

It's here!



SHOP NOW

\$12

PC[®] JERK CHICKEN BURGERS
FROZEN, 852 G
BURGER DE POULET JERK PC^{MD}
21714192_EA



Must Try!

\$13

PC[®] SHRIMP SIZZLE WHEEL
SELECTED VARIETIES, FROZEN, 300 G
CREVETTES LA ROUE À GRILLER PC^{MD}
21704047_EA/21704114_EA



Must Try!

5⁷⁵

PC[®] BLUE MENU[®] PASSIONFRUIT
GUAVA SPARKLING WATER
12X355 ML
EAU PÉTILLANTE FRUIT DE LA PASSION
ET GOYAVE PC^{MD} MENU BLEU^{MD}
21703743_C12



PREPARED IN CANADA

App exclusive offer

Optimum

\$5

Get 1,000 pts

\$1 back in points

PC[®] FLATBREAD
SELECTED VARIETIES, FROZEN
330-395 G
PAIN PLAT PC^{MD}
21013452_EA/21648988_EA
**Must be a registered PC Optimum[™] member to load and get this offer.
*Open your PC Optimum[™] app or visit pcoptimum.ca to get the offer.

CHICKEN, BACON & CAMELIZED ONION
FLATBREAD
POULET, BACON ET OIGNONS CARAMÉLISÉS



App exclusive offer

Optimum

\$5

Get 1,000 pts

\$1 back in points

PC[®] SCOOP SHOP
ICE CREAM
SELECTED VARIETIES
FROZEN, 946 ML
21706621_EA
CRÈME GLACÉE DÉLICIES
DU BAR LAITIER PC^{MD}
**Must be a registered PC Optimum[™] member to load and get this offer.
*Open your PC Optimum[™] app or visit pcoptimum.ca to get the offer.



Must Try!

TEAM SAVINGS

For fans who live for matchdays and long weekends.

4 DAYS ONLY!

\$20

THURS-SUN
LARGE VEGETABLE OR FRUIT PLATTER
 PREPARED IN-STORE, 1.34-1.87 KG
GRAND PLATEAU DE LEGUMES OU FRUITS
 20081718_EA/20121599_EA



Optimum

2/\$7
OR 3.99 EA

Get **500 pts**
When you buy 2

WONDER OR D'ITALIANO BUNS
 SELECTED VARIETIES AND SIZES
PETITS PAINS WONDER OU D'ITALIANO
 20626949_EA/20305135_EA



SAVE UP TO 46%
5.99

LARSEN HAM SLICES 375 G OR WIENERS 900 G
 SELECTED VARIETIES
TRANCHES DE JAMBON OU SAUCISSES FUMÉES LARSEN
 20163601_EA/20416522_EA



SALE
7.99

BULL'S-EYE BBQ SAUCE 425 ML
OR DIANA SAUCE 500 ML
OR KRAFT SALAD DRESSING 425 ML
 SELECTED VARIETIES
SAUCE BBQ
BULL'S EYE OU SAUCE DIANA
OU VINAIGRETTE KRAFT
 20547834005_EA/21184617_EA



Members Price*
\$6

Non-Members
\$11

Members Save
\$5

PC® DE-ALCOHOLIZED LAGER BEER
 SELECTED VARIETIES, 12X355 ML
BIÈRE DÉALCOOLISÉE PC®
 20121729_C12/20325253_C12
 **Must be a registered PC Optimum™ member to load and get this offer. *Open your PC Optimum™ app or visit pcoptimum.ca to get the offer.



HAPPY VICTORIA DAY! SEE IN-STORE FOR HOLIDAY HOURS

It's here!



REAL ATLANTIC SUPERSTORE
PROUDLY CANADIAN

SALE
\$10 LB/EA

FRESH ATLANTIC SALMON SKIN-ON FILLETS CLUB SIZE, 22.05/KG OR **SHRIMP SKEWERS** PLAIN OR MARINATED, FROZEN OR PREVIOUSLY FROZEN, 10'S
FILETS DE SAUMON DE L'ATLANTIQUE FRAIS AVEC PEAU OU BROCHETTES DE CREVETTES
207200653_KG/21687446_EA



4 DAYS ONLY!
THURSDAY, MAY 14TH TO SUNDAY, MAY 17TH, 2026

988 LB
21.78/KG

T-BONE OR WING STEAK CUT FROM UNGRADED BEEF
BIFTECK D'ALOYAU OU DE CÔTE D'ALOYAU
21497212_KG/21497213_KG

CLUB SIZE



SALE
2.99 LB
6.59/KG

NO NAME[®] OR HALAL CHICKEN DRUMSTICKS FRESH
CUISSES DE POULET SANS NOM[®] OU HALAL
20004494_KG/21646527_KG



CLUB SIZE

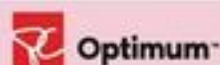
\$6

SEEDLESS WATERMELON PRODUCT OF MEXICO OR U.S.A.
MELON D'EAU SANS PÉPINS
20067326001_EA



11 LB AVERAGE

App exclusive offer



\$18

Get **2,000** pts

\$2 back in points

PC[®] BURGERS SELECTED VARIETIES FROZEN, 1.02-1.36 KG
BURGERS PC^{MD} 20862651_EA/20941230_EA
*Open your PC Optimum[™] app or visit pcoptimum.ca to get the offer.



1000s OF NEW LOWERED PRICES

PEI locations only

NOW \$11.98

NO NAME[®] CHICKEN WINGS SELECTED VARIETIES FROZEN, 908 G
AILES DE POULET SANS NOM[®] 21045309_EA



4.50

PC[®] MUSHROOMS WHOLE CREMINI 454 G OR **PC[®] MUSHROOMS WHOLE WHITE** 454 G, PRODUCT OF CANADA
CHAMPIGNONS ENTIERS CREMINI PC^{MD} OU CHAMPIGNONS BLANCS ENTIERS PC^{MD}
207613722_EA



SAVE UP TO 35%

64¢

BULK CORN PRODUCT OF U.S.A.
MAÏS EN VRAC 20131770001_EA



SAVE UP TO 51%

\$4

SCOTSBURN PREMIUM ICE CREAM SELECTED VARIETIES, FROZEN, 1.5 L
CRÈME GLACÉE DE QUALITÉ SUPÉRIEURE SCOTSBURN 21014321_EA/21014406_EA



SAVE UP TO 42%

\$4

PHILADELPHIA CREAM CHEESE OR DIPS 227/250 G, **KRAFT SINGLES** 410 G OR **CHEEZWHIZ** 450 G, SELECTED VARIETIES
FROMAGE À LA CRÈME OU TREMPETTES PHILADELPHIA, SINGLES OU CHEEZ WHIZ KRAFT
20641267_EA/21188654_EA



SALE

2.99

LAY'S[®] POTATO CHIPS SELECTED VARIETIES, 177-235 G
CROUSTILLES LAY'S[®] 21241032_EA/21664543_EA



SALE

\$5

GIUSEPPE PIZZA 439-785 G OR **PC[®] WOOD FIRED PIZZA** 351-413 G, SELECTED VARIETIES, FROZEN
PIZZA GIUSEPPE OU PIZZA CUITE AU FEU DE BOIS PC^{MD} 20904584_EA/21540407_EA



12.99

COCA-COLA, SPRITE OR CANADA DRY SOFT DRINKS OR **PEPSI** SOFT DRINKS
SELECTED VARIETIES 24X355 ML
BOISSONS GAZEUSES COCA-COLA, SPRITE, CANADA DRY OU FANTA OU **BOISSONS GAZEUSES PEPSI**
20308197001C24 20306687002C24



SALE

\$3

PC[®] NATURAL SPRING WATER 24X500 ML
EAU DE SOURCE NATURELLE PC^{MD} 20137898_C24



SAVE UP TO 37%

\$10

KING COLE ORANGE PEKOE TEA 120/216'S OR **TETLEY ORANGE PEKOE TEA BAGS** 216'S
SELECTED VARIETIES
THÉ EN SACHETS ORANGE PEKOE KING COLE OU SACHETS DE THÉ ORANGE PEKOE RED ROSE
21250568_EA/21619146_EA



SAVE UP TO 48%

\$14

CASHMERE BATHROOM TISSUE 20-60 ROLLS OR **SPONGE TOWELS** 6-12 ROLLS OR **SCOTTIES FACIAL TISSUE** 12'S
SELECTED VARIETIES
PAPIER HYGIÉNIQUE CASHMERE OU ESSUIE-TOUT SPONGETOWELS OU MOUCHOIRS SCOTTIES
21188655_EA 21627740_EA/21371391_EA



App exclusive offer

Get **20,000** pts

\$20 back in points

for every \$100* spent on baby diapers, training pants, wipes, formula, food, accessories, toiletries, gear and baby apparel
*Open your PC Optimum[™] app or visit pcoptimum.ca to get the offer.



\$24

HUGGIES 16X BABY WIPES SELECTED VARIETIES 960-1152'S
LINGETTES POUR BÉBÉS 16X HUGGIES
21083819_EA/21541191_EA



\$35

HUGGIES ECONO PACK DIAPERS SELECTED VARIETIES SIZE N-7, 60-200'S
COUCHES EMBALLAGE ÉCONO HUGGIES
21456748_EA/21456654_EA



5/\$10 OR 2.49 EA

6+ MONTHS



ONE DAY ONLY!
WEDNESDAY, MAY 20TH

\$32

Get **5,000** pts

\$5 back in points

PAMPERS SWADDLERS 360° OR CRUISERS 360° ECONO PACK SELECTED VARIETIES, SIZE 3-7, 66-132'S
SWADDLERS 360° OU CRUISERS 360° PAMPERS EMBALLAGE ÉCONO
21551586_EA/21612019_EA



DEAL DROP

Limited-time deals on PC® home & more.

LIMIT 4
OVER LIMIT PAY 42.00 EA

\$21

PC® HONEYCOMB
10" SKILLET
21492019_EA



LIMIT 4
OVER LIMIT PAY 48.00 EA

\$24

PC® HONEYCOMB
12" SKILLET
21492022_EA



LIMIT 4
OVER LIMIT PAY 60.00 EA

\$30

PC® HONEYCOMB
13.3" WOK
SKILLET
21339634_EA



SAVE 3.99
\$16

ROBIN HOOD OR FIVE ROSES ALL PURPOSE FLOUR 10 KG
FARINE TOUT USAGE ROBIN HOOD OU FIVE ROSES
20134743_EA/20251651_EA

PREPARED IN CANADA **CLUB SIZE**

App exclusive offer

Get **6,000 pts** **\$6** back in points
When you spend \$15* or more

ON REESE'S BRANDED PRODUCTS ALL SIZES AND VARIETIES SUR LES PRODUITS DE MARQUE REESE'S
20320606002_EA/20683743_EA
21103497_EA/21184633_EA
Offer inclusive to all products with Reese's brand. This offer cannot be combined with product, department or total store offers including 20x offers.
**Must be a registered PC Optimum™ member to load and get this offer.
*Open your PC Optimum™ app or visit pc optimum.ca to get the offer.

\$6

DAIRY ISLE BUTTER 454 G, PC CHEESE BARS 300/400 G OR SHREDS 250/300/320 G
SELECTED VARIETIES
BEURRE DAIRY ISLE, BARRES DE FROMAGE OU FROMAGE RÂPÉ
PC^{MD}
21060183_EA/21102314_EA

PREPARED IN CANADA

SAVE UP TO 1.49
\$7

SIGGI'S SKYR TUBS 650/750 G OR DANONE ACTIVIA 12X100 G
SELECTED VARIETIES
CONTENANTS SKYR SIGGI'S OU ACTIVIA DANONE
203034120031_EA
21353874_EA

PREPARED IN CANADA

SAVE UP TO 43%
1.69

ALLEN'S COCKTAILS 1L OR OASIS, DEL MONTE OR ARIZONA JUICE OR ICED TEA 960 ML
SELECTED VARIETIES
COCKTAIL ALLEN'S OU OASIS, DEL MONTE OU JUUS OU THÉ GLACÉ ARIZONA
20333722005_EA
20307424002_EA

PREPARED IN CANADA

MULTI SAVE
3/9.99 OR 4.49 EA

GENERAL MILLS RETAIL SIZE CEREAL
SELECTED VARIETIES, 300-437 G
CÉRÉALES FORMAT VENTE AU DÉTAIL
GENERAL MILLS
21104055_EA/21104058_EA

SAVE UP TO 39%
4.50

PC VINEGAR OR BALSAMIC GLAZE 250-500 ML OR MEZZETTA PEPPERS 296-375 ML
SELECTED VARIETIES
VINAIGRE OU GLAÇAGE BALSAMIQUE PC^{MD} OU PIMENTS MEZZETTA
20052442_EA
20884600_EA

SAVE UP TO 33%
2.50

PREGO PASTA SAUCE 645 G/ML
SELECTED VARIETIES
SAUCE POUR PÂTES PREGO
20325820001_EA
21340384_EA

\$2

DELVERDE PASTA 250/450 G
SELECTED VARIETIES
PÂTES DELVERDE
20317975004_EA
20317975007_EA

\$3

QUAKER CRISPY MINIS OR RICE CAKES
SELECTED VARIETIES, 90-199 G
CRISPY MINIS OU GALETTES DE RIZ QUAKER
20163208902_EA
20303020005_EA

SAVE UP TO 31%
\$5

HUNGRY-MAN ENTRÉES 360-455 G OR HEALTHY CHOICE STEAMERS 269-306 G OR SIMPLY 255-283 G
SELECTED VARIETIES FROZEN
REPAS HUNGRY-MAN OU PLATS CUISINÉS STEAMERS OU SIMPLEMENT HUNGRY-MAN VAPEURS HEALTHY CHOICE
20296014003_EA
21043166_EA

SAVE UP TO 41%
2.50

CLOVER LEAF SOLID TUNA 170 G OR HOLIDAY CANNED LUNCHEON MEAT 340 G
SELECTED VARIETIES
THON EN MORCEAU CLOVER LEAF OU PAIN DE VIANDE EN CONSERVE HOLIDAY
20326358001_EA
20618778_EA

LUNCHEON MEAT
20326358001_EA

CLOVER LEAF SOLID WHITE TUNA ALBACORE IN WATER 4

\$26

STARBUCKS K-CUPS 24'S
SELECTED VARIETIES
STARBUCKS
21013199_EA/21122965_EA

STARBUCKS PIKE PLACE ROAST
20326358001_EA

STARBUCKS TRUE NORTH BLEND
20326358001_EA

Optimum

Get **850** **1,000 pts** **\$1** back in points

PC ORGANICS FROZEN FRUIT
SELECTED VARIETIES, 600 G
FRUITS SURGELÉS PC^{MD} BIOLOGIQUE
20431483002_EA/21357574_EA

SAVE 34%
\$25

PC NUTRITION FIRST DOG FOOD 7 KG
SELECTED VARIETIES
NOURRITURE POUR CHIENS PC^{MD} NUTRITION PREMIÈRE
213047261EA/21305879_EA

