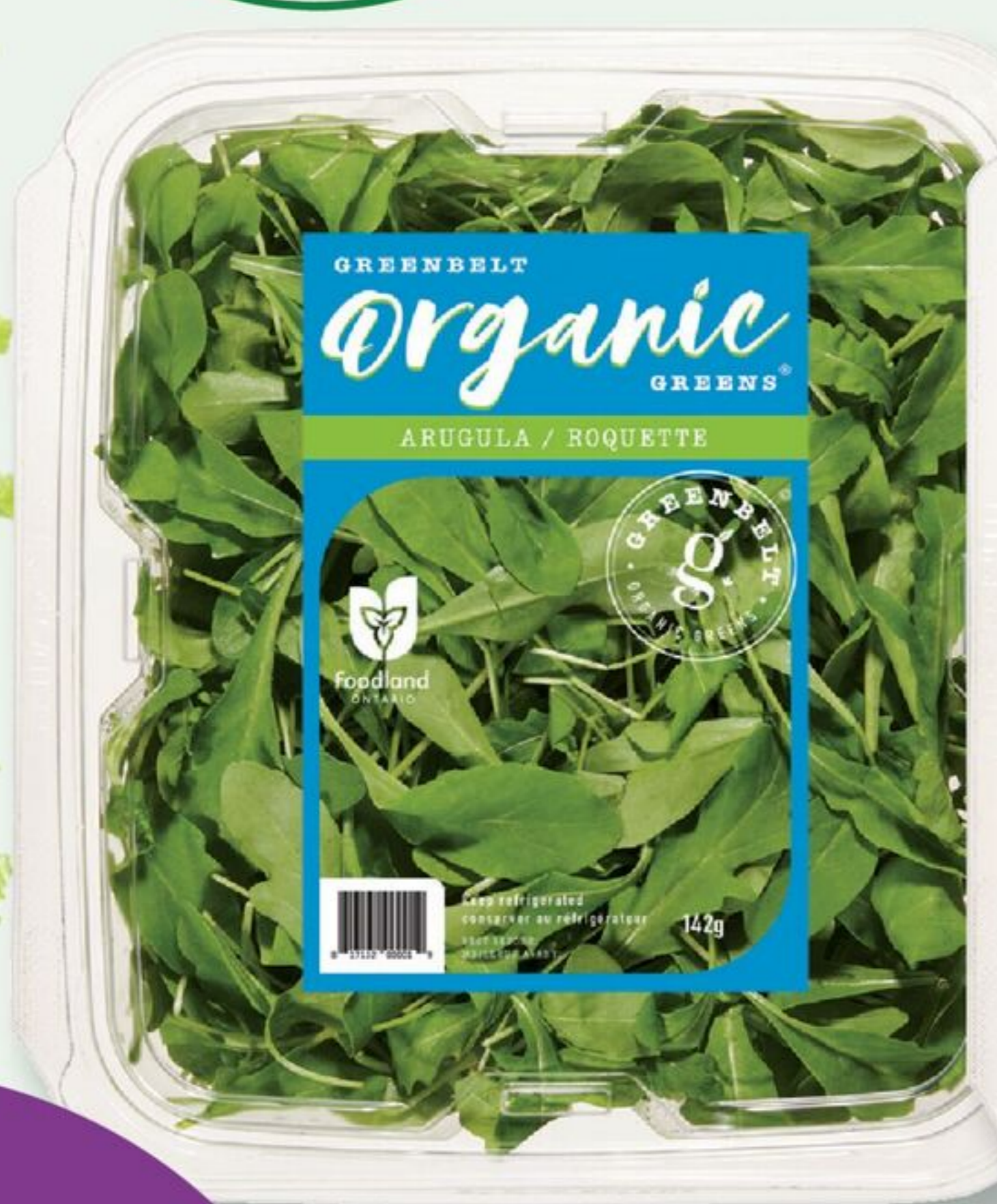


NEW

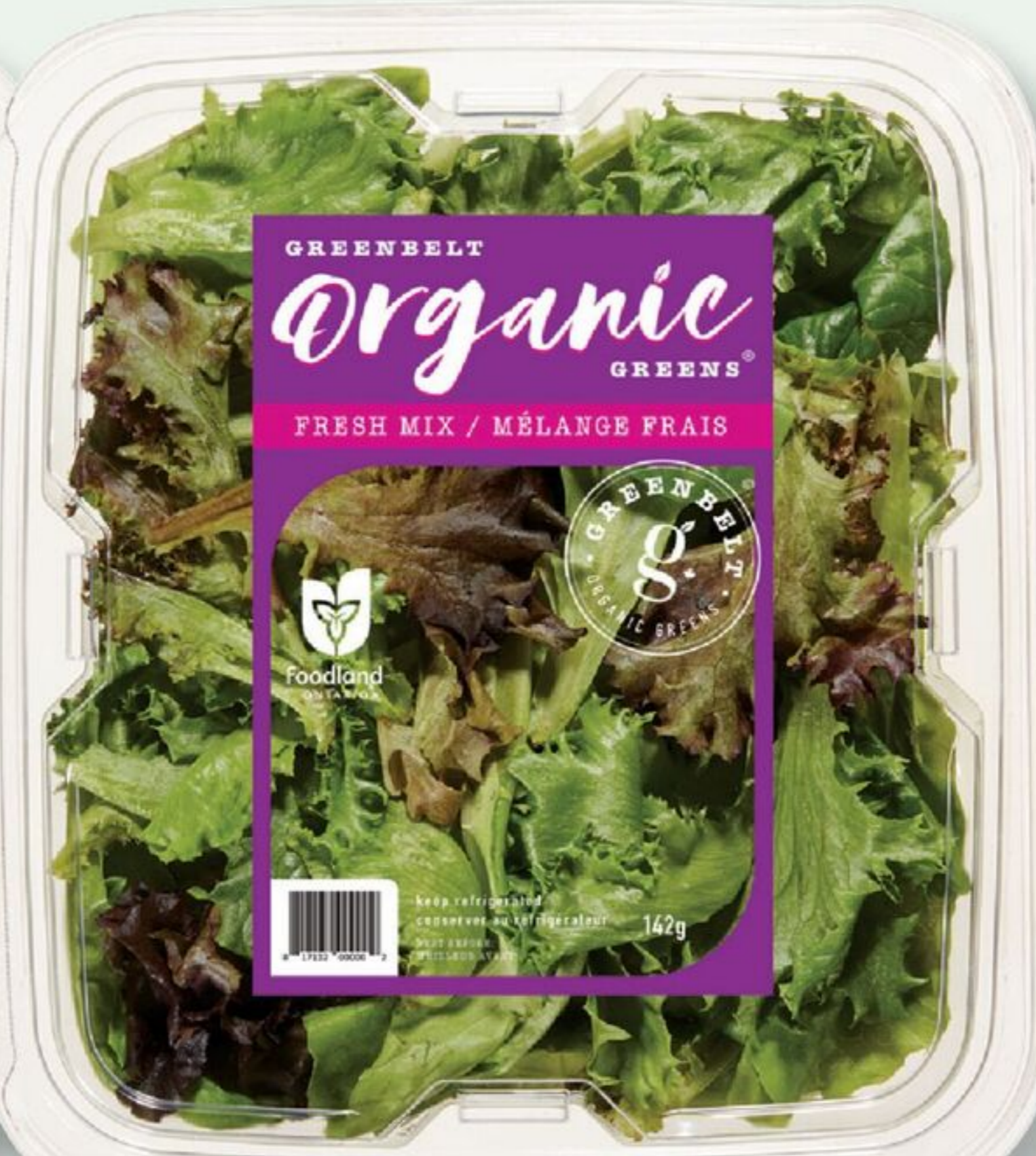
29⁹⁹ Bloom and Brew holder
each 21739307_EA



