



WE ARE OPEN VICTORIA DAY!*
8AM-6PM

ONLY

2⁹⁹
LB



CHERRIES
product of U.S.A.,
no. 1 grade
cerises
6.59/kg
20159690001_KG



ONLY

.44

SWEET CORN
product of U.S.A., no. 1 grade
maïs sucré
20131170001_EA



SAVE 50%

1⁹⁹

RUSSET POTATOES
product of Canada,
Canada no. 1 grade
pommes de terre
20601020001_EA



10 LB BAG



SAVE 42%

1⁴⁴

PC® WHOLE WHITE MUSHROOMS
product of Ontario
champignons
blancs entiers
20776239_EA



227 G



NOFRILLS®

FLYER PRICES EFFECTIVE THURSDAY, MAY 14 TO WEDNESDAY, MAY 20, 2026.

**WE ARE OPEN VICTORIA DAY! *
8AM-6PM**

ONLY

SAVE 45%

3.25



MAPLE LEAF TOP DOGS or SCHNEIDERS RED HOTS WIENERS
selected varieties, 375 g
saucisses fumées
20602429_EA

BONE-IN RIB STEAK
cut from ungraded beef
bifteck d'loyau
22.02kg
21531583_KG

WHILE QUANTITIES LAST



CLUB SIZE

9.99
LB

SAVE UP TO 27%

5.50



SEAQUEST® RAW or COOKED WHITE SHRIMP
selected varieties, frozen
36/55 per lb, 300 g
crevettes blanches crues ou cuites
21636326_EA/21636352_EA

SAVE 50%

5.99



JANES PUB STYLE CHICKEN STRIPS, NUGGETS, BURGERS, FRIES or POPCORN CHICKEN
selected varieties, frozen, 700 g
lanières ou pépites ou burgers ou bouchées de poulet
21191828_EA

SAVE 24%

5.17



NEILSON TRUTASTE MILK
selected varieties, 4 L
lait
20148677_EA

ONLY

3.50



OIKOS YOGURT
selected varieties
4x100 g
yogourt
20419715004_EA/20625055_EA

ONLY

4.99



ARMSTRONG SHREDDED CHEESE 320 g or **CHEESE BARS** 400 g
selected varieties
fromage râpé ou fromage
21286240_EA/21346749_EA

NEW ARRIVAL

\$4.99

Earn **1,500 pts**
That's **\$1.50** value

NESTLÉ DRUMSTICK 4's, CONFECTIONARY FROZEN DESSERT 1.5 L or NOVELTIES 4-10's
selected varieties, frozen
friandises glacées
21739610_EA

SAVE UP TO 33%

\$3



MOTT'S CLAMATO or OCEAN SPRAY CRANBERRY COCKTAIL
selected varieties
1.89 L
cocktail de jus de palourdes ou canneberge
20300060008_EA/20318955002_EA

SAVE UP TO 42%

2.77



GREEN GIANT VEGETABLES
283-750 g, **MCCAIN SUPERFRIES** or **SPECIALTY FRIES** 454-800 g
selected varieties, frozen
légumes ou frites de spécialité
20324328002_EA/21022302_EA

SAVE 23%

2.99



LAY'S POTATO CHIPS
selected varieties
177-235 g
croustilles
21241032_EA/21663082_EA

PRICE DROP

\$1



CLARK BAKED BEANS
selected varieties
398 mL
fèves
21308477_EA

SAVE UP TO 33%

11.99



817 ELEPHANT BRAND BASMATI or EXTRA LONG BASMATI RICE
4 kg
riz basmati
20787524_EA/21341987_EA

ONLY

12.88



DAN-D PAK CASHES
salted or unsalted
908 g
noix de cajou
20314862002_EA

ONLY

2.88



REAL CANADIAN NATURAL SPRING WATER
24x500 mL
eau de source
20154975_C24

ONLY

12.99



COCA-COLA or PEPSI SOFT DRINKS
24x355 mL or **FUZE ICED TEA** 20x341 mL
selected varieties
boissons gazeuses ou thé glacé
20306687002_C24/20308197001_C24

Shop the **PC® Insiders Report™** today!



* Ontario stores only will be open 8am-6pm on May 18th, 2026

[nofrills.ca](https://www.nofrills.ca)

AVAILABLE AT: LUCIANO & SARAH'S - ACTON, ROB & TINA'S - AMHERSTBURG, JUSTIN & STACEY'S - ANGUS, MARK'S - ARNPRIOR, RYAN'S - AYLMER, TONY & JILL'S - BANCROFT, CHRIS' - BARRIE, NICK'S - BARRIE, RYAN'S - BEAMSVILLE, ANTHONY & NADÈGE'S - BELLEVILLE, JOE'S - BELLEVILLE, REALI'S - BRADFORD, RUSTY'S - BRANTFORD, WALKER'S - BRANTFORD, CHRIS & ANGELA'S - BRIGHTON, ALFREDO'S - BURLINGTON, MICHAEL'S - BURLINGTON, JAVID & SALMA'S - CAMBRIDGE, FISHER'S - CAMPBELLFORD, DANIEL'S - CASSELMAN, ROB & KRISY'S - CHATHAM, DAVID'S - COBOURG, JAMES & JENN'S - CORNWALL, CHRIS' - CORUNNA, TYLER'S - DORCHESTER, NATHANIEL & MAGGIE'S - ELLIOT LAKE, JOSH'S - ESSEX, JESSE & KELLY'S - FORT ERIE, BALDREE'S - GAYNANOQUE, MIKE & GRACE'S - GLENCOE, DANI & MATT'S - GRAND BEND, DOMENIC'S - GUELPH, SHANNON & RICHARD'S - GUELPH, RONY'S - HAGERSVILLE, BRENT & HEAGAN'S - HAMILTON, CHRIS & JENNY'S - HAMILTON, FRANCO'S - HAMILTON, GIORGIO'S - HAMILTON, TONY'S - HAMILTON, JOHN'S - INANISFIL, DYKEMAN'S - KING CARLINE, ANDREW & EMILY'S - KINGSTON, TANYA'S - KINGSTON, DEREK & LAURA'S - KITCHENER, MIKE & GRACE'S - KOMOKA, BRENT & JENNIE'S - LONDON, DARRYL & TRACY'S - LONDON, GARY'S - LONDON, PHIL'S - LONDON, ROB & RACHAEL'S - LONDON, ALLEN'S - MIDLAND, BRIAN & RICKY'S - MIDLAND, PETER'S - MOUNT FOREST, JAMIE & JACLYN'S - NAPANEE, CHRIS & SAMIA'S - NEPEAN, MACKAY'S - NEW HAMBURG, PALMIERI'S - NEWCASTLE, JOE & CASSY'S - NIAGARA FALLS, ALAN & MICHELLE'S - NORTH BAY, JEFF & TANI'S - NORTH BAY, JIM & LEE-ANNE'S - ORANGEVILLE, JASON'S - ORILLIA, GABE'S - OTTAWA, JOHNNY'S - OTTAWA, DEAN & WENDY'S - OWEN SOUND, JAY'S - PARIS, STACIE & TROY'S - PARRY SOUND, STEVEN & JULIE'S - PEMBROKE, GREG'S - PETERBOROUGH, TAYLOR'S - PETERBOROUGH, BRANDON & MEGAN'S - PICTON, BRANDON'S - PORT COBORNE, WALKER'S - PORT DOVER, CHRIS & TANYA'S - RENFREW, KYLE'S - SARNIA, BRADY & MARY'S - SAULT STE MARIE, JIMMY & STEF'S - SHELburne, BLAKE'S - ST CATHARINES, JIM'S - ST CATHARINES, JEFF & HOLLY'S - STITTSVILLE, CRAIG & JESS' - STRATFORD, BRANDON & ASHLEY'S - STURGEON FALLS, PAM & STEVE'S - SUDBURY, STEVE'S - SUTTON WEST, CAYLE'S - TILBURY, RYAN & CAITLIN'S - TIMMINS, MARK & SARAH'S - WALLACEBURG, DANIEL'S - WATERDOWN, PAUL & MALLORY'S - WATERLOO, GIRARD'S - WELLAND, SOUTH WINDSOR - WINDSOR, TARA'S - WINDSOR, TONY & KATHY'S - WINDSOR, SCOTT'S - WOODSTOCK

01 NFO

DELI DEALS

SAVE 41%

2.50

THE LAUGHING COW CHEESE
selected varieties
120/133 g
fromage

20319107_EA



ONLY

3.50

ZIGGY'S® SLICED DELI MEAT
selected varieties, 175 g
charcuteries tranchées

21592461_EA/21599921_EA



ONLY

\$3

PC® DIPS 200/227 g or PC® NAAN DIPPERS 200 g
selected varieties
trempettes ou pains Naan

20584097_EA/21092033_EA



ONLY

\$2

NO NAME® HAMBURGER or HOT DOG BUNS
selected varieties
8's

pains à hamburger ou hot-dog

21509434_EA/21509514_EA



SAVE UP TO 40%

\$3

ZIGGY'S® FRESH PASTA
350/360 g or
RESER'S® SALADS
425/454 g

selected varieties
pâtes ou salades fraîches

21521168_EA/20962398_EA



FRESH AT LOW PRICES

1⁹⁹



CANTALOUPE
product of Guatemala, Honduras or Brazil, no. 1 grade cantaloup
20167017001_EA