PREPARED IN CANADA **PRICE DROP**

\$21

TIDE LAUNDRY DETERGENT 3.46-3.9L, TIDE POWER PODS 45'S, TIDE PODS OR GAIN FLINGS 57-76'S, DOWNY OR GAIN BEADS 853 G
SELECTED VARIETIES
DÉTURGENT À LESSIVE TIDE, POWER PODS TIDE OU PODS TIDE OU FLINGS GAIN, PERLES DOWNY OU GAIN
21593676_EA/21625891_EA

Optimum

Get **7,500 pts** **\$7.50** back in points
When you spend \$15*

SHOUT STAIN REMOVERS DÉTACHANTS SHOUT
20071729_EA
21688090_EA

Optimum

Get **24.99** **2,000 pts** **\$2** back in points

PC SUPER ABSORBENT PAPER TOWELS 12 ROLLS
ESSUIE-TOUT SUPER ABSORBANTS PC^{MD}
21558605_EA

PREPARED IN CANADA **CLUB SIZE**

PRICE DROP⁺ so you can save more

\$2

PC GARDEN STIX 142 G
SELECTED VARIETIES
BÂTONNETS AUX LÉGUMES DU JARDIN PC^{MD}
21204151_EA/212042431_EA

PREPARED IN CANADA

2.50

GENERAL MILLS BETTY CROCKER OR MOTT'S FRUIT SNACKS 128-227 G
SELECTED VARIETIES
COLLATIONS AUX FRUITS BETTY CROCKER GENERAL MILLS OU FRUIT SNACKS MOTT'S
20318474001_EA
20686716001_EA

\$9

POPPY SODA 4X355 ML
SELECTED VARIETIES
SODA POPPI
21606285_EA/21606294_EA

SAVE UP TO 39%
\$3

BREYERS CLASSIC FROZEN DESSERT 1.4 L
SELECTED VARIETIES
DESSERT GLACÉ CLASSIQUE BRÉYERS
21651628_EA/21651683_EA

PREPARED IN CANADA

FRESH PROMISE: Applicable to eligible fresh produce items purchased at Real Atlantic Superstore locations or online at realatlanticsuperstore.ca. If you are not completely satisfied with your eligible fresh produce item, we will replace it with an identical item, or in our discretion, a comparable item and provide you with a refund of the purchase price upon presentation of the item and your original purchase receipt within 7 days of purchase at the Real Atlantic Superstore where purchase originated. This promise does not apply to reduced/clearance priced produce. This promise cannot be combined with any other offer. We reserve the right to cancel or change the terms of this promise at any time without notice. Quantities and/or selection of items may be limited and may not be available in all stores. For inquiries on product availability at your store please contact Customer Relations at the above phone number. 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 are not obligated to sell items based on errors or misprints in typography or photography. Pricing: All references to "Save, Was, Now, Savings, etc." is in comparison to our own regular prices. Coupons must be presented and redeemed at time of purchase. Savings on items shown may vary in each store location. Applicable taxes, deposits, or environmental surcharges are extra. No sales to retail outlets. ©/™ The trademarks, service marks and logos displayed in this flyer are trademarks of Loblaws Inc. and others. All rights reserved. © 2025 Loblaws Inc. MasterCard and the MasterCard Brand Mark are registered trademarks and PayPass is a trademark of MasterCard International Incorporated. President's Choice Bank a licensee of Sun Life. PC Optimum™ program is provided by President's Choice Financial Services Inc. President's Choice Financial MasterCard is provided by President's Choice Bank. President's Choice Financial personal banking services are provided by the direct banking division of Sun Life. PC, President's Choice, PC Financial and President's Choice Financial are registered trademarks of Loblaws Inc. Trademarks used under licence. We reserve the right to limit quantities to reasonable family requirements. **PC OPTIMUM MEMBERS ONLY:** These offers are only available to valid PC Optimum™ program members. Membership is free. To register as a PC Optimum™ member, see in-store or visit pc optimum.ca. We are not obligated to award points based on errors or misprints. No cash value. See atlanticsuperstore.ca for full program details including redemption restrictions Minimum redemption 10,000 points. These offers cannot be combined with any other coupons, discounts or promotions and no adjustments on previous purchases. We reserve to modify or cancel these offers without notice. Product availability may vary by store. While supplies last. We reserve the right to limit quantities. *Receive the points specified when you spend the qualifying dollar amount on the displayed participating product(s) and/or category(ies) before taxes and after redemptions and all coupons and discounts are deducted in a single transaction; ** Valid for full program duration, after which the price will be the same for both PC Optimum™ and non-PC Optimum™ members. Taxes applicable on the purchase amount after discounts. PC Optimum™ member pricing is not applicable to any price match programs for participating stores operating under the Loblaws Inc. banner. **OUTDOOR/SEASONAL:** For your local store's hours and for a list of Atlantic Superstore locations that DO NOT participate in this flyer, visit www.atlanticsuperstore.ca or call Customer Relations at 1-866-727-0771. Quantities and/or selection of items may be limited and may not be available in all stores. Outdoor seasonal items (e.g. lawn and garden) may only be available at select store locations. Please check your local store for pricing, limits and availability. We reserve the right to limit quantities to reasonable family requirements. Rainchecks may be available for out of stock items excluding clearance items or where quantities are advertised as limited. We reserve the right to substitute the out of stock item for an equivalent item in lieu of providing a raincheck. **Advertised regular pricing and product selection (flavour, colour, patterns, style) may vary by store location.** All references in our flyer to "Save, Was, Now, Savings, etc." is in comparison to our own regular prices. Savings on items advertised. **Valid in-store only.** Coupons must be presented and redeemed at time of purchase. We are not obligated to sell items based on errors or misprints in typography or photography. Applicable taxes, deposits, or environmental surcharges are extra. No sales to retail outlets. ©/™ The trademarks, service marks and logos displayed in this flyer are trademarks of Loblaws Inc. and others. All rights reserved. © 2025 Loblaws Inc. **#PRICE DROP** offer valid in-store at participating locations between May 14 - May 27, 2026 before applicable taxes and while quantities last. Offer applies only to select products. Offer may be modified and/or cancelled without notice. See in-store for full details.



FRESH PROMISE

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

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

3.99
LB
8.80/KG

PC[®] BLACK OR EXTRA LARGE RED SEEDLESS GRAPES
PRODUCT OF CHILE
RAISINS NOIRS OU TRÈS GROS RAISINS ROUGES SANS PÉPINS

PC^{MD}
20711275001_KG/20159199001_KG

GABLE SEEDLESS
BLACK SEEDLESS GRAPES
RAISINS NOIRS SANS PÉPINS

SWEET CELEBRATION
RED SEEDLESS GRAPES
RAISINS ROUGES SANS PÉPINS

\$5

STRAWBERRIES
PRODUCT OF MEXICO OR U.S.A.
454 G
FRAISES

20049778001_EA

MULTI SAVE

2/\$3
OR 2.00 EA

RED MANGO
PRODUCT OF MEXICO
MANGUE ROUGE

20059635001_EA

\$3

SNOW OR SUGAR SNAP PEAS
PRODUCT OF CHINA
POIS MANGE-TOUT OU SUGAR SNAP

21023553001_EA/21023581001_EA

\$5

FARMER'S MARKET[™] MINI CUCUMBERS
PRODUCT OF CANADA, 6'S
MINI-CONCOMBRE DÉLICÉS DU MARCHÉ^{MC}

20737570001_EA

PRODUCT OF CANADA

\$3

BROCCOLI CROWNS
PRODUCT OF MEXICO OR U.S.A.
COURONNES DE BROCOLI

21121560001_EA

\$6

FARMER'S MARKET[™] ORANGES
PRODUCT OF MOROCCO, SPAIN OR EGYPT, 3 LB
ORANGES DÉLICÉS DU MARCHÉ^{MC}

20162945001_EA

1.36 kg (3lb)

6.49

VIDALIA ONIONS
PRODUCT OF U.S.A.
NO. 1 GRADE, 3 LB
OIGNONS VIDALIA

20083454001_KG

VIDALIA SWEET ONIONS
LITTLE BEAR

\$6

GUACAMOLE 270 G OR PICO DE GALLO SALSA 170 G, PREPARED IN-STORE
GUACAMOLE OU SALSA PICO DE GALLO

21657916_EA/21552223_EA

\$26

PC[®] SIGNATURE GIFT BOUQUET
BOUQUET-CADEAU SIGNATURE PC^{MD}

21751715_EA

\$28

5 INCH ORCHID ORCHIDÉE 5 PO

20603981_EA

\$10

8 STEM TULIPS ASSORTED COLOURS
8 TULIPES SUR TIGE

21723469_EA

3.99
LB
8.80/KG

NO NAME[®] OR HALAL CHICKEN THIGHS
FRESH
HAUTS DE CUISSE DE POULET SANS NOM[®] OU HALAL

20055863_KG/21646525_KG

chicken poulet

CLUB SIZE

CANADIAN POULTRY

SAVE UP TO 3.00
LB

14.99
LB
33.05/KG

BEEF SHORT RIBS KOREAN STYLE
CUT FROM CANADA
AA GRADE BEEF
BOUTS DE CÔTES DE BŒUF À LA CORÉENNE

20810384_KG

SAVE UP TO 2.00

\$5

BREADED PORK LOIN SCHNITZEL
PREPARED IN-STORE, 300 G
ESCALOPE DE LONGE DE PORC PANÉE

21588065_EA

ALWAYS LOW PRICE

\$13

PC[®] BONELESS, SKINLESS CHICKEN BREAST
AIR CHILLED, 3'S
UP TO 630 G
POITRINE DE POULET DÉOSSÉE SANS PEAU

PC^{MD}
21340952_EA

chicken poulet

CANADIAN POULTRY

\$7

PC[®] PORK SAUSAGES
SELECTED VARIETIES, 375/500 G
SAUCISSES DE PORC PC^{MD}

21584342_EA/21584304_EA

WILD ITALIAN WILD ITALIENNES SAUCISSES

MAPLE À L'ÉRABLE

375 g 2000

300 g 2000

CANADIAN PORK

\$5

NO NAME[®] BACON
SELECTED VARIETIES, 375 G
BACON SANS NOM[®]

21750394_EA

no name[®] - sans nom[®]

bacon

375 g 2000

SAVE UP TO 2.00

\$6

ASIAN INSPIRATIONS ENTRÉES
SELECTED VARIETIES
FROZEN, 400 G
PLATS CUISINÉS ASIAN INSPIRATIONS

21047373_EA/21047530_EA

GINGER BEEF

THAI CHICKEN

400 g

400 g

MADE IN 15 MINUTES

\$5

FRESH ATLANTIC SALMON PORTIONS
PLAIN OR MARINATED
SELECTED VARIETIES, 100 G
PORTIONS DE SAUMON DE L'ATLANTIQUE

20636762_EA

SAVE UP TO 3.99

11.50

PC[®] SMOKED SALMON
SELECTED VARIETIES
FROZEN, 150 G
SAUMON FUMÉ PC^{MD}

20055009_EA/20108286_EA

SMOKED WILD SOCKEYE SALMON

SAUMON SOCKEYE SAUVAGE FUMÉ

SAUMON DE L'ATLANTIQUE FUMÉ

\$5
LB
11.02/KG

CAPTAIN JAC FLAVORED SEAFOOD FLAKES
FLOCONS DE PRODUIT DE LA MER AROMATISÉ AU CRABE CAPTAIN JAC

21396015_KG

TEAM SAVINGS

For fans who rep their table and their team.

MULTI SAVE

2/\$8

OR 4.79 EA

KAISER OR PANINI ROLLS
SELECTED VARIETIES, 6'S
PETITS PAINS KAISER OU PANINI
21579824_EA/21579825_EA



\$5

ACE BISTRO LOAVES
SELECTED VARIETIES
545-640 G
MICHES BISTRO ACE
21616156_EA/21707813_EA



3.50

GARLIC LOAF
330 G
PAIN À L'AIL
21020061_EA



SAVE 1.50

8.50

FARMER'S MARKET™ PIES
SELECTED VARIETIES, 580 G-1 KG
TARTES DÉLICÉES DU MARCHÉ™
21297366_EA/21297367_EA



\$7

FARMER'S MARKET™ COOKIES
SELECTED VARIETIES, 12'S
BISCUITS DÉLICÉES DU MARCHÉ™
20566294_EA/20566295_EA



\$5

FARMER'S MARKET™ CUPCAKES
SELECTED VARIETIES, 284-318 G
PETITS GÂTEAUX DÉLICÉES DU MARCHÉ™
21634708_EA/21635894_EA



3.75

PC® OR BLUE MENU® TORTILLAS
10 INCH, SELECTED VARIETIES
342/650 G
TORTILLAS PC™ OU MENU BLEU™
20182857_EA



\$12

PC® BASQUE CHEESECAKE
SELECTED VARIETIES
FROZEN, 600 G
GÂTEAU AU FROMAGE BASQUE PC™
21609491_EA



\$5

FURLANI TEXAS TOAST 16X40 G OR **GARLIC KNOTS** 296 G
SELECTED VARIETIES, 16'S
TOAST À L'AIL STYLE TEXAS OU NŒUDS À L'AIL FURLANI
20041579_EA