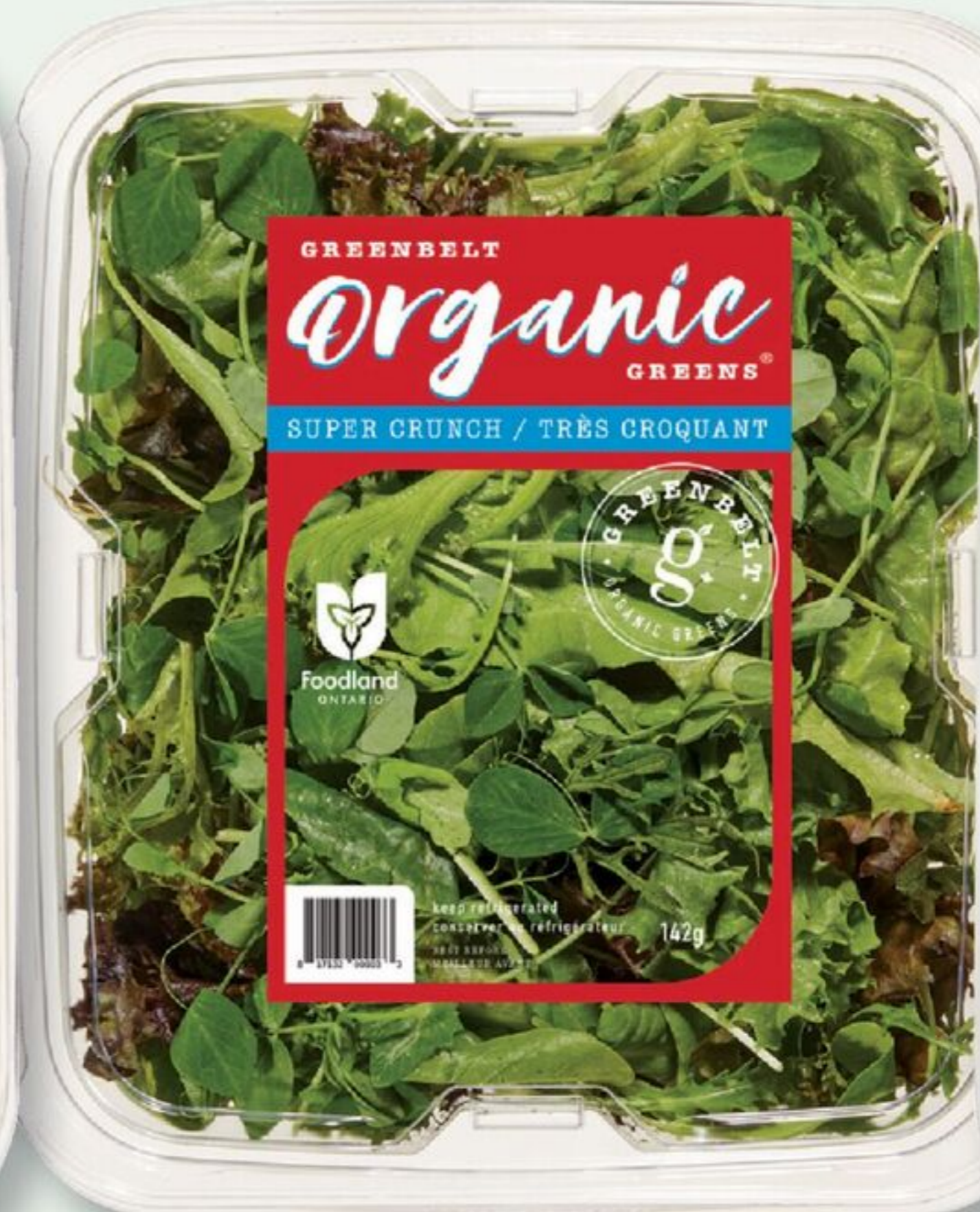
Located west of Hamilton, Greenbelt produces quality, organic greens year round. Their greenhouses operate on a small environmental footprint, running on solar and biomass energy. Certified organic, these greens are grown and harvested with optimal care ensuring quality and freshness.



Organic Arugula
21469982_EA



Organic Fresh Mix
21469983_EA



Organic Kale Crunch
21470201_EA



Organic Romaine
21665112_EA

549
142 g

Meat

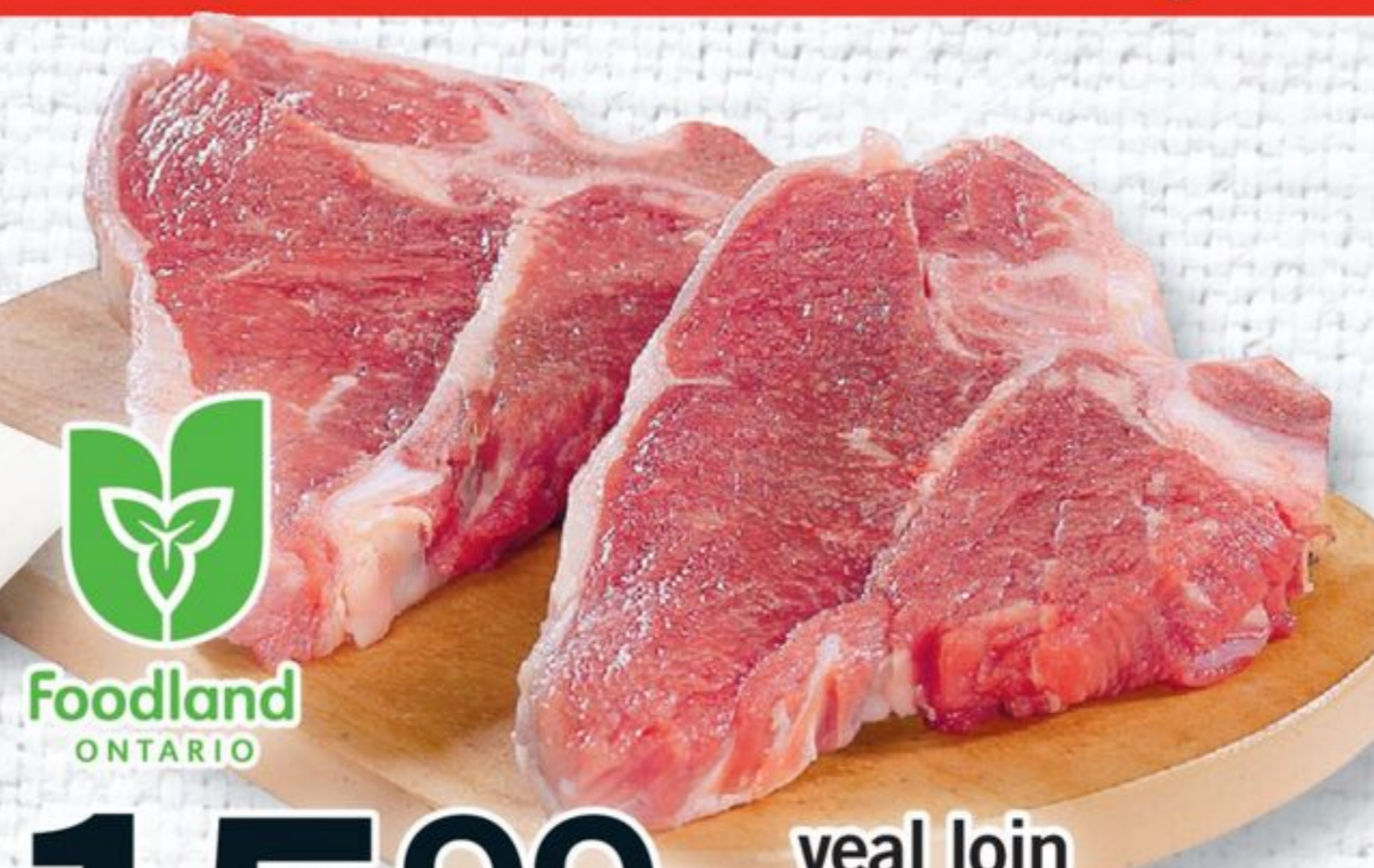
FULL SERVICE BUTCHER • Custom cuts your way!