680 G



3 LB BAG

\$4

NO NAME® NATURALLY IMPERFECT™ LEMONS product of South Africa or U.S.A. or **NO NAME® NATURALLY IMPERFECT™ LIMES** product of Mexico citrons ou limes
21673921001_EA/21124487001_EA

5⁹⁹



9 LB AVERAGE

WHOLE SEEDLESS WATERMELON
product of Mexico or U.S.A. melon d'eau sans pépins entier
20067326001_EA

6 OZ CLAMSHELL



PINT

3⁹⁹

BLUEBERRIES product of U.S.A., Mexico or Peru, no. 1 grade, **RASPBERRIES** product of U.S.A. or Mexico, no. 1 grade or **BLACKBERRIES** product of U.S.A. or Mexico bleuets, framboises ou mûres
20051015001_EA/20080137001_EA/20128938001_EA



If your produce isn't fresh, we'll replace AND refund it.*

3⁹⁹
EA/LB

PINEAPPLE each, product of Costa Rica or **RED SEEDLESS GRAPES** 8.80/kg, product of Chile, no. 1 grade ananas ou raisins rouges sans pépins
20160992001_EA/20159199001_KG

3⁹⁹
PKG OF 5

AVOCADOS
product of Mexico, Peru or Colombia avocats
21644936001_EA

1²⁹

CILANTRO product of Mexico or U.S.A. or **ENGLISH CUCUMBERS** product of Canada, Canada no. 1 grade coriandre ou concombres anglais
20070132001_EA/20091825001_EA

.49
LB

GREEN CABBAGE
product of Canada, Canada no. 1 grade chou vert
1.08/kg
20793034001_KG

1⁴⁹

ATAULFO or **RED MANGOES** product of Mexico or **FUYU PERSIMMONS** product of Brazil mangue ou kakis
20139417001_EA/20059635001_EA/20121509001_EA

2⁴⁹

BROCCOLI CROWNS
product of Mexico or U.S.A. couronnes de brocoli
21121560001_EA

1⁹⁹

FARMER'S MARKET™ MINI CUCUMBERS
product of Ontario, Canada no. 1 grade mini-concombres
20737570001_EA

1⁹⁹
LB

BARTLETT PEARS product of Argentina, extra fancy grade, **BOSC** or **FORELLE PEARS** product of South Africa, extra fancy grade poires
4.39/kg
20172240001_KG/20287815001_KG

2⁹⁹
283 G

FARMER'S MARKET™ GRAPE TOMATOES
product of Canada or U.S.A. tomates raisins
21367888001_EA

3⁹⁹
LB

ASPARAGUS
product of Canada or Peru, no. 1 grade asperges
8.80/kg
20174581001_KG

\$4

BOLTHOUSE SMOOTHIES
selected varieties, product of U.S.A. 946 mL boissons fouettées
20280429_EA/20325816_EA

4⁹⁹
567 G

PC® LITTLE BEAUTS VARIETY TOMATOES
product of Canada tomates
21720711001_EA

4⁹⁹
3 LB BAG

FARMER'S MARKET™ ORANGES product of Morocco, Spain or Egypt or **ZESPRI SUNGOLD KIWI** product of New Zealand oranges ou kiwi
20162945001_EA/20985015001_EA

4⁹⁹
4 LB BAG

FARMER'S MARKET™ AMBROSIA or **MCINTOSH APPLES** product of Ontario, Canada fancy grade pommes
21307212001_EA/20051827_EA

6⁹⁹
4 LB BAG

FARMER'S MARKET™ MANDARINS product of Morocco or Spain mandarines
20054025001_EA

NEW LOWER PRICES

2⁴⁹
LB

EGGPLANT
product of Mexico or U.S.A. aubergine
5.49/kg
20155709001_KG

1⁹⁹
LB

GREEN ZUCCHINI
product of Mexico or U.S.A. courgette verte
4.39/kg
20426596001_KG

*Fresh Guarantee: Applicable to eligible fresh produce items purchased at No Frills store locations or online at nofrills.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 No Frills store where purchase originated. The guarantee does not apply to produce items with a stated "best before" date (e.g. bagged salad kit, packaged bean sprouts) and may not be combined with any other offer. We reserve the right to cancel or change the terms of this guarantee at any time without notice.

BABY ESSENTIALS AT LOW PRICES

27⁹⁹

HUGGIES SUPER BIG PACK DIAPERS
selected varieties
N-7, 36-128's
couches

21172500_EA/21371074_EA



34⁹⁹

HUGGIES ECONO PACK DIAPERS
selected varieties
size N-8, 60-208's or
**NIURISS MILK-BASED
INFANT FORMULA**
0-12 months, 700 g
couches or préparations
à base de lait

21456748_EA/21663768_EA/21648061_EA



**ONE DAY ONLY
WEDNESDAY, MAY 20, 2026**



\$34⁹⁹

Earn
5,000
pts

That's
\$5
value

PAMPERS ECONO PACK DIAPERS
selected sizes and varieties
couches

21551525_EA/21692756_EA

\$23⁹⁹

Earn
3,000
pts

That's
\$3
value



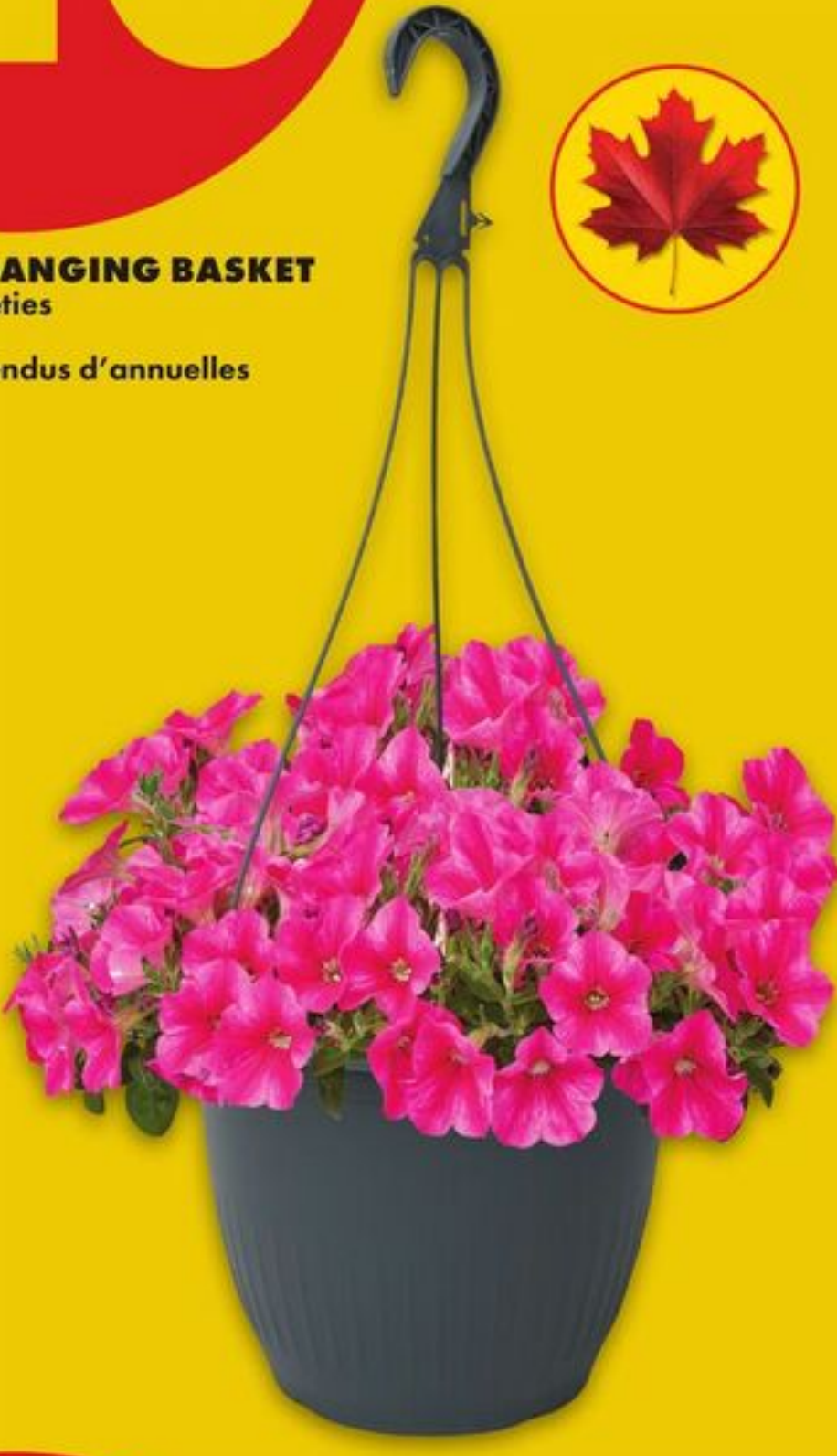
**HUGGIES 16X
BABY WIPES**
selected varieties
960-1152's
lingettes pour bébé

21541191_EA

GARDEN DEALS

\$10

ANNUAL HANGING BASKET
selected varieties
10 inch
paniers suspendus d'annuelles
20053146_EA