SAVE 2.49

\$8

BALDERSON CHEDDAR
250/280 G OR **GOUDA** 200 G
SELECTED VARIETIES
CHEDDAR OU GOUDA BALDERSON
21495455_EA/21495501_EA



SAVE 1.49

5.50

KAUKAUNA SHARP OR SMOKY CHEDDAR
SELECTED VARIETIES, 170 G
CHEDDAR FORT OU FUMÉ KAUKAUNA
21468074_EA/21468099_EA



SAVE UP TO 1.79

4.50

CHRIS BROTHERS SLICED MEATS
SELECTED VARIETIES, 175/250 G
VIANDES TRANCHÉES CHRIS BROTHERS
20347646_EA/20380156_EA



\$12

PC® CHICKEN BREAST STRIPS
375 G
LANIÈRES DE POITRINE DE POULET PC™
20786418_EA



SAVE UP TO 1.99

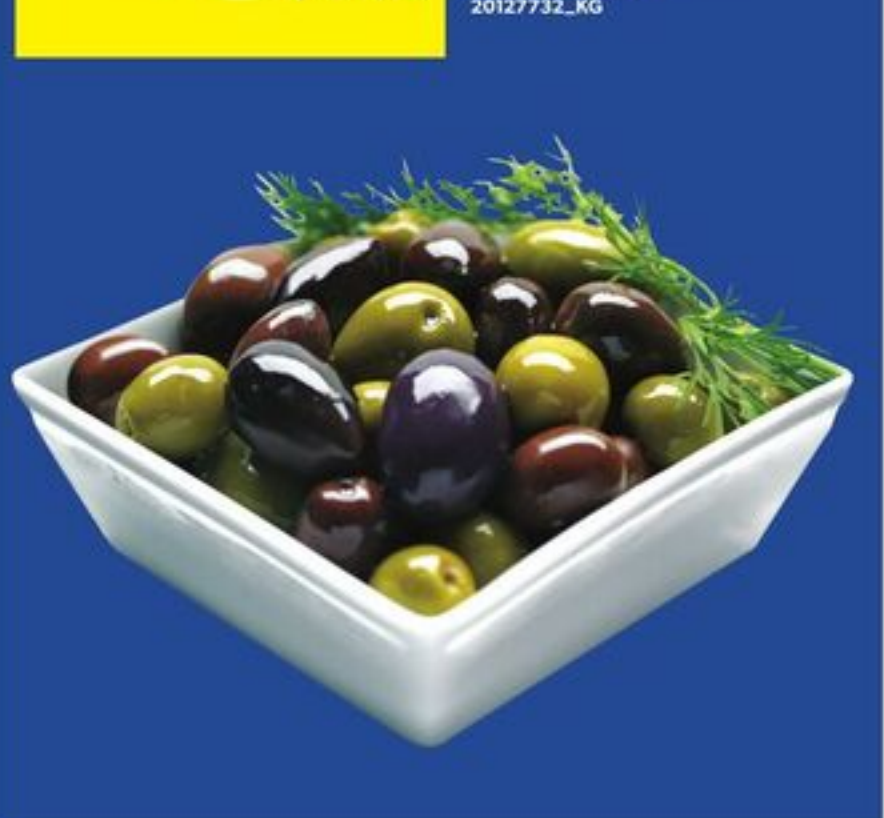
\$6

BRANDT LIVER SAUSAGE CHUB OR KOLBASSA SAUSAGE
SELECTED VARIETIES, 250 G
SAUCISSON DE FOIE OU SAUCISSON KOLBASSA BRANDT
20317795_EA/20353446_EA



\$3 /100 G

OLIVE OR ANTIPASTO BAR
VARIABLE WEIGHT
SELECTED VARIETIES
BAR À OLIVES OU ANTIPASTO
20127732_KG



Members Price™

\$30 (Members) / **\$35** (Non-Members)

Members Save \$5

BENTO KAZOKU PLATTER
53 PIECES, SERVES 6, 1.2 KG
PLATEAU KAZOKU BENTO
21637774_EA

*Must be a registered PC Optimism™ member to load and get this offer.
†Open your PC Optimism™ app or visit pcoptimism.ca to get the offer.

App exclusive offer

From \$9 Get **3,000 pts** **\$3** back in points

12" TAKE AND BAKE PIZZA
PREPARED IN-STORE
SELECTED VARIETIES, 510-739 G
PIZZA 12 PO CUIRE À LA MAISON
21456415_EA/21456401_EA

*Open your PC Optimism™ app or visit pcoptimism.ca to get the offer.

FROM \$20

SANDWICH OR WRAP PLATTERS
PREPARED IN-STORE, 1.2-1.7 KG
PLATEAUX DE SANDWICHES OU ROULÉS
21218193_EA/21558137_EA

HAPPY EID AL-ADHA

Low prices for joyful celebrations.



\$13

MEDJOO DATES
PRODUCT OF U.S.A., 2 LB TUB
20001686_EA



\$12

SUFRA HALAL CHICKEN LEGS
BACK ATTACHED, FRESH, UP TO 1.28 KG
21616972_EA



\$23

BRAR'S DESI GHEE
20669883_EA



1.6 KG

3.49

PRAN SAMOSA OR VEGETABLE SPRING ROLLS
SELECTED VARIETIES, FROZEN, 400 G
21054846_EA



SAVE 28%

\$10

QUALITY BASMATI RICE
20787290_EA



8 LB

EASY MEALS ON A BUDGET

\$16

IN-STORE PREPARED ONE PAN FAMILY MEALS
440-960 G, SERVES 4
21738484_EA/21738486_EA



\$8

IN-STORE PREPARED BOWLS
SELECTED VARIETIES
350/400 G
21666110_EA/21738434_EA



\$8

IN-STORE MADE ORIGINAL OR MARRY ME CHICKEN SALAD
400 G
21734661_EA/21738407_EA



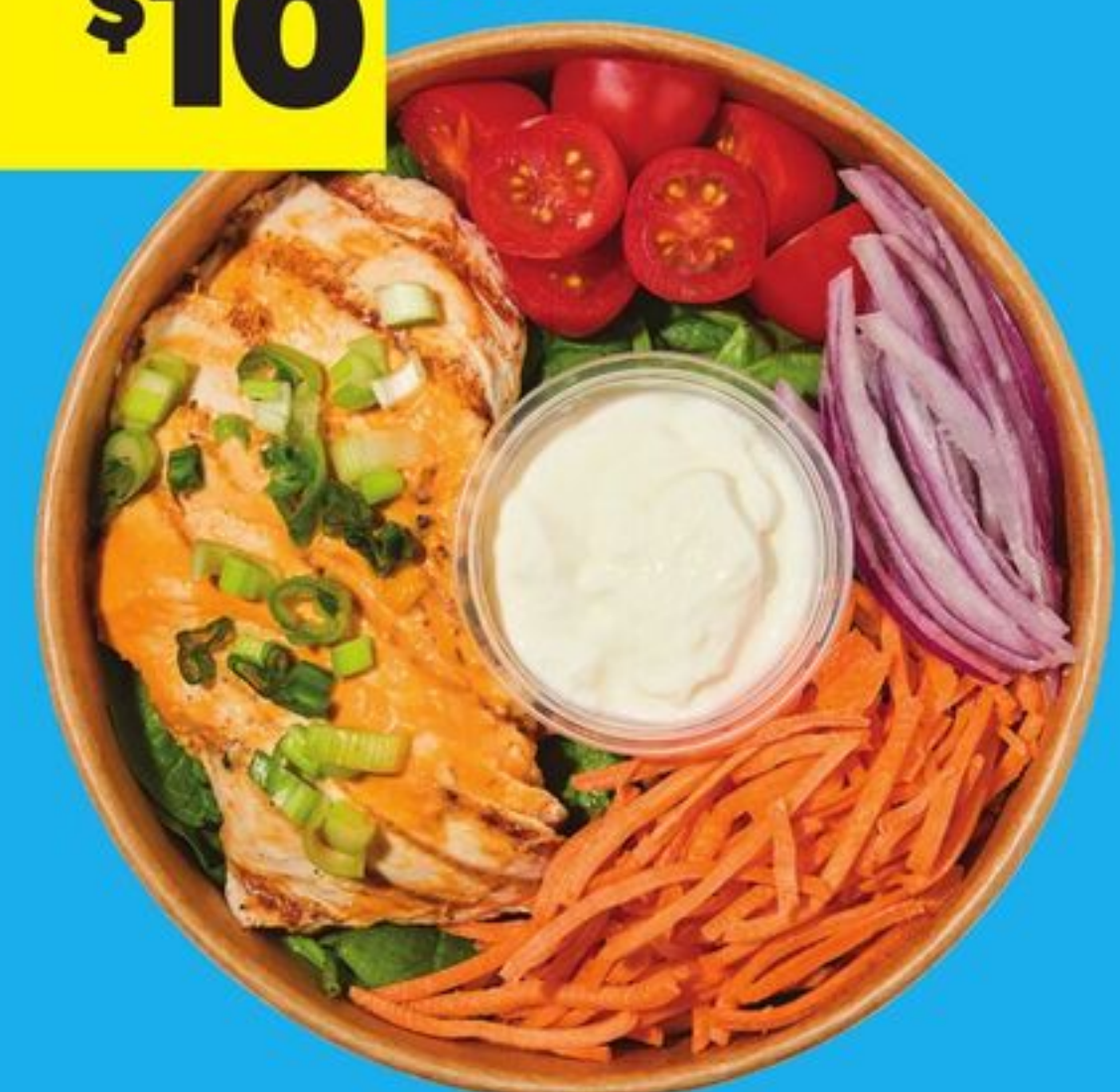
\$8

IN-STORE PREPARED SINGLE SERVE MEALS
SELECTED VARIETIES
135-410 G
21738433_EA



\$10

IN-STORE MADE LOADED BOWLS
345-380 G
21738472_EA



TEAM SAVINGS: LOCAL ICONS

For fans who cheer loudly and eat proudly Canadian.

5⁹⁹

**FARMER'S MARKET™
RUSSET POTATOES**
PRODUCT OF CANADA
CANADA NO. 1 GRADE
10 LB
2060102001_EA



8⁹⁹

**NO NAME®
SMOKED SAUSAGES**
SELECTED VARIETIES
CLUB PACK, 900 G
20734142_EA



\$10

SUNRISE BEEF BURGERS
FROZEN, 500 G
20074623_EA



6⁵⁰

**CANADIAN COVE
FRESH PEI MUSSELS**
907 G
21556624_EA



**MULTI
SAVE**

2/7⁵⁰

OR 4.19 EA

**COUNTRY HARVEST
BAGELS 450 G OR
BREAD 600-605 G
SELECTED VARIETIES**
21178571_EA/21693323_EA



3⁵⁰

Get **2,000** pts

\$2 back in points

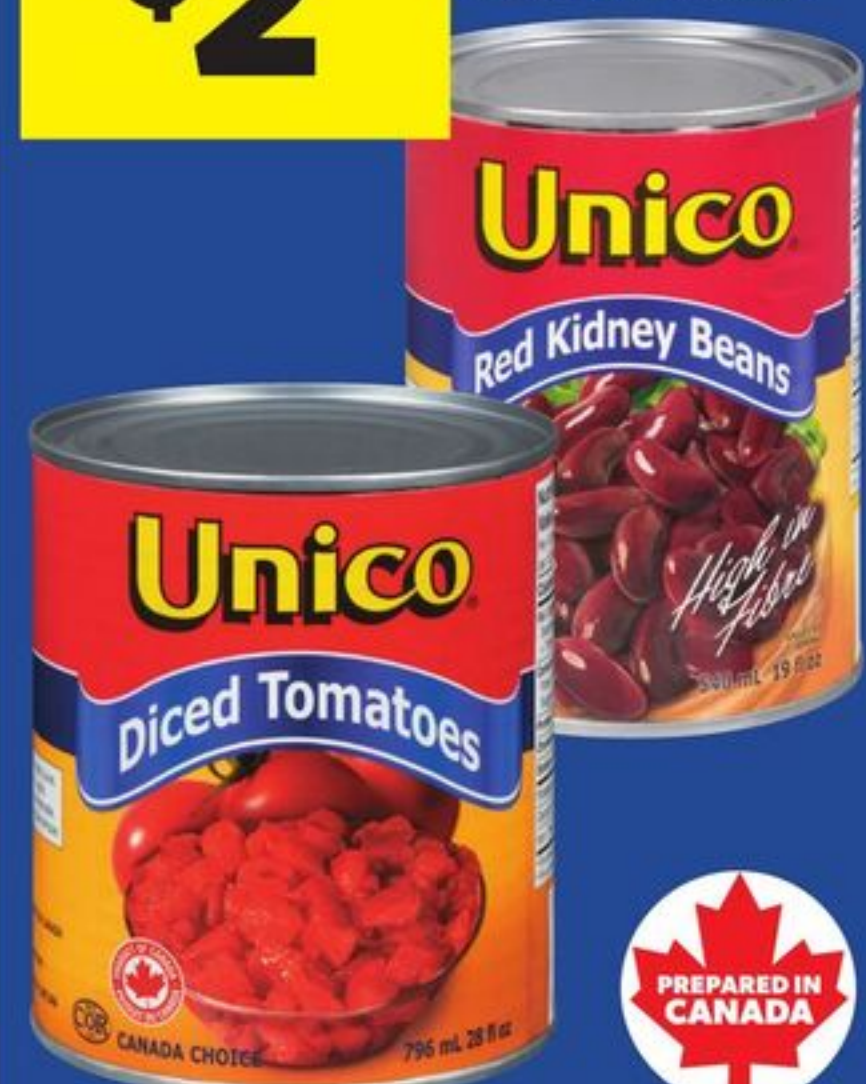
When you buy 2

**JUMBO HAMBURGER
OR HOT DOG BUNS**
BAKED IN-STORE
SELECTED VARIETIES
8'S
20711617_EA/20711614_EA



\$2

**UNICO BEANS 540 ML OR
TOMATOES 796 ML**
SELECTED VARIETIES
20313447001_EA/20314629001_EA



1²⁵

UNICO TOMATO PASTE
SELECTED VARIETIES, 156 ML
20000527_EA/20679191_EA



Get **2,500** pts

\$2.50 back in points

When you buy 4

HEINZ PASTA OR BEANS
SELECTED VARIETIES, 398 ML
20040380003_EA/2017728001_EA



4⁵⁰

PC® VINAIGRETTE
SELECTED VARIETIES, 350 ML
21072462_EA/21683167_EA



\$6

**MATT & STEVE'S
THE EXTREME BEAN
PICKLED BEANS 500 ML,
PICKLE SPEARS OR
BABY DILLS 750 ML**
SELECTED VARIETIES
20618220_EA/21498289_EA



**MULTI
SAVE**

2/\$9

OR 4.99 EA

**RUFFLES
POTATO CHIPS**
SELECTED VARIETIES, 180-200 G
21241052_EA/21241053_EA



\$16

**JUST US! ORGANIC
WHOLE BEAN AND
GROUND COFFEE**
SELECTED VARIETIES, 340 G
20095523003_EA/20309024002_EA



3⁵⁰

**MADE GOOD GRANOLA
BARS 120 G, CRISPY
SQUARES 132 G, SOFT
BAKED MINI COOKIES
24-120 G, GRANOLA BITES
24 G, SOFT BAKED OAT
BARS OR ORGANIC
CRUNCHY GRANOLA
SQUARES 150 G**
SELECTED VARIETIES
21722850_EA/21352121_EA



\$6

NO NAME® NAPKINS
CLUB SIZE
500'S
20306897_EA





Insiders Report™

PC®'s top produce picks

SHOP NOW

\$7

PC® MIXIANY CHERRY TOMATOES ON THE VINE
PRODUCT OF CANADA, 340 G
21720721001_EA



Must Try!