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



Yorkshire Valley Farms whole chicken
21374664_KG

5.99 lb
13.21/kg



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

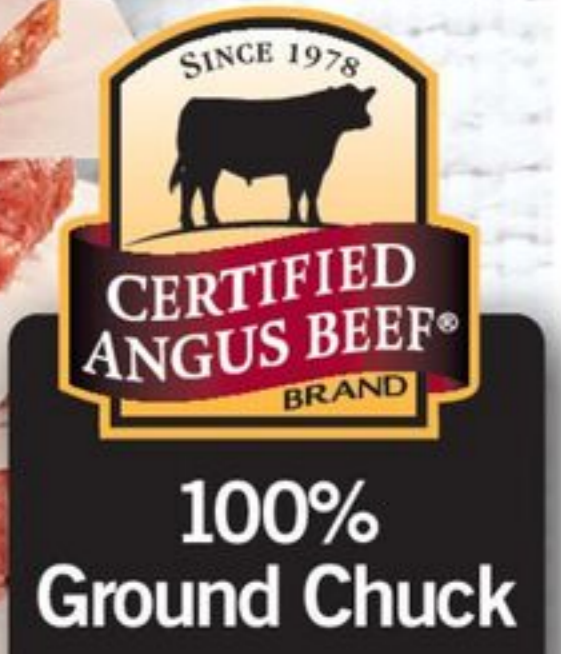


8.49
400/450 g
Fortinos Grande pork, Grande turkey, Italian style or turkey meatballs
21071791_EA



Fortinos fresh burgers salt & pepper, garlic & worcestershire, bacon or cheddar
20869944_EA

5.99
227 g



100% Ground Chuck



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



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

18.99
1.13 kg



Royal Meats Royal chevaps beef & lamb, chicken or pork & beef, frozen
21188906_EA/21188951_EA

15.99
800 g/1 kg

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



Pacific fresh halibut fillets
20853055_KG

29.99 lb
66.12/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.



Great, pan fried!

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 pt
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



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*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
ORIGINAL
CREAM CHEESE
FROMAGE À LA CRÈME

250 g | 32% M.G. | 55% MOISTURE

4.79
227/250 g

Philadelpha
cream cheese
selected varieties
20299760001_EA/20641267_EA



3.49
each

Nature Valley granola bars 120-230 g,
Betty Crocker or Mott's fruit snacks
128-226 g, selected varieties
20686716001_EA/21644476_EA



CATELLI
WHOLE GRAINS ENTIERS
SPAGHETTI

CATELLI
SMART
SPAGHETTI

1.99
340-375 g

Catelli pasta
selected varieties
20312623001_EA/20527060_EA



Milk 2Go
selected varieties
21065263_EA

4.99
6x200 mL



5.49
200-340 g

Crave entrées
selected varieties,
frozen
21177052_EA



7.99
each

Dr. Oetker Suprema
pizza 475-520 g
or Giuseppe Stuffed
Crust pizza 685-771 g
selected varieties, frozen
21555844_EA/21649640_EA



8.49
12x355 mL

Coca-Cola
or Canada Dry
soft drinks
selected varieties
20318694001_C12/20318694002_C12



3.49
125-334 g

Old El Paso
shells or tortillas
selected varieties
20306992001_EA/20314171001_EA



12.99
3=6 rolls

Royale
Tiger towels
21484702_EA



5.99
12x355 mL

PC® or
PC® Blue Menu®
sparkling water
selected varieties
21194356_C01/21306051_C01



9.99
5x68 g

Clif energy bar
selected varieties
21664843_EA/21664823_EA



3.49
240/340 g

Snyder's pretzels
selected varieties
20316052003_EA/20316052004_EA

Disney · PIXAR

FREE STICKER PACK FOR EVERY \$25 SPENT*

\$5 UNIQUE ALBUM

Disney · PIXAR
ANIMAL FRIENDS STITCH
COLLECT AND DISCOVER INTERESTING ANIMAL FACTS

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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

Nestlé chocolate singles selected varieties

20066954_EA/20306258_EA

179 33-52 g

Cadbury chocolate pouches selected varieties

21648537_EA/21650494_EA

599 144-200 g

Maison Perrier sparkling water selected varieties

21576328_C08/21576465_C08

849 8x330 mL

Taco Bell sauce selected varieties

21661787_EA/21661788_EA

349 207 mL

Fuze iced tea or Peace tea selected varieties

21645443_C12/21645563_C12

849 12x341 mL

Nescafé espresso concentrate selected varieties

21665027_EA/21665148_EA

899 500 mL

Pillsbury pizza pops, toaster strudel or scrambles selected varieties, frozen

20172664001_EA/21435996_EA

349 204-280 g

Coke Classic glass bottle

2004838001_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

5.49
each

Grab & Go Soups

13 varieties!