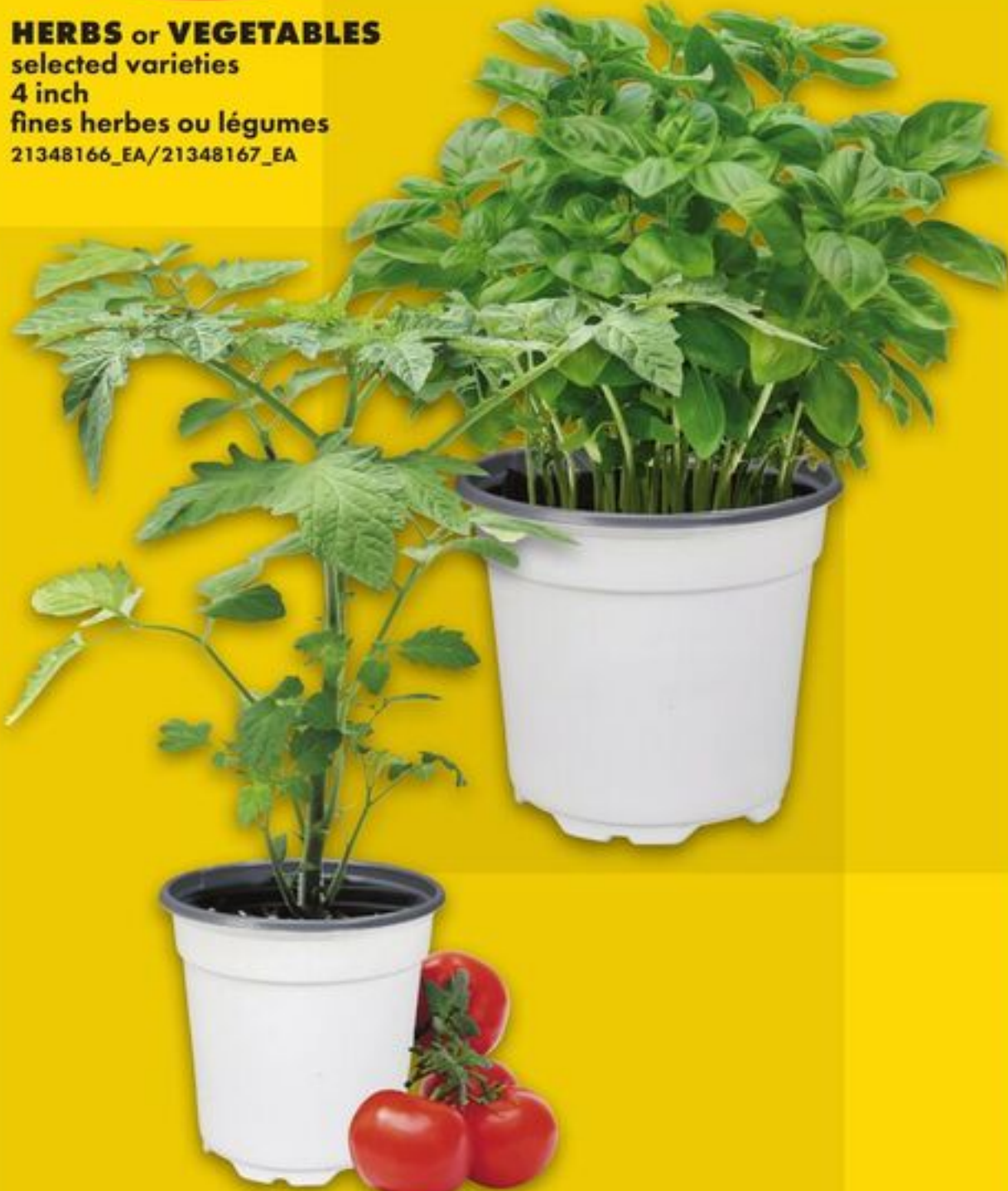
\$3

ANNUALS
selected varieties
4 inch
annuelles
21348168_EA



\$3

HERBS or VEGETABLES
selected varieties
4 inch
fines herbes ou légumes
21348166_EA/21348167_EA



FRESH AT LOW PRICES

\$9

PC® BLUE MENU® GROUND CHICKEN or MINCED TURKEY
454 g
poulet haché ou hachis de dinde
21100092_EA



\$7
LB

LEAN GROUND BEEF AND PORK
bœuf et porc hachés
15.43/kg
20861188_KG

4.99

WONG WING ENTRÉES
selected varieties, frozen, 400 g
plats cuisinés
20507138_EA



6.99

LILYDALE TURKEY DINNER SAUSAGES
selected varieties
500 g
saucisses de dinde à repas
21064934_EA

\$10.99

Earn **1,000** pts

That's **\$1** value

LOU'S BBQ PORK BACK RIBS
frozen
680 g
côtes de dos de porc
21530551_EA



\$10

MAPLE LEAF HAM
600 g
jambon
21094883_EA



4.99

ASIAN INSPIRATION ENTRÉES
selected varieties, frozen
400 g
plats cuisinés
21047376_EA



\$4.50

Earn **500** pts

That's **50¢** value

SUMMI! SPRING ROLLS or DUMPLINGS
selected varieties
250-350 g
rouleaux de printemps ou dumplings
21114397_EA/21378594_EA



\$7

SEAQUEST® FISH FILLETS
selected varieties, frozen, 400 g
filets de poisson
20036614_EA/21314740_EA



\$9

SEAQUEST® WHOLE POMPANO 800 g or WHOLE TILAPIA 1.36 kg
frozen
pompano entier ou tilapia entier
21591947_EA/21592084_EA



\$5

MARCANGELO SLICED DELI MEAT
85 g
charcuteries tranchées
21706089_EA



6.50

PC® FREE FROM® SLICED DELI MEAT 175 g, PILLER'S KOLBASSA 250-375 g or SLICED PEPPERONI 175-250 g
selected varieties
charcuteries tranchées ou kolbassa ou pepperoni tranché
20308469_EA/20682966_EA



\$6

CASTELLO HAVARTI 170/200 g, CHEDDAR 200 g or ALEXIS DE PORTNEUF BRIE or CAMEMBERT CHEESE 125 g
selected varieties
fromage
20315135_EA/20573932_EA



\$5

SNACK FACTORY PRETZEL CRISPS
selected varieties
200 g
craquelins
20948939_EA/20948940_EA



2.48

NO NAME® BREAD
selected varieties
675 g
pain
21509822_EA



2.50

WONDER BREAD 675 g or BUNS 8's
selected varieties
pain ou petits pains
20276296_EA/20297455_EA



\$4

ACE GOURMET BURGER AND SAUSAGE BUNS or BISTRO'S
selected varieties
296-640 g
pains à burger ou hot-dog
21596226_EA



LONG WEEKEND DEALS

ONLY

1.25

NEILSON CHOCOLATE MILK
750 mL
lait au chocolat
20766719_EA



CLUB SIZE

ONLY

5.99 LB

BONELESS, SKINLESS, CHICKEN BREASTS
poitrines de poulet
13.21/kg
20654124_KG



ONLY

6.50

DEL MONTE JUICE BLENDS
selected varieties, refrigerated
2.5 L
mélanges de jus
21437174_EA/21595736_EA



ONLY

6.99

BECEL MARGARINE
selected varieties, 800 g
margarine
21747692_EA



SAVE 20%

4.77

CRACKER BARREL NATURAL CHEESE SLICES
selected varieties
200-240 g
tranches de fromage
21290705_EA



.97

YOP LAIT YOP DRINKABLE YOGURT
selected varieties
200 mL
yogourt à boire
21478178_EA/21478300_EA



6.99

STARBUCKS COFFEE ENHANCER
selected varieties
828 mL
rehausseur pour café
21358473_EA



2.50

BAGEL BITES
selected varieties, frozen
198 g
bouchées de bagel
20213483001_EA



Optimum

App exclusive offer

\$6

PC® BACON
selected varieties
375 g
bacon
21738792_EA

Earn **2,000 pts** That's **\$2** value



5.50

PC® FROZEN FRUIT
selected varieties
300-600 g
fruits surgelés
20312227_EA/20612667_EA



\$4

HEALTHY CHOICE or SIMPLY DINNER ENTRÉES
selected varieties, frozen
255-306 g
plats cuisinés
21406269_EA



2.50

GOLDFISH CRACKERS
selected varieties
167-227 g
craquelins
20300320_EA/20306994003_EA



3.50

MASTRO CAPOCOLLO or PROSCIUTTO COTTO or ROSEMARY HAM 125 g or SAN DANIELE MORTADELLA 175 g
selected varieties
capocollo ou prosciutto cotto ou jambon ou mortadelle
20576743_EA/20577341_EA



2.50

PC® TORTILLA CHIPS
selected varieties
320-350 g
croustilles de tortilla
20148817_EA



6.25

ALLEN'S DRINK BOXES 24x200 mL or GATORADE SPORT DRINKS 6x591/8x355 mL
selected varieties
jus ou boissons désaltérantes
20303218003_C06/20340520_EA



\$3

MONSTER 444-473 mL or RED BULL 250 mL ENERGY DRINKS
selected varieties
boissons énergisantes
20702466_EA/20938249_EA



\$1

NO NAME® TOMATO PASTE 156 mL or PIZZA SAUCE 213 mL
selected varieties
pâte de tomate ou sauce à pizza
20018020_EA/20118094_EA



4.99

HEINZ KETCHUP
selected varieties
750 mL/1 L
ketchup
20069080_EA



\$22

PC® ROAST AND GROUND COFFEE 800-930 g, WHOLE BEAN 820/907 g or PODS 30's
selected varieties
café torréfié et moulu ou en grains ou capsules
21038677_EA/21393374_EA



