



FORTINOS®

Happy Mother's Day!



dozen Ecuadorian roses assorted colours, with greens
26⁹⁹ 50 cm
21291634_EA



CAP OFF
EXCESS FAT REMOVED
BETTER VALUE

13⁹⁹ lb prime rib roast
cut from Canada AA or USDA
Select grade beef or higher
30.84/kg 20812304_KG



3⁹⁹ lb pork tenderloin
8.80/kg 20874584_KG



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

13⁹⁹ lb fresh Atlantic salmon fillet
30.84/kg 20129990_KG



strawberries
product of U.S.A.,
no. 1 grade
20049778001_EA

2⁹⁹
454 g



red, yellow or orange sweet peppers
product of Ontario or Mexico
20007535001_KG/20166880001_KG

2⁹⁹ lb
6.59/kg



First of the SEASON

Forelle pears
product of South Africa,
Extra Fancy grade
or Abate Fetel pears
product of Argentina,
Extra Fancy grade
20168424001_KG/20143210001_KG

1⁴⁹ lb
3.28/kg



Eat Smart sweet kale salad kit
product of U.S.A.
20674118_EA

3⁹⁹
340 g



Cucina mini arancini
selected varieties,
frozen
20808296_EA/20808297_EA

6⁹⁹
500 g



Optimum **500** pts

Schneiders, Maple Leaf bacon or Maple Lodge, Zabiha Halal chicken or Butterball turkey bacon
selected varieties
20016865_EA/20105121_EA

4⁹⁹
65-375 g



PC® Pacific large white raw Zipperback® shrimp
31-40 per lb, 400 g
or Ocean Jewel shrimp ring with sauce 284 g, frozen
20788888_EA/21737473_EA

8⁹⁹ each



PC® or Blue Menu® Natural Choice™ turkey or chicken deli sliced or shaved
20302980_KG

14⁹⁹ lb
3.31/100 g



D'Italiano bread 675 g or buns 6/8's, Country Harvest bread 600 g or bagels 6's selected varieties
20038335_EA/20673208_EA

2⁹⁹ each



Treat Mom

TO BREAKFAST & DINNER

Breakfast: This Friday - Sunday ONLY! 7 am - 11 am

Dinner: This Saturday & Sunday ONLY!

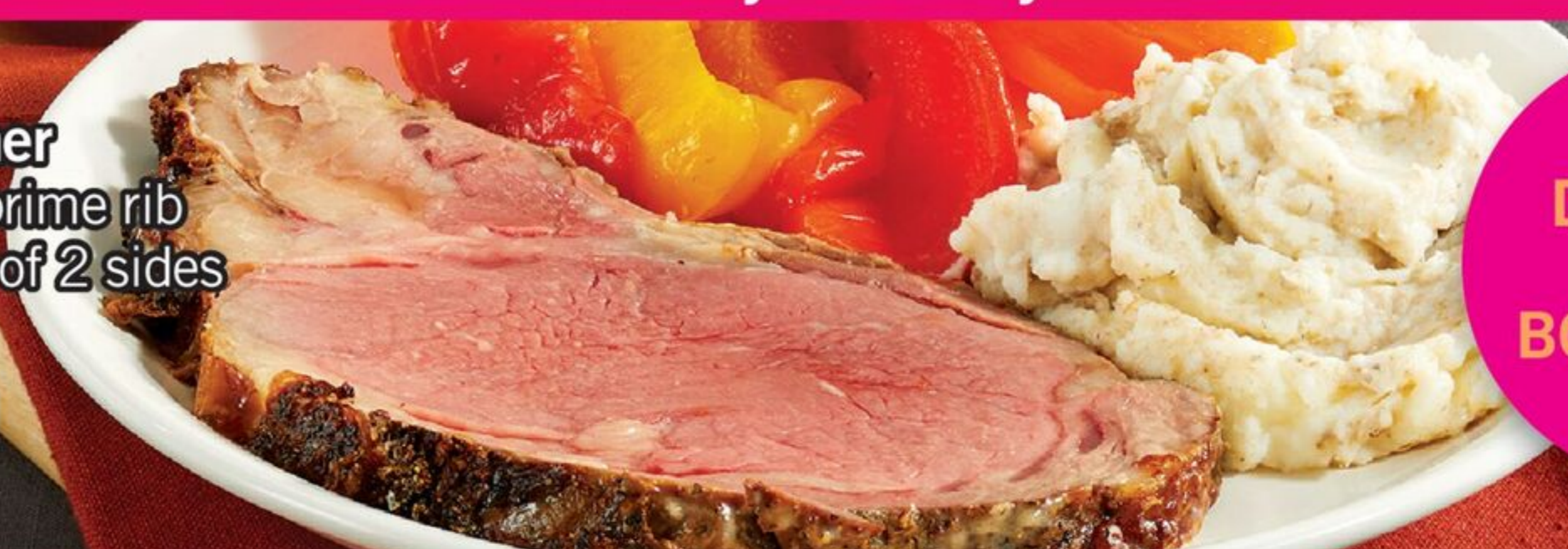
English Muffin Coffee Combo
medium sized brewed coffee
20876166_EA

5⁴⁹ each



Prime Rib Dinner
Certified Angus prime rib with your choice of 2 sides
20540737_EA

20⁴⁹ each



BUY 2 DINNERS GET 2 BOMBOLINI FREE

Additional combos & sandwiches available (available at most locations) - \$4.49 - 6.99 each

Also available: Salmon, Veal or Chicken Parmigiana, Turkey, Porchetta or Butter Chicken (available at most locations) - \$16.99 each



18 pk
4.99
18's

Grey Ridge large premium eggs
20822787001_EA

Tropicana orange juice, fruit beverage or Pure Leaf iced tea selected varieties

3.99
1.36/1.75 L



Simply beverage 340 mL, Danone or Yoplait drinkable yogurt 190/300 mL selected varieties

.99 each



8.99 lb
19.82/kg

milk chocolate covered almonds
20052339_KG



Optimum
500 pts

2.99
177-295 g

Lay's potato chips or Tostitos tortilla chips selected varieties
21050575_EA/21241032_EA



Optimum
3,000 pts

15.99 each
Maxwell House ground coffee selected varieties 631-900 g
21606882_EA



3.49

Neilson cream selected varieties 473 mL/1 L
20123609_EA/20135384_EA



4.99 each

Ben & Jerry's or Talenti 473 mL, Breyer's ice cream or frozen dessert 1.41 L, Magnum bars 3/4's or McCain Deep n' Delicious cake 510 g selected varieties, frozen
20310132002_EA/20950739_EA



Optimum
500 pts

2.99
218-600 mL

Classico pasta sauce or pesto selected varieties
20325609003_EA/21618217_EA



Optimum
1,000 pts

7.49 each
Royale bath tissue 12/15's=24/30 rolls, Tiger Towel paper towels 3=6 rolls or facial tissue 6's, selected varieties
21187195_EA/21484702_EA



Optimum
500 pts

6.99 each
Nutella 725 g or Aurora honey 1 kg
20436105_EA/21481666_EA



3.8% milk \$10.49 4 L

9.99 4 L
Organic Meadow 2% milk selected varieties
20073879_EA/20318696001_EA



LIMIT 6 \$1.88

After Limit \$2.50 ea
Marcangelo souvlaki selected varieties 2 Pack, 120 g
21095022_EA/20902208_EA



LIMIT 6 \$3

After Limit \$4.00 ea
Kraft Miracle Whip selected varieties 650 - 890 mL
20304232002_EA/20304232001_EA



LIMIT 6 \$2.25

After Limit \$3.00 ea
Takis rolled corn chips selected varieties, 260 g
21715466_EA/21602195_EA



LIMIT 6 \$4

After Limit \$5.99 ea
Head men's & women's socks 3 pk
21721507_EA/21721596_EA

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

Flyer prices effective from Thursday, May 7th, to Wednesday, May 13th, 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.

Fresh Flowers For Mom!

visit flowersbyfortinos.ca



\$20-50

each

Fortinos mixed bouquets
assorted colours and sizes

21549447_EA



Signature
grab & go bouquet

20967578_EA

49⁹⁹

each



Magnificent
Mom bouquet or
18 stem rose bouquet

21750164_EA/21590863_EA

89⁹⁹

each



cut tulips
assorted colours

20180973_EA

12⁹⁹

10 stems



premium rose
bouquet

21020121_EA

49⁹⁹

each



49⁹⁹

each

Mother's Day
purse arrangements

21750171_EA



Mom & Child
orchid 10" planter

21607221_EA

\$115

each

FORTINOS GARDEN CENTRES

MONDAY - SATURDAY: 8 AM - 8 PM
SUNDAY: 8 AM - 6 PM

PC® jumbo annual
hanging planter
12 inch pot

20753924_EA

2/\$55

or \$32 ea.



PC® deluxe annual
hanging basket
11 inch pot

20753918_EA

2/\$36

or \$20 ea.



patio planter

20592129_EA

\$40

12" pot



PC® Gigantico™
annuals
assorted varieties
4.33 inch

21352664_EA

5/\$25

or \$5.50 ea.



David Austin roses

21217196_EA

\$34

3 gallon



hydrangea

21641315_EA

\$35

2 gallon



Specialty Cakes & Pastries



single layer 8" cake
chocolate or vanilla
20592639_EA

13⁹⁹
272/510 g



decorated
chocolate chip
cookie
20018001_EA

11⁹⁹
560 g



6⁹⁹
300 g

cupcakes
vanilla, chocolate or assorted
20593078_EA



LA ROCCA
CREATIVE CAKES

31⁹⁹
1.1-1.4 kg

8" cakes
lemon mousse, chocolate
fudge torte or chantilly
20348720_EA



TRADITION & QUALITY
Elite
sweets
EST. 1990

8" cake
white chocolate raspberry
or vanilla mascarpone
21155405_EA/21362974_EA

31⁹⁹
680 g/1.2 kg



1/4 slab strawberry
shortcake
\$44.99 1.4 kg

29⁹⁹
1 kg

strawberry
shortcake 8"
20592878_EA/20593060_EA



29⁹⁹
1 kg

mixed fruit 8" flan
20593086_EA



29⁹⁹
1.3 kg

celebration 8" cake
chocolate or vanilla
21193892_EA/21193895_EA



21⁹⁹
680 g

Gala mousse cakes
mango, tiramisu,
chocolate or strawberry
20592165_EA/20592168_EA