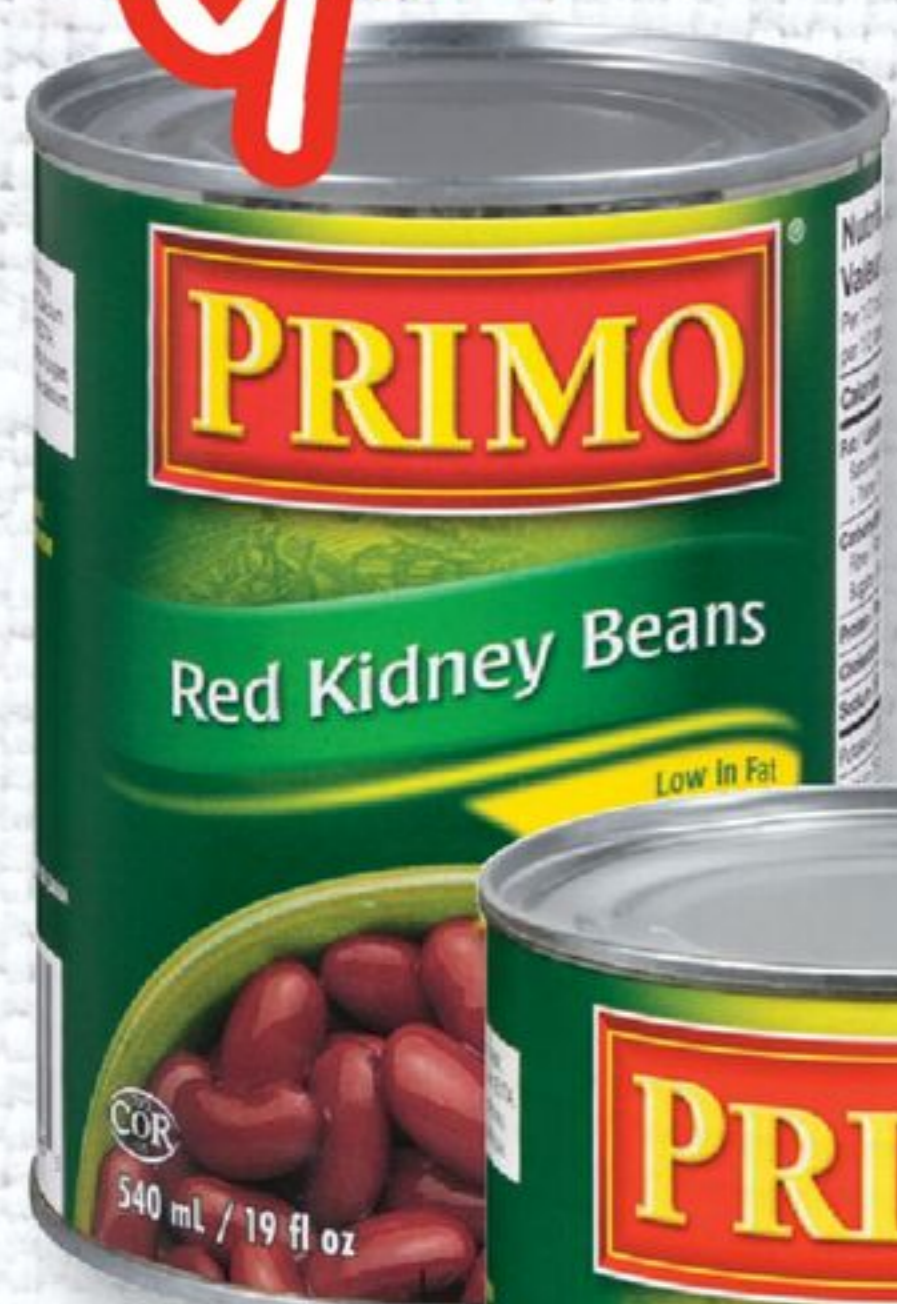
9.79
900 mL

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

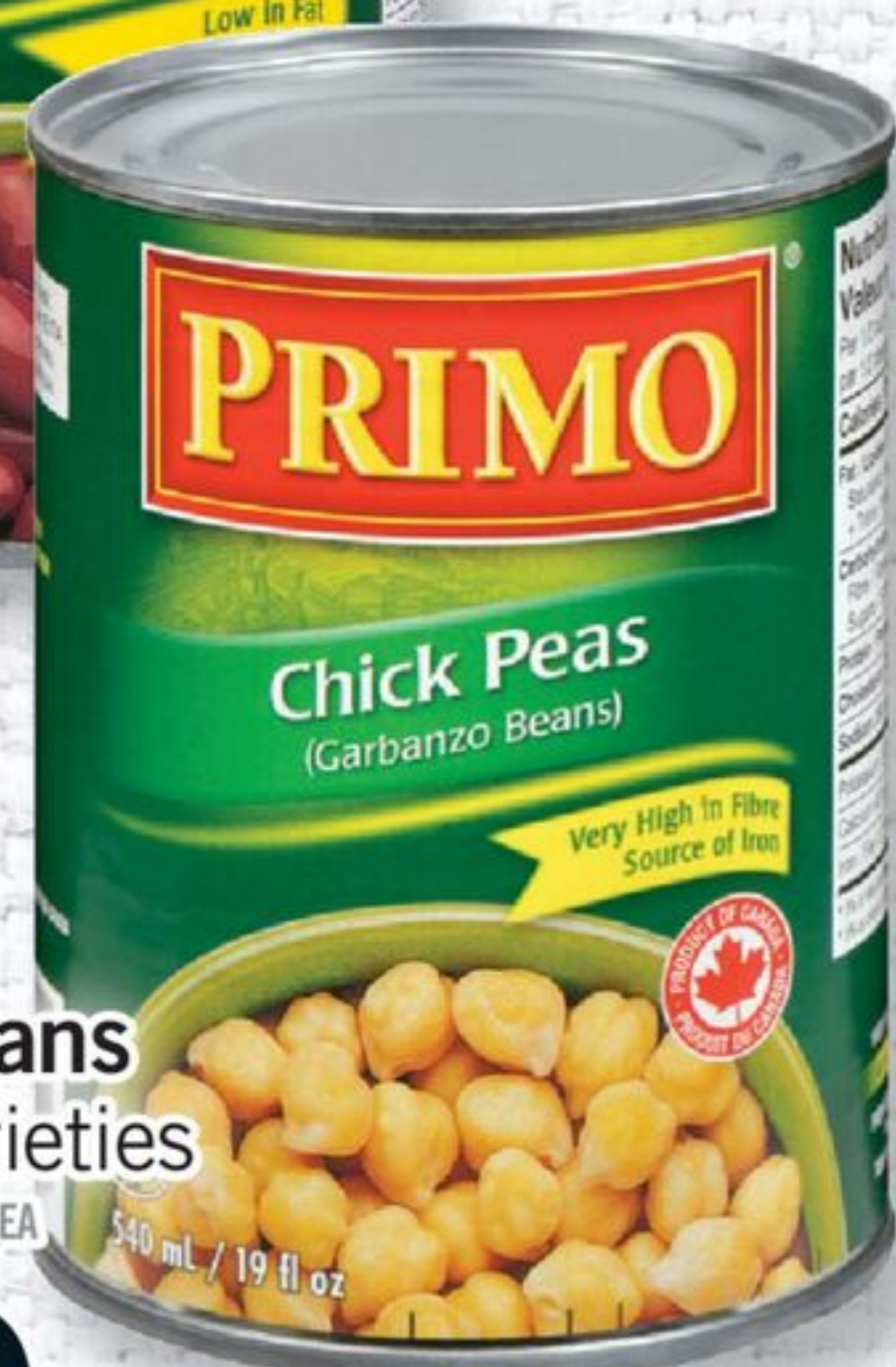
21345574_EA, 21345577_EA

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



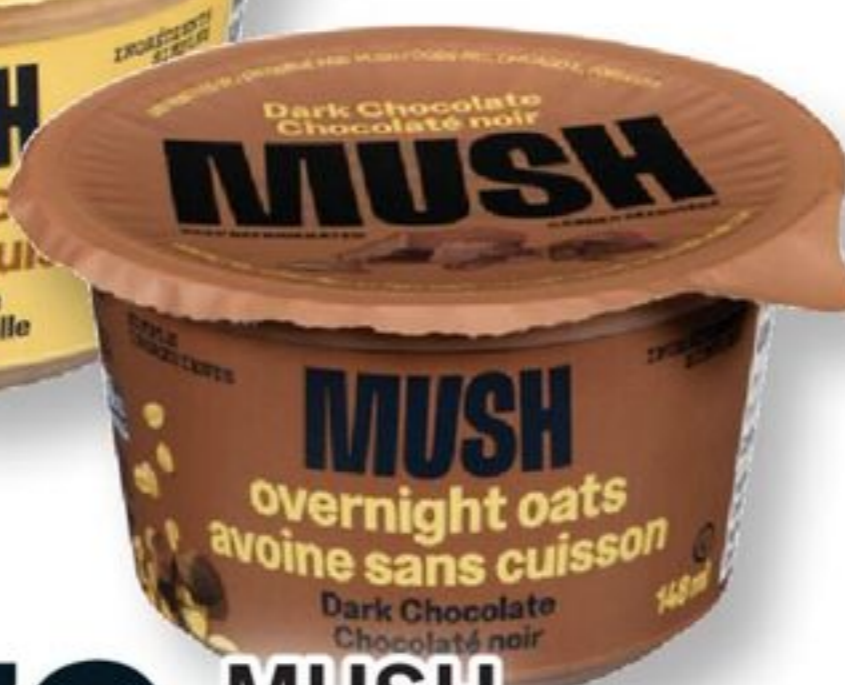
McCain
pizza pocket
selected varieties,
frozen, 540/600 g
21047833_EA