\$3

PC® CRIMSON PEACH MANGO
PRODUCT OF MEXICO
21729495001_EA



Must Try!

Optimum™
App exclusive offer

\$6

Get 1,500 pts

\$150 back in points

PC® CHOPPED SALAD KITS
PRODUCT OF U.S.A.
SELECTED VARIETIES
282-396 G
6047390_EA/4627187_EA
*Open your PC Optimum™ app or visit pcoptimum.ca to get the offer.



\$2

PC® NAM DOK MAI MANGO
PRODUCT OF MEXICO
21729547001_EA



Must Try!

\$6

PC® LUSCIOUS LOVELIES STRAWBERRY-TYPE TOMATOES ON THE VINE
PRODUCT OF CANADA, 340 G
21720704001_EA



Must Try!



\$8

PC® SUKKARI OR SAFAWI
PRODUCT OF SAUDI ARABIA
SELECTED VARIETIES
400 G
21706738001_EA/21706824001_EA



Must Try!

\$15

PC® MY SIP
SELECTED VARIETIES, 700 ML
21686035_EA/21686084_EA



Must Try!

\$5

PC® SIPPETS
SELECTED VARIETIES
21686175_EA/21686176_EA



Must Try!

\$15

PC® GREENS & GRAINS SALAD CONTAINER
SELECTED VARIETIES
21635139_EA/21635333_EA



Must Try!

\$115

LIMIT 3 OVER LIMIT PAY 165.00 EA



PC® THE PERFECTLY PORTABLE TABLETOP GRILL
INTEGRATED CARRY HANDLE, MARINADE TRAY AND CUTTING BOARD
21670419_EA



New!

\$645

LIMIT 3 OVER LIMIT PAY 795.00 EA



PC® THE ULTIMATE PROPANE GRILL
4 1/2" x 1" BURNERS
21670484_EA



New!

UP TO 20% OFF

PC® FLAT TOP TOOLS
SELECTED VARIETIES
21668531_EA



New!



Insiders Report™

Sip. Snack. Save.

SHOP NOW

2⁵⁰

PC[®] WORLD OF FLAVOURS POTATO CHIPS
SELECTED VARIETIES, 200 G
21712080_EA/21712032_EA



New!

2⁵⁰

PC[®] KETTLE COOKED OR KETTLE RIPPLED POTATO CHIPS
SELECTED VARIETIES, 200 G
21422931_EA/21687125_EA



5⁵⁰

PC[®] PEANUTS 700 G OR CASHEWS 200 G
SELECTED VARIETIES
2005799003_EA/21054943_EA



\$5

PC[®] HUMMUS SQUEEZE BOTTLES
SELECTED VARIETIES
255 ML
21732723_EA/21732733_EA
21732656_EA



Must Try!

\$5

PC[®] ORGANICS LEMONADE
1.36 L
21687663_EA



\$3

PC[®] LEMONADE
SELECTED VARIETIES, 1.89 L
20773870001_EA/20957804_EA



PREPARED IN CANADA

7⁵⁰

PC[®] DE-ALCOHOLIZED WINE
SELECTED VARIETIES, 750 ML
21403389_EA/21403385_EA



\$3

PC[®] GUAVA LEMONADE
1.89 L
21706967_EA



Must Try!

6⁷⁵

PC[®] COLA ZERO
SELECTED VARIETIES
12X355 ML
21747386_C12
21747413_C12



New!

5⁷⁵

PC[®] BLUE MENU™ OR PC[®] SPARKLING WATER
SELECTED VARIETIES, 12X355 ML
21747415_C12
21747404_C12



PREPARED IN CANADA

5⁷⁵

PC[®] SPARKLING WATER
SELECTED VARIETIES, 80/100 G
12X355 ML
21703791_C12



New!

PREPARED IN CANADA

\$7

PC[®] SINGLE SERVE K-CUPS
SELECTED VARIETIES, 12'S
20585472_EA/21696559_EA



8⁵⁰

PC[®] SINGLE ORIGIN GROUND COFFEE
SELECTED VARIETIES, 340 G
21380541_EA/21668472_EA



New!

\$5

PC[®] INSTANT COFFEE
SELECTED VARIETIES, 80/100 G
21499826_EA/21500188_EA





Your barbecue's favourites

SHOP NOW

Insiders Report™

\$7

PC[®] ROYAL BLUAROMA BLUEBERRIES
PRODUCT OF MEXICO, PERU OR MOROCCO, 278 G
20573077_EA



3⁹⁹

PC[®] LITTLE GEMS[™] RED, YELLOW OR MIXED MINI POTATOES
PRODUCT OF CANADA
CANADA NO. 1 GRADE, 680 G
21247300001_EA/21247299001_EA



\$7

PC[®] SWEET MARVELS GRAPE TOMATOES
PRODUCT OF CANADA, 340 G
21720619001_EA



New!



3⁵⁰

PC[®] ELOTE STREET CORN DIP
200 G
21706608_EA



New!

\$15

PC[®] BLACK LABEL WAGYU BURGERS
SELECTED VARIETIES
FROZEN, 568 G
20766235_EA/21522754_EA



\$14

PC[®] RIBS
SELECTED VARIETIES
FROZEN, 500-680 G
20071715_EA/21394197_EA



\$15

PC[®] THE ULTIMATE ATLANTIC SALMON BURGERS
FROZEN, 500 G
21638144_EA



SAVE UP TO 1.29
\$7

PC[®] BRIE
SELECTED VARIETIES, 165-200 G
20787327_EA



5⁵⁰

PC[®] FRESH SALSA
SELECTED VARIETIES
300/350 G/430 ML
20959575_EA/21646968_EA



ALWAYS LOW PRICE
\$5⁵⁰

PC[®] BRIOCHE BURGER BUNS, HOT DOG BUNS OR LOAF
SELECTED VARIETIES, 270-400 G
21050280_EA/21094319_EA



\$12

PC[®] CREAM PIE
SELECTED VARIETIES
FROZEN, 730 G
21586299_EA



4⁵⁰

PC[®] HAZELNUT SPREADS
SELECTED VARIETIES, 375 ML
20792384_EA



2⁵⁰

PC[®] LOADS OF[™] FLAVOUR POTATO CHIPS
SELECTED VARIETIES, 200 G
20840911002_EA/20840911004_EA



3⁴⁹

PC[®] MINI POPPADOMS
SELECTED VARIETIES, 113 G
21605321_EA/21605358_EA



3⁵⁰

PC[®] WINE GUMS OR LICORICE ALLSORTS
SELECTED VARIETIES, 175-200 G
20878994_EA/20879245_EA





Insiders Report™

Sip. Snack. Save.

SHOP NOW

\$6

PC[®] SHREDS
SELECTED VARIETIES, 250-320 G
21060183_EA/21060201_EA



\$5

PC[®] LOADS OF NOVELTIES ICE CREAM BARS
SELECTED VARIETIES
FROZEN, 288 ML/4'S
21575391_EA/21707047_EA



4⁵⁰

PC[®] ORANGE JUICE
SELECTED VARIETIES, 1.36 L
21716997_EA/21717114_EA



\$5

PC[®] FROZEN RISOTTO OR GNOCCHI 350-400 G
OR PC[®] ASIAN ENTREES OR SOUPS 300 G
SELECTED VARIETIES, FROZEN
21546584_EA/21565996_EA



5⁷⁵

PC[®] FUNCTIONAL SODA
SELECTED VARIETIES, 6X355 ML
21650369_C06/21650434_C06



7⁵⁰

PC[®] OLIVES
SELECTED VARIETIES
375/750 ML
20317800_EA/20319890_EA



MULTI SAVE
2/\$8
OR 4.49 EA

PC[®] OR BLUE MENU[®] SALAD DRESSINGS 475 ML
OR PC[®] CROUTONS 140 G
SELECTED VARIETIES
20628488006_EA/20796248001_EA



5⁵⁰

PC[®] SALSA
SELECTED VARIETIES, 650 ML
20309646001_EA/20309646003_EA



3⁵⁰

PC[®] ORGANICS PLANT-BASED PUFFS
SELECTED VARIETIES, 142 G
21716046_EA/21716109_EA



\$1

PC[®] NUTRITION FIRST GRAIN FREE CANNED CAT FOOD
SELECTED VARIETIES, 85 G
21359608_EA/21359618_EA



\$7

PC[®] NUTRITION FIRST DOG TREATS
SELECTED VARIETIES, 160-270 G
21722109_EA/21722496_EA



\$14

PC[®] NUTRITION FIRST CAT FOOD
SELECTED VARIETIES, 2 KG
21303268_EA



BUY 2 GET 1 FREE

LIFE AT HOME[™] CANDLES
SELECTED VARIETIES
FREE ITEM MUST BE OF EQUAL OR LESSER VALUE
10.00-21.00
21684212_EA/21686688_EA



BUY 3 GET 1 FREE

PC[®] TRITAN STEMLESS GLASS
SELECTED VARIETIES, 20 OZ
FREE ITEM MUST BE OF EQUAL OR LESSER VALUE
4.00
21058707_EA/21058706_EA
21058708_EA/21058705_EA



\$25

PC[®] PICNIC BOWL
21692266_EA/21692441_EA



TEAM SAVINGS

For fans who love low blocks and low prices.

5⁹⁹

**MAPLE LODGE FARMS
ULTIMATE CHICKEN
WIENERS OR ZABIHA
HALAL SUPREME
WIENERS**
SELECTED VARIETIES, 900 G
20671791_EA



\$3

**NO NAME[®] HOT DOG
OR HAMBURGER BUNS**
SELECTED VARIETIES, 344/360 G
21509434_EA



10⁹⁹
LB
24.23/KG

**EXTRA LEAN
GROUND BEEF**
20798252_KG



**CLUB
SIZE**

\$4

ICEBERG LETTUCE
PRODUCT OF MEXICO OR U.S.A.
NO. 1 GRADE
20135326001_EA



2/\$10
OR 5.99 EA

PC[®] CHEESE SLICES
SELECTED VARIETIES, 210 G
21405953_EA/21406181_EA



**4 DAYS
ONLY!**

\$20

**THURS-SUN
LARGE VEGETABLE
OR FRUIT PLATTER**
PREPARED IN-STORE
1.34-1.87 KG
20081718_EA/20121599_EA



\$4

**KING'S
HAWAIIAN ROLLS**
SELECTED VARIETIES, 12'S
21489831_EA



2/\$7
OR 3.99 EA

CHEEZ-IT CRACKERS
SELECTED VARIETIES, 191/200 G
21214559_EA/21214560_EA



Members Price[™]
\$8

Non-Members
\$12

Members Save \$4

SCHNEIDERS PEPPERETTES
SELECTED VARIETIES, 225-375 G
21738537_EA/21738540_EA

**Must be a registered PC Optimum[™] member to load and get this offer.
*Open your PC Optimum[™] app or visit pcoptimum.ca to get the offer



4⁷⁵

**LECLERC
CÉLÉBRATION
COOKIES**
SELECTED VARIETIES, 200-350 G
21680135_EA/21682304_EA



**SAVE
28%**

2⁵⁰

**NO NAME[®]
MARSHMALLOWS**
SELECTED VARIETIES, 400 G
20304972001_EA/21023141_EA



Get 3,000 pts
When you spend \$10*

\$3 back in points

FRENCH'S MUSTARD
325-550 ML, SAUCE 400 ML,
KETCHUP 750 ML-1 L,
FRANK'S REDHOT SAUCE 354-680 ML,
THICK SAUCE 354 ML,
CHOLULA HOT SAUCE 150 ML
OR STUBB'S BBQ SAUCE 450 ML
SELECTED VARIETIES
20187632001_EA/21021268_EA



\$30

Get 5,000 pts
\$5 back in points



SERVES 6

App exclusive offer

FROM \$9

Get 3,000 pts
\$3 back in points



App exclusive offer

\$30

Get 5,000 pts
\$5 back in points



Earn 10,000 pts

Express[™]

When you spend \$50+ on select BBQ essentials*. Online only.

Use code **BBQ10**

Shop now



*Offer valid from May 14 to 27, 2026. Conditions apply. See site for details.

TEAM SAVINGS

For fans who love low blocks and low prices.

MULTI SAVE

2/\$15
OR 8.29 EA

BUBLY SPARKLING WATER
SELECTED VARIETIES
12X355 ML
21097177_C12/21651534_C12



10⁹⁹

CORONA ZERO 0.0% ALCOHOL-FREE BEER
6X330 ML
21650191_C06



MULTI SAVE

2/\$7
OR 4.29 EA

MONSTER ENERGY, FULL THROTTLE, NOS OR REIGN ENERGY DRINKS
SELECTED VARIETIES
355-473 ML
20938249_EA/20938521_EA



MULTI SAVE

2/\$5
OR 2.99 EA

GATORADE FIERCE OR ZERO SPORTS DRINK
SELECTED VARIETIES, 710 ML
20305775001_EA/20305775003_EA



11⁴⁹

PERONI NON-ALCOHOLIC BEER
SELECTED VARIETIES, 6X330 ML
21622480_C06



18⁹⁹

COORS EDGE NON-ALCOHOLIC BEER WITH NATURAL FLAVOURS DOUBLE BREWED
SELECTED VARIETIES, 12X355 ML
21105236_C12



7⁹⁹

MAISON PERRIER SPARKLING WATER BEVERAGES
SELECTED VARIETIES, 8X330 ML
21576465_C08/21575556_C08



MULTI SAVE

2/4⁵⁰
OR 2.50 EA

PC 100% JUICE
SELECTED VARIETIES, 1L
21080947_EA/21080958_EA



2/\$6
OR 3.49 EA

GLACEAU VITAMIN WATER BEVERAGES
SELECTED VARIETIES, 591 ML
20333194006_EA/20562362003_EA



\$8

CAFFÈ BORBONE NESPRESSO COMPATIBLE CAPSULES 10'S OR NESCAFÉ GOLD INSTANT COFFEE 80-100 G
SELECTED VARIETIES
21733119_EA/21733204_EA
21074565_EA



6⁴⁹

NESCAFÉ ESPRESSO CONCENTRATES
500 ML
21665027_EA/21665148_EA



\$12

STARBUCKS CREMA INSTANT COFFEE 202 G OR ROYNEST PREMIUM MATCHA 50/150 G
SELECTED VARIETIES
21734975_EA/21721603_EA



6⁵⁰

LAVAZZA CREMA GUSTO OR ROSSA GROUND COFFEE 250 G, CAFÈ AGGA NESPRESSO COMPATIBLE CAPSULES 10'S OR TORANI SYRUPS 375 ML
SELECTED VARIETIES
21553714_EA/21307021_EA
217045476_EA



\$16

JUMPING BEAN K-CUPS
SELECTED VARIETIES, 20'S
21210620_EA/21210719_EA



4⁹⁹

NESCAFÉ SWEET & CREAMY INSTANT SACHETS 16/18'S OR LIPTON PYRAMID TEA BAGS 20'S
SELECTED VARIETIES
21363371_EA/21736352_EA



GREEN THUMBS UP

100% CANADIAN GROWERS

GARDEN CENTRE OPEN

Victoria Day 7am-6pm **SHOP NOW**

RECYCLE YOUR POTS FOR POINTS
APR 30 - JUN 17

Optimum™
Get **100 pts** for every empty pot or flat you return to our garden centre*

*For every empty plant pot or flat returned to participating RASS Garden Centre's, you will earn the points indicated. Offer expires after one use and cannot be used on previous or subsequent transactions. We reserve the right to limit number of pots or flats returned. We are not obligated to award points based on errors or misprints. No cash value.