3⁹⁹
90-110 g

zepole pastry
or fresh fruit tart
selected varieties
20592677_EA/20592789_EA



assorted
cafe desserts
selected varieties
20592874_EA

2⁹⁹
each



Sicilian cannoli
choice of shell and filling,
filled fresh on demand
21046134_EA

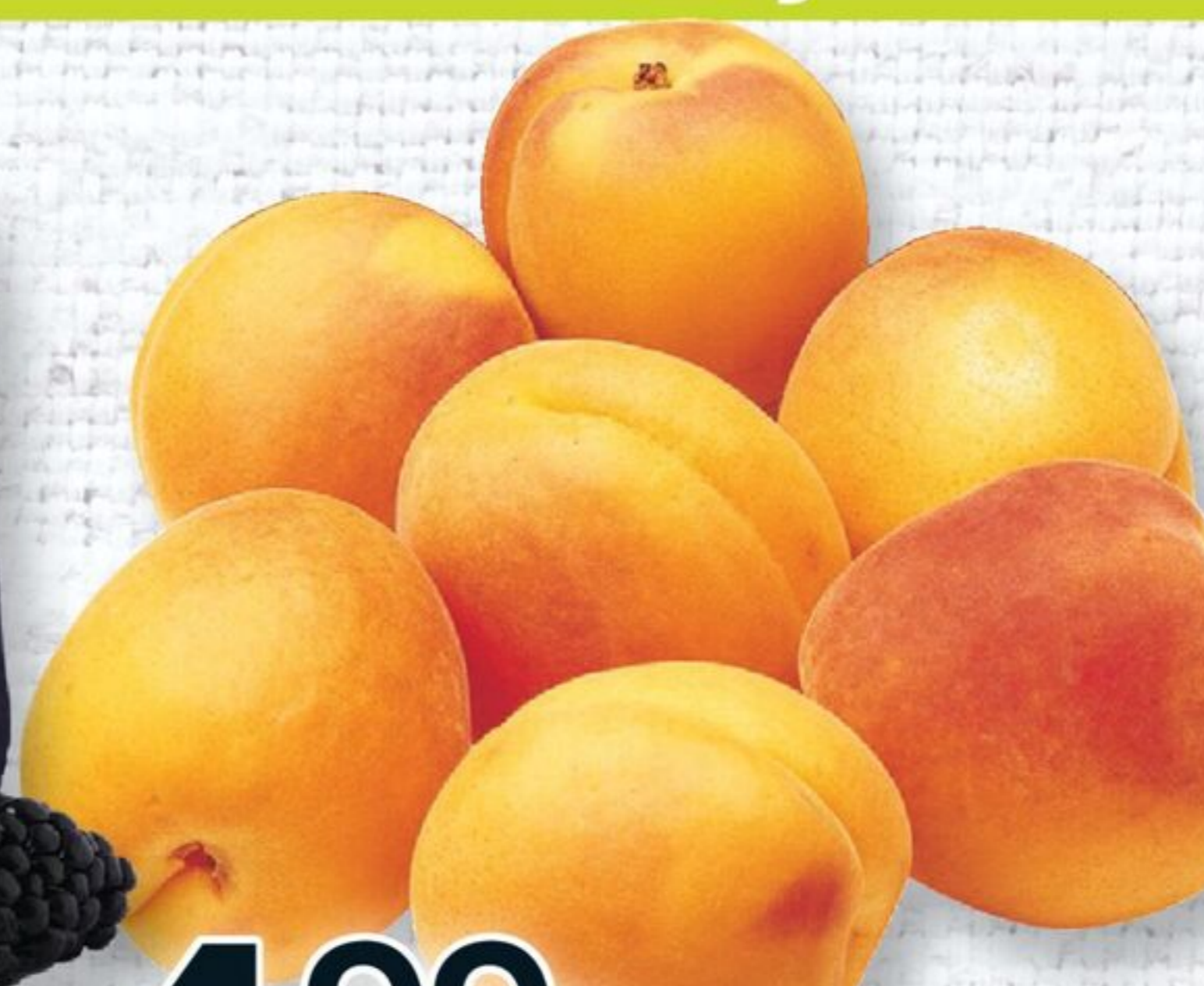
21⁹⁹
12 pack, medium

Produce Nature's Bounty arriving fresh daily!



NEW

6.99 Reserve blackberries
283 g product of Mexico
21724952001_EA



4.99 lb apricots
11.00/kg product of U.S.A.
20092504001_KG



Oishii strawberries
product of U.S.A.
9.99
121 g
NET 121 g 4.2 oz
Produit des É.-U.A.



Prepared IN STORE DAILY

13.99 lb chocolate covered strawberries
30.84/kg
21734783_KG



.99 large red grapefruit
product of Israel each
20020516001_KEA



2.29 lb ready to eat papaya
5.05/kg product of Mexico
20817066001_KG



3.99 lb Heirloom tomatoes
8.80/kg product of Ontario, Canada no. 1 grade
20154799001_KG



green cabbage
product of U.S.A. or Canada, no. 1 grade
20793034001_KG



First of the SEASON

7.99 lb fiddleheads
17.62/kg product of Canada
20072179001_KG



Prepared IN STORE DAILY

1.69 lb seedless watermelon cuts
3.73/kg product of U.S.A. or Mexico
20503182_KG



5.49 Marzetti vegetable dips
340 g product of U.S.A.
20304684_EA/20320000_EA



Prepared IN STORE DAILY

4.99 vegetable kebabs
306 g
21451044_EA



Prepared IN STORE DAILY

11.99 family size watermelon
2.04 kg product of U.S.A. or Mexico
21546178_EA



NEW

6.49 Haven Greens salad kits
200 g product of Ontario
20998004_EA

Pick Organic Over 150 items available every day!



Foodland ONTARIO
organic potted basil
product of Ontario
21521330001_EA

6.99
5.5" pot



Foodland ONTARIO
organic lions mane mushrooms
product of Ontario
21570869_EA



3.69 each
PC® Organics garlic 2's, product of Spain or U.S.A. or ginger 160 g, product of Peru
20717130001_EA/21102204001_EA



2.99 lb organic seedless navel oranges
6.59/kg product of U.S.A.
20016016001_KG



3.49 lb organic pink lady apples
7.69/kg product of U.S.A., Extra Fancy grade
20035338001_KG

Fire up the Grill

CAP OFF
EXCESS FAT REMOVED
BETTER VALUE

16⁹⁹lb
37.46/kg

rib steak cap-off
cut from Canada
AA or USDA Select
grade beef or higher
20812082_KG

39⁹⁹lb
88.16/kg

beef tenderloin
roast or steak
cut from Canada
AA or USDA select
grade beef or higher
20794223_KG

6⁴⁹
300/350 g

pork or turkey
breakfast sausage
or rounds
selected varieties
21164999_EA



frenched rib steak
cut from Canada AAA
grade beef or higher
20877746_KG

29⁹⁹lb
66.12/kg



FRESH NEW ZEALAND LAMB

free range grass fed raised without antibiotics no added hormones

fresh New Zealand
rack of lamb
20999969_KG

29⁹⁹lb
66.12/kg

fresh New Zealand
whole lamb leg
bone in
20560194_KG

8⁹⁹lb
19.82/kg

fresh New Zealand
lamb shoulder chops
21091613_KG

9⁹⁹lb
22.02/kg

fresh New Zealand
lamb loin chops
21091827_KG

15⁹⁹lb
35.25/kg

500 Optimum

Schneiders, Maple Leaf
bacon or Maple Lodge,
Zabiha Halal chicken or
Butterball turkey bacon
selected varieties
20016865_EA/20105121_EA

4⁹⁹
65-375 g

Marcangelo
chicken herb
medallions
21378258_EA

14⁹⁹
452 g

Lou's
peameal bacon
selected varieties
20133609_EA/20285088_EA

8⁹⁹
375/454 g

PC® chicken
or turkey burgers
frozen
20155317_EA/20956689_EA

18⁹⁹
1.13 kg

Marcangelo
lamb
spiedini
frozen
21100221_EA

25⁹⁹
480 g

Seafood
Skinless!

FRESH Salmon

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

fresh Atlantic
salmon fillet
21176902_KG

15⁹⁹lb
35.25/kg

2 lb bag!

fresh Atlantic organic
mussels 907 g or frozen
lobster tail 2-3 oz.
20992437_EA/21194848_EA

5⁹⁹
each

a proud FORTINOS recipe

fresh Atlantic
salmon burger 181 g
or crab cakes 95 g
21188901_EA/21540956_EA

4⁹⁹
each

Free steaming!

live lobster
1-1 1/4 lb
20035376_KG

14⁹⁹lb
33.05/kg

IFC lobster
claws 454 g
or snow crab
clusters 500 g
frozen
21615011_EA/21624168_EA

22⁹⁹
each

PC® smoked
Atlantic salmon 150 g
or Marina del Rey
wild easy peel shrimp
20/30 per lb,
300 g, frozen
20108286_EA/20907159_EA

10⁹⁹
each

Northern King
seafood mix 600g
or IFC breaded
calamari 500 g
frozen
20573063_EA/21614755_EA

8⁹⁹
each

PC® Pacific large white
raw Zipperback® shrimp
31-40 per lb, 400 g
or Ocean Jewel
shrimp ring with
sauce 284 g, frozen
20788888_EA/21737473_EA

8⁹⁹
each

Breakfast



4²⁹ each
Danone Oikos yogurt
 selected varieties,
 4x95/100 g
20419715006_EA/20625055_EA



5⁹⁹ 1.5 L
Lactantia UltraPur milk
 selected varieties
21694605_EA/21694529_EA



6⁴⁹ each
Eggo waffles, pancakes 16's
 or protein waffles 8's,
 selected varieties
20099730001_EA/20099730004_EA



5⁹⁹ 946 mL
International Delight coffee creamer
 selected varieties
20895480003_EA/21071278_EA



3⁴⁹ each
PC® or Blue Menu®
pancake mix 905 g
 or syrup 750 mL
 selected varieties
20175129_EA/20374908_EA



6⁹⁹ each
Bonne Maman jam 250/290 mL
 or spreads
 250-380 g
 selected varieties
20088599_EA/20307313001_EA



9⁴⁹ 500 g
Dutchman's Gold raw honey
21053159_EA



12⁹⁹ each
Starbucks roast & ground
 311/345 g or
 K-Cups 10's coffee
 selected varieties
20548682004_EA/20703838002_EA



9⁹⁹ 50's
Twinings tea
 selected varieties
21111068_EA/21111073_EA

Baking

Robin Hood or Five Roses flour
 selected varieties
20039497001_EA/20148914001_EA
5⁹⁹ 2.5 kg



5⁴⁹ 450 g
Cora muffin mix
21687639_EA/21687717_EA



2⁴⁹ 375/404 g
Betty Crocker Super Moist cake mix
 selected varieties
21547838_EA/21547845_EA

Pillsbury cookie chub or cinnamon roll
 selected varieties
20318034001_EA/20320962002_EA
3²⁹ 351/468 g



7⁹⁹ 454 g
Lactantia butter quarters
 selected varieties
20056675_EA/20315960_EA



5⁹⁹ each
Hershey's Chipits
 selected varieties
 200-270 g
21452924_EA/21452925_EA



2⁹⁹ each
Betty Crocker cookie icing or Twinkle decorations
 selected varieties
 120-200 g/40 mL
21241806_EA/21440752_EA



6⁴⁹ 46 mL
Club House pure vanilla extract
20061848_EA



5⁴⁹ each
E.D. Smith pie filling
 selected varieties,
 540/796 mL
20022361_EA/21718962_EA



7⁴⁹ 141 mL
PAM organic olive oil or avocado spray
21361501_EA/21361505_EA

Grocery



PC® natural cheese slices selected varieties

4.99
210 g



Heluva Good! dip selected varieties

6.99
680 g



PC® frozen fruit selected varieties

5.49
300-600 g



Nestlé Drumstick or novelties selected varieties, frozen

6.49
4-10's



Lindt Lindor bagged chocolate

9.99
150 g



Dare crackers selected varieties

3.79
100-225 g



Jack Link's jerky selected varieties

6.99
65-81 g



PC® peanut butter pretzels selected varieties

9.49
680 g



Loacker crispy wafer biscuits selected varieties

3.29
150/175 g



French's mustard 400 mL or Uncle Dan's seasoning mixes 21/28 g selected varieties