799
each



MUSH
overnight oats
selected varieties
21673494_EA/21673552_EA

279
141 g



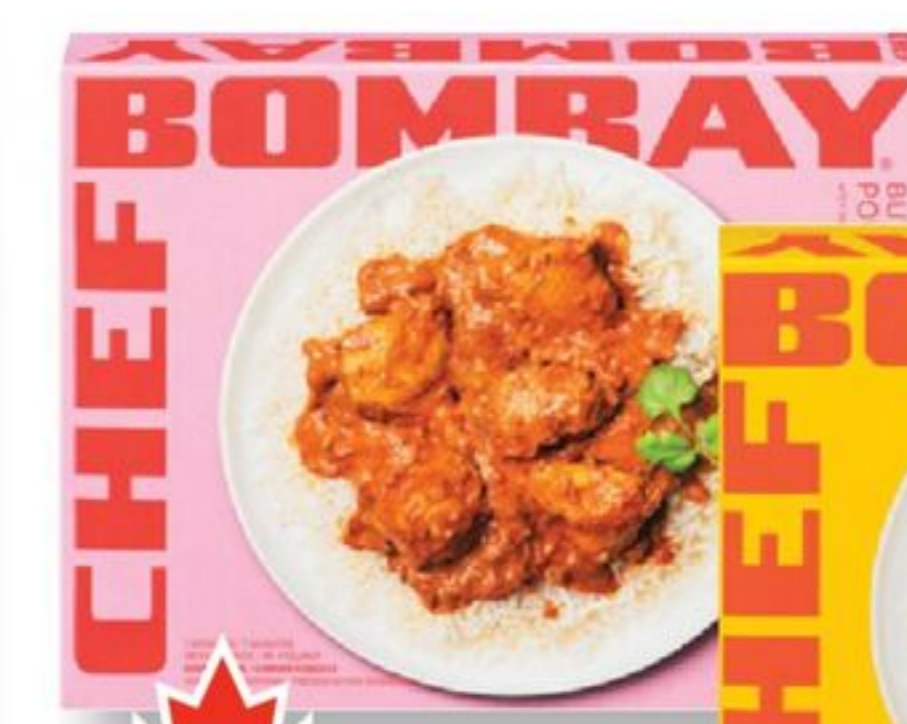
Carbone
sauce
selected varieties
21495459_EA/21564380_EA

1199
660 mL



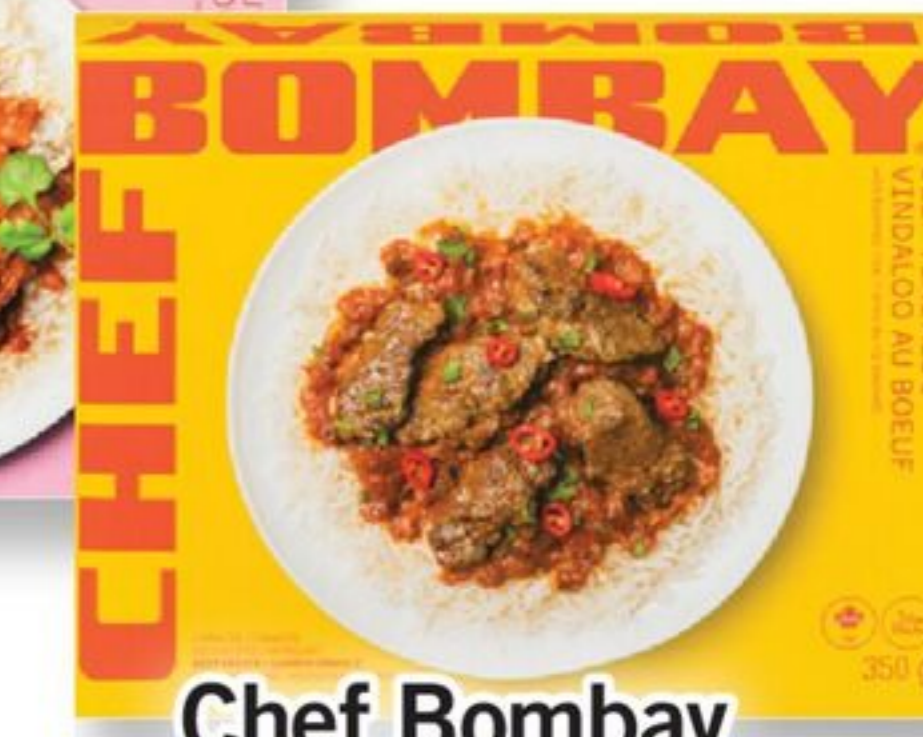
Natrel
flavoured cream
selected varieties
21589027_EA

649
1 L



Chef Bombay
entrées or snacks
selected varieties,
frozen
20973182_EA/20973257_EA

599
240-354 g



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



Kashi bars
or Kellogg's
homestyle Rice
Krispies squares
selected varieties,
175-200 g
20849832001_EA/21504799_EA

449
each



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



Coors Edge
non-alcoholic
beer
6x355 mL
21103977_C06

999
each



Optimum
2,000 PH
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



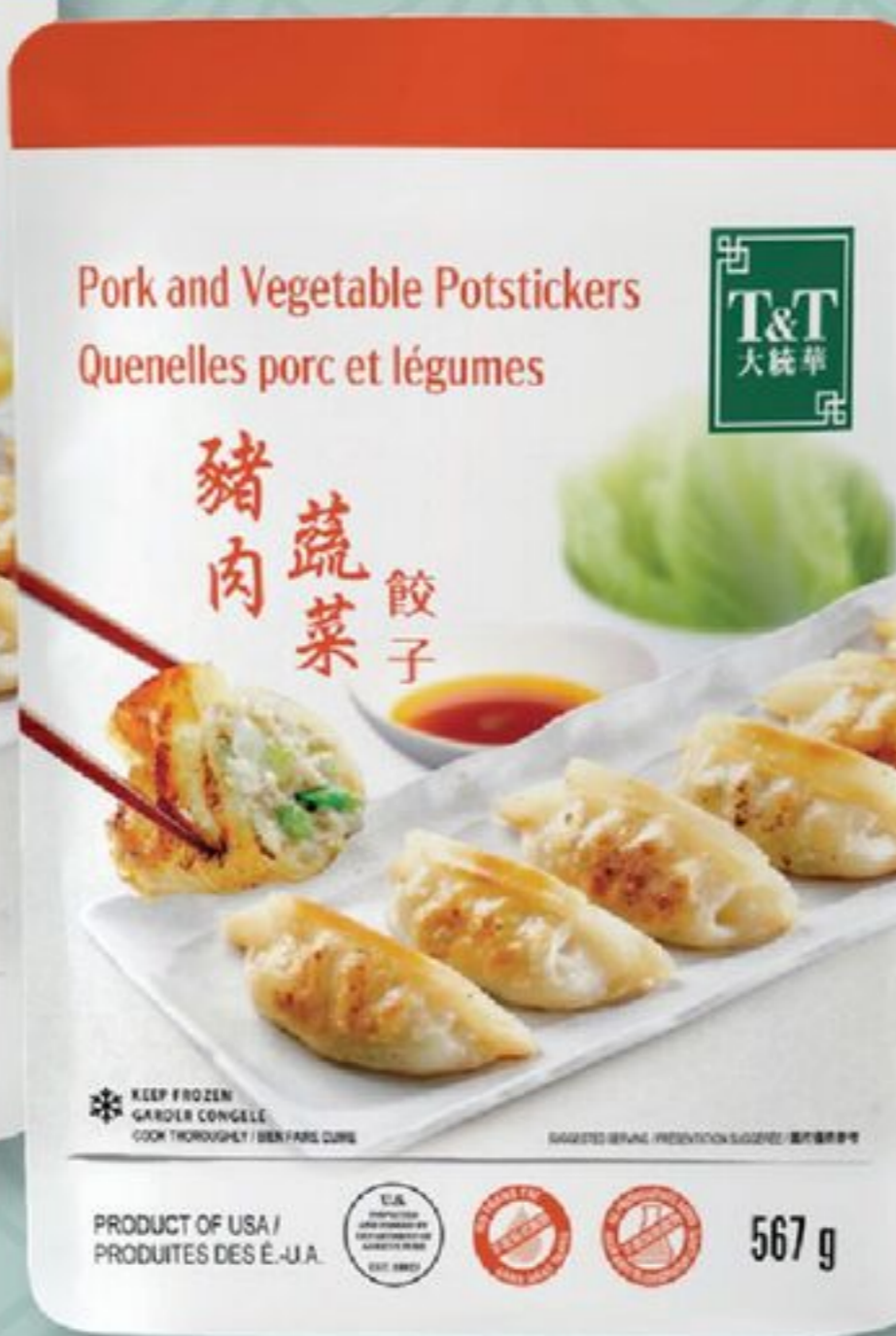
148 T&T® Korean roasted sea laver
3's
20593313_EA