\$3

POST CEREAL
selected varieties
311-525 g
céréales
20299648_EA/21427214_EA



\$5

BONNE MAMAN JAM
selected varieties
250 mL
confiture
20307313001_EA



\$26.99

Earn **2,000 pts** That's **\$2** value

PAMPERS EASYUPS or NINJAMAS TRAINING PANTS
selected varieties, 34-74's
culottes d'entraînement
21089365_EA/21393033_EA



\$29.99

Earn **3,000 pts** That's **\$3** value

SIMILAC GO & GROW
850 g
supplément nutritif
21702816_EA



App exclusive offer

Earn **6,000 pts** when you spend **\$15*** or more

That's **\$6** value

Reese's

REESE'S BRANDED PRODUCTS
all sizes and varieties
21702133_EA/21104053_EA
21651701_EA/20582012_EA



Quantities and/or selection (flavour, colour, patterns, style) of items may be limited and not be available in all stores. No rainchecks or substitutions on clearance items or when quantities are advertised as limited. We reserve the right to limit purchase quantities per customer to reasonable family requirements. See in-store for details. We are not obligated to sell items based on errors or misprints in typography or photography. All savings claims (i.e. "Save", "Was", "1/2 Price", etc.) are in comparison to our own regular prices. Regular pricing and savings on items shown may vary by store location. Applicable taxes, fees, deposits, recycling or environmental surcharges are extra. Coupons must be presented and redeemed at time of purchase. *PC Optimum™: Scan your PC Optimum™ app or swipe your card to get Members Pricing or points. See in-store for details. **Must be a registered PC Optimum™ member to get this offer.

MAY

**HIT
OF THE
MONTH**



\$3

🍁 Made in Canada

Kraft Miracle Whip

Selected varieties, 650/890 mL

Limit: 6, over limit retail \$4.00

20298681001_EA



\$1.88

🍁 Made in Canada

Marangolo Souvlaki

Selected varieties, 2 Pack, 120 g

Limit: 6, over limit retail \$2.50

20902208_EA/21095022_EA



\$2.25

Takis Rolled Corn Chips

Selected varieties, 260 g

Limit: 6, over limit retail \$3.00

21715466_EA



\$4

Head Men's & Women's Socks

3 pk

Limit: 6, over limit retail \$5.99

21721517_EA/ 21721507_EA

**LOWEST PRICES
BEST DEALS**

As compared to other major grocery retailers within your local trade areas.

Offer valid May 1st - 31st, 2026 while quantities last.

We reserve the right to limit quantities to reasonable family requirements. No rainchecks.

BRANDS YOU LOVE AT LOW PRICES

2.75

YOPLAIT TUBES 8's, MINIGO 6's or SOURCE 630 g YOGURT selected varieties yogurt
21547595_EA/21619388_EA



4.99

HELUVA GOOD! FRENCH ONION DIP 680 g trempette
20312788001_EA

\$5

KELLOGG'S EGGO WAFFLES 16's or PROTEIN 8's selected varieties, frozen gaufres
20099730004_EA/21639330_EA



\$5

LACTANTIA PUR FILTRE MILK selected varieties 2 L lait
21424991_EA

\$4

MINUTE MAID ZERO SUGAR BEVERAGES selected varieties, refrigerated 1.54 L boissons zéro sucre
21434019_EA/21434119_EA



6.50

SANPELLEGRINO NATURALI, LIGHT or CIAO SPARKLING FRUIT BEVERAGES selected varieties, 6x330 mL boisson pétillante aux fruits
21433205_C06



1.49

NO NAME® VEGETABLES selected varieties 398 mL légumes
20302135_EA



\$3

TOWN HOUSE 247-391 g or CHEEZ-IT SNAP'D CRACKERS 213 g, selected varieties craquelins
21107403_EA/21645793_EA



3.99

HEREFORD CORNED BEEF 340 g bœuf salé
20050622_EA



2.69

TIM HORTONS SOUP selected varieties 540 mL soupe
21203782_EA



2.79

CATELLI GLUTEN-FREE PASTA selected varieties, 340 g pâtes sans gluten
20704235_EA/20704243_EA



3.99

FRANK'S RED HOT, THICK or SQUEEZE SAUCE selected varieties, 354 mL sauce piquante
20187632001_EA/21352812_EA



17.99

COLAVITA EXTRA VIRGIN OLIVE OIL 1 L huile d'olive
20617955_EA



4.99

PAM COOKING SPRAY selected varieties 141/170 g vaporisateur à cuisson
20178204001_EA



3.79

PC® BLUE MENU® BEANS or LENTILS selected varieties, 900 g haricots ou lentilles
20629153_EA/20629676_EA



RED BARON CLASSIC CRUST PIZZA selected varieties, frozen 584-665 g pizza
21736881_EA

\$4.50
Earn 1,000 pts
That's \$1 value



MIO, CRYSTAL LIGHT or KOOL-AID LIQUID WATER ENHANCERS 48 mL/24-56 g or KOOL-AID JAMMERS 10x180 mL selected varieties aromatisant liquides pour eau ou boisson
20079976006_EA/20663423_EA

\$3.25
Earn 1,000 pts
That's \$1 value



OLD DUTCH POTATO 220 g or TORTILLA 275-290 g CHIPS or HUMPTY DUMPTY SNACKS 250-290 g, selected varieties croustilles ou grignotines
21445100_EA

Optimum®
Earn 1,000 pts
For every \$5* spent on
That's \$1 value



CLUB HOUSE SPICES, SEASONING, EXTRACTS or FOOD COLOURING all sizes and varieties épices ou assaisonnements ou extraits ou colorants alimentaires
20061848_EA/20180764_EA/20302816001_EA

Earn 3,500 pts
For every \$15* spent on
That's \$3.50 value



BEN'S ORIGINAL RICE, STREET FOOD BOWL or NOODLES all sizes and varieties riz ou bols ou nouilles
21397330_EA/21405476_EA/21535549_EA/21719340_EA

Earn 4,000 pts
For every \$15* spent on any
That's \$4 value

BRANDS YOU LOVE AT LOW PRICES

4.99

PHILADELPHIA CREAM CHEESE PRODUCT or DIPS selected varieties 340 g produit de fromage à la crème ou trempettes 20866929002_EA



5.99

BLACK DIAMOND CHEESTRINGS or SNACKS 252/336 g or **CRACKER BARREL CHEESE SHREDS** 320 g selected varieties collations au fromage ou fromage râpé 20763661_EA/21290616_EA

\$6

TRU FRU CHOCOLATE COVERED FRUIT or FRUIT RIOT! SOUR FROZEN FRUIT selected varieties, frozen 170 g fruits enrobés de chocolat ou fruits acidulés surgelés 21516003_EA/21653869_EA



\$10

HIGH LINER PAN SEAR or BATTERED FISH FILLETS selected varieties, frozen 425-600 g filets de poisson 20296596002_EA

\$10

EL MONTEREY QUESADILLA or TAQUITOS selected varieties, frozen 567 g quesadillas ou taquitos 21725015_EA



3.50

LIBERTÉ MÉDITERRANÉE 500 g or YOPLAIT PROTEIN 650 g YOGURT selected varieties yogurt 21547567_EA/21587047_EA



\$3

DOLE FRUIT BOWLS 4x107 mL or FRUIT N' GEL SNACKS 4x123 g selected varieties bols de fruits ou collations en gelée 20318455001_EA 20324241001_EA



4.50

PC® THE DECADENT® COOKIE selected varieties 280/300 g biscuits 20612257_EA/20612260_EA



4.50

LA GRILLE SEASONING or CLUB HOUSE BLENDS selected varieties 111-248 g assaisonnements ou mélanges 2038006002_EA/20321740001_EA



\$19

KICKING HORSE ORGANIC WHOLE BEAN COFFEE selected varieties 454 g café en grains 20322468006_EA



\$4

PLANTERS CASHEWS selected varieties 200 g noix de cajou 21021618_EA



\$6

NESTLÉ COFFEE MATE 425/450 g, NESQUIK SYRUP 510/700 mL or POWDER 540 g, selected varieties colorant à café ou sirop au chocolat ou poudre 20309221002_EA/20320167002_EA



\$4

TWININGS TEA or HERBAL TEA selected varieties 20's thé ou tisane 20300740001_EA



\$10

TETLEY ORANGE PEKOE TEA 216's thé 21611946_EA



\$3

QUAKER INSTANT OATMEAL selected varieties, 232-344 g gruau instantané 21190260_EA/21190265_EA



\$5

NUTELLA HAZELNUT SPREAD 375 g tartina de noisettes 20435988_EA



\$9

KIND MINIS or THINS selected varieties 200/210 g minis ou minces 21125232_EA/21554179_EA



\$4

CARNABY SWEET GUMMIES selected varieties 500 g friandises gélifiées 21363882_EA



TREAT YOURSELF TO LOW PRICES

\$4

NO NAME® ICE MILK
selected varieties, frozen
1.65 L
lait glacé
21610174_EA/21610199_EA



\$11

NO NAME® ICE CREAM SANDWICHES or BARS
selected varieties, Club Size,
frozen, 24-30's
sandwiches à la crème glacée
ou barres
20347400002_EA/21013432_EA

\$5

PC® LOADS OF ICE CREAM BARS
selected varieties frozen
4x72 mL
barres de crème glacée
21575391_EA/21707047_EA