2.49
each



Heartbeat hot sauce selected varieties

10.99
177 mL



PC® mayonnaise selected varieties

5.99
750/890 mL



Unico hot peppers

4.29
750 mL



Brine pickles

5.49
1 L



Mott's Clamato

4.49
1.89 L



Nestea lemon or zero iced tea

3.99
1.89 L



ReaLemon lemon juice

4.29
945 mL



Great Gentlemen ginger beer selected varieties

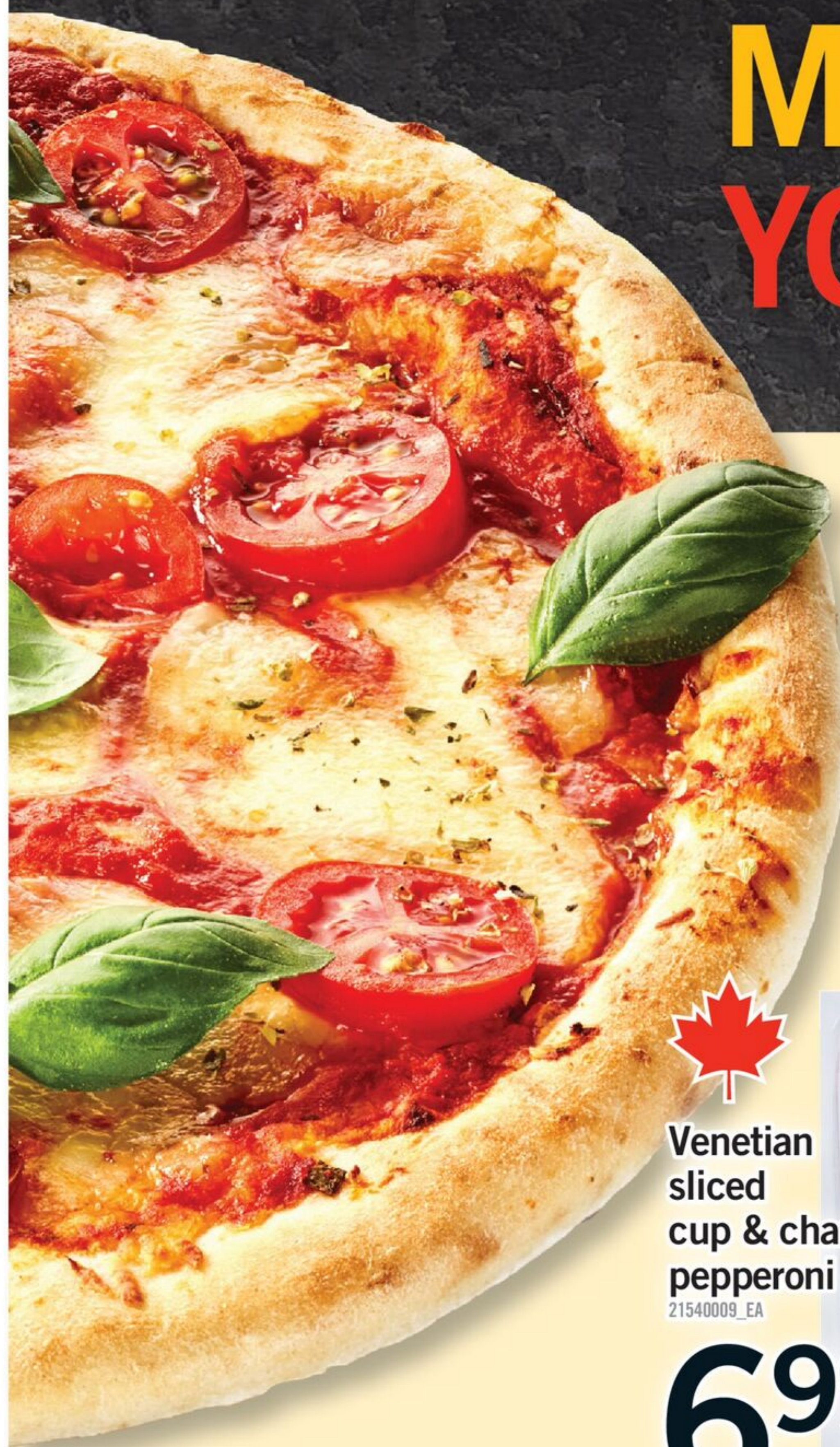
1.49
250 mL



Essentia or San Pellegrino water selected varieties

2.49
1 L

MAKE YOUR OWN PIZZA



pizza sauce
20018438_KG
249lb
5.49/kg



pizza mozzarella
20959084_KG
220/100 g
9.99/lb



sliced Venetian pepperoni
21637621_KG
231/100 g
10.49/lb



Venetian sliced cup & char pepperoni
21540009_EA
699
175 g



PC® Italian pancetta
20049345_EA
649
150 g



Piller's Chorizo toppings
20976070_EA
849
250 g



PANE Fresco personal pizza dough
21562009_EA
699
908 g

Deli & Bakery



1179 Bellavitano Merlot, Espresso or Balsamic cheese
150 g 20430601_EA



Marcangelo imported mortadella
21536049_KG
999lb
2.20/100 g



1299lb Elite C roast beef deli sliced or shaved
20641321_KG
2.86/100 g



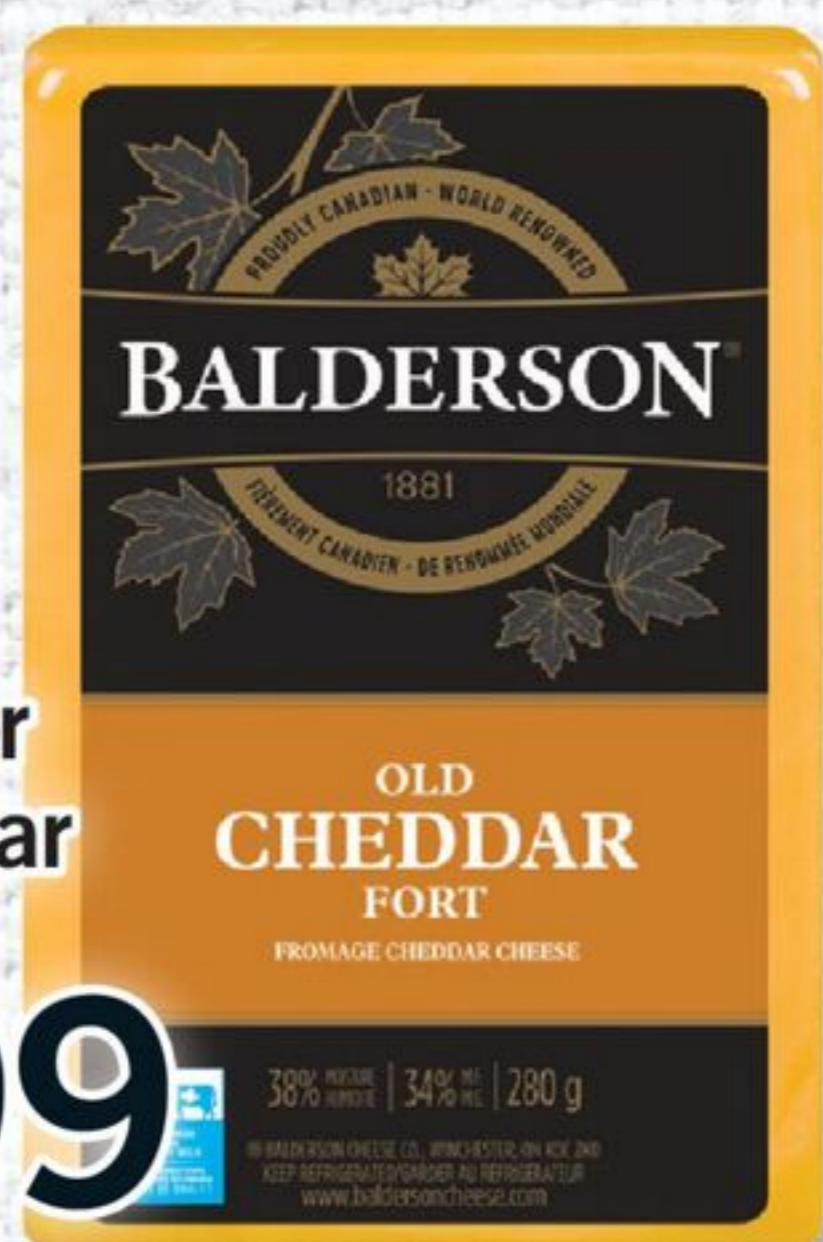
antipasto bar \$15.39/lb 3.39/100 g
1088lb olive bar
20062521_KG/20127732_KG
2.39/100 g



749 PC® double cream brie
200 g 20787327_EA



Balderson medium, marbled or old cheddar
20416277_EA
899
280 g



PC® Natural Choice® strips selected varieties
20786418_EA/20787394_EA
1299
300/375 g



299 each D'Italiano bread 675 g or buns 6/8's, Country Harvest bread 600 g or bagels 6's, selected varieties
20038335_EA/20673208_EA



APP EXCLUSIVE OFFERS

More days More days More days More days

Open your PC Optimum™ app to get the offer†.



APP EXCLUSIVE OFFER
Optimum
4,000 pts
for every \$10*
spent on

Angie's Boom Chicka Pop
popcorn and puffs products

20811709_EA/21219848_EA/20770751_EA

APP EXCLUSIVE OFFER
Optimum
8,000 pts
for every \$20*
spent on

Nature Valley,
Fibre 1 or Chex products

21418522_EA/21418559_EA/21418558_EA



APP EXCLUSIVE OFFER
Optimum
4,000 pts
for every \$10*
spent on

Oreo & Chips Ahoy!
cookies 224-303 g, Cadbury or
Caramilk chocolate bars 90-105 g
or Maynards or Sour Patch Kids
candy 135-154 g

21358407_EA/21361508_EA/2168577_EA

APP EXCLUSIVE OFFER
Optimum
4,000 pts
for every \$10*
spent on

Silk products
890 mL-1.89 L

21245360_EA/20328231002_EA/21245361_EA

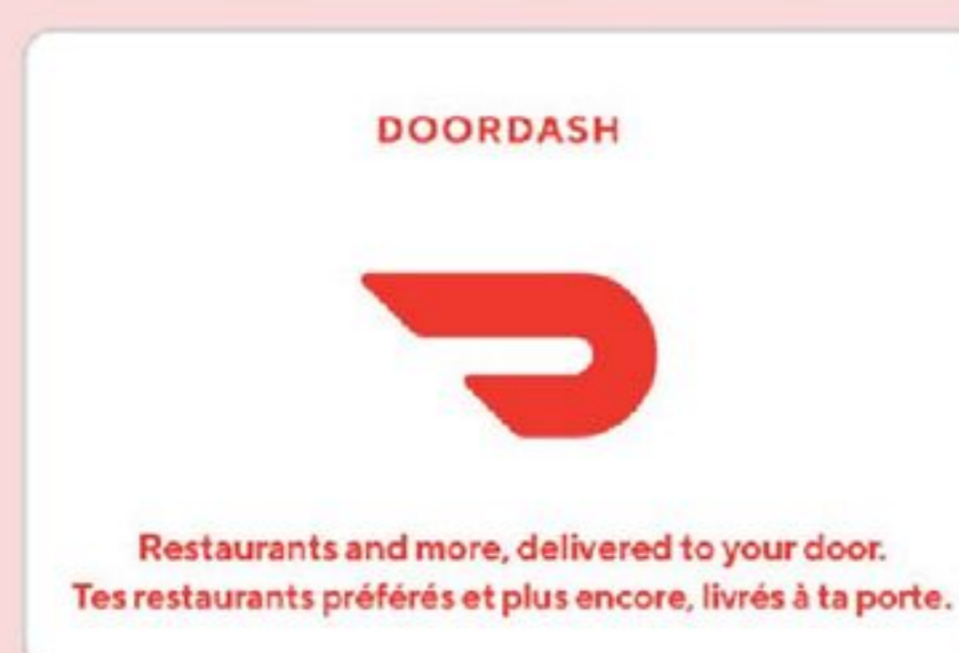
APP EXCLUSIVE OFFER
Optimum
8,000 pts
for every \$16*
spent on

Swiffer Starter Kits
products

21625501_EA/21625498_EA/20900161_EA

APP EXCLUSIVE OFFER
Optimum
10,000 pts
for every \$100*
spent on

ANY COMBINATION
OF DOORDASH AND
PLAYSTATION GIFT CARDS



Offer valid in-store only. 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 \$100 spent on DoorDash and PlayStation Store 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. All trademarks are the property of their respective owners.

APP EXCLUSIVE OFFER†

JOE FRESH



Moredays™

May 7 - 13

Members get
20,000 pts

for every
\$75 spent
on apparel*



Moredays™



App exclusive mystery offer

Earn up to 10¢/L in pts

Reveal your exclusive mystery offer in the App, then fuel up at Esso™ or Mobil™ stations!