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



248 T&T® aloe vera drink selected varieties
1.5 L
20593585_EA



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

EXPERIENCE A WORLD OF FLAVOURS

AVAILABLE AT: 330 Queens Plate Etobicoke, 75 Centennial Pkwy, 1579 Main St. West, 50 Dundurn St. South Hamilton, 55 Mountainash, 60 Quarry Edge and 35 Worthington Brampton stores only.



1.29 lb
2.84/kg
ripe or green
plantain
product of Colombia
or Guatemala
20111926001_KG



1.49 lb
3.28/kg
Caribbean
sweet potato
product of
Costa Rica
20169868001_KG



7.99
454 g
Sufra®
Halal lean
ground beef
21397283_EA



4.49 lb
9.90/kg
Mina Halal chicken
drumsticks or thighs
21618064_KG/21618074_KG



5.99
4 pack
Jamaican
patties
21215103_EA



5.49
480 g
Casablanca
muffins
selected varieties
21706085_EA



3.99
750 g
Crispy roti
original or whole wheat
21195569_EA/21195607_EA



5.99
375 g
Zabiha Halal
breakfast
chicken strips
20105121_EA



10.99
850 g
IFC
basa fillets
frozen
21615047_EA



2.64 /100 g
11.99/lb
natural
roasted
pistachios
salted or
unsalted
20328168_KG
20664648_KG



7.99
each
Musafir paneer
burgers 480 g
or bites 336/357 g
21705194_EA/21705222_EA



4.49
300 g
Quality
fresh paneer
21716554_EA



2.99
400 g
Quality
soya chunks
20418250_EA



1.49
each
Gits mixes
100/200 g
or Suraj
beans 540 mL
selected varieties
20038358_EA/20307502001_EA



1.49
115-160 g
Haldiram's or
Kurkure snacks
selected varieties
20314667001_EA/21471409_EA



5.49
each
Parliament
cookies 600 g
or Britannia
rusks 550/560 g
21668456_EA



1.99
300/400 g
Shana naan,
chapatti or paratha
selected varieties
20983341001_EA/20989535001_EA



1.99
355 mL
Rubicon
sparkling
juice or 7up
Nimbooz
selected varieties
20041155_EA/21682042_EA



3.99
each
Suraj green
cardamom seeds 50 g
or fried onions 400 g
selected varieties
20101586_EA/20618034_EA



4.49
1.81 kg
Suraj
basmati rice
20839393_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

21023473_EA/21024592_EA

7.49
150 g



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!

Qesava
gluten free
side dish
selected varieties,
frozen

11.99
425 g

Healthy Snacking



0 g sugar!

Thirsty Buddha soda
selected varieties

2.49
355 mL



Sana or
Hummingbird
chocolate
selected varieties

4.79
30-75 g



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



HUGGIES
little movers

OUTSTANDING ACTIVE FIT

Optimum

10,000 (est.)
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

28⁹⁹ 34-74's

Similac pro advance ready to drink formula selected varieties

21334752_C01

59⁹⁹ 16x235 mL

Enfamil NeuroPro powder selected varieties

21589079_EA/21589205_EA

65⁹⁹ 862/890 g

Kendamil formula powder

21699547_EA

44⁹⁹ 800 g



8⁹⁹ each

Nestlé Cerelac cereal 400 g or Pampers or Huggies wipes 112-216's selected varieties

20708211_EA/20799372_EA



179 each

Gerber Organic Biological baby food pouches 128 mL or jars 159-162 mL

21024932_EA/21024943_EA



199 each

Baby Gourmet pouches 128 mL or Love Child Love Ducks 30 g selected varieties

20368074001_EA/21054242_EA



399 each

Baby Gourmet puffs or bars 40-98 g or Love Child Oaty Chomps 138 g, selected varieties

20944539_EA/21123961_EA



Enfagrow powder selected varieties

21694898_EA/21694972_EA

34⁹⁹ 907 g

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

3⁹⁹ each



Secret or Old Spice deodorant or bodywash selected varieties

21077613_EA/21163307_EA

7⁹⁹ 73-86 g/532 mL



Always pads, liners or Tampax tampons selected varieties and sizes

21000869_EA/21374659_EA

11⁹⁹ each



Depends or Poise 12-60's or liners 114-126's selected varieties

20558843005_EA/21100737_EA

18⁹⁹ 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

20180283003_EA/20308731008_C06

13⁹⁹ each



349 each



Quest or Diesel protein bar, cookie or Brust protein drink selected varieties 330 mL/50-60 g

20959040_EA/21396468_EA

Household



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



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



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



4.99 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

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



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



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



5.49 Glad Cling Wrap 90 m
20186554_EA



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



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

Pet Needs for Cats, Dogs & Birds!



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



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



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



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



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



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



6.99 Catit catnip 56 g
21478271_EA



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



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



1.99 PC® Wild Bird suet cake 300-320 g
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.

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



9 varieties!