Optimum™
4 DAYS ONLY!
Thursday, May 14th to Sunday, May 17th, 2026
Get **20,000 pts**
\$20 back in points
for every \$100* spent in the Garden Centre

Forest Glen Greenhouses was started in 1985 by Lee and Judy Thompson with a small backyard operation located in **Brookfield, NS**. Now, joined by their daughter, Megan and son in law, Jason, the family business has grown into a seven-acre, gutter connect greenhouse facility. Forest Glen specializes in growing annuals, perennials, vegetables, herbs, mums and poinsettias



\$15
PC[®] ANNUAL PLANTER
SELECTED VARIETIES, 8.5 INCH
21001606_EA



PRODUCT OF CANADA

\$5
PC[®] GIGANTICO™ ANNUALS
SELECTED VARIETIES, 4 PACK
21570281_EA



PRODUCT OF CANADA

MULTI SAVE
5/\$25
OR 5.50 EA
PC[®] GIGANTICO™ ANNUALS, HERBS OR VEGETABLES
SELECTED VARIETIES, 4.33 INCH
21350302_EA/21352664_EA/21350301_EA



PRODUCT OF CANADA

\$30
PC[®] DELUXE ANNUAL PLANTER
SELECTED VARIETIES
11 INCH
20753963_EA



PRODUCT OF CANADA

\$20
PC[®] HERBIN WHISKEY BARREL
SELECTED VARIETIES
10 INCH
20753948_EA



PRODUCT OF CANADA

MULTI SAVE
2/\$55
OR 32.00 EA
PC[®] JUMBO ANNUAL HANGING BASKET
SELECTED VARIETIES
12 INCH
20753924_EA



PRODUCT OF CANADA

\$9
PC[®] SUPER GIGANTICO™ ANNUALS
SELECTED VARIETIES
6 INCH
21352513_EA



PRODUCT OF CANADA

MULTI SAVE
2/\$40
OR 23.00 EA
PC[®] DELUXE ANNUAL HANGING BASKET
SELECTED VARIETIES
11 INCH
20753918_EA



PRODUCT OF CANADA

\$20
PC[®] VEGETABLES IN CAGE
SELECTED VARIETIES
10 INCH
20753957_EA



PRODUCT OF CANADA

MULTI SAVE
2/\$9
OR 5.00 EA
PERENNIALS
SELECTED VARIETIES
9 CM
21347591_EA



PRODUCT OF CANADA

MULTI SAVE
2/\$16
OR 9.00 EA
PERENNIALS
SELECTED VARIETIES
13 CM
21347592_EA



PRODUCT OF CANADA

MULTI SAVE
2/\$14
OR 8.00 EA
PC[®] POTTING SOIL
25 L
21349090_EA



PRODUCT OF CANADA

MULTI SAVE
2/\$14
OR 8.00 EA
PC[®] VEGETABLE OR HERB SOIL
25 L
21349109_EA



PRODUCT OF CANADA

MULTI SAVE
2/\$14
OR 8.00 EA
PC[®] ENRICHED LAWN SOIL
25 L
21349080_EA



PRODUCT OF CANADA

948
NO NAME™ ALL-PURPOSE SOIL
50 L
21358664_EA



PRODUCT OF CANADA

MULTI SAVE
3/\$12
OR 4.50 EA
NO NAME™ CEDAR MULCH
AVAILABLE IN NATURAL, BLACK OR RED, 42.5 L
21358573_EA



PRODUCT OF CANADA

FROM **\$12**
GRASS SEED
SELECTED VARIETIES AND SIZES
21156919_EA



\$9
MIRACLE GRO SHAKE 'N FEED TOMATO, FRUIT & VEGETABLE
453 G
21567431_EA




MULTI SAVE
2/\$7
OR 3.99 EA
PC[®] YARD WASTE BAGS
SELECTED VARIETIES
5'S
20429980_EA



FROM **\$5**
PLANT FOOD FERTILIZER
SELECTED VARIETIES AND SIZES
21157038_EA



FROM **\$13**
GARDEN DÉCOR, POTS
SELECTED VARIETIES AND STYLES
21569526_EA



FROM **\$4**
GARDEN TOOLS
SELECTED VARIETIES
21625523_EA



FROM **\$8**
GARDEN WATERING ACCESSORIES
20278904_EA



PERFECTLY PRICED PATIO FAVES



\$215
LIMIT 3
 OVER LIMIT PAY 295.00 EA

PC ALMOST SMOKELESS WOOD-BURNING FIRE PIT
 INCLUDES STAINLESS STEEL GRILL, 2 YEAR LIMITED WARRANTY
 21526029_EA

\$415
LIMIT 3
 OVER LIMIT PAY 495.00 EA

PC PELLET SMOKER
 21601376_EA

- 28 Burgers or 5 Racks of Ribs
- Wood Pellets
- 5 Year Limited
- 486 Sq Inches

\$545
LIMIT 3
 OVER LIMIT PAY 695.00 EA

PC THE URBAN GRILL
 3 BURNERS +1 REAR BURNER
 21670523_EA

50,000 BTU
 20 Burgers Propane
 5 Year Limited 498 Sq Inches

\$275
LIMIT 3
 OVER LIMIT PAY 345.00 EA

LIFE AT HOME GREENWOOD WOVEN 3 PIECE CHAT SET
 21670462_EA

\$295
LIMIT 3
 OVER LIMIT PAY 395.00 EA

LIFE AT HOME CURVED GAZEBO OR PERGOLA
 21670328_EA/21670346_EA

UP TO 30% OFF

LIFE AT HOME OUTDOOR PATIO CUSHIONS
 SELECTED VARIETIES
 21669896_EA/21670051_EA

UP TO 30% OFF

LIFE AT HOME OUTDOOR STRING LIGHTS, STAKE LIGHTS AND LANTERNS
 SELECTED VARIETIES
 21601409_EA/21675895_EA/21600099_EA

BUY 1 GET 1 50% OFF

EVERYDAY ESSENTIALS GRILL TOOLS
 SELECTED VARIETIES
 SECOND ITEM MUST BE OF EQUAL OR LESSER VALUE
 8.00
 21670367_EA/21670392_EA

UP TO 20% OFF

PC HARD COOLERS
 21684324_EA/21684345_EA

\$69
LIMIT 4
 OVER LIMIT PAY 79.00 EA

EVERYDAY ESSENTIALS CLUB CHAIR
 21685991_EA/21685780_EA

Get **6,000 pts**
 For every \$18* spent

\$6 back in points

OFF! RAID INSECT REPELLENT
 20001279001_EA/20111889_EA

OFF! DEEP WOODS FOR SPORTSMEN
 MAXIMUM PROTECTION

BUY 1 GET 1 50% OFF

POOL ACCESSORIES
 SELECTED VARIETIES
 SECOND ITEM MUST BE OF EQUAL OR LESSER VALUE
 4.00-75.00
 21470340_EA/21637145_EA

UP TO 25% OFF

BUBBLES MACHINES AND BLASTERS
 SELECTED VARIETIES
 21621763_EA/21694050_EA

TEAM SAVINGS

For fans who love low blocks and low prices.

MULTI SAVE

2/\$7
OR 4.00 EA

PC® BASMATI OR JASMINE RICE
SELECTED VARIETIES, 750 G
20961107_EA/20961292_EA



MULTI SAVE

3/\$9
OR 3.79 EA

KELLOGG'S NUTRI GRAIN BARS
295 G, **RICE KRISPIES BARS** 176 G, **SPECIAL K CRISPY BARS** 125 G
OR POP TARTS 384 G
SELECTED VARIETIES
20126567001_EA/20313984001_EA



MULTI SAVE

3/9.99
OR 4.49 EA

KELLOGG'S RETAIL SIZE CEREAL
SELECTED VARIETIES, 269-355 G
21652110_EA/21652128_EA



\$3

CAVENDISH FARMS CLASSIC FRIES
SELECTED VARIETIES
FROZEN, 800 G
215898372_EA
21602936_EA



SAVE UP TO 4.00

\$16

FILIPPO BERIO OLIVE OIL 750 ML
OR DENIGRIS BALSAMIC VINEGAR
250 ML
SELECTED VARIETIES
21193747_EA
21635208_EA



2.75

HABITANT SOUPS 796 ML
OR PC® BLUE MENU® SOUP 500 ML
SELECTED VARIETIES
20299690002_EA
21545172_EA



\$3

Get **1,000** pts
When you buy 3
\$1 back in points

SWISS CHALET SOUP OR MONTANA'S SOUP
SELECTED VARIETIES, 540 ML
21313335_EA/21690570_EA



4.99

MONTANA'S BBQ SAUCE 350 ML
OR THE KEG DRESSING 475 ML
SELECTED VARIETIES
21387446_EA
21670482_EA



\$5

KRAFT SHAKE & BAKE COATING MIX
SELECTED VARIETIES
142-160 G
21548016_EA
21603339_EA



MULTI SAVE

2/\$7
OR 4.29 EA

CHRISTIE MINI COOKIES
SELECTED VARIETIES
144-200 G
21584976_EA
21585155_EA



\$7

KELLOGG'S EGGO WAFFLES 560 G
OR PROTEIN WAFFLES 280 G
OR PANCAKES 560 G
SELECTED VARIETIES
FROZEN
20099736004_EA
21639327_EA



\$3

NO NAME® VEGETABLES
SELECTED VARIETIES,
FROZEN, 750 G
20312260_EA
20316412_EA



\$5

NO NAME® FISH
SELECTED VARIETIES
FROZEN, 454 G
21672264_EA
21672358_EA



SAVE 1.50

4.50

NESTLÉ COFFEE MATE
SELECTED VARIETIES
828/946 ML
21091311_EA
21564632_EA



2.75

MAPLE LEAF FLAKED MEAT
SELECTED VARIETIES
156 G
20298273001_EA
20298273002_EA



4.49

OCEAN SPRAY CRANBERRY COCKTAIL 1.89 L, **100% JUICE BLENDS** 1.77 L
OR MOTT'S CLAMATO 1.89 L
SELECTED VARIETIES
20318955002_EA
20300006008_EA



MULTI SAVE

2/\$8
OR 4.79 EA

MIO, KOOL-AID, TANG, COUNTRY TIME, KRAFT OR CRYSTAL LIGHT LIQUID WATER ENHANCERS OR DRINK MIXES
SELECTED VARIETIES
48 ML/22-45 G
20663423_EA
2056519001_EA



\$15

COTTONELLE FRESH CARE FLUSHABLE WET WIPES 168'S
OR ULTRA CLEAN OR ULTRA COMFORT TOILET PAPER 12'S
SELECTED VARIETIES
21477027_EA/21665900_EA



\$22

CASHMERE BATHROOM TISSUE
SELECTED VARIETIES
24 TRIPLE ROLLS=72 SINGLE ROLLS
21189845_EA
21443640_EA



CLUB SIZE

BUY BIG. SPEND SMALL.

\$7

NO NAME[®] NATURALLY IMPERFECT LEMONS
 PRODUCT OF SOUTH AFRICA
 OR U.S.A., 3 LB
 21124487001_EA



Naturellement imparfaits
 lemons - citrons
 Freshness and quality... in all shapes and sizes.
 Fraîcheur et qualité... sous toutes les formes.


1.36 kg (3 lb)



CLUB SIZE

\$5


FARMER'S MARKET[™] AVOCADO BAG
 PRODUCT OF MEXICO, 5'S
 21644936001_EA



CLUB SIZE

10⁹⁹
 LB
 24.23/KG

BONELESS BEEF STEW
 CUT FROM CANADA AA GRADE
 BEEF OR HIGHER
 20766562_XG



CLUB SIZE

\$6
 LB
 13.23/KG

NO NAME[®] OR HALAL CHICKEN WINGS
 FRESH
 20168158_XG




chicken poulet

CANADIAN POULTRY

CLUB SIZE

4⁹⁹
 LB
 11.00/KG

PORK SHOULDER BLADE STEAKS
 20837875_XG



CLUB SIZE

\$26

NO NAME[®] CHICKEN WINGS
 SELECTED VARIETIES
 FROZEN, 1.8 KG
 21045698_EA/21045704_EA

honey garlic chicken wings
 ailes de poulet miel et ail

salt & pepper chicken wings
 ailes de poulet sel et poivre

PREPARED IN CANADA

CLUB SIZE

14⁹⁹

SUNRISE LARGE WAX BOLOGNA
 2 KG
 20997095_EA



Sunrise
 BOLOGNA • BOLOGNE
 2 kg
 KEEP REFRIGERATED
 GARDER RÉFÉRIGÉRÉ

PREPARED IN CANADA

CLUB SIZE

\$11

NO NAME[®] BREADED CHICKEN NUGGETS, BURGERS OR STRIPS
 SELECTED VARIETIES
 FROZEN, 1.81 KG
 21178763_EA

chicken strips
 breaded chicken cutlettes
 FULLY COOKED • ENTÈREMENT CUITES
 escaloppettes de poulet panées
 lanières de poulet