App exclusive offer



\$5

Earn
1,000
pts

That's
\$1
value



PC® SCOOP SHOP ICE CREAM
selected varieties, frozen
946 mL
crème glacée
21706459_EA/21706621_EA

3⁵⁰

BREYERS CLASSIC FROZEN DESSERT
selected varieties
1.41 L
dessert glacé
21651570_EA/21651628_EA



2⁹⁹

CHAPMAN'S SUPER PREMIUM PLUS ICE CREAM
selected varieties
frozen, 500 mL
crème glacée
21511147_EA/21589874_EA



\$5

BEN & JERRY'S ICE CREAM
selected varieties, frozen
473 mL
crème glacée
21428403_EA/21720409_EA



\$5

CHAPMAN'S YUKON NOVELTIES
selected varieties,
frozen, 5-8's
friandises glacées
20950271_EA/21012281_EA



\$6

PC® SKYR or BLUE MENU® YOGURT BARS
selected varieties, frozen, 4-10's
barres de yogourt
21074208_EA/21718729_EA



\$5

MAGNUM BARS
selected varieties, frozen
3/4's
barres
20342005003_EA/20950739_EA



5⁵⁰

CHAPMAN'S FROZEN YOGURT
selected varieties, frozen
2 L
yogourt glacé
20314434001_EA/20314434007_EA



4⁹⁹

HÄAGEN-DAZS ICE CREAM 414/450 mL or NOVELTIES 3/4's
selected varieties, frozen
crème glacée ou
friandises glacées
20302298003_EA/21722352_EA



5⁹⁹

HALO TOP FROZEN DESSERT
selected varieties, frozen
473 mL
dessert glacé
21086988_EA/21585215_EA



\$2

NO NAME® CONES
selected varieties
45-80 g
cornets
21203830_EA



5⁵⁰

PC® WAFFLE CONES
135/205 g
cornets
21203798_EA



4⁴⁹

LOTTE MOCHI
selected varieties
frozen
270 mL
mochi
21247111_EA



\$6

PC® TOPPING
355 mL
garnitures
20095745_EA/20179819_EA



\$6

PC® SQUEEZABLE SYRUP
selected varieties
428 mL
sirop
20339669_EA/20657691_EA



4²⁹

NO NAME® MARASCHINO CHERRIES
375 mL
noix de Grenoble
ou amandes
20050959_EA



3²⁹

NO NAME® ALMONDS or WALNUTS
selected varieties
100 g
cerises au marasquin
20127455001_EA/20599246_EA



BRANDS YOU LOVE AT LOW PRICES

\$5



NO NAME® ALUMINUM FOIL
100 ft
papier d'aluminium
21119988_EA



\$5

TIDE PODS 16's, DOWNY FABRIC SOFTENER 0.78/1.31 L, PURIFYING RINSE 473 mL or SCENT BOOSTERS 141/150 g, BOUNCE DRYER SHEETS 40/80's or CASCADE DISHWASHER TABS 10-15's selected varieties détergent ou assouplissant ou rehausseur de parfum ou feuilles pour sècheuse ou capsules de détergent pour lave-vaisselle
21658961_EA/20301481001_EA

4.50



DAWN DISHWASHING LIQUID 532 mL-1.12 L or POWERWASH REFILL 473 mL selected varieties savon à vaisselle ou recharge
21430550_EA/21430569_EA

\$7



PC® MAX PAPER TOWELS
3-6 rolls
essuie-tout
21540603_EA

\$2



GLADE AEROSOL AIR FRESHENER
selected varieties
235 g
désodorisant
21516923_EA/21516959_EA

5.50



DAWN POWERWASH STARTER 473 mL, REFILL 635 mL or MR. CLEAN CLEAN FREAK 473 mL selected varieties savon à vaisselle ou recharge ou nettoyant
21166030_EA/21218861_EA

\$5



CLOROX BLEACH
2.4 L
eau de Javel
21283179_EA

\$9



PC® LAUNDRY DETERGENT or TOILET STRIPS
selected varieties
32/39's
bandelettes de détergent ou nettoyant
21614582_EA

\$22



TIDE LIQUID LAUNDRY DETERGENT 3.46/3.9 L, PODS or FLINGS 45-76's selected varieties détergent à lessive
21593670_EA/21593706_EA

\$10



AIR WICK ESSENTIAL MIST STARTER KIT 20 mL, SCENTED OIL REFILL 2x20 mL, VIBRANT STARTER KIT 23.9 mL or REFILL 2x23.9 mL selected varieties trousse ou recharge d'huile parfumée
20342475001_EA/21495649_EA

\$11



GLAD GARBAGE BAGS
selected varieties, 20-40's
sacs à ordures
21165477_EA

\$10



BANANA BOAT SUNSCREEN
selected varieties
141-226 g/75-315 mL
écran solaire
21176211_EA/21646594_EA

HOT FINDS
Snag these piping hot prices before it's too late.



EVERYDAY ESSENTIALS™ FRIDGE PITCHER
20654809_EA

\$4

LOW PRICES IN STOCK

329



FIBRE 1 BARS 125 g or **NATURE VALLEY GRANOLA BARS, PROTEIN BARS** or **BISCUITS** 148-210 g selected varieties barres ou biscuits 20587504001_EA/20686988001_EA

550

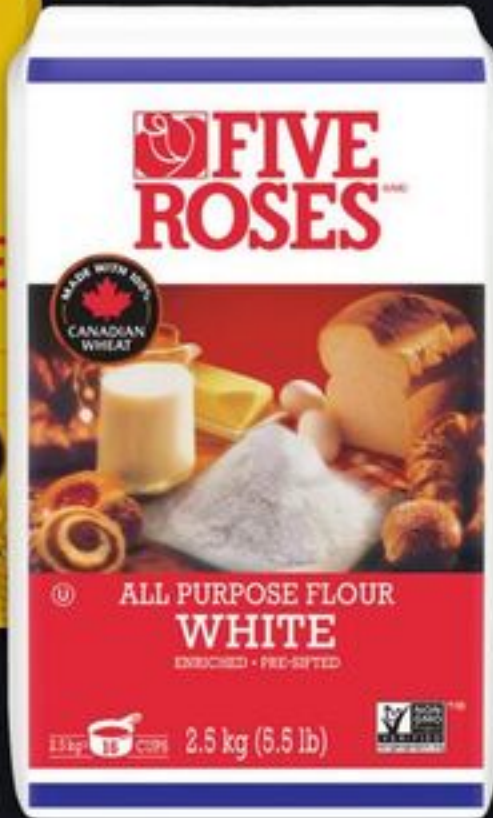


GENERAL MILLS FAMILY SIZE CEREAL selected varieties 475-778 g céréales 21103495_EA/21103497_EA

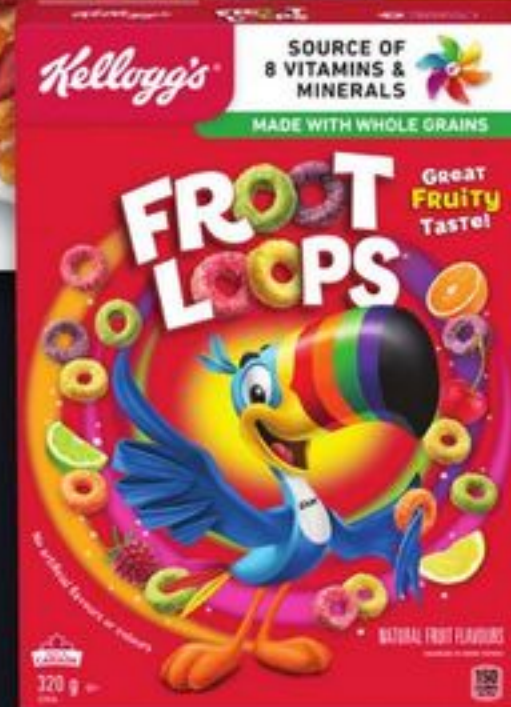


\$4

550



ROBIN HOOD or FIVE ROSES FLOUR selected varieties 2/2.5 kg farine 20039497001_EA/20148914001_EA



KELLOGG'S CEREAL selected varieties 250-355 g céréales 21450851_EA/21652128_EA

450



KELLOGG'S ALL-BRAN, RAISIN BRAN, VECTOR, SPECIAL K or **MINI-WHEATS CEREAL** selected varieties, 306-525 g céréales 21607207_EA/21607294_EA

950



KELLOGG'S JUMBO SIZE CEREAL selected varieties 700 g-1.05 kg céréales 20072706_EA/21651842_EA

\$4



QUAKER CEREAL 350-500 g or **HARVEST CRUNCH** 400-510 g selected varieties céréales 21082500_EA/21219824_EA

229



QUAKER DIPPS or **CHEWY GRANOLA BARS** selected varieties, 120-156 g barres 20847582_EA/21359366_EA

275



QUAKER CRISPY MINIS selected varieties 100-199 g craquelins 20163708002_EA/20303002001_EA

250



CHRISTIE CRACKERS selected varieties 180-200 g craquelins 21030647_EA/21547034_EA

450



CHRISTIE FAMILY SIZE COOKIES 303-488 g or **CAKESTERS** 285 g selected varieties, 303-488 g biscuits 21014087_EA/21639135_EA

450



CHRISTIE PREMIUM CRACKERS 328-454 g, **RITZ DRIZZLED MINIS** 226 g or **RITZ MINI SANDWICHES** or **CRACKERS** 280 g selected varieties craquelins 21618621_EA/21712595_EA