Offer effective May 7 - May 10, 2026 only.

†Must be a registered PC Optimum™ member to load and get these offers. 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 pcoptimum.ca. We are not obligated to award points based on errors or misprints. No cash value. See fortinos.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. Offers valid Thurs. May 7 - Wed. May 13, 2026 unless specified.

Dragon Fruit



Prepared in-store daily!
Available at the Salad Bar

Beat the summer heat with the refreshing taste of watermelon and the tropical taste of dragon fruit.

6⁴⁹lb

14.31/kg

21526276_KG

The Giant of Tropical Flavour



JACKFRUIT

Don't be daunted by the look or aroma!

- When ripe, it has a sweet tropical flavour
- Shred flesh and use as a meat substitute or add to dessert
- Grown in Mexico

precut
\$2.29/lb 5.05/kg
20897656001_KG

.99lb

2.18/kg

whole jackfruit

20787577001_KG

- ✓ High in protein, fibre & potassium!
- ✓ Aids in digestion & helps boost immune system!

JACKFRUIT PODS

We've done the work for you in preparing these bright yellow chunks, ready to enjoy.

TIP: Try freezing.

Then thaw when ready to eat to soften the pods for an even juicier texture!

jackfruit pods
21607056_EA

7⁹⁹
350 g

NEW



Fire up the Grill

Follow us
@Fortinos.supermarket
for BBQ ideas!



**Carolian BBQ
chuck short ribs**

21747272_KG

16⁹⁹lb
37.46/kg

- Marinated
- Convenient & ready to grill
- Tender & flavourful



*The perfect
blend!*



**Smoked Whisky
burger**

21746700_EA

12⁹⁹
500 g



4 pack!

- Made with Certified Angus Chuck and Brisket
- Delivers the ultimate in flavour & juiciness



**Hot Chicken
burger**

21746955_EA

10⁹⁹
500 g



4 pack!

- Made with 100% Canadian boneless chicken thighs
- Seasoned

Seafood



8⁹⁹ Heron Point wild caught crab meat ready to eat
170 g 21647384_EA/21647418_EA



16⁹⁹ Go Wild shrimp ring with sauce 19-23 shrimp per ring, frozen
425 g 21154099_EA



12⁹⁹ PC® PEI mussels selected varieties, frozen
907 g 20838559_EA/20838560_EA



8⁹⁹ Sushi Pocket salmon teriyaki or tuna mayo, frozen
528 g 21702599_EA/21702921_EA

Meat



5⁹⁹ each Maple Leaf Top Dogs, Schneiders Red Hots wieners 375 g or Mina Halal chicken wieners 675 g, selected varieties
20602429_EA/21093477_EA



14⁹⁹ Schneiders Smokies sausages selected varieties
900 g 21094083_EA/21094879_EA



15⁹⁹ 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



13⁹⁹ Marcangelo beef medallions
340 g 21025464_EA



5⁹⁹ Springer's mild or hot Debrecziner sausage
375 g 21735454_EA/21735409_EA



25⁹⁹ Marcangelo lamb spiedini 24's, frozen
480 g 21100221_EA



14⁹⁹ Royal Meats beef or chicken burgers selected varieties, frozen
852 g 21680569_EA/21680615_EA



18⁹⁹ Yorkshire Valley Farms organic chicken or turkey burger selected varieties, frozen
678 g 21592097_EA/21592125_EA

BRINGING THE WORLD TO YOUR KITCHEN

Sharing culture through food



17⁹⁹ Island Way sorbet
700 mL 21737274_EA



1⁴⁹ Cedar pita selected varieties
21509333_EA/21509350_EA 330 g



2⁴⁹ Sunrise soft or dessert tofu selected varieties
20135704_EA/20570507_EA 150-350 g



4⁹⁹ Nanak paneer selected varieties
21286158_EA 341 g



9⁹⁹ Crafty Ramen entree selected varieties
21544830_EA 500/520 g



5⁹⁹ St. Dalfour fruit spread
20299223001_EA/20299223009_EA 225 mL



4⁹⁹ Kuhne sauerkraut
20068748_EA 796 mL



3⁴⁹ Gerolsteiner mineral water
20771154_EA 750 mL



4⁹⁹ Pelmen perogies selected varieties, frozen
21530577_EA 500 g



12⁹⁹ Irimi extra virgin olive oil
20021287_EA 750 mL



4⁹⁹ O'Food gochujang paste
21452984_EA 500 g



17⁹⁹ Rodoula baklava or kataifi
21714415_EA/21714451_EA 630 g



4⁹⁹ T'aom ice cream bars selected varieties, frozen
21566307_EA/21622902_EA 5x75 mL



2⁴⁹ Paese Mio tomato purée
20100480_EA 720 mL



9⁹⁹ Krinos fillo twisters selected varieties, frozen
20755147_EA/20765310_EA 840 g/1 kg



27⁹⁹ Monini Mono extra virgin olive oil
21339826_EA/21549727_EA 500 mL

FORTINOS[®] GARDEN CENTRES

MONDAY - SATURDAY: 8 AM - 8 PM
SUNDAY: 8 AM - 6 PM



roses
selected varieties
20756622_EA

\$24 2 gallon



\$28 2 gallon
PC[®] peony
assorted colours
20641126_EA



Proven Winners
lilac
21709404_EA

\$35 2 gallon



Japanese maple
21709402_EA

\$45 2 gallon



Boston fern
hanging basket
20845440_EA

\$22 10 inch pot



premium clematis
20024521_EA

\$22 1 gallon



12⁷⁹ 15's
PC[®] paper
yard waste bags
21643555_EA

May 7th until June 24th
bring back your empty
pots/flats and you can earn

100 pts

for each pot or flat you return

How do we recycle?

Empty Pots

are shipped back to the greenhouse where they are compacted/crushed.

Plastic

is shredded to make pellets, which are used to make new pots and flats.

This program began in 2008 and to date Loblaw has recycled over 8.5 million lbs. of plastic.

GARDEN CENTRES NOW OPEN

Enrich Your Soil

Nutrient rich soil is key to healthy gardens, plants and grass. Now is time to build this base to create a healthy ecosystem.



Suitable for container gardening. Blend of peat moss, manure, topsoil and compost providing essential nutrients.



Specialized blend to repair bare patches, overseed and thicken lawns. Improves soil structure and moisture retention.



A multi-purpose topsoil used for top-dressing lawns and flower beds.

2/\$12 PC® vegetable & herb soil mix 25 L
or \$7 ea. 21349109_EA

2/\$12 PC® enriched lawn soil 25 L
or \$7 ea. 21349080_EA

4/\$12 PC® black earth soil 25 L
or \$3.25 ea. 21357792_EA



A versatile blend designed to nourish gardens and planters for healthy plant growth.



Helps retain soil moisture and suppresses weeds.

2/\$12 PC® flower & garden bed soil mix 25 L
or \$7 ea. 21349074_EA

3/\$12 no name® cedar mulch available in natural, black or red 42.5 L
or \$4.50 ea. 21358573_EA

Caledon black pot
21569526_EA



\$35 15.5 inch

watering can
20275904_EA



\$11 2 gallon

blue heron
21570374_EA



\$50 each

watering wand
21628458_EA



\$20 each

bee or ladybug gardening gloves
21719882_EA



\$9.99 each



CANADA CANDY COMPANY

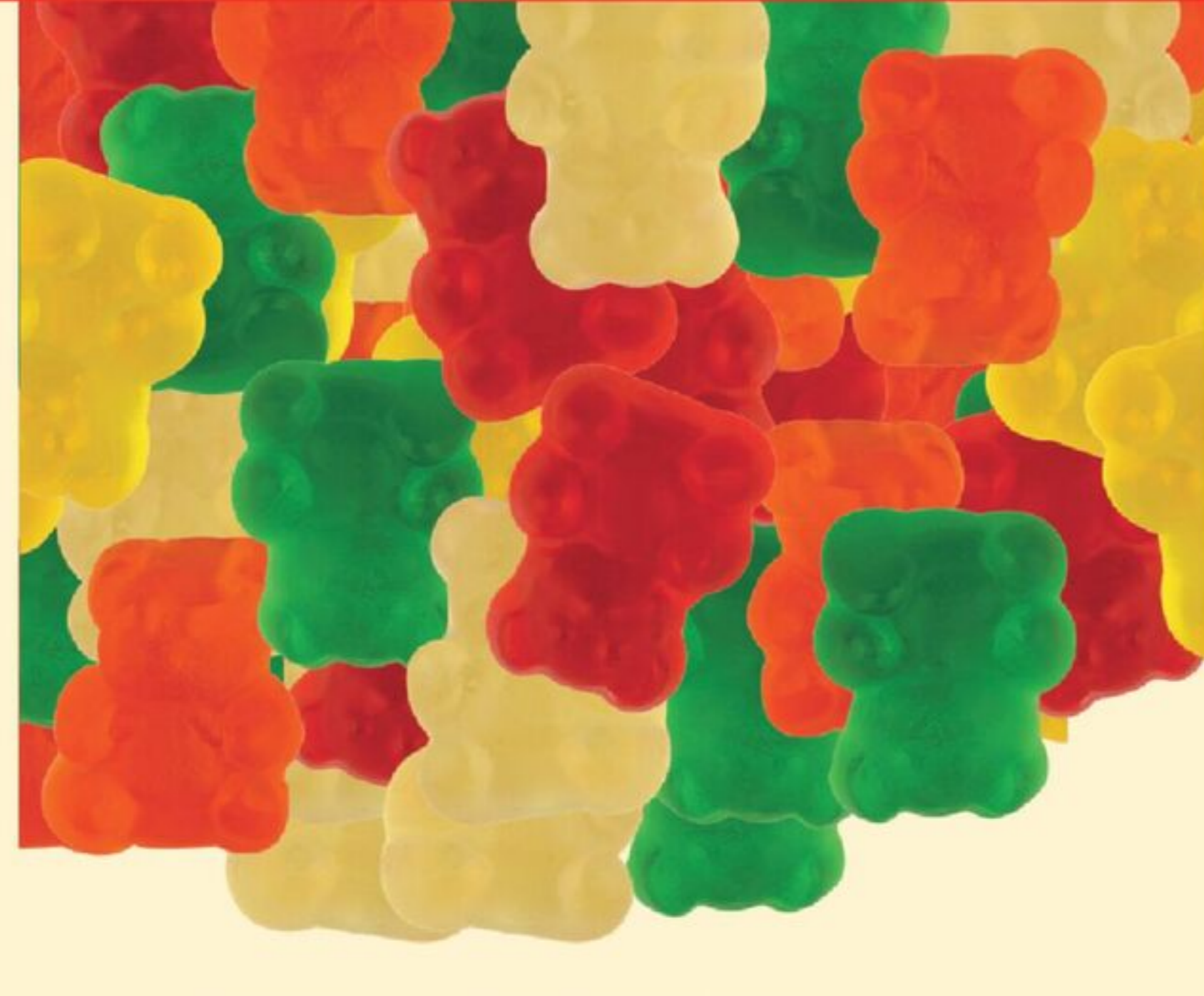
Made in Canada!