PREPARED IN CANADA

CLUB SIZE

\$13

ATLANTIC CHOICE SAUSAGES
 SELECTED VARIETIES, 1 KG
 21332587_EA/21332589_EA

honey garlic
 miel et ail

mild italian
 italiennes douces



PREPARED IN CANADA

CLUB SIZE

SAVE 1.99

\$15

PC[®] DELI CHEESE SLICES
 SELECTED VARIETIES
 500 G
 20217638_EA/20249826_EA

CREAMY AVARTI CRÈMEUX

MEDIUM CHEDDAR MI-FORT



PREPARED IN CANADA

CLUB SIZE

\$12

ZIGGY'S SLICED DELI MEATS
 SELECTED VARIETIES, 600 G
 21596514_EA/21668501_EA

smoked black forest ham
 jambon forêt-noire fumé

smoked turkey breast
 poitrine de dinde fumée



PREPARED IN CANADA

CLUB SIZE

\$20

PARIS ALL BUTTER CROISSANTS
 FROZEN, 30'S
 21687364_C01



Croissants
 ~ All Butter ~
 30 CROISSANTS
 READY TO BAKE

30 x 71 g • Net Weight 2.13 kg

CLUB SIZE

\$6

PC[®] TRADITIONAL NAAN DIPPERS
 400 G
 20999700_EA



BOUCHÉES NAAN
 TRADITIONAL TRADITIONNEL DIPPERS

400 g

PREPARED IN CANADA

CLUB SIZE

**CLUB
SIZE**

**BUY BIG.
SPEND SMALL.**

\$25

**PC® ORGANIC
CASHEWS**
SELECTED VARIETIES, 1.13 KG
21517458_EA



**CLUB
SIZE**

\$12

iöGO
SELECTED VARIETIES, 2 KG
20636092_EA/20690267_EA



**PREPARED IN
CANADA**

**CLUB
SIZE**

950

Get **1,000**
pts

\$1
back in
points

SHREDDIES JUMBO CEREAL
SELECTED VARIETIES, 1.24 KG
21201395_EA



**CLUB
SIZE**

\$15

**PC® OR BLUE MENU®
LASAGNA OR
MAC & CHEESE**
SELECTED VARIETIES
FROZEN, 2/2.27 KG
20134930_EA/21178593_EA



**PREPARED IN
CANADA**

**CLUB
SIZE**

16⁵⁰

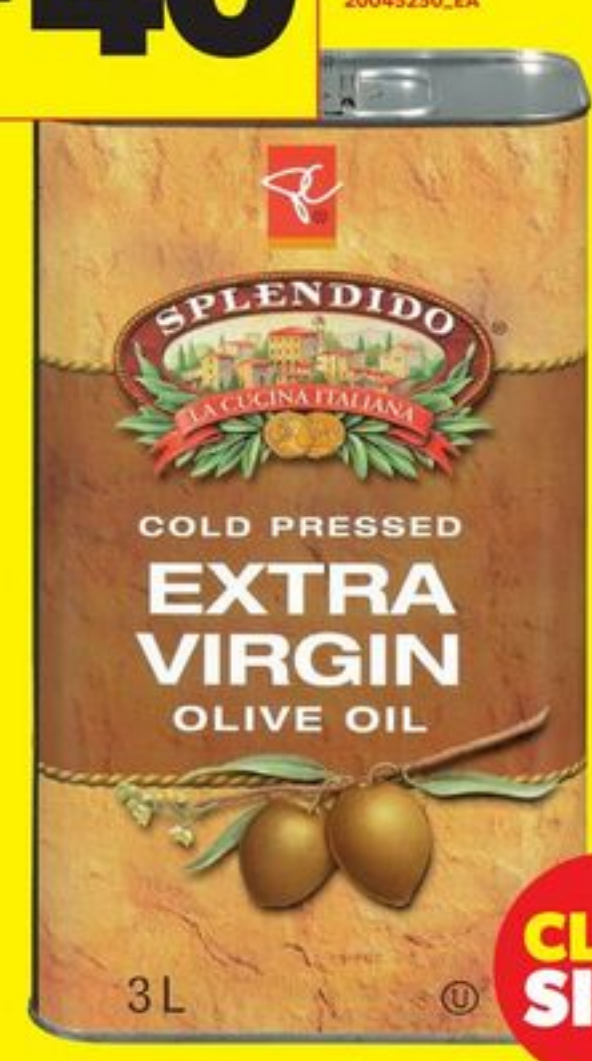
PC® FROZEN FRUIT
SELECTED VARIETIES
FROZEN, 1.5/2 KG
21099410_EA/21381732_EA



**CLUB
SIZE**

\$40

**PC® SPLENDIDO™
COLD-PRESSED EXTRA
VIRGIN OLIVE OIL**
3 L
20045250_EA



**CLUB
SIZE**

\$8

**PC® PICKLED HOT
BANANA PEPPER
RINGS OR NO NAME®
PICKLES**
2 L
20081534_EA/20313906_EA



**CLUB
SIZE**

\$5

NO NAME® COOKIES
SELECTED VARIETIES, 907 G
20318678001_EA/20318678002_EA



**PREPARED IN
CANADA**

**CLUB
SIZE**

5⁹⁹

**FRITO LAY VALUE SIZE
POTATO CHIPS**
SELECTED VARIETIES, 325-535 G
21663088_EA/21663836_EA



**CLUB
SIZE**

\$6

**PC® CRANBERRY
COCKTAIL**
2.84 L
21637707_EA



**CLUB
SIZE**

\$11

**NO NAME® ICE CREAM
SANDWICHES OR
BARS**
SELECTED VARIETIES
FROZEN, 24/30'S
20347400002_EA/21013432_EA



**PREPARED IN
CANADA**

**CLUB
SIZE**

15⁹⁹

**GOGO SQUEEZ
FRUIT SNACK**
SELECTED VARIETIES, 20X90 G
21547719_EA/21547693_EA



**CLUB
SIZE**

\$11

NO NAME® PLASTIC WRAP
SELECTED VARIETIES, 305 M
20149806_EA



**PREPARED IN
CANADA**

**CLUB
SIZE**

\$10

**NO NAME® LIQUID
DISH DETERGENT**
SELECTED VARIETIES, 5 L
21012774_EA



**PREPARED IN
CANADA**

**CLUB
SIZE**

**ALWAYS
LOW PRICE**

\$8

**LIFE BRAND®
UNSCENTED
EPSOM SALTS**
SELECTED VARIETIES
4 KG
21668050_EA



**CLUB
SIZE**

HAPPY EID AL-ADHA

Low prices for joyful celebrations.



248
LB
5.47/KG

GINGER ROOT
PRODUCT OF CHINA
20179038001_KG



\$3

DRIED MANGO
PRODUCT OF VIETNAM, 113 G
21700165_EA



\$15

SUFRATM HALAL BEEF STEW
454 G
21395711_EA



\$12

PC[®] HALAL SHAWARMA CHICKEN STRIPS
300 G
21711098_EA



SAVE 5.00

DAAWAT TRADITIONAL BASMATI RICE
4 KG
20896606_EA

14⁹⁹



\$2

PUCK THICKENED CREAMY PRODUCT
160 G
21449248_EA



\$4

CRISPY COOKIES
SELECTED VARIETIES, 350 G
20820419_EA/20820681_EA



7⁵⁰

ARZ BAKLAVA
200 G
20693560_EA



2⁵⁰

SURATI SNACKS
SELECTED VARIETIES, 250/341 G
20303745002_EA/20303745004_EA



\$14

PILLSBURY 100% WHOLE WHEAT FLOUR CHAKKI ATTA
9.07 KG
21663582_EA



45¢

MAGGI MASALA NOODLES
SELECTED VARIETIES, 70 G
20802664_EA



5⁵⁰

SURAJ[®] DRY BEANS
SELECTED VARIETIES, 1.8 KG
20558756_EA/20558758_EA



\$7

TATA LOOSE BLACK TEA
SELECTED VARIETIES, 450 G
21407291_EA/21407294_EA



HAPPY EID AL-ADHA

Low prices for joyful celebrations.



2.88
LB
6.35/KG

LONG EGGPLANT
PRODUCT OF MEXICO
20159013001_KG



\$5
LB
11.02/KG

OKRA
PRODUCT OF GUATEMALA,
HONDURAS OR U.S.A.
20091263001_KG



\$10

SAMOSA PLATTER WITH TAMIRAND SAUCE
1.37 KG
21558737_EA



9.99
LB
22.02/KG

NEW ZEALAND SHORT CUT LAMB LEG
FROZEN
20142553_KG



INCLUDES HALAL

\$5

SURAJ NAAN FLATBREADS
SELECTED VARIETIES, 10'S
20342261_EA/20343319_EA



PREPARED IN CANADA

\$12

IRINI EXTRA VIRGIN OLIVE OIL
750 ML
20021287_EA



\$3

DABUR NECTAR
SELECTED VARIETIES,
1L
21399816_EA
21399828_EA



\$7

SHER BESAN
1.81 KG
20869922_EA



1.75

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



5.49

HEREFORD CORNED BEEF
HALAL, 340 G
21416495_EA



2.50

BRITANNIA GOOD DAY COOKIES 372 G
SELECTED VARIETIES
21023105_EA/21205822_EA



3.50

LAY'S INTERNATIONAL FLAVORS
SELECTED VARIETIES, 200 G
21663082_EA/20659742_EA



PREPARED IN CANADA

SHOP THE WORLD IN OUR AISLES*

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

[SHOP NOW](#)

2.25 LB
4.96/KG

JAPANESE OR PURPLE UBE YAMS
PRODUCT OF CANADA
20524922001_KG/20849858001_KG

PRODUCT OF CANADA

\$2 LB
4.41/KG

CHINESE JUMBO CARROT
PRODUCT OF CHINA
OR **NAPA CABBAGE**
PRODUCT OF MEXICO
20851084001_KG
20015025001_KG

\$3 LB
6.61/KG

BABY OR SHANGHAI BOK CHOY
PRODUCT OF MEXICO OR U.S.A.
20082279001_KG/2003245001_KG

SAVE 3.00

\$7

PC® MINI SAMOSAS
SELECTED VARIETIES, FROZEN,
288/345 G
20581030_EA/20603356_EA

VEGETABLE SAMOSAS AUX LÉGUMES

Mini CHICKEN SAMOSAS AU POULET

\$9

PMC SWIMMING CRAB
WILD CAUGHT, RAW, FROZEN,
680 G
21594562_EA

PMC Premier Marine Canada

Swimming Crab Crabe Nageant
Cut Crab with Claws
Crabes Coupés avec Pinces

Raw - Crues
Wild Caught
État Sauvage

Net Weight / Poids Net : 680g
Keep Frozen / Garder Congelé (-18°C)

Product of China / Produit de la Chine

3.50

CRISPY ROTI
SELECTED VARIETIES, 750 G
21195569_EA/21195567_EA

High Source of Fibre
15 Roti Bread
Pain Wrap
NET 750g

ROTI Whole Wheat Blé Entier

CRISPY Bigger - 15 Pack
ROTI Original Originale

PREPARED IN CANADA

1.88

LAPID'S CHOICE FRIED PORK RIND
SELECTED VARIETIES, 78 G
20688318001_EA/20688318002_EA

CRICHARON

PREPARED IN CANADA

1.50

GRACE COCONUT MILK
SELECTED VARIETIES, 400 ML
20047774_EA

Grace QUALITY SINCE 1922

Coconut Milk

400 mL

GREAT FOR: MILK, CAKES, CANDIES, COFFEES, ICE CREAM, COUSCOUS, JAM, SAUCES, CARAMELS, ETC.

1.75

LA COSTENA CHIPOTLE PEPPER SAUCE
220 ML OR **SUPLIGEN INSTANT BREAKFAST BEVERAGE VANILLA FLAVOUR** 250 ML
SELECTED VARIETIES
20823424_EA/21381630_EA

Supligen INSTANT BREAKFAST BEVERAGE
BOISSON INSTANTANÉE POUR LE PETIT DÉJEUNER
Vanille Flavour / Caramel Vanille