.99 each
Topps Ring Pop fruit frenzy
20038966_EA



1.99 40.5 g
Fun Dip candy
21209780_EA



2.99 26 g
Topps Juicy Drop pop candy
20063894_EA

Wonka Nerds Rope rainbow candy
21575156_C24

1.99 26 g



PEZ
21612168_EA/21575242_EA

3.99 each





Optimum™



**At Esso™ & Mobil™ stations,
PC Optimum™ members earn
10^{pts} per litre of fuel = a 1% return!**

**And, earn extra
PC Optimum™ points:**

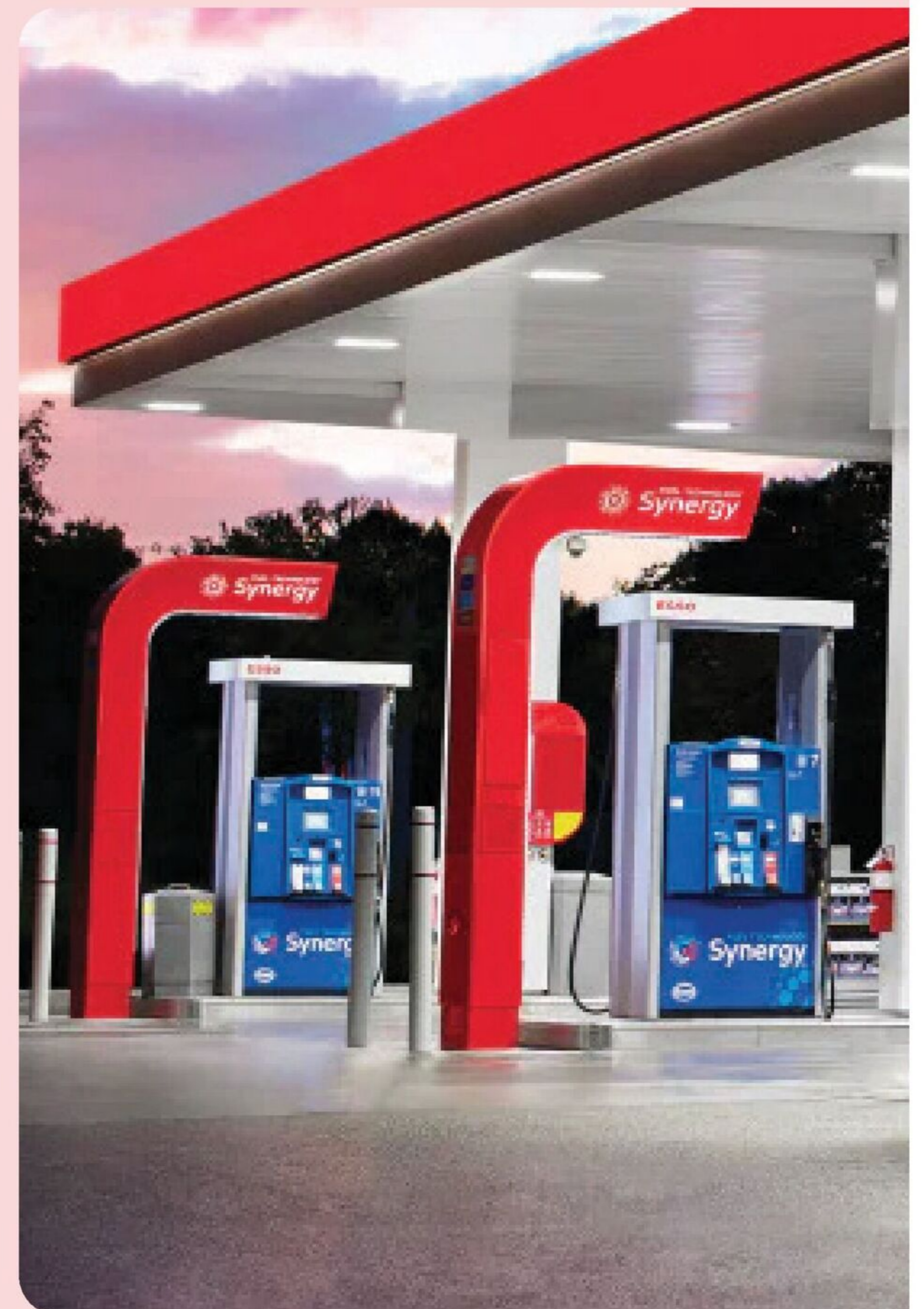
Earn at least
3¢/L
in points

when you use your
PC® Mastercard®

Earn up to
7¢/L
in points

with your PC® Insiders™
World Elite Mastercard®

[Learn more](#)





2.79
Primo Pasta Sauce
Selected Varieties (680 mL)



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)



1.99
Primo Diced No Salt Added
Tomatoes (796 mL)



2.79 
Primo Passata
Imported from Italy (680 mL)

3.29
Primo Oven Ready
Lasagna (375 g)




THE OFFICIAL
HIGH PROTEIN
YOGURT OF THE NHL

oikos
SNACK
TO WIN

YOU COULD WIN A TRIP FOR 2
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 (600 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**

NEW



\$549 Activia®
8 x 100 g
21725748



\$549 Activia®
650 g
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\$699 Activia®
8 x 93 mL
21430512

40
YEARS OF
DELIGHT



\$599 International Delight®
946 mL
21242388

LIMITED EDITION

International Delight® © 2026 WhiteWave Services, Inc. All rights reserved.

WITH **6** ESSENTIAL NUTRIENTS



\$399 Danino®
6 x 93 mL
21520250

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LIBERTÉ PROTEIN & TASTE

4.49

Liberté Greek® 4 x 100 g,
selected varieties
20801752003



4.49

Yoplait® Source Protein®
650 g, selected varieties

21587047
21720809



6.99

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



4.49

Mutti Strained
Tomatoes (Passata)
680 ml
Selected Varieties
20288490001

8.99

Mutti
Pasta Sauce
660 ml
Selected Varieties
21541102

4.99

Mutti
Peeled Tomatoes
796 ml
20934512

2.99

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



Lactose-Free
Garlic & Chives
21731137_EA

Optimum
250^{pb}

\$3.99

NEW

Tre Stelle Cream Cheese

KICKING
HORSE
COFFEE

GIDDY CUP



Kicking Horse® Coffee \$1.449
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. All trademarks are the property of their respective owners.

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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

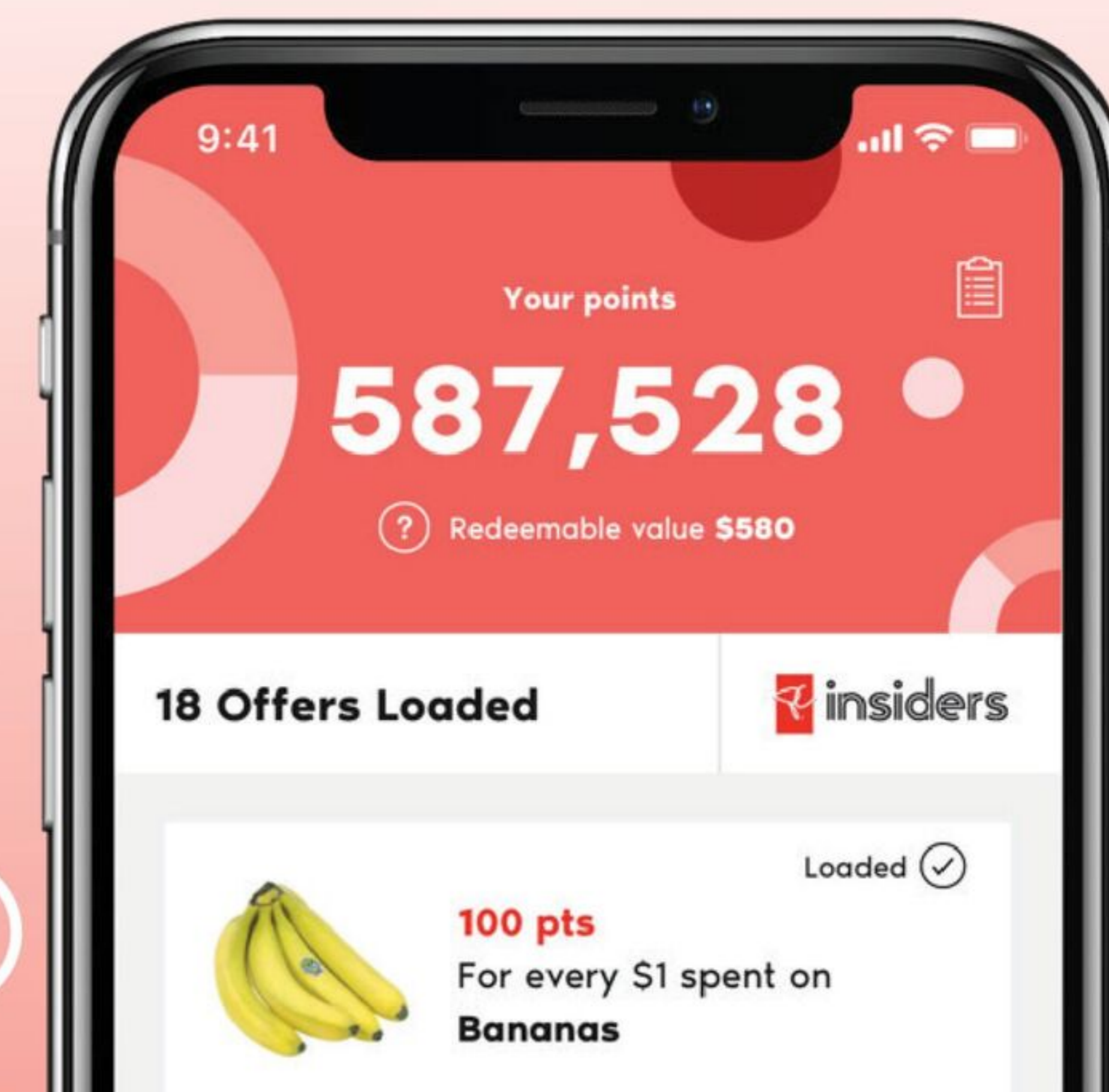
Gain/Cheer Detergent 100 LD, Tide Detergent 52/64 LD, PODS/Flings 25/42 CT, Liquid Softener 96/150 LD, Sheets 240/180 CT, Beads 453/515/550 g, Rinse 70 LD Selected Varieties
21671138_EA/21671135_EA