88 /100 g
3.99/lb



jumbo assorted gummi bears

21126490_KG



assorted gummi grizzly bears

21127204_KG



sour gummi grizzly bears

21245238_KG



12 flavour gummi grizzly bears

21177459_KG



assorted fish candy

21245242_KG



fizzy cola bottles

21127231_KG



sour fizzy cola bottles

21245241_KG



insane sour soothers candy

21121572_KG



sour watermelon slices

21127285_KG



**jumbo sour soothers or
mini sour blue raspberries**

21373961_KG



peach rings

21546041_KG



sour atomic neon worms

21127277_KG



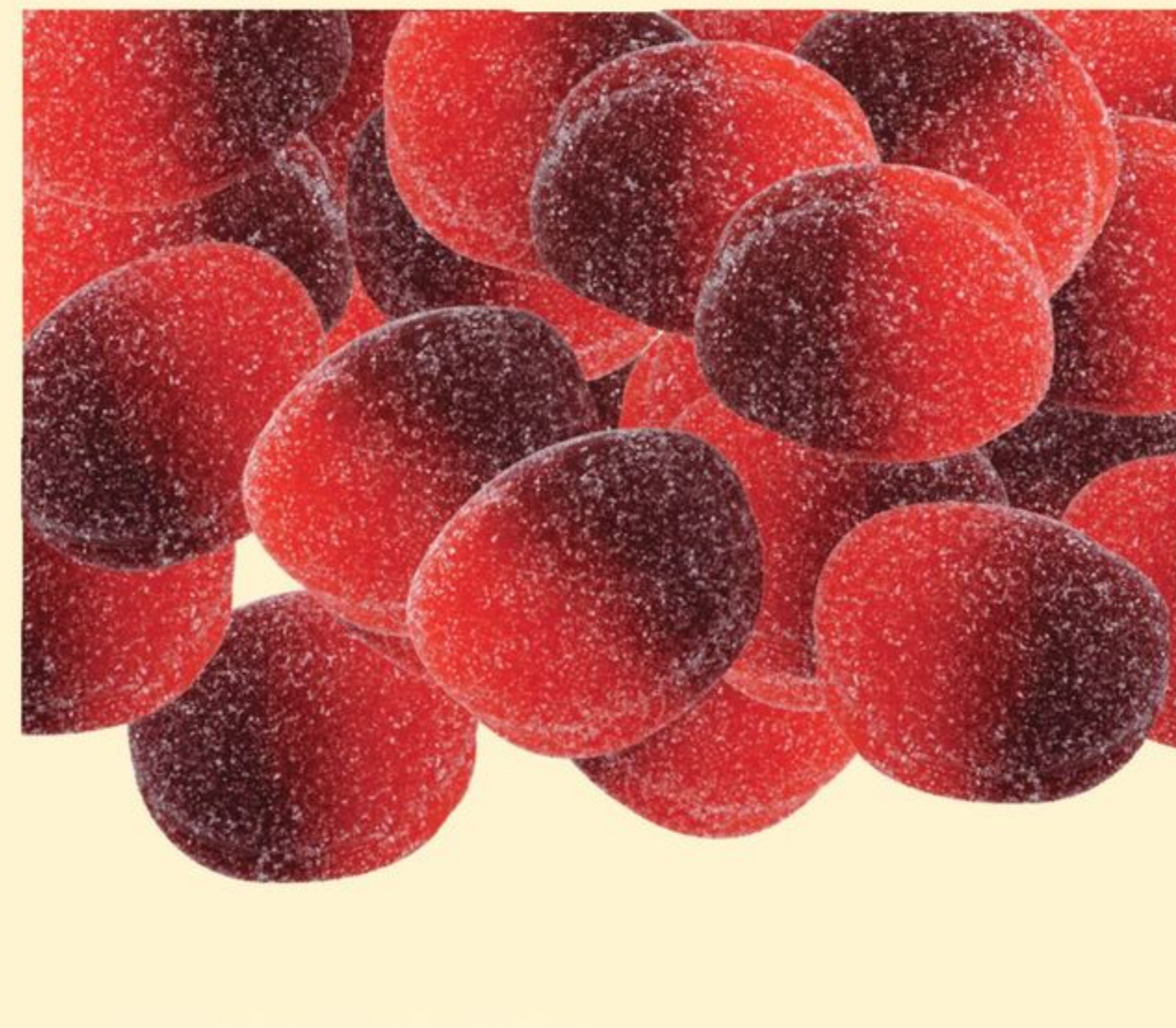
gummi wiggly worms

21127228_KG



sour bud bites

21245256_KG



sour cherry bombs

21338131_KG



sweet peach slices or wine gums

21206506_KG/21127278_KG



NATURE'S TREASURE

Celebrate that Special Woman

♡ RICH SOURCE OF IODINE, ZINC & IRON; FANTASTIC FOR SKIN HYDRATION!

Plumpp Irish sea moss

21581070_EA
10⁴⁹
40 g



♡ USE FOR AROMATHERAPY, OR A NATURAL NON-TOXIC DEODORIZER.

NOW Foods essential oils or carrier oils selected varieties & sizes

21344047_EA/21344082_EA
up to **15%** OFF



♡ SOOTHING FOAMING BATH POWDER, FREE OF SYNTHETIC COLOURS & FRAGRANCES!

4⁹⁹ Aura Cacia foam bath all varieties
2029818001_EA/21467410_EA



♡ ALL PRAIRIE NATURALS HAIR CARE PRODUCTS ARE ENRICHED WITH PURE, NATURAL AROMATIC PLANT OILS!

Prairie Naturals shampoo or conditioner selected varieties

21664180_EA/21664317_EA
16⁹⁹
350/500 mL



♡ AMMONIA-FREE, PLANT-BASED COLOUR! GREAT FOR SENSITIVE SKIN.

16⁹⁹ Herbatint natural hair colour selected varieties
20316992003_EA/20316992005_EA



♡ 100% CRAFTED IN CANADA, WITH NO SYNTHETIC INGREDIENTS. SUSTAINABLY MADE!

Crate 61 Organics soap bar selected varieties

21163384_EA
3²⁹
110 g



♡ MADE WITH ARGAN OIL, SHEA & COCOA BUTTERS FOR RICH, NATURAL HYDRATION.

Andalou Naturals body lotion, face wash or conditioner selected varieties

20894768002_EA/20894768001_EA
12⁹⁹
178-340 mL



♡ SPECIFICALLY FORMULATED BY WOMEN TO SUPPORT WOMEN'S HORMONE HEALTH & GENERAL WELLNESS!

up to **20%** OFF Aeryon Wellness supplement blends all varieties & sizes
21537231_EA/21537233_EA



♡ EASILY ABSORBED, SUPPORTS MUSCLE RELAXATION; PERFECT FOR BATHS & TOPICAL USE!

ITL Health sea-mag pure magnesium chloride flakes

21667912_EA
15⁹⁹
1 kg





NATURE'S TREASURE

by **FORTINOS**

Now Is The Time!

We've made it through the winter and now is the time to reinvigorate your mind and body! Set the intent to establish new routines – get outside, change your eating habits and be mindful of your health and wellness journey. And don't forget, you're not alone – our Certified Nutritional Practitioners are here to help you on this reset towards an enjoyable summer!



24⁹⁹
20/21's

Organika electrolyte powder sachets
selected varieties

21546047_EA/21546545_EA

Staple nutrients to add to your daily stack!

Children's varieties now available!

35⁹⁹
each

CanPrev adrenal-pro, healthy hair or magnesium bis-glycinate capsules or powders
selected varieties & sizes

20776242_EA/21033708_EA

200 mg of Elemental Magnesium per cap!



12⁹⁹
100's

NOW Foods vitamin B12 with folic acid or Omega-3 100's or vitamin D3 30 mL

21419374_EA/21419705_EA



38⁹⁹
each

AOR gastro relief, superfocus or postbiotic 60's or advanced b-complex 90's, or magnesium bis-glycinate 180's
selected varieties

21307668_EA/21307672_EA

19⁹⁹
60's

Suku vitamin gummies
all varieties

21310902_EA/21311095_EA



38⁹⁹
120's/ 225 mL

Aqua Omega Omega-3 fish oil
selected varieties

21157460_EA/21639506_EA



29⁹⁹
440 g

Good Protein all-in-one powder
all varieties

21691723_EA/21691741_EA



3⁹⁹
each

Kettle Brand potato chips
156-198 g
selected varieties

21520654_EA



3⁹⁹
each

Skinny Pop popcorn
125-150 g
selected varieties

20785418001_EA



7⁴⁹
4x355 mL

Remedy Sodaly no-sugar soda

21667301_C04/21668568_C04



3⁹⁹
45-50 g

Smart Sweets low sugar gummy candy
selected varieties

21154474_EA/21707168_EA



3⁹⁹
1.75/1.89 L

Earth's Own non-dairy beverage
selected varieties

20327647_EA/21037796_EA



3⁹⁹
120-150 g

Made Good school safe snacks
selected varieties

21425469_EA/21723052_EA



8⁹⁹
4x33 g

Mid-Day Squares snack
all varieties

21620087_EA/21620089_EA



Flyer prices effective from Thursday, April 23 to Wednesday, May 20, 2026

Start Your Day Right!

Nourishing foods help you take on the day & stay energized. Start your day right with our selection of breakfast foods to maximize energy & wellness! You'll find organic coffee free of toxins, peanut butter powered with gut-healthy chia seeds, and gluten & dairy free alternatives to add to your morning favourites!

5.49
16's
Traditional Medicinals organic herbal tea
selected varieties
21397739_EA/21397740_EA



NEW
8.99
750 mL

Elmhurst non-dairy latte or creamer
selected varieties
21665198_EA/21707988_EA



Serve chilled over ice!

6.99
each
Califia premium non-dairy beverage 1.4 L
all varieties, refrigerated
21397053_EA/21663936_EA



Fair-trade & organic!

18.99
454 g

Kicking Horse whole bean coffee
selected varieties
20322468001_EA/20322468006_EA



7.49
each
Prana chia seeds 284-300 g
or **Granolove protein granola** 300 g, selected varieties
20845806002_EA/21720959_EA



7.99
145-200 g
Elan organic nuts
selected varieties
21306142_EA/21306310_EA

Boosted with MCT oil & chia seeds!



8.49
500 g
Fatso peanut butter
selected varieties
21314270_EA/21314277_EA



17.99
800-850 g
Terra Granola small batch non-GMO granola
selected varieties
21520971_EA/21537841_EA

Soft & chewy!

UP TO 20% OFF

LOCALLY MADE

Dutchman's Gold bee pollen 500 g
21538802_EA



Nature's Way nutrasea Omega-3 fish oil
all varieties & sizes
20099274_EA/20923800_EA



LOCALLY MADE

ITL Health magnesium capsules, powders, topical spray or sachets
all varieties & sizes
21581033_EA/21667087_EA



Metagenics professional grade supplements
all varieties & sizes
21683263_EA/21683720_EA

All in one - 4 supplements in each pack!

Liquid vitamin tonics absorb better!

Salus Haus vitamin and mineral tonics
all varieties & sizes
21566292_EA/21701168_EA



Orange Naturals supplements
all varieties & sizes
21065667_EA/21164425_EA



Ask our in-store experts what blend or form is right for you!

Croque Madame

Serves 2

Ingredients:

- 1 tbsp (15 mL) **SAVOR** butter
- 1 tbsp (15 mL) **PHOEAPOLIS** extra-virgin olive oil
- 1 tbsp (15 mL) **BOB'S RED MILL** arrowroot starch
- 3/4 cup (180 mL) **ROLLING MEADOW** whole milk
- 1/2 cup (125 mL) **TREE ISLAND** plain full-fat Greek yogurt, room temperature
- 2 tbsp (30 mL) finely minced garlic scapes
- 1 tbsp (15 mL) chopped chive blossoms or chives
- 1/4 tsp (1 mL) grated nutmeg
- 1/2 tsp (2 mL) **HERBAMARE** fine sea salt
- 4 slices **QUEEN ST. BAKERY** sourdough bread
- 4 to 6 oz (115 to 170 g) **MCLEAN'S** nitrite-free ham
- 3/4 cup (180 mL) finely grated **L'ANCETRE** cheese
- 2 **ALDERWOOD** pasture-raised eggs
- 1 tsp to 3/4 Tbsp (5 to 10 mL) fresh lemon juice
- Arugula or dandelion greens
- white or black pepper, to taste

Directions:

Preheat oven to 400 F (200 C). Line baking sheet with parchment paper.