\$4



TOSTITOS TORTILLA CHIPS selected varieties, 215-295 g croustilles de tortilla 21050575_EA

\$4



RUFFLES POTATO CHIPS selected varieties, 180-200 g croustilles 21241053_EA

\$4



MISS VICKIE'S POTATO CHIPS selected varieties, 190/200 g croustilles 21240703_EA

\$8



CLIF BAR ENERGY BARS selected varieties 340 g barres d'énergie 21664766_EA/21664843_EA

250



PRINGLES POTATO CRISPS selected varieties, 148/156 g croustilles 21003823_EA/21003833_EA

\$2



CHEEZ-IT CRACKERS selected varieties, 191/200 g craquelins 21214559_EA/21214560_EA

250



DARE CRACKERS 135-225 g, **VEGGIE CRISPS** 100 g, **GRISOL MELBA TOAST, CANAPE** or **BAGUETTES** 120-200 g selected varieties craquelins 21033188_EA/21520666_EA

250



DARE BEAR PAWS 168-210 g, **VIVA PUFFS** 300 g or **WAGON WHEELS** 315/360 g selected varieties biscuits 20419986001_EA/21713321_EA

LOW PRICES IN STOCK

\$3



LECLERC GO PURE or NUGABAR BARS
selected varieties
140-175 g
barres
21507858_EA/21536595_EA

LECLERC CÉLÉBRATION MINI COOKIES
selected varieties
200 g
mini-biscuits
21648530_EA/21648944_EA

\$3

\$3



2.75

LECLERC CÉLÉBRATION COOKIES
selected varieties
240 g
biscuits
21680074_EA/21680155_EA

NESTLÉ CHOCOLATE BARS
selected varieties
95-105 g
barres de chocolat
20640580_EA/21648436_EA

3.50



iÖGO NANO DRINKS 6x93 mL
or **POUCHES** 4x90 g **YOGURT**
selected varieties
yogourt
20609687001_EA/21719786_EA

\$5



NESTLÉ CHOCOLATE BAG
selected varieties
76-203 g
sac de chocolat
21506191_EA/21648229_EA

4.99



NESTLÉ CHOCOLATE MULTIPACK
selected varieties
4's
chocolat
20176136_EA/20322502_EA

5.97



YOPLAIT SOURCE YOGURT
selected varieties
16x100 g
yogourt
20317317001_EA

\$4



CORE POWER HIGH PROTEIN MILKSHAKE
selected varieties
414 mL
lait frappé
21731564_EA

4.25



COCA-COLA MINI CANS
selected varieties, 6x222 mL
boissons gazeuses
20354227001_C06/20354288002_C06

\$8



FUZE ICED TEA
selected varieties
12x341 mL
thé glacé
21645563_C12

6.50



BUBLY 12x355 mL or
MONTPELLIER 10x355 mL
SPARKLING WATER selected varieties
eau pétillante
21096722_C10/21097177_C12

4.25



PEPSI SOFT DRINKS
selected varieties
6x710 mL
boissons gazeuses
20310546002_C06

21.50



GATORADE SPORT DRINKS
selected varieties, 24x591 mL
boissons désaltérantes
20298835002_C24

\$7



MAISON PERRIER SPARKLING WATER
selected varieties, 8x330 mL/6x500 mL
eau pétillante
21717999_C08

7.49



NESCAFÉ GOLD INSTANT COFFEE 90-100 g or **ESPRESSO CONCENTRATES** 500 mL, selected varieties
café instantané ou concentré d'espresso
21074565_EA/21665027_EA

11.99



STARBUCKS ROAST AND GROUND COFFEE 340 g, **PODS** 10's or **HOT CHOCOLATE** 240/300 g, selected varieties
café torréfié et moulu ou capsules ou chocolat chaud
20548682002_EA/21541288_EA

LOW PRICES IN STOCK

\$4



CHRISTIE PREMIUM PLUS CRACKERS
selected varieties, 450-500 g
craquelins
21109001_EA/21109004_EA

\$3



CHRISTIE COOKIES 251-303 g or
PEEK FREANS 290-350 g
selected varieties
biscuits
20680381_EA/21358407_EA/21361508_EA

2.50



OCEAN'S WHITE TUNA
selected varieties, 170 g
thon
21005158_EA/21005216_EA

\$4



ORVILLE REDENBACHER MICROWAVE POPCORN 385-492 g or **KERNEL JAR** 850 g
selected varieties
maïs à éclater ou en pot
20629532003_EA

\$3



CADBURY CHOCOLATE BARS
selected varieties, 80-105 g
barres de chocolat
21648607_EA/21648647_EA

2.25



MAYNARDS CANDY BAG
selected varieties
135-154 g
sac de friandises
21636428_EA/21694186_EA

2.50



TWIZZLERS CANDY PACK 311-454 g or
JOLLY RANCHER ROPE 283 g
selected varieties
friandises
20022328004_EA/20022328008_EA

24.99



VAN HOUTTE COFFEE PODS
selected varieties
30's
capsules de café
20743469_EA

17.99



TIMOTHY'S or KRISPY KREME COFFEE PODS
selected varieties, 30's
capsules de café
21007380_EA/21433555_EA

2.49



HERSHEY'S CHOCOLATE BAR 90-120 g or **JOLLY RANCHER CANDY BAG** 182/198 g
selected varieties
chocolat ou friandises
21452986_EA/21510809_EA

4.79



HERSHEY'S CHOCOLATE BAR MULTIPACK 4's or **POUCHES**
selected varieties 156-232 g
barres ou sachets de chocolat
20303970004_EA/20573405_EA

\$6.99



CHARMIN BATHROOM TISSUE 8=24 rolls or **BOUNTY PAPER TOWELS** 3=6 rolls, selected varieties
papier hygiénique ou essuie-tout
21670159_EA/21707477_EA

Earn **1,000 pts** That's **\$1** value

\$11



TIDE LIQUID 1.62/1.86 L or **PODS** 18-31's **LAUNDRY DETERGENT, DOWNY FABRIC SOFTENER** 1.66/2.63 L, **DOWNY** or **GAIN SCENT BOOSTERS** 379 g or **BOUNCE DRYER SHEETS** 120-200's, selected varieties
détergent ou assouplissant ou rehausseur de parfum ou feuilles pour sècheuse
21593782_EA/21659584_EA

\$15



GAIN LIQUID LAUNDRY DETERGENT 4.25 L or **FLINGS** 42's, **BEADS** 598/680 g or **DRYER SHEETS** 240's
selected varieties
détergent ou perles ou feuilles d'assouplissant
20959627_EA/21671135_EA

\$10



DAWN DISHWASHING LIQUID 1.98 L, **SWIFFER WET REFILLS** 12-24's, **DRY REFILLS** 16-32's, **DUSTER REFILLS** 6-10's or **MR. CLEAN** 2.93 L
selected varieties
savon liquide à vaisselle ou recharges ou nettoyant
21629789_EA/21737053_EA

5.50



LYSOL DISINFECTING WIPES 75/84's, **SPRAY** 350 g or **MULTI-PURPOSE TRIGGER** 950 mL, selected varieties
lingettes ou vaporisateur désinfectant ou nettoyant
20314511001_EA/21449826_EA

\$14



FINISH DISHWASHER TABS 30-55's or **QUANTUM JET DRY RINSE AID** 946 mL
selected varieties
capsules de détergent pour lave-vaisselle ou agent de rinçage
21218146_EA/21565525_EA

\$7



LYSOL TOILET BOWL CLEANER 2x710 mL, **DISINFECTANT SPRAY** 425/539 g or **LAUNDRY DISINFECTANT** 1.2 L
selected varieties
nettoyant à cuvette ou vaporisateur désinfectant ou désinfectant pour lessive
21238361_EA/21487308_EA

\$13



PUREX 4.08-4.43 L, **SUNLIGHT** 4 L **LIQUID LAUNDRY DETERGENT, SNUGGLE FABRIC SOFTENER** 2.77 L or **DRYER SHEETS** 200's
selected varieties
détergent ou assouplissant
20083525002_EA/21427042_EA

**PRICE
DROP**

**1000s OF
LOWERED PRICES
EVERYDAY!**

3.50



COLGATE PREMIUM TOOTHPASTE 70-150 mL or **MANUAL TOOTHBRUSH** 1 ea selected varieties dentifrice ou brosse à dents manuelle 20306410001_EA/21166685_EA

\$4



GARNIER FRUCTIS HAIR CARE selected varieties 334-370 mL soins capillaires 21007181_EA/21007198_EA

4.50



IRISH SPRING BODY WASH 591 mL, **BAR SOAP** 6x104 g or **SOFTSOAP BODY WASH** 591 mL selected varieties nettoyant pour le corps ou pain de savon 21219375_EA/21436477_EA

5.50



LISTERINE CLASSIC MOUTHWASH selected varieties 1 L rince-bouche 20348438001_EA/21091218_EA

5.50



OLAY BAR SOAP 4x90 g, **OLD SPICE** or **OLAY BODY WASH** 364-532 mL selected varieties pain de savon ou nettoyant pour le corps 20605927003_EA/21237505_EA

\$6



DEGREE DEODORANT or DRY SPRAYS selected varieties 74/107 g déodorant ou atomiseur sec 21075870_EA/21078327_EA

\$9



AUSSIE HAIR CARE selected varieties 778 mL soins capillaires 21167371_EA/21167373_EA