*FROM WASH UNTIL WEAR

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POINTS WHEN
YOU SHOP
WITH THE
PC OPTIMUM™
APP



Natural Goodness

\$2.49

Annie's™
Macaroni and
Cheese 170 g

20316187001_EA



\$5.49

Muir Glen
Organic
Tomatoes
796mL

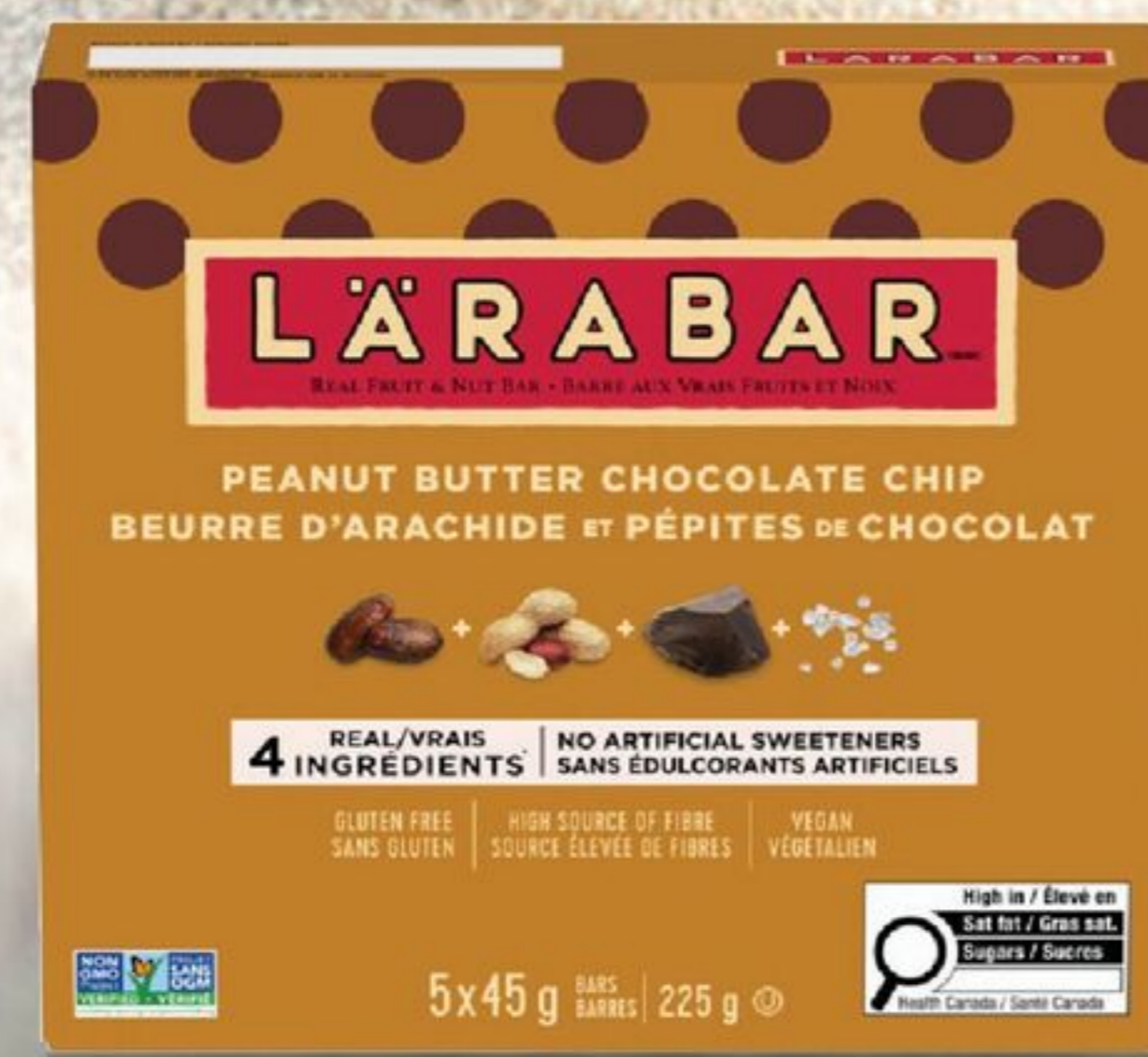
20946090_EA



\$8.99

Larabar™ Fruit & Nut
Energy Bar 5-Pack

2190846259_EA



ocean's
HALO



NORI, WRAPS AND NOODLES

- Organic Sushi Nori 28 g - 21469999
- Organic Rice Wraps 120g - 21592071
- Organic Ramen Noodles 240g - 21703566
- Organic Rice Noodles 180g - 21703564

ORGANIC SHELF STABLE KIMCHI

- Organic Kimchi 454g- 21597662



FRIED RICE & KIMBAP ROLLS

- Organic Veggie Kimbap Roll 230g - 21706757
- Organic Fried Rice Roll 230g - 21706748



Little
NORTHERN
BAKEHOUSE

DELICIOUSLY
GLUTEN-FREE



IN THE FREEZER

WHOLE GRAIN
WIDE SLICE



frozen whole grain wide
slice bread, 567g

110820270

WHITE
WIDE SLICE



frozen white wide slice
bread, 567g

110820260

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1G SUGAR • JITTER-FREE • 500MG ADAPTOGENS

Everyday Energy

\$4.49



Yogi™

Wellbeing starts within.



20693913003 32 g

20309377001 36 g

21566781 24 g

21400132 29 g



Progressive®

YOUR PROBIOTIC SHOULD COME WITH **PROOF**

15% OFF

All Progressive® Perfect Probiotic™ Products

NOT JUST **PROMISES**



HIGH POTENCY



DIVERSE PROBIOTICS + PREBIOTIC FUEL



SHELF STABLE



DELAYED RELEASE

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21418096
21418097
21619328
21184785

CanPrev

Natural support for a healthier gut.



LEMON AIDE®



628451219149-500ML

628451219156-1L

628451219170-750ML

628451219217-1.5L

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