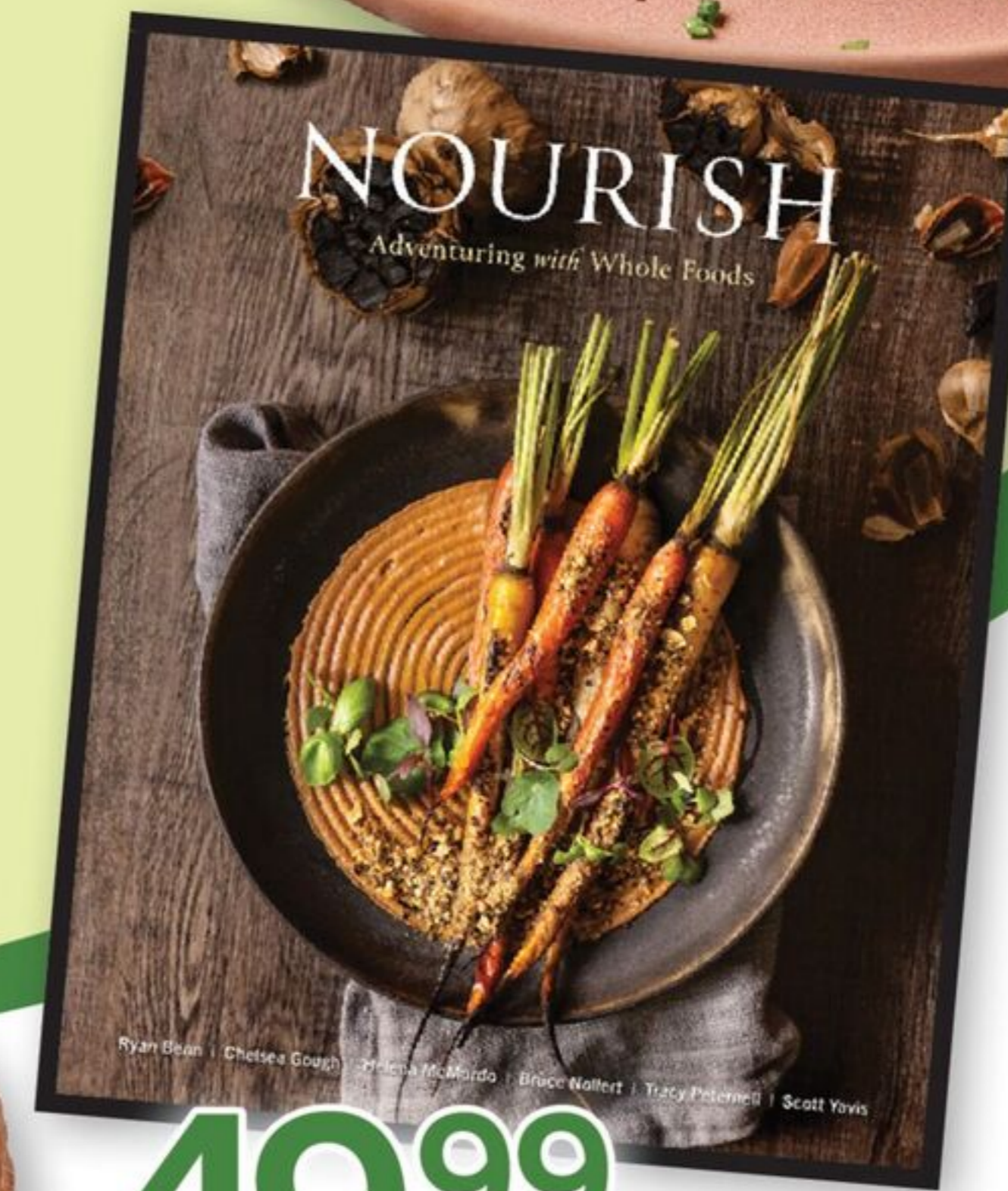
Béchamel sauce - in small saucepan over medium-low heat, melt butter and olive oil together. Add flour or starch and whisk continuously for 30 to 45 seconds until lightly foamy but not browned. Slowly whisk in milk and continue whisking for 2 to 3 minutes until sauce thickens slightly and coats the back of a spoon. Remove from heat and let cool for 1 to 2 minutes. Once cooled, whisk in yogurt until smooth. Return saucepan to very low heat and stir in garlic scapes, chives, nutmeg, salt, and pepper to taste. Sauce should be silky and spoonable; do not allow to boil.

In pan over medium-low heat, lightly toast sourdough slices

until just golden on one side. Place two slices of bread, toasted side up, on prepared baking sheet and layer with ham, generous spoonful of béchamel, and a light scattering of cheese. Top with remaining bread slices, toasted side down. Spoon more béchamel over tops and finish with remaining cheese. Bake for 10 to 12 minutes until melted and lightly golden. Broil for 1 to 2 minutes if needed.

While baking, fry eggs until whites are set and yolks remain runny. Top each croque madame with fried egg and finish with chive blossoms and freshly ground black pepper, to taste. Add a side salad tossed with oil & fresh lemon juice

Recipe Courtesy of *Alive Magazine*



LOCALLY MADE

8⁹⁹
12 pk

Alderwood pasture-raised eggs large
21434214001_EA



LOCALLY MADE

8⁴⁹
464-500

Queen St. Bakery gluten-free sourdough bread, original English muffins or superfood bagels frozen, all varieties & sizes
21575964_EA/21690221_EA



19⁹⁹lb
44.07/kg

McLean's black forest ham
20346674_KG



49⁹⁹ each

Nourish cookbook
21719085_EA

A great mother's day gift!



5⁹⁹
350 g

Tree Island organic yogurt selected varieties
21622466_EA/21622531_EA



5⁹⁹
250 g

Herbamare organic herbed sea salt selected varieties
20317961001_EA/20317961002_EA

With help!

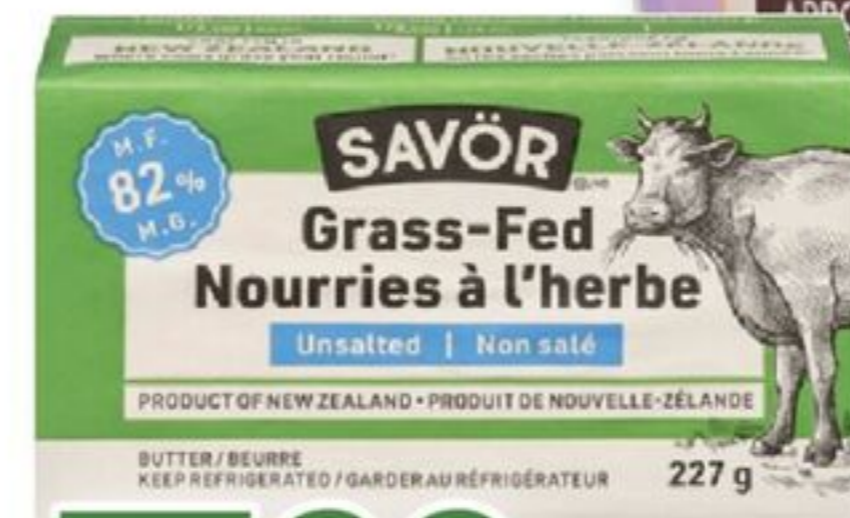
LOCALLY MADE

7⁴⁹
2 L

Rolling Meadow grass fed milk 2% or 3.8%
2083553001_EA/21212714_EA



Available in Deli!



7⁹⁹
227-454 g

Savor New Zealand grass-fed butter salted or unsalted, or Bob's Red Mill arrowroot starch
21684830_EA/21127436_EA



12⁹⁹
325 g

L'Ancetre organic cheese all varieties
21551880_EA/21551978_EA

Aspartame-free!

3⁹⁹
77-81 g

Pur gum selected varieties
20799503001_EA/21564534_EA



NEW

4⁹⁹
100 g

True Dates flavoured date snacks
21721677_EA/21721710_EA



NEW

9⁹⁹
95-142 g

Unreal low sugar chocolate treats
21732616_EA/21732732_EA



Three delicious flavours!

4⁹⁹
200 mL

Jucaí acai-based sorbet frozen, all varieties
21723459_EA/21723542_EA



Gluten-free!

6⁹⁹
95 g

Rawesome dairy-free cheese cake slice frozen, selected varieties
21371506_EA/21371543_EA



NEW

7⁹⁹
500 mL

Nora's dairy-free ice cream frozen, all varieties
21625448_EA/21625500_EA



Made with cashews!

Backyard Entertaining

Bring 'healthy' to your menu when entertaining this summer. Explore our large variety of foods and fixings for your next BBQ fling! There are many better-for-you options including clean ingredient veggie burgers (paired with a gluten free bun!), organic potato chips, and sugar free ketchup & BBQ sauces which leave you feeling great, without compromising the flavours of summer! Don't forget the sun care. And, it's pollen season - ensure to stock up on allergy support that's right for you!



5.99
300-510g

O'Doughs
gluten-free hamburger
buns, sandwich
loaves or bagel thins
frozen, selected varieties
21106820_EA/21603056_EA



5.99
200g

Violife dairy-free
cheese-style
shreds or slices
selected varieties
21339330_EA/21591969_EA



8.99
250-296 mL

Naked Naturals
nooch dressing
or sauce
selected varieties
20984039_EA/21543634_EA



Organic &
Gluten-free!

6.99
284g

Wholly Veggie
plant-based
burger
all varieties, frozen
21619720_EA/21619764_EA



6.99
250 mL

Good Food For Good
organic ketchup
or BBQ sauce
selected varieties
21172442_EA/21172444_EA



Sweetened
with dates!



3.99
120/140g

Three Farmers
roasted chickpeas,
fava beans or lentils
selected varieties
21127150_EA/21127194_EA



5.99
10x40mL

Deebee's Organics
superfruit freeze pops
21658954_EA



8.99
134g

Chosen Foods
avocado oil
spray
selected varieties
20967915_EA



21.99
300 mL

WhoaNelly's
premium beef tallow
21682086_EA



100%
grass-fed!

UP TO
20% OFF

Substitute Flax
or Udo's oil for a
home-made functional
salad dressing!

Flora supplements
and oils
all varieties & sizes
20568801_EA/20596913_EA



LOCALLY
MADE



St. Francis Herb Farm
herbal tonics or capsules
all varieties & sizes
21369459_EA/21407348_EA

Allergy & Sinus
trio! Effectively
reduces symptoms!

A.Vogel herbal
remedies
all varieties
& sizes
20013112_EA/20078528_EA



BUY
1
GET
1
50% OFF

Orange Naturals
inner beauty
supplement blends
all varieties & sizes
21190744_EA/21565193_EA



Collagen,
ceramides, and
hyaluronic acid
to enhance hair
& skin health
from the
inside-out!



Kalaya
pain-relief
cream or
spray 60 mL
or joint support
supplement
60's
21362727_EA/21524742_EA

Reef safe sunscreens
with simple organic
ingredients and
mineral zinc oxide!

Badger mineral
sunscreen
all varieties & sizes
21465543_EA/21465546_EA



NEW

399
540 mL

Yorkshire Valley Farms
organic canned beans

21303645_EA/21303659_EA



Many Bean Antipasto Salad

Serves 10

Ingredients:

- one, 19 oz (540 mL) can each YORKSHIRE VALLEY navy beans, chickpeas, and kidney beans, drained & rinsed
- 10 oz (285 mL) sliced, DIVINA roasted red peppers
- 6 oz (170 g) SOLENZI marinated artichoke hearts, drained & sliced
- 1/2 cup (125 mL) SOLENZI oil-packed sun-dried tomatoes, drained & sliced
- 1/2 cup (125 mL) ACROPOLIS Kalamata olives, pitted & sliced

Dressing:

- 1 pouch TRUE CITRUS lemon
- 3 tbsp (45 mL) PHOEAPOLIS extra-virgin olive oil
- 2 tbsp (30 mL) PC ORGANICS® red wine vinegar
- 1 garlic clove, grated
- 2 tsp (10 mL) KOOPS Dijon mustard
- 1 tsp (5 mL) Italian seasoning
- 1/4 tsp (1 mL) black pepper
- 8 oz (225 g) SUNFLOWER KITCHEN hummus
- 5 oz (142 g) baby kale
- 2 cups (500 mL) chopped fresh parsley

Direction:

In large bowl, toss together all ingredients. For the dressing, in blender add; lemon juice, oil, vinegar, garlic, mustard, Italian seasoning, and black pepper and mix until smooth. Add dressing to bean mixture and toss.