La Costeña CHIPOTLE PEPPER SAUCE SAUCE PÉQUANTE AUX CHILOTES

7.49

KOPIKO COFFEE MIX
SELECTED VARIETIES, 825/900 G
21238713_EA/21238723_EA

KOPIKO Brown Coffee

KOPIKO Blanca

3.28

UFC COCONUT
1L
20570506_EA

UFC Refresh

Coconut Water
Eau de noix de coco

1L

5.25

GRACE CORNED BEEF
SELECTED VARIETIES,
340 G
20325345002_EA
20583459_EA

Grace Corned Beef Boeuf Salé

Grace Corned Beef Boeuf Salé

2.50

VALENTINA HOT SAUCE
SELECTED VARIETIES,
370 ML
20056649001_EA/20056649002_EA

Valentina MEXICAN HOT SAUCE SAUCE PIQUANTE MEXICAINE

3.25

PAN CORN MEAL OR FLOUR
SELECTED VARIETIES,
1KG
20945695_EA
20945705_EA

PAN PRE-COOKED YELLOW CORN MEAL

PAN PRE-COOKED YELLOW CORN MEAL

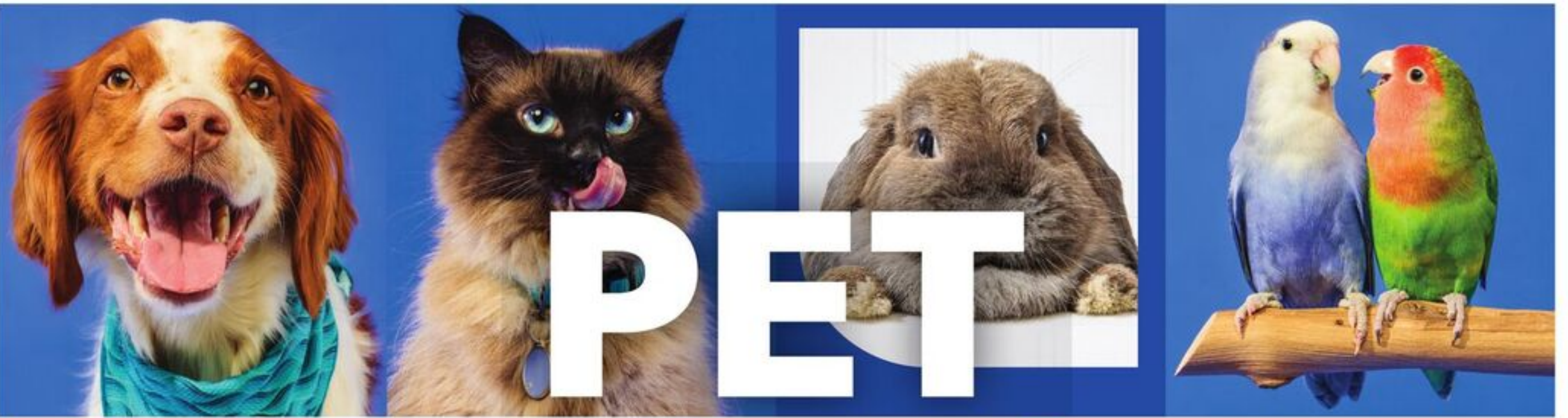
4.75

GRACE JAMAICAN JERK BBQ SAUCE OR MARINADE
SELECTED VARIETIES,
350/480 ML
20037395_EA
20122943_EA

Grace JAMAICAN JERK MARINADE

Grace JAMAICAN JERK SAUCE BBQ À LA JERK BBQ SAUCE

PREPARED IN CANADA



PET

SAVE 4.00

\$29

TIDY CAT LIGHTWEIGHT LITTER
7.71 KG
20913423_CA1

\$8

FRISKIES PARTY MIX
SELECTED VARIETIES, 510 G
21733038_EA

SAVE 3.00

\$27

FRISKIES CAT FOOD
SELECTED VARIETIES, 32'S
21186868_CA1

\$11

FANCY FEAST CAT FOOD
SELECTED VARIETIES, 12'S
20153246002_EA

\$10

WHISKAS CAT FOOD
SELECTED VARIETIES, 1.5/2 KG
21588889_EA

PREPARED IN CANADA

\$14

PC NUTRITION FIRST CAT FOOD
SELECTED VARIETIES, 2 KG
21303270_EA

PREPARED IN CANADA

\$30

PURINA ONE DOG FOOD
SELECTED VARIETIES, 6-7 KG
20339412_EA

SAVE 4.99

\$38

ALPO DOG FOOD
16 KG
20112174_EA

\$9

ZUKES DOG TREATS
SELECTED VARIETIES, 170 G
21661750_EA

\$26

PEDIGREE DOG FOOD
SELECTED VARIETIES, 6.8/8/8 KG
20039397001_EA

\$11

MILKBONE SOFT & CHEWY DOG TREATS
SELECTED VARIETIES, 708 G
20018670_EA

\$9

MILK-BONE COMFORT CHEWS DOG TREATS
SELECTED VARIETIES, 210/312 G
21620394_EA

MULTI SAVE

3/750

OR 2.99 EA

PEDIGREE DOG FOOD
SELECTED VARIETIES, 375 G
21359642_EA/21359778_EA

\$25

PC NUTRITION FIRST DOG FOOD
SELECTED VARIETIES, 7 KG
21304726_EA

PRICE DROP

PREPARED IN CANADA

\$22

Get 4,000 pts

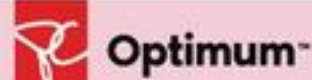
\$4 back in points

Optimum

BLUE BUFFALO DOG FOOD
SELECTED VARIETIES, 2.2 KG
21360571_EA

CUDDLY DEALS, TINY PRICES

App exclusive offer



Get **20,000** pts

\$20 back in points

for every \$100* spent on baby diapers, training pants, wipes, formula, food, accessories, toiletries, gear and baby apparel

*Open your PC Optimum™ app or visit pcoptimum.ca to get the offer.

2/\$9
OR 5.29 EA

LITTLE BELLIES COOKIES 130 G OR BARS 85 G
SELECTED VARIETIES
21606746_EA/21664853_EA

ORGANIC-BIOLOGIQUE
OAT & RAISIN
ABC COOKIES
BISCUITS ABC AVOINE & RAISINS SECS

ORGANIC-BIOLOGIQUE
FRUITY BARS
BARRES FRUITÉES

12+ MONTHS

2/550
OR 3.29 EA

SIMPLY GOURMET PUFFIES OR CRUNCHERS
SELECTED VARIETIES, 32 G
21597451_EA/21671989_EA

8+ MONTHS

2/\$11
OR 6.49 EA

GERBER ORGANIC OR NESTLÉ CERELAC BABY CEREAL
SELECTED VARIETIES, 200-208 G
21671033_EA/21466216_EA

6+ MONTHS

2/\$18
OR 9.99 EA

PEDIASURE COMPLETE
SELECTED VARIETIES, 4X235 ML
20322414001_EA/20322414002_EA

1

Vanilla-Vanille
Chocolat-Chocolat

6550

LIMIT 4 OVER LIMIT PAY 74.99 EA

ENFAMIL A+ NEUROPRO AND GENTLEASE POWDER REFILLS
SELECTED VARIETIES, 862/890 G
21589079_EA/21589205_EA

50% MORE! DE PLUS!

\$60

LIMIT 4 OVER LIMIT PAY 76.49 EA

SIMILAC 360 TOTAL CARE POWDER LARGE TUB STEP 1 & 2
SELECTED VARIETIES, 859 G
21697863_EA/21697866_EA

47% MORE! DE PLUS! FORMAT ÉCONOMIQUE

\$35

LIMIT 4 OVER LIMIT PAY 39.99 EA

MILLIE MOON LUXURY DIAPERS
SELECTED VARIETIES AND SIZES
21590508_EA/21590526_EA

\$27

LIMIT 4 OVER LIMIT PAY 31.99 EA

GOODNITES NIGHTTIME BEDWETTING UNDERWEAR SIZES XS-XL, 28-44'S OR PAMPERS NINJAM NIGHTTIME UNDERWEAR SIZES S/M, 44'S
SELECTED VARIETIES
20963841_EA/21308932_EA

2788

LIMIT 4 OVER LIMIT PAY 34.88 EA

KIDDICARE ECONO PACK DIAPERS
SELECTED VARIETIES AND SIZES
21726965_EA/21727012_EA

\$25

LIMIT 4, OVER LIMIT PAY 29.99 EA

PAMPERS 12X SENSITIVE BABY WIPES
1008'S
21719427_EA

\$25

LIMIT 4 OVER LIMIT PAY 29.99 EA

MILLIE MOON CLUB PACK DIAPERS
SELECTED VARIETIES AND SIZES
21520442_EA/21520456_EA

\$28

LIMIT 4 OVER LIMIT PAY 32.99 EA

HUGGIES LITTLE SNUGLERS, LITTLE MOVERS, OVERNITES OR SKIN ESSENTIALS SUPER BIG PACK DIAPERS
SIZES N-7, SELECTED VARIETIES
21172502_EA/21317019_EA

850

LIMIT 4 OVER LIMIT PAY 10.99 EA

JOHNSON & JOHNSON 800 ML OR DOVE 591 ML BABY NEEDS
SELECTED VARIETIES
21017298_EA/21112434_EA

UPTO 20% OFF

SUDOCREM, PENATEN, ZINCOFAX, BABY BUTZ OR VASELINE PETROLEUM JELLY BABY NEEDS
SELECTED VARIETIES AND SIZES
20603040001_EA/21302986_EA

450

LIMIT 4 OVER LIMIT PAY 4.99 EA

Q-TIPS COTTON SWABS
SELECTED VARIETIES, 300-500'S
20323077001_EA/21665088_EA

KIDDICARE DIAPERS FOR LESS

The ultra-absorbent and super-soft diapers have arrived.

Now exclusively here!



SHOP BEAUTY FOR LESS

\$9

LIMIT 4 OVER LIMIT PAY 12.99 EA

MARC ANTHONY OR CAKE HAIRCARE
SELECTED VARIETIES AND SIZES
20298861001_EA/21649017_EA

THE CURL CRUSH™
TOTALLY-TO-DIE-FOR CURL JELLY soft and nourishing humidity blocking curl defining

CHARME INTÉGRAL GÉLÉE POUR CHEVEUX BOUCLES
douce et nourrissante bloque l'humidité définit les boucles

MARC ANTHONY TRUE PROFESSIONAL
FIGHT FRIZZ & HUMIDITY LUTTE FRIZZ & HUMIDITÉ
STRICTLY CURLS
Curl Emu Cream Controls Frizz Softens and defines coarse curls. Amends Oil + Shea Butter. #1 Selling Curl Cream. Crème frisante la plus vendue.

\$9

LIMIT 4 OVER LIMIT PAY 12.99 EA

BATISTE DRY SHAMPOO
SELECTED VARIETIES, 200 ML
20850398_EA/20945832_EA

BATISTE
ORIGINAL
DIVINE DRY SHAMPOO PLUS

\$6

LIMIT 4 OVER LIMIT PAY 9.99 EA

GARNIER BELLE HAIR COLOUR
SELECTED VARIETIES
20317076001_EA/20317076020_EA

Belle Color
ColorEase Crème Crème Couleur Facile

GARNIER
ColorEase Crème Crème Couleur Facile

\$8

LIMIT 4 OVER LIMIT PAY 11.49 EA

GARNIER WHOLE BLENDS SHAMPOO, CONDITIONER 650 ML OR TREATMENT 150-250 ML
SELECTED VARIETIES AND SIZES
20941779_EA/20941824_EA

GARNIER Whole Blends
Coconut Oil & Cocoa Butter Huile de coco et beurre de cacao

GARNIER Whole Blends
SMOOTHING CONDITIONER REVITALISANT LISSANT

\$8

LIFE BRAND PURAVIDA SHAMPOO OR CONDITIONER
SELECTED VARIETIES, 532 ML
21705330_EA/21705966_EA

life puravida
FREE FROM SILICONE, SULFATES, PARABENS & DYES. COCONUT & VANILLA. 2 IN 1 SHAMPOO & CONDITIONER.

UP TO 20% OFF

AUSSIE SHAMPOO, CONDITIONER 778 ML OR STYLING PRODUCTS
SELECTED VARIETIES AND SIZES
21187363_EA/2157546_EA

aussie HAIR INSURANCE
LEAVE-IN CONDITIONER REVITALISANT SANS RINÇAGE

aussie Miracle Volume
CONDITIONER | REVITALISANT

UP TO 20% OFF

OLAY SERUM, REGENERIST MOISTURIZER OR FACIAL CLEANSER
SELECTED VARIETIES AND SIZES
20327057001_EA

OLAY REGENERIST
REGENERIST MICRO-SCULPTING CREAM HYDRATING MOISTURIZER

Get 5,000 pts (back in points) **\$5** when you buy 2

BUBBLE MOISTURIZERS OR TONERS
SELECTED VARIETIES AND SIZES
21707424_EA/21708067_EA

BUBBLE
POWER WAVE Super Hydrating Moisturizer Crème super hydratante

BUBBLE
COSMIC SILK Hydrating Milky Toner Lotion tonique lactée hydratante

\$6

LIMIT 4 OVER LIMIT PAY 7.49 EA

VASELINE HAND AND BODY LOTIONS
SELECTED VARIETIES
200-295 ML
2053944003_EA/2053944004_EA

Vaseline Intensive Care™ dry skin repair
48H MOISTURE / HYDRATION PREVENTS DRYNESS

Vaseline Intensive Care™ cocoa radiant®
48H MOISTURE / HYDRATION PREVENTS DRYNESS

UP TO 20% OFF

EUCERIN AND AQUAPHOR BODY CARE PRODUCTS
SELECTED VARIETIES AND SIZES
20856891_EA/21085698_EA

Aquaphor
HEALING OINTMENT ONGUENT REPARATEUR
Advanced Hydration Hydratation Supérieure

Eucerin
COMPLETE REPAIR™ Moisturizing Lotion Lotion Hydratante

LOOK GOOD, FEEL GREAT, SPEND LESS.

\$6

LIMIT 6 OVER LIMIT PAY 7.49 EA

SOFTSOAP LIQUID HAND SOAP REFILL
SELECTED VARIETIES, 1.47 L
21715457_EA/21715576_EA

3⁵⁰

LIMIT 6 OVER LIMIT PAY 4.79 EA

IRISH SPRING BAR SOAP 3X104 G OR SOFTSOAP LIQUID HAND SOAP PUMPS 332 ML
SELECTED VARIETIES
21436450_EA/21644764_EA

\$7

LIMIT 6 OVER LIMIT PAY 8.49 EA

OLD SPICE 73-144 G, SECRET 68-116 G OR GILLETTE 122 G DEODORANT
SELECTED VARIETIES
20701678_EA/21221095_EA

4⁵⁰

LIMIT 6 OVER LIMIT PAY 6.49 EA

AXE DEODORANT 76/85 G, BODY SPRAY 113 G, BODY WASH OR HAIR CARE 473 ML
SELECTED VARIETIES
21042611_EA/21438255_EA

\$5

LIMIT 6 OVER LIMIT PAY 6.29 EA

SENSODYNE OR PRONAMEL BASE TOOTH PASTE 75/100 ML, POLIDENT TABLETS 36-40'S OR POLIGRIP 40 G
SELECTED VARIETIES
2030179003_EA/20756075_EA

7⁵⁰

LIMIT 4 OVER LIMIT PAY 9.99 EA

LISTERINE MULTI-BENEFITS, 1L OR CLASSIC 1.5L MOUTHWASH
SELECTED VARIETIES
20701283_EA/21091810_EA

\$6

LIMIT 6 OVER LIMIT PAY 6.99 EA

COLGATE OPTIC WHITE OR SENSITIVE PRO RELIEF TOOTH PASTE 70-150 ML, KIDS MANUAL TOOTHBRUSHES 2'S, HELLO TOOTH PASTE 82-98 ML OR COLGATE PERIOGARD TOOTH PASTE 70 ML
SELECTED VARIETIES
21777027_EA/21584840_EA

UP TO 25% OFF

BAND-AID BANDAGES OR POLYSPORIN OINTMENT
SELECTED VARIETIES AND SIZES
21337878_EA/21520494_EA

UP TO 20% OFF

WEBBER NATURALS VITAMINS OR SUPPLEMENTS
SELECTED VARIETIES AND SIZES
21448486_EA/21449178_EA

UP TO 15% OFF

Get 3,000 pts
When you spend \$30*

3 back in points

GAVISCON LARGE SIZE TABS 50-60'S, LIQUID 340-600 ML OR HYDRALYTE HYDRATION PRODUCT 10-20'S
SELECTED VARIETIES AND SIZES
20804741_EA/20986019_EA

Get 5,000 pts
When you spend \$20*

\$5 back in points

ALEVE OR ASPIRIN PAIN RELIEF PRODUCTS
SELECTED VARIETIES AND SIZES
21362879_EA/20067407002_EA

\$18

LIMIT 4 OVER LIMIT PAY 21.99 EA

DEPEND UNDERWEAR OR POISE PADS
SELECTED VARIETIES AND SIZES
21099790_EA/21301866_EA

\$12

LIMIT 4 OVER LIMIT PAY 13.99 EA

ALWAYS PADS 7-92'S OR LINERS 92-96'S
SELECTED VARIETIES
20873987_EA/21284428_EA

SHOP HOME FOR LESS

UP TO
25% OFF

PC® ORGANICS SHEET SETS
SELECTED VARIETIES
21638540_EA/21638798_EA



UP TO
30% OFF

LIFE AT HOME™ RUGS
SELECTED VARIETIES
21681898_EA/21681952_EA



UP TO
20% OFF

PC® COOKWARE OR COOKWARE SETS
SELECTED VARIETIES
2126783_EA/2126789_EA
21578866_EA



BUY 1 GET 1 50% OFF

EVERYDAY ESSENTIALS™ COOKWARE OR COOKWARE SETS
SELECTED VARIETIES
20800507_EA/21345661_EA
21423311_EA

EVERYDAY ESSENTIALS™
8 PIECE NON-STICK COOKWARE SET



BUY 3 GET 1 FREE

LIFE AT HOME™ OUTDOOR DINNERWARE, SERVEWARE OR DRINKWARE
SELECTED VARIETIES
FREE ITEM MUST BE OF EQUAL OR LESSER VALUE
21692655_EA/21692440_EA



UP TO
20% OFF

PC® SOFT GRIP GADGETS, THERMOMETER OR SCALES
SELECTED VARIETIES
21190090_EA/21190094_EA
21219111_EA/21352759_EA



2/\$5
OR 3.50 EA

NO NAME™ AIR FRYER LINERS
SELECTED VARIETIES, 30'S
21639239_EA/21639383_EA



UP TO
20% OFF

PC® PORTION PREPPERS
SELECTED VARIETIES
21638595_EA/21638596_EA



UP TO
20% OFF

THERMOS FOOD JARS, TUMBLERS OR MUGS
SELECTED VARIETIES
21355134_EA/21359576_EA



FROM
\$24

HAMILTON BEACH APPLIANCES OR GARMENT CARE
21036261_EA/21646963_EA



5.50

EVERYDAY ESSENTIALS™ JUMBO PILLOW
21667755_EA



\$6

LIMIT 8 OVER LIMIT PAY 8.00 EA

SODASTREAM PEPSI OR CLASSIC SYRUPS OR FLAVOURS
SELECTED VARIETIES
440 ML
21406583_EA/21406599_EA



UP TO
25% OFF

SHOWER CURTAINS OR ACCESSORIES
SELECTED VARIETIES
21682288_EA/20247948002_EA



JOE FRESH LONG WEEKEND DEALS!