9.50



TYLENOL CHILDREN'S or INFANTS' PAIN RELIEF PRODUCTS selected varieties 16-20's or 24-100 mL produits analgésiques pour enfants 20329139001_EA

\$11



AVEENO LOTION selected varieties 532 mL lotion 20102023001_EA/20102023003_EA

\$12



BOOST READY TO DRINK SHAKES selected varieties and sizes boissons frappées prêtes à boire 20304429002_C06/20986361_C06

**ALWAYS
\$5**



LIFE BRAND® LIQUID HAND SOAP REFILL selected varieties 2 L recharge de savon liquide pour les mains 21357613003_EA/21357613004_EA

\$15



CETAPHIL FACIAL CLEANSERS or MOISTURIZERS selected varieties 120-473 mL nettoyants pour le visage ou hydratants 21718816_EA

\$18



POISE PADS or DEPEND UNDERWEAR selected varieties and sizes 12-66's sous-vêtements 21023579_EA/21302119_EA

BEER AND COOLERS

14⁹⁹



BUDWEISER or COORS LIGHT BEER CANS
cans
6 X 473 mL
20944739_C06/20946471_C06

17⁹⁹



MILL STREET ORGANIC LAGER
cans
6 X 473 mL
21097265_C06

15⁴⁹



MOLSON CANADIAN or COORS ORIGINAL BEER
cans
6 X 473 mL
20944740_C06/21294687_C06

24⁹⁹



TWISTED TEA
selected varieties, cans
12 X 355 mL
20513398_C12

12⁷⁹



BUSCH BEER
selected varieties, cans
6 X 473 mL
21296698_C06/21296700_C06



14⁹⁹

MOTT'S CLAMATO CAESAR
cans
6 X 341 mL
20587596_C06

14⁹⁹



MICHELOB ULTRA LIGHT BEER
cans
6 X 473 mL
21097258_C06



17⁹⁹

CORONA EXTRA or STELLA ARTOIS
cans
6 X 473 mL
21347368_C06/21377481_C06

11⁹⁹



SOMERSBY PEAR or BLACKBERRY CIDER
cans
4 X 473 mL
21397773_C04/21397776_C04

8⁵⁰



PC® DE-ALCOHOLIZED WINE
selected varieties
750 mL
vin
21403389_EA

17⁹⁹



STEAM WHISTLE PILSNER or BEAU'S LUG-TREAD LAGERED ALE
cans
6 X 473 mL
21122513_C06/21392266_C06



\$9

PC® DE-ALCOHOLIZED BEER
selected varieties
12 X 355 mL
bière
20121729_C12

PLEASE DRINK RESPONSIBLY. Prices do not include taxes or deposit fees.
ONLY AVAILABLE AT:

- Ryan's, Aylmer • Rocky's, Brampton • Sarangan's, Brampton • Rob's, Markham • Dave & Annette's, Markham • Daniel's, Mississauga • Tom & Michelle's, Mississauga • Jeff & Tanis', North Bay • Carlo's, North York • DaCosta's, Pickering • Chris & Tanya's, Renfrew • Enzo's, Richmond Hill • Dave & Charlotte's, Scarborough • Brandon & Ashley's, Sturgeon Falls • Andrew & Shelley's, Toronto • Mike's, Toronto

ONL NFO ALC

BIG FLAVOURS, SMALL PRICES



 **Insiders Report™**



\$3

PC® LEMONADE
selected varieties
1.89 L
limonade
20773870001_EA/21425929_EA



575

**PC® BLUE MENU®
SPARKLING
WATER**
selected varieties,
12x355 mL
eau pétillante
21703743_C12



650

PC® SAUSAGES
selected varieties
375 g
saucisses
21731918_EA



250

PC® TORTILLA CHIPS
selected varieties
320-350 g
croustilles de tortilla
20305180_EA



350

**PC® ORGANICS
PLANT-BASED
SOUR CREAM & ONION
FLAVOUR BAKED
CORN RING PUFFS or
CHEDDAR BAKED CORN
CRUNCHIES**
selected varieties, 142 g
grignotines
21716046_EA/21716109_EA



550

PC® SALSA SAUCE
selected varieties
650 mL
salsa
20309646003_EA



\$3

**PC® NAAN
ROUND BUNS**
selected varieties
480 g
petits pains naan ronds
21649088_EA/20757871_EA



\$3

**PC® or PC® BLUE MENU®
SALAD DRESSING**
selected varieties
475 mL
vinaigrette
20628488006_EA



\$5

**PC® HUMMUS
BOTTLE**
selected varieties
255 mL
bouteille d'humus
21732723_EA



\$5

**PC® M'AQUA
SPARKLING WATER**
selected varieties
6x355 mL
eau pétillante
21590669_EA



550

PC® ROASTED NUTS
selected varieties
200/700 g
noix grillées
20037990003_EA



\$6

**PC® SHREDDED
CHEESE**
selected varieties
250-320 g
eau pétillante
21060183_EA



\$6

PC® BACON
selected varieties
375 g
bacon
21738792_EA



\$12


**PC® JERK CHICKEN
BURGERS**
frozen
852 g
burgers de poulet à la jerk
21714192_EA



\$23

**PC® THICK AND JUICY™
PRIME RIB BURGER**
frozen, 1.13 kg
burger de côtes de bœuf
20941230_EA

App exclusive offer

 **Optimum™**



\$4.50

Earn
1,000
pts

That's
\$1
value

PC® FLATBREAD
selected varieties
frozen
330-395 g
pain plat
21013452_EA



\$4.99

Earn
1,500
pts

That's
\$1.50
value

**PC® CHOP
SALAD KITS**
selected varieties
product of U.S.A.
285-369 g
salades hachées
21378024_EA/21547873_EA



\$5

Earn
1,000
pts

That's
\$1
value

**PC® SCOOP
SHOP ICE CREAM**
selected varieties
frozen, 946 mL
crème glacée
21706459_EA/21706621_EA

App exclusive offers

**More offers
More points**

**LOAD YOUR DIGITAL COUPONS
IN 6 EASY STEPS**

1. Open your PC Optimum app and go to **Offers**
2. Tap **Digital Coupons**
3. Select **"Click here to add your Digital Coupons"**
4. Tap **"Select Offer"** on the coupons you want
5. Tap **"Add Offer"** – you're done!

**Members
get over
\$35
in value**

**CLICK FOR
THESE COUPONS
AND MORE**



**PC® LIGHT
ROAST
GROUND
COFFEE**
930 g
café
21668446_EA

**Save
\$5
with digital
coupon**



**PC®
BURGERS**
burgers
20941230_EA

**Earn
2,500
pts
Until June - 10 - 2026**



**NO NAME®
CHICKEN
WIENERS**
Club Pack
saucisses fumées
de poulet
21414691_EA

**Earn
1,000
pts
Until June - 10 - 2026**



**PC® HORS
D'OEUVRE
COLLECTION**
720 g
hors-d'oeuvre
20912735_EA

**Earn
2,500
pts
Until June - 10 - 2026**



**PC® LIGHT
ROAST
WHOLE
BEAN
COFFEE**
907 g
café
21668491_EA

**Save
\$5
with digital
coupon**



**PC®
BLACK LABEL
ICE CREAM**
500 mL
crème glacée
20604543003_EA

**Earn
750
pts
Until June - 10 - 2026**



**PC®
BRIOCHE
MINI ROLLS**
mini-petits pains
21410779_EA

**Earn
1,000
pts
Until June - 10 - 2026**



**PC®
BLACK LABEL
PIZZA**
pizza
21531410_EA

**Earn
1,500
pts
Until June - 10 - 2026**



**NO NAME®
CHOCOLATE**
100 g
chocolat
20580727_EA

**Earn
750
pts
Until June - 10 - 2026**



**NO NAME®
COOKIES**
biscuits
20318678001_EA

**Earn
750
pts
Until June - 10 - 2026**



**NO NAME®
SALAD
DRESSING**
475 mL
vinaigrette
20307707005_EA

**Earn
750
pts
Until June - 10 - 2026**



**NO NAME®
PASTA**
900 g
pâtes
20315613006_EA

**Earn
500
pts
Until June - 10 - 2026**



**HÄAGEN-
DAZS®**
dessert glacé
21513347_EA

**Save
50¢
with digital
coupon**



**HEINZ
FLAVOURED
MAYO**
mayonnaise
aromatisée
21735038_EA

**Save
\$2
with digital
coupon**



**IOGO®
FROZEN
YOGURT**
yogourt glacé
21654322_EA

**Save
\$2
with digital
coupon**



**DANONE
DANINO**
6 x 93 mL
yogourt
21520245_EA

**Save
75¢
with digital
coupon**

More offers. More points.