To serve, spread hummus on serving plates and top with kale and parsley. Spoon bean salad on top.



NEW

449
325 mL

Koops Organic
mustard

21598696_EA



NEW

1299
450 mL

Divina roasted
red peppers

21721366_EA



Recipe Courtesy of
Alive Magazine

alive

Organic!



399
227 g

Sunflower Kitchen
hummus
selected varieties

21098691_EA/21100664_EA



799
315 mL

Acropolis
Organics olives

21291127_EA/21291134_EA



899
each

Solenzi antipasto,
pesto 180-210g,
or tomato sauce 480 mL
selected varieties

21699317_EA/21699584_EA



599
500 mL

PC Organics®
aged red or white
wine vinegar
selected varieties

20302485001_EA/20302485002_EA

New look,
same gold
award winning
olive oil!



2299
750 mL

Four Trees by
Phoeapolis extra
virgin olive oil
selected varieties

21562579_EA

449
90 g

Sesmark
rice crackers
selected varieties

21672824_EA/21673493_EA



399
26 g

True Citrus
crystalized
lemon or lime

20416511_EA/21295344_EA



399
414 mL

Rise
kombucha drink
all varieties

20910755003_EA/21295048_EA



Organic!

449
135 g

Humble rumbles
potato chips
selected varieties

21664857_EA/21664952_EA



Gluten-free!

499
220 g

Snyder's
of Hanover
pretzels
selected varieties

21082616_EA/21082619_EA



NEW

749
6x355 mL

Zevia sugar free soda
selected varieties

21106231_C06/21106233_C06



Sweetened
with stevia!



Celiac Awareness

Nature's Treasure takes gluten allergies seriously, and that's why we're GROWING our dedicated section of Gluten & Wheat-free products! Recognizing the ever increasing prevalence of this auto-immune disease, we provide the product range that is free of gluten & other top allergens to meet any dietary need!

Our Certified Nutritional Practitioners are in stores daily to help you navigate the best gluten-free choices for anyone new to this diagnosis, or looking for different, tastier options!



3.99
120-400g
Livia shirataki rice or pasta selected varieties

21154073_EA/21639786_EA

Keto friendly!



11.99
400g

Pasta Tavola gluten-free ravioli selected varieties, frozen

21474074_EA/21474078_EA

Gluten-free & plant-based!



7.99
796 mL

Bianco DiNapoli vine ripened canned tomatoes selected varieties

21613939_EA/21613991_EA

Organic!



9.99
each

Glutenull gluten-free loaf 737g or ciabatta buns 600g frozen, all varieties

21686560_EA/21686646_EA

Made with amaranth, buckwheat or coconut flour!

NEW



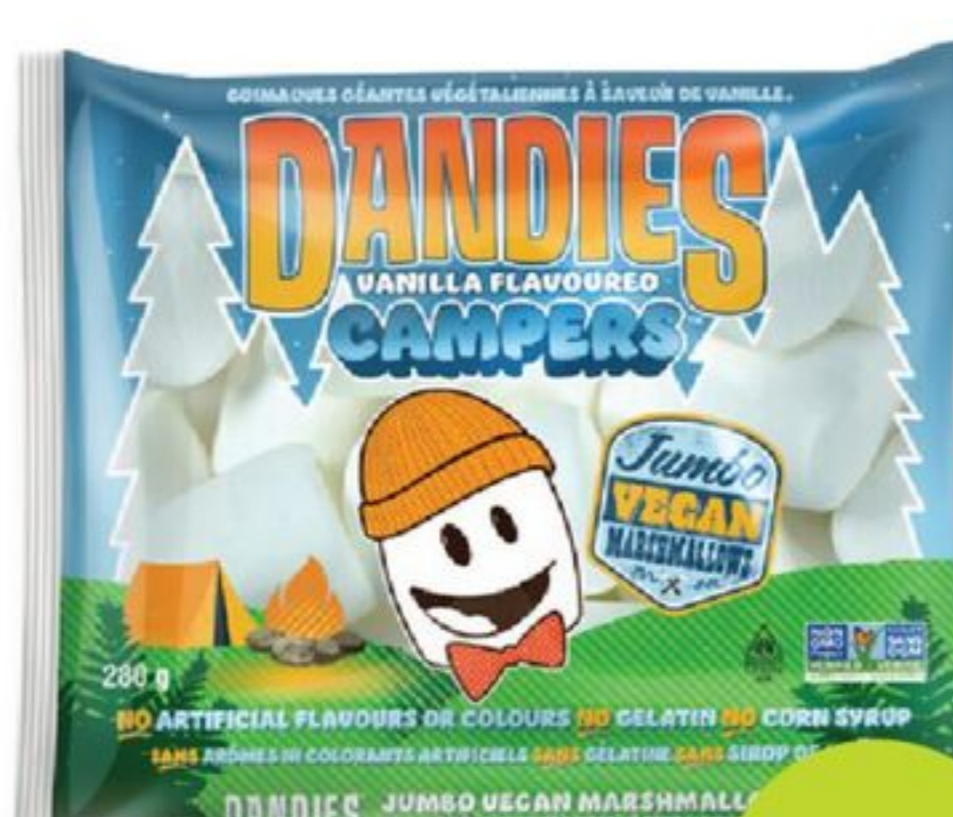
Great for s'mores!



5.49
80-85g

Zazubean chocolate selected varieties

21104213_EA/21104228_EA



6.49
280g

Dandies jumbo camper marshmallows selected varieties

21476762_EA

Vegan!

Gluten-free



6.49
160g

Schar honeygrams selected varieties

21311984_EA/21403616_EA

Free from top 8 allergens including gluten, dairy and tree nuts!



11.99
500g

Allergy Smart cakes chocolate or vanilla, frozen

21731169_EA/21731279_EA

UP TO 20% OFF

New Look!



Pure-Le Naturals fibre or supplements, all varieties & sizes

20121764_EA/20132146_EA



Leaf Source berberine or shilajit supplements all varieties & sizes

21708537_EA/21708560_EA



Herbaland yumbiotic probiotic sachets or gummy vitamins all varieties & sizes

21715867_EA/21715932_EA

Bio-K drinkable probiotic or capsules all varieties & sizes

20425368001_EA/20863972_EA



Prairie Naturals digestive support supplements selected varieties & sizes

21593477_EA/21593571_EA



Slippery Elm is an anti-inflammatory herb with soothing properties, may help relieve heartburn & IBS

Nature's Way digestive support supplements selected varieties & sizes

20856930_EA/20861001_EA



Sweetened with organic maple sap!



1.99
355 mL

Sapsucker sparkling water
selected varieties

21549482_EA/21697371_EA

Available in still & sparkling!

NEW

2.79
355 mL

Saltwater Co himalayan salt electrolyte water

21739326_EA/21739357_EA



The importance of hydration!

With warmer weather on the way, now is the time to start thinking about your overall hydration levels.

Hydration helps:

- ✓ To support nutrient transportation to cells
- ✓ To protect joints & organs
- ✓ To promote the removal of waste & by-products
- ✓ Necessary for nerve function & transmission, as well as temperature control of the body

Drinking plenty of water throughout the day, focusing on mineral rich foods & drinks (think Potassium & Sodium!—YES, sodium!), and reducing sugar intake as it de-hydrates the body are 3 easy ways to ensure your hydration levels are optimal.

Supplementing with electrolyte powders or tablets can ensure you are getting optimal levels to support hydration. Ask our in-store Certified Nutritional Practitioners which ones may be right for you!

Always remember to consult your doctor or pharmacist before taking any new supplements

Sourced from artesian springs!

2.79
1 L

Flow alkaline water
selected varieties

20987454_EA/21521476_EA



LOCALLY MADE

3.79
355 mL

Tonica kombucha bottle or low-sugar can
all varieties

20818822001_EA/21632459_EA



8.99
4x355 mL

Cove gut-healthy soda
selected varieties

21515636_EA/21515706_EA



2.49
355 mL

Wakewater caffeinated sparkling water
selected varieties

21404358_EA/21404371_EA



2.49
458 mL

Yerba Madre yerba mate

21609433_EA/21637789_EA



NEW

3.99
355 mL

Mateina yerba mate

21485333_EA/21716117_EA



NEW

UP TO 20% OFF

Roar Plus hydration powders
all varieties & sizes

21686295_EA/21686341_EA



blume Super Belly electrolyte and probiotic powder sachets
all varieties

21648198_EA/21648263_EA



TruME electrolytes with BCAA's powder
all varieties

21689749_EA/21689797_EA



Genuine Health enhanced hydration electrolytes
100 g or creatine with BCAAs
440 g

21558966_EA/21562455_EA



Cwench electrolyte drink 500 mL or sachet powder 10's
all varieties

21658588_EA/21658630_EA



Electrolytes with hydrolyzed Marine Collagen!

WithinUs rehydrate + collagen powder sachets
all varieties

21680240_C01/21681514_C01



UP TO 20% OFF

ALL Vitamins, Supplements & Protein Powders in our Nature's Treasure department!

Schinoussa New Zealand whey protein powder or sea vegetables powder all varieties & sizes
20377175002_EA/20378028002_EA



Progressive or Iron Vegan protein powder, collagen, or greens all varieties & sizes
21293683_EA/21519275_EA



Vega all-in-one shake or protein-made-simple pouch all varieties & sizes
20575566002_EA/21493606_EA



Leanfit plant-based or whey protein, greens powder, electrolytes or creatine all varieties & sizes
21395716_EA/21403978_EA



Prairie Naturals supplements, protein or superfood powders all varieties & sizes
21209178_EA/21592686_EA



PVL whey-isolate protein powder all varieties & sizes
21743110_EA/21743332_EA



NEW

10 servings, perfect for travel or trial!



Genuine Health fermented vegan protein powder or collagen powder all varieties & sizes
21722693_EA/21722649_EA

20g of protein per bar

18g of plant-based protein per serving!

NEW

279 62g

Kind protein + protein bar selected varieties
21697722_EA/21697730_EA



299 40g

Hornby organic energy bar selected varieties
21308996_EA/21309036_EA



Gluten-free & Dairy-free!