4 DAYS ONLY!

20%
off

Adult Styles*



Regular Price Only
Ends May 17



NOW
\$12

REG. \$15

Canada
T-Shirt



NOW
\$20

REG. \$25

Canada Minnie
Mouse T-Shirt



NOW
\$12

REG. \$15

Canada Raglan
Shirt



NOW
\$12

REG. \$15

Maple Leaf
Tank



NOW
\$12

REG. \$15

Canada
Raglan Shirt



NOW
\$12

REG. \$15

Canada
T-Shirt



NOW
\$12

REG. \$15

Canada
Raglan Shirt



NOW
\$12

REG. \$15

Canada
Tank



NOW
\$12

REG. \$15

Canada
T-Shirt



NOW
\$20

REG. \$25

Adult Peanuts Snoopy
Canada T-Shirt

EVEN MORE ONLINE & IN-STORE

SHOP NOW

*Visit www.joefresh.com/offerdetails for full details.

A recipe worth Gathering for

Easy Layered Greek Dip

Prep: 15 mins Servings: 20 servings

Ingredients

- 1 cup Crumbled Feta Cheese, divided
- 1 pkg (250 g) Philadelphia Brick Cream Cheese, softened
- ¼ cup Kraft Extra Virgin Olive Oil Greek Feta Dressing
- 1 tbsp zest and juice from 1 lemon
- 2 tbsp chopped fresh mint, divided
- 1 cup chopped English cucumbers
- ¼ cup chopped red onions
- ¼ cup sliced Kalamata olives
- 1 cup sliced grape tomatoes

Instructions

1. Reserve 2 tbsp. feta for later use. Process remaining feta with cream cheese, dressing, lemon zest, lemon juice and 1 tbsp. mint in food processor until smooth; spread onto large platter.
2. Top with layers of cucumbers, onions, olives and tomatoes; sprinkle with reserved feta and remaining mint.

Visit kraftheinz.com for this recipe and more!



Philadelphia Cream Cheese Product
Philadelphia Cream Cheese Lactose Free Product selected varieties 227 - 250 g 20866924010_EA **\$4**

Philadelphia Whipped Cream Cheese
Philadelphia Whipped Cream Cheese selected varieties 227 g 20866816002_EA **\$4**

Philadelphia Dips
Philadelphia Dips selected varieties 227 g 20299760001_EA **\$4**

Philadelphia Cream Cheese Lactose Free Product
Philadelphia Cream Cheese Lactose Free Product selected varieties 227 - 250 g 21674963_EA **\$4**

Kraft Singles Process Cheese Product
Kraft Singles Process Cheese Product 410 g **\$4**

Cheez Whiz Cheese Spread
Cheez Whiz Cheese Spread 450 g **\$4**

Velveeta Process Cheese Product
Velveeta Process Cheese Product 450 g selected varieties 21188654_EA **\$4**

*Based on the 2026 BrandSpark™ Canadian Trust Study.

MARC ANGELO

#1 IMPORTED ITALIAN BRAND



ANTIPASTO QUATTRO
150 g
21706582_EA **\$12**

EUROPEAN CHARCUTERIE
85 g
21706423_EA **\$8**

PROSCIUTTO AND ASSORTED VARIETIES
85 g
21706090_EA **\$8**

ASSORTED SALAMI CHUBS
300 g
21021491_EA **\$13**

MADE BETTER to TASTE BETTER



Original
21316018_EA

Lactose-Free
21002993_EA

Lactose-Free Garlic & Chives
21731137_EA

Herbs & Spices
21177728_EA

NEW Tre Stelle

2/\$8 OR \$4.99 EA.

Get 1,850 back in points When you buy 2

\$185 back in points

Tre Stelle Cream Cheese

MARC ANGELO

BBQ Season is Back



FRESH FULLY COOKED CHICKEN BURGERS
• 450 g
21741560_EA/21741671_EA **\$9**

BACON WRAPPED CHICKEN OR BEEF MEDALLIONS
• 340 - 452 g
21025464_EA/21378258_EA **\$15**

HOT OR MILD ITALIAN GROUND SAUSAGE MEAT
• 375 g
21726446_EA/21726511_EA **\$5**

ALL MARCANGELO FROZEN BAGS
• 600 g - 1.4 kg
20799828_EA/20799699_EA **\$14**

FRESH FLAVOUR FOR ALL YOUR LONG WEEKEND ACTIVITIES



2/\$6 OR \$5 EA. **Traditional Hummus** 260 g 20501132_EA

2/\$6 OR \$5 EA. **Roasted Garlic Humm!** 283 g 21687331_EA

2/\$10 OR \$7 EA. **Roasted Red Pepper Protein Hummus** 3 x 100 g 21703711_EA

2/\$10 OR \$7 EA. **Chili Spiced Oil Humm!** 482 g 21687273_EA

fontaine santé

YOU COULD WIN 1 MILLION PC Optimum™ Points Prizes

BUY ANY 4 participating Kraft Heinz products and SCAN your PC Optimum™ card to enter



Heinz Ketchup
Selected Varieties
750 mL - 1 L
20069080_EA **\$6**

Heinz Picnic Trio
Selected Varieties
3 x 375 mL
20552158_EA **\$5**

Heinz Mayonnaise-style Sauces
Selected Varieties
340 mL
21734588_EA/21734967_EA **\$2.99**

Pure J.L. KRAFT Dressing & Marinade
Selected Varieties
355 mL
21581737_EA/21581659_EA **\$6**

MiO, Kool Aid & Crystal Light
liquids or single-serve drink mix 48 mL
Selected Varieties
20749494001_EA/20663423_EA **2/\$8** OR \$4.79 EA.

*NO PURCHASE NECESSARY. Open to Canadian resident PC Optimum members who are 14 years or older. Contest ends June 24, 2026 at 11:59 PM ET. Members can get an entry when they purchase four or more on any eligible Kraft Heinz at participating Retail Canadian Superstore, Real Atlantic Superstore, Your Independent Grocer, Fortinos, City Market, Zehrs, Loblaws, Valu-mart, Dominion, Provigo, No Frills, Maxi, Wholesale Club, Shoppers Drug Mart, Pharmaprix locations and scan their PC Optimum card at the time of purchase. Twenty Prizes of 1,000,000 PC Optimum points, that's like \$1,000 CDN in value when redeemed each. Limit of one prize per member. Must correctly answer mathematical skill-testing question. Odds of winning a prize depends on total number of eligible entries received. For full rules/details and how to enter without purchase, visit <https://www.pcoptimum.com/contest-kraftheinzsummer>

PC Optimum™ is a trademark of Loblaw Inc., used under license. Product availability varies by store.

Pick your cherry favourite



Coca-Cola cherry

Coca-Cola cherry

Diet Coke cherry

vitaminwater cherry

smartwater cherry

MONSTER ENERGY cherry



2/\$17* OR \$8.99 EA. **Coca-Cola® beverages** selected varieties 12x355 mL 21392782_C12



\$9.99* **Fuze® iced tea** selected varieties 12x341 mL 21723528_C12



2/\$6* OR \$3.49 EA. **vitaminwater®** beverages selected varieties 591 mL 20333194006_EA



2/\$7* OR \$4.49 EA. **smartwater®** beverages selected varieties 1 L 20154181_EA



2/\$7* OR \$4.29 EA. **Monster Energy®** beverages® selected varieties 444-473 mL 21747704_EA

Valid from May 14th to May 20th, 2026
* Plus applicable taxes, levies, deposits and fees. Valid at participating locations for a limited time. Subject to availability while supplies last. Retailer may sell for less.
† This product may not be suitable for everyone. Please read the label for instructions.
The trademarks that appear are the property of their respective trademark owners.

TEAM SAVINGS

For fans who love low blocks and low prices.

4⁴⁰ /100 G
PC® SPLENDIDO PARMIGIANO REGGIANO CHEESE
 PRODUCT OF ITALY, DELI CUT
 20377023_KG



ALWAYS LOW PRICE
\$5
 /200 G



3²⁵ /100 G
FROM OUR CHEFS SERVICE CASE HAM
 SELECTED VARIETIES
 21696032_KG



\$4

ZIGGY'S SLICED MEATS
 SELECTED VARIETIES
 175 G
 21592461_EA
 21590279_EA



\$7

BOURSIN
 SELECTED VARIETIES
 150 G
 20116794_EA
 20591214_EA



2/\$11
 OR \$6.50 EA

DAIYA DAIRY FREE CHEESE 170-227G
OR GUSTA VEGGIE BURGER 300 G
 SELECTED VARIETIES
 21660590_EA/21706716_EA



Optimum

Members Price
\$3

Non-Members
\$4

Members Save **\$1**

PC® NAAN DIPPERS
 SELECTED VARIETIES
 SIZE
 21092033_EA
 **Must be a registered PC Optimum™ member to load and get this offer. *Open your PC Optimum™ app or visit pcoptimum.ca to get the offer



Optimum

Members Price
\$8

Non-Members
\$10

Members Save **\$2**

FIESTA DIP TRAY
 SELECTED SIZES
 425G
 21291689_EA
 **Must be a registered PC Optimum™ member to load and get this offer. *Open your PC Optimum™ app or visit pcoptimum.ca to get the offer



Optimum

Get **3,000** pts
 When you spend \$12*

\$3 back in points

SNACK FACTORY PRETZEL CRISPS
 200 G
OR CHOCOLATE PRETZEL 155 G
 21576333_EA
 21676303_EA



KREMA

The rich and creamy yogurt you deserve



\$6

OLYMPIC KREMA YOGURT, 650 G
 SELECTED VARIETIES
 2058072001_EA/21567006_EA

\$4
iögo nano
 CREAMY YOGURT POUCH, 4 X 90 G
 SELECTED VARIETIES
 21797970_EA/21709941_EA



\$4
iögo nano
 YOGURT WITH FLAVOURED PEARLS
 4 X 100 G
 SELECTED VARIETIES
 21797970_EA/21709941_EA



\$4⁵⁰
iögo nano
 DRINKABLE YOGURT
 6 X 93 ML
 SELECTED VARIETIES
 21690945_EA/2060968001_EA



\$9
iögo
 CREAMY, 0% OR LACTOSE-FREE YOGURT
 16 X 100 G
 SELECTED VARIETIES
 20609583001_EA/21622847_EA



\$12
iögo
 CREAMY YOGURT
 2 KG
 SELECTED VARIETIES
 20630092_EA



2/\$8
 OR \$4.99 EA.
siggis
 SKYR YOGURT
 4 X 100 G
 SELECTED VARIETIES
 21659074_EA/21589925_EA



\$4
ASTRO
 BALKAN YOGURT
 750 G
 SELECTED VARIETIES
 201852800100_EA/20170532001_EA



Our butchers cut quality meat in your store every day!



gourmet beef burgers
 20775785_KG
 21550474_KG



marinated top sirloin beef, chicken or pork kebabs
 20636713_KG
 20636715_KG



marinated beef flank steak
 20648756_KG



marinated beef short ribs
 20797535_KG

LIBERTÉ PROTEIN & TASTE



4⁵⁰ Liberté Méditerranée[®] or Liberté Grec[®] selected varieties
4 x 100 g

20801752003_EA
21685700_EA

5⁵⁰

Liberté Kefir[®] selected varieties
1 L

21216416_EA



\$5

Yoplait[®] Source[®] tubs selected varieties
630 g

21391318001_EA



\$5

Yoplait[®] Source Protein[®]
650 g



21587047_EA
21720809_EA



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

BETTER TEAR, SO MUCH SOFTER[®]
*vs. leading 1000-sheet brand

\$18 Charmin Bath Tissue, 12=48 roll, soft
21707532_EA

4X STRONGER WHEN WET[®]
*vs. Leading Canada 2-ply bath tissue

\$18 Charmin Bath Tissue, 12=48 roll, strong
21636641_EA

2X MORE ABSORBENT, SO YOU CAN USE LESS

*vs leading US ordinary brand

\$8

Bounty Paper Towel, Select A Size, 2=5 Roll
21670279_EA



MORE PAPER PER ROLL!^{}**
**compared to regular rolls

MORE PAPER PER PACK!^{*}**
***compared to smaller count pack

\$18

Bounty Paper Towel, Select A Size, 6=12 roll
21670280_EA



© 2026 P&G



Connect all you want.
Earn points for all you need.

Earn 20,000 pts
after 2 months of service



Mrs. MEYER'S CLEAN DAY

INDOOR CARE for OUTDOOR PEOPLE



\$5

Mrs. Meyer's dish soap
473 mL
21583420_EA

\$20

Mrs. Meyer's laundry selected varieties
1.8 L
21583444_EA

\$12

Mrs. Meyer's concentrated multi surface cleaner refills selected varieties
946 mL
21106584_EA

\$6

Mrs. Meyer's multi surface cleaner
473 mL
21046908_EA