CLICK FOR
THESE COUPONS
AND MORE



Optimum™



PC® TORTILLA CHIPS
320 - 350 g
croustilles de tortilla
20148817_EA

Earn
750
pts

Until June - 10 - 2026

Optimum™



NO NAME® CANOLA OIL
3 L
huile de canola
20028656_EA

Earn
1,500
pts

Until June - 10 - 2026

Optimum™



PC® ORGANIC BROTH
900 mL
bouillon biologique
21195472_EA

Earn
750
pts

Until June - 10 - 2026

Optimum™



PC® SOFT DRINKS
12x355 mL
boissons gazeuses
20690671001_EA

Earn
1,200
pts

Until June - 10 - 2026

Optimum™



PC® MEMORIES SAUCES
sauces
20311313005_EA

Earn
1,000
pts

Until June - 10 - 2026

Optimum™



REACTINE
25ct & ABOVE
antihistaminique
20550171_EA

Save
\$5
with digital coupon

Optimum™



PC® LAMB, BROWN RICE & PEA DOG FOOD RECIPE
14 kg
formule à l'agneau, au riz brun et aux pois
21304669_EA

Earn
2,500
pts

Until June - 10 - 2026

Optimum™



PC® SUPER SOFT BATH TISSUE
30=100 rolls
papier hygiénique
21450846_EA

Earn
2,500
pts

Until June - 10 - 2026

Optimum™



NO NAME® BLEACH
2.4 L
eau de Javel
21486532_EAA

Earn
750
pts

Until June - 10 - 2026

Optimum™



PC® BLACK EARTH ALL PURPOSE SOIL
terreau tout usage
21357792_EA

Earn
1,000
pts

Until June - 10 - 2026

Optimum™



NO NAME® BLACK CEDAR MULCH
paillis de cèdre
21358573_EA

Earn
1,000
pts

Until June - 10 - 2026

Optimum™



NO NAME® TOP SOIL
terreau
21349120_EA

Earn
500
pts

Until June - 10 - 2026

Optimum™



NO NAME® COW MANURE
fumier de vache
21349331_EA

Earn
1,000
pts

Until June - 10 - 2026

EID MUBARAK!

عيد مبارك!

1.99
LB



LONG EGGPLANT
product of Mexico
aubergine longue
4.39/kg
20159013001_KG

1.99
LB



GINGER ROOT
product of China
racine de gingembre
4.39/kg
20179038001_KG

.99
EA
LB



BUNCH MINT each,
product of Mexico or
DAIKON 2.18/kg, product of China
menthe en botte ou daikon
20139326001_EA/20082109001_KG



3.99
LB

OKRA
product of U.S.A.,
Guatemala or Honduras
gombo
8.80/kg
20091263001_KG

2.99
LB



JUMBO WALNUTS product of U.S.A., **INDIAN EGGPLANT**
product of U.S.A. or Mexico or **INDIAN KARELA** product of Mexico
6.59/kg
noix de Grenoble ou aubergine ou karela
20055882001_KG/20028046001_KG/20123893001_KG

7.50



**FARMER'S MARKET®
WALNUT PIECES**
325 g
noix de grenoble
21520013_EA

4.97



**BRAR'S MALAI
PANEER**
375 g
paneer
20283164_EA

13.88



SUFRA® HALAL BONELESS STEWING BEEF
454 g
bœuf à ragoût désossé halal
21395711_EA

\$16



SUFRA® HALAL CHICKEN LEGS
back attached
up to 1.6 kg
cuisses de poulet halal
21430677_EA

\$16



SUFRA® HALAL WHOLE CHICKEN
up to 1.7 kg
poulet entier halal
21542436_EA

4.99



**ZABIHA HALAL BREAKFAST
CHICKEN STRIPS**
375 g
tranches de poulet halal à déjeuner
20105121_EA

\$10



**ZABIHA HALAL CHICKEN BURGERS,
NUGGETS, STRIPS, FRIES or POPCORN
CHICKEN**
selected varieties, frozen, 800/908 g
burgers ou pépites ou lanières ou frites ou
bouchées de poulet halal
21192505_EA

\$1



CEDAR PITA
selected varieties
330 g
pita
21509350_EA

\$7



PC® HALLOOM CHEESE
selected varieties
250 g
fromage halloom
20563213_EA

EID MUBARAK!

عيد مبارك!

1.29

TAMAM CANNED BEANS
selected varieties
796 mL
légumineuses en conserve
21214487_EA



5.49

ALFA PUFF PASTRY
selected varieties, frozen
850 g
pâte feuilletée
21606988_EA

4.49

PUCK LABNEH 400 g or
TRE STELLE PANEER 300 g
labneh ou paneer
21624037_EA/21664545_EA



6.99

MOTHER'S MAGIC HIMALAYAN PINK SALT
2 kg
sel rose de l'Himalaya
21357761_EA

2.99

QUALITY BULGUR or **JARISH 907 g** or
ZINDA COUSCOUS 600/907 g
selected varieties
bulgur ou jarish ou couscous
20013708_EA/21528526_EA



7.49

AL SHIFA NATURAL HONEY
selected varieties
500 g
miel
20862354_EA



3.29

ROOH AFZA BEVERAGE
800 mL
boisson
21027924_EA



1.99

TAMAM ROSE WATER
selected varieties
300 mL
eau de rose
21217237_EA



\$3

QUALITY SPICES
selected varieties
400 g
épices
20713005_EA



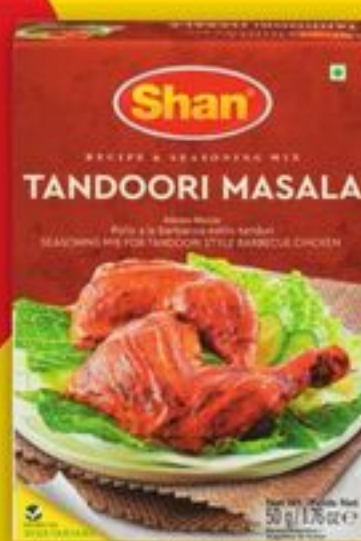
\$2

MDH SPICES
selected varieties
100 g
épices
20687752_EA



\$2

SHAN SPICE MIXES
selected varieties
50-100 g
mélanges d'épices
20160022001_EA



5.99

SURAJ® DRY BEANS or **LENTILS**
selected varieties
1.8 kg
lentilles ou haricots secs
20558760_EA/20558862_EA



3.99

SURAJ® GARLIC AND GINGER PASTE, 750 g
VEEBA VEGINAISE, CHUTNEY or **SPREADS**
300-500 g
selected varieties
pâte d'ail et gingembre ou
veginaise ou chutney ou tartinaes
21088480_EA/21632744_EA



\$3.99

Earn
500
pts
That's
50¢
value

KFI COOKING SAUCES
selected varieties, 375/395 mL
sauces à cuisson
20419490001_EA/20419490003_EA



2.79

KHAAS HALAL YOGOURT
selected varieties
750 g
yogourt halal
20343515_EA



9.99

QUALITY BROWN SUGAR
4.5 kg
cassonade
20718452_EA



1.50

7UP NIMBOOZ LEMONADE
355 mL, **PUCK THICKENED CREAMY PRODUCT** 160 g or
HALDIRAM INDIAN SNACKS 150/160 g
selected varieties
limonade ou produit crémeux
ou collations
20314667007_EA/21682042_EA





Express™

Get up to \$75 in pts

Earn \$15 in PC Optimum™ points on each of your first 5 eligible online grocery orders*.

Use code
PCX75
at checkout.

[Shop now](#)



*New PC Express customers only. All eligible orders must be completed by July 22, 2026. See site for details

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Scan the QR code to sign up.

STRAIGHT TO YOUR PHONE

Text "OFFER" to 374557 (FRILLS)*



*Standard message and data rates may apply.

†Raincheck + PC Optimum Points: Applies to out of stock items advertised in the current weekly flyer ("Promotion Period"). Raincheck can be used towards purchase of the unavailable item (subject to reasonable customer/requirements) at the advertised flyer price plus 10% back in PC Optimum points when the item is back in stock or within 14 days of raincheck issue date. 10% back in PC Optimum points is calculated per item on the advertised flyer price. Raincheck requests must be made in-store during the unavailable item's Promotion Period. Raincheck must be redeemed in-store at the issuing store location. Raincheck + Pts does not apply to flyer items marked "while quantities last", gift cards, liquor, tobacco, seasonal and products which are provincially-regulated, or as we determine from time to time. Customers who are not PC Optimum program members will not be eligible to receive PC Optimum points. To become a member, visit www.pcoptimum.ca. We reserve the right to cancel or change the terms of this offer at any time without notice.

‡Throwback Prices: Program applies to one item weekly, as advertised in-store/online at nofrills.ca.

ONL NF PCX

no name™ mobile

**get 2GB of data
for \$19 a month
with auto top-up**

find us at the checkout lanes
exclusively at **NOFRILLS**



*Subject to change. Conditions apply. Visit nonamemobile.ca for full details.

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**NEW
LOWER
PRICE**

Enjoy these price
drops for longer.

**RAIN
CHECK
+ pts**

We'll honour a current
deal if we're sold out,
and give you 10% back in
PC Optimum™ Points.

**LOW
PRICE.
ALWAYS.**

Count on low
everyday prices.

**FRESH
GUARANTEE**

If your produce isn't fresh,
we'll replace AND refund it.

†Raincheck + PC Optimum Points: Applies to out of stock items advertised in the current weekly flyer ("Promotion Period"). Raincheck can be used towards purchase of the unavailable item (subject to reasonable customer/requirements) at the advertised flyer price plus 10% back in PC Optimum points when the item is back in stock or within 14 days of raincheck issue date. 10% back in PC Optimum points is calculated per item on the advertised flyer price. Raincheck requests must be made in-store during the unavailable item's Promotion Period. Raincheck must be redeemed in-store at the issuing store location. Raincheck + Pts does not apply to flyer items marked "while quantities last", gift cards, liquor, tobacco, seasonal and products which are provincially-regulated, or as we determine from time to time. Customers who are not PC Optimum program members will not be eligible to receive PC Optimum points. To become a member, visit www.pcoptimum.ca. We reserve the right to cancel or change the terms of this offer at any time without notice.

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