379 55g

Love Good Protein protein bar selected varieties
21541134_EA/21541140_EA



4.99 1L

Thirsty Buddha coconut water selected varieties
20689784_EA



229 45-51g

Larabar snack bar selected varieties
20031362001_EA/20031362008_EA



Flyer prices effective from Thursday, April 23 to Wednesday, May 20, 2026

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Body & Health



JR Watkins
hand soap 266/325 mL,
Halls bags 25-30's
or **Herbal Essences**
hair care 365 mL
selected varieties
2031568001_EA/21247055_EA

Sensodyne
toothpaste 75 mL
or **Listerine** 1 L
selected varieties
21091222_EA/21471656_EA

Nivea 50-625 mL
or **Vaseline**
400-600 mL lotion
selected varieties
20700027_EA/20794480_EA

Dove 3's
or **Olay** 4's
bar soap
selected varieties
20605927003_EA
21220717_EA

Native
or **Shea Moisture**
hair care
or body wash
selected varieties
and sizes
21433370_EA/21435048_EA

Nivea body
wash 500 mL,
shaving gel
or foam 200 mL
or deodorant 50 g
selected varieties
20320922002_EA/20321421004_EA

Axe deodorant
76-113 g,
body wash
473 mL
or **Crest**
toothpaste
60-130 mL
selected varieties
21041420_EA/21042562_EA

Aquaphor
or **Eucerin**
skin care
selected varieties
and sizes
20856891_EA/21085698_EA

Head & Shoulders
370 mL or
Dove 355 mL
hair care
selected varieties
21505016_EA/21644833_EA

Secret
or **Old Spice**
deodorant
45-85 g
or **Dial** body
wash 473 mL
selected varieties
20098094_EA/20663349003_EA

4.99 each 4.99 each up to 15% OFF 6.99 each 4.99 each

Always
liners 36-72's,
pads 10-26's
or **Tampax**
tampons
14-18's
selected varieties
21181430_EA

Tena
protective
underwear
selected varieties
21033614_EA/21033778_EA

Alani protein
drinks 355 mL
or **Grenade** or
ONE protein bars 60 g
selected varieties
21120168_EA/21602112_EA

Muscle Milk 4's
or **Pure Protein** 6's
selected varieties
20539046_EA/21507547_C04

Boost meal
replacement
or **Liquid IV**
selected varieties
20986348_C06/20986361_C06

5.49 each 17.99 13-48's 3.49 each 12.99 each 13.99 6's

Claritin
allergy relief
selected varieties
20144699_EA/20308018001_EA

Advil
pain relief
selected varieties
20316898001_EA/21235769_EA

Tums
selected varieties
21223306_EA/21236031_EA

Brioschi 240 g
or **Ricola**
lozenges 45's
21086660_EA/21484232_EA

Jamieson
or **youtheory**
vitamins
selected varieties
and sizes
20299993_EA/20303216001_EA

19.99 15-40's 10.99 20-50's 5.99 28-100's 7.99 each up to 40% OFF

Baby



2.99 each
PC® Organics mini cereal bars 160 g or Hot Kid Mum Mum 50-60 g selected varieties
20159814002_EA/20431441001_EA



8.99 each
PediaSure 4x235 mL or Pedialyte 1 L selected varieties
20322414001_EA/20322414002_EA



54.99 837/859 g
Similac formula selected varieties
21436985_EA/21437126_EA



49.99 553/587 g
Enfamil NeuroPro formula powder selected varieties
21589117_EA/21589230_EA



29.99 6x235 mL
Similac 360 Total Care ready to feed
21702489_EA

\$1
Baby Bellies 8/12 g
21295883_EA
21539324_EA



2.99 128 mL
Cerebelly pouches selected varieties
21191663_EA/21601227_EA



1.99 each
Love Child pouches 128 mL or Baby Gourmet simply bites 38 g, selected varieties
20944660_EA/21121969_EA



3.99 each
Earth's Best puffs 44-78 g or Love Child Seafriends 140 g
21462907_EA/21534883_EA



5.99 each
Johnson and Johnson baby needs 400-600 mL or Waterwipes 60's selected varieties
21112321_EA/21488621_EA



19.99 560-720's
Pampers or Huggies wipes selected varieties
21018026_EA/21371309_EA

Household



11.99 each
Tru Earth laundry strips 32's, fabric softener strips 50's, scent boosters 200 g or toilet bowl cleaner 12's, selected varieties
21425514_EA/21660040_EA



9.99 1.2 L
Lysol laundry disinfectant
21487308_EA/21495667_EA



13.99 1.38 kg
Resolve Oxi-Action Gold laundry booster selected varieties
21627561_EA



4.49 950 mL/2.5 L
Allen's multipurpose cleaners selected varieties
20977116_EA/21027899_EA



7.99 each
Swiffer Duster or Wet Jet refills 3-16's or liquid refills 1.25 L selected varieties
21624929_EA/21627479_EA



23.99 51-90's
Cascade Platinum or Complete dishwashing tabs selected varieties
21575009_EA/21518479_EA



7.49 20 mL
Air Wick Essential Oil plug in or essential oil refills selected varieties
20124109002_EA/20302509001_EA



11.99 30-40's
Glad garbage bags selected varieties and sizes
20166439002_EA/21165477_EA



23.99 8=16 rolls
Sponge Towels Ultra
21676150_EA



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



3.49 each
 Whiskas Temptations
 cat treats 180 g, purées 48 g
 or spoons 40 g, selected varieties
 20298151001_EA/20298151005_EA



.90
 Fancy Feast 85 g
 or Friskies 156 g wet cat food
 selected varieties, each
 20302296001_EA/20302296012_EA



7.99
 Freshpet
 refrigerated cat food
 selected varieties
 21094629_EA/21630324_EA



2.49
 Fancy Feast Gems
 selected varieties
 21732159_EA/21733036_EA

CELEBRATE YOUR PET



1.49
 Catit
 wet cat food
 85 g
 21731844_EA/21732082_EA



13.99
 Delectables
 handheld
 lickable
 cat treats
 20's
 21583545_EA/21633822_EA



16.99
 Whiskas
 Perfect Portions
 variety packs
 selected varieties
 20945383_EA/20945387_EA



14.99
 IAMS Proactive Health
 dry cat food
 selected varieties
 21027553_EA/21027556_EA



2.49
 Purina ONE
 wet dog food
 selected varieties
 21303479_EA/21520480_EA



.99
 Pedigree
 Choice Cuts
 wet dog food
 selected varieties,
 100 g
 21659467_EA/21659518_EA



14.99
 Freshpet
 refrigerated
 dog food
 794 g
 21025603_EA/21094639_EA



14.99
 Greenies dental
 treats for dogs
 340 g
 21588838_EA/21588846_EA



9.99
 each
 Milk-Bone Soft & Chewy
 dog treats
 708 g or PC®
 Nutrition First
 dog food 2 kg
 selected varieties
 21047843_EA/21307661_EA



7.99
 Caledon Farms
 dog treats
 selected varieties
 and sizes
 20339693_EA/20550003_EA



14.99
 IAMS Proactive Health
 dry dog food
 selected varieties
 20912435_EA/21082592_EA



1.99
 PC® Wild Bird
 suet cake
 300-320 g
 21302909_EA/21302923_EA

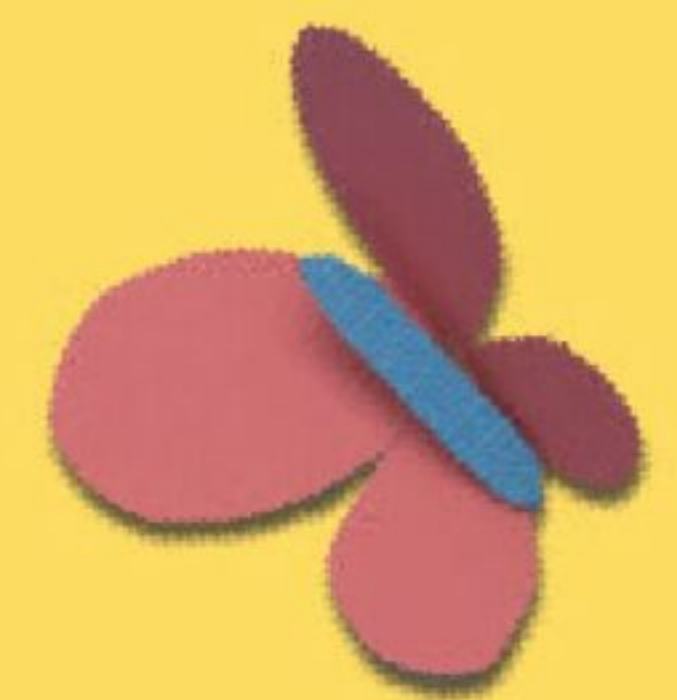


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Tre Stelle

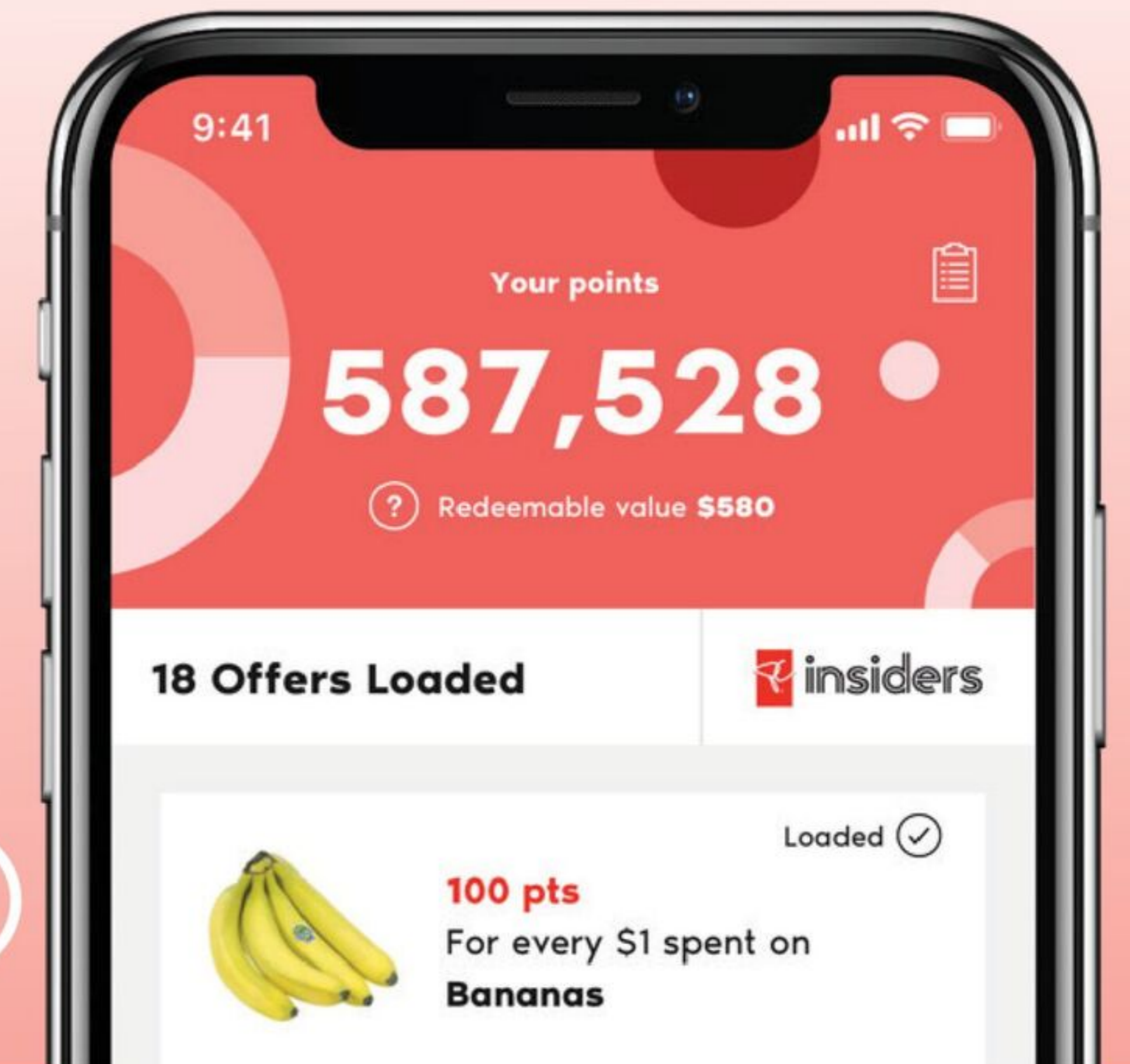
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- \$6⁹⁹**
Tre Stelle® Bocconcini
 200 g, Selected Varieties
 20824992_EA
- \$7⁹⁹**
Tre Stelle® Mozzarella Ball
 340 g
 20189267_EA
- \$6⁹⁹**
Tre Stelle® Ricotta
 400-475 g
 Selected Varieties
 20893852_EA
- \$13⁹⁹**
Tre Stelle® Mascarpone
 475 g
 20130433_EA
- \$6⁹⁹**
Tre Stelle® Halloumi
 200 g
 21350800_EA

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\$7⁹⁹ Oikos® 650 g, 750 g 21305945

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6 ESSENTIAL NUTRIENTS

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sizes



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SUDAFED®
24's



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REACTINE®
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or **BENADRYL®**
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allergy relief



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