

 **Loblaws**  **Zehrs**  **Independent**
Your Independent Grocer

 Loblaws
CityMarket

 **valu-mart**

WE'RE OPEN!

MONDAY MAY 18TH



**HAPPY
VICTORIA
DAY!**



**CLICK HERE OR
VISIT ONLINE FOR
STORE HOURS**



long weekend starts here

\$10 EA.

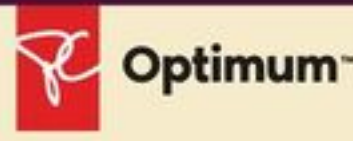
EQUIVALENT TO \$1 PER SKEWER

SHRIMP SKEWERS
PLAIN OR MARINATED FROZEN OR PREVIOUSLY FROZEN
10'S
21687446_EA



App exclusive offer*

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



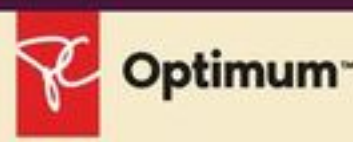
\$20 Get **4,000** pts **\$4** back in points

PC® BURGERS
SELECTED VARIETIES
FROZEN
852 G-1.36 KG
20941230_EA
20941343_EA



App exclusive offer*

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



\$7 Get **2,000** pts **\$2** back in points

PC® NATURALLY SMOKED BACON
SELECTED VARIETIES
375 G
21738736_EA
21738792_EA



SAVE UP TO \$1.99



\$7

MAPLE LEAF NATURAL SELECTIONS, SCHNEIDER'S DELI SLICED MEATS 150-175 G OR PC® DELI CHEESE SLICES 140-170 G
SELECTED VARIETIES
20216643_EA
20065285_EA



SAVE 98¢ WHEN YOU BUY 2



2/\$7

OR \$3.99 EA.

WONDER HOT DOG OR HAMBURGER BUNS 356-480 G OR D'ITALIANO BUNS 420-568 G
SELECTED VARIETIES
20305135_EA
20627103_EA



SAVE 42%



\$4

PHILADELPHIA CREAM CHEESE OR DIPS 227/250 G, KRAFT SINGLES 410 G OR KRAFT CHEEZ WHIZ 450 G
SELECTED VARIETIES
20641267_EA
21188654_EA



SAVE UP TO 60%

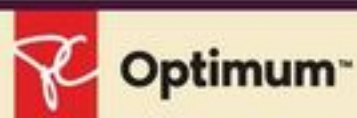
1.99

BULL'S-EYE BBQ SAUCE 425 ML, DIANA SAUCE 500 ML OR KRAFT SALAD DRESSING 425 ML
SELECTED VARIETIES
20547834005_EA
21184617_EA
21584850_EA



App exclusive offer*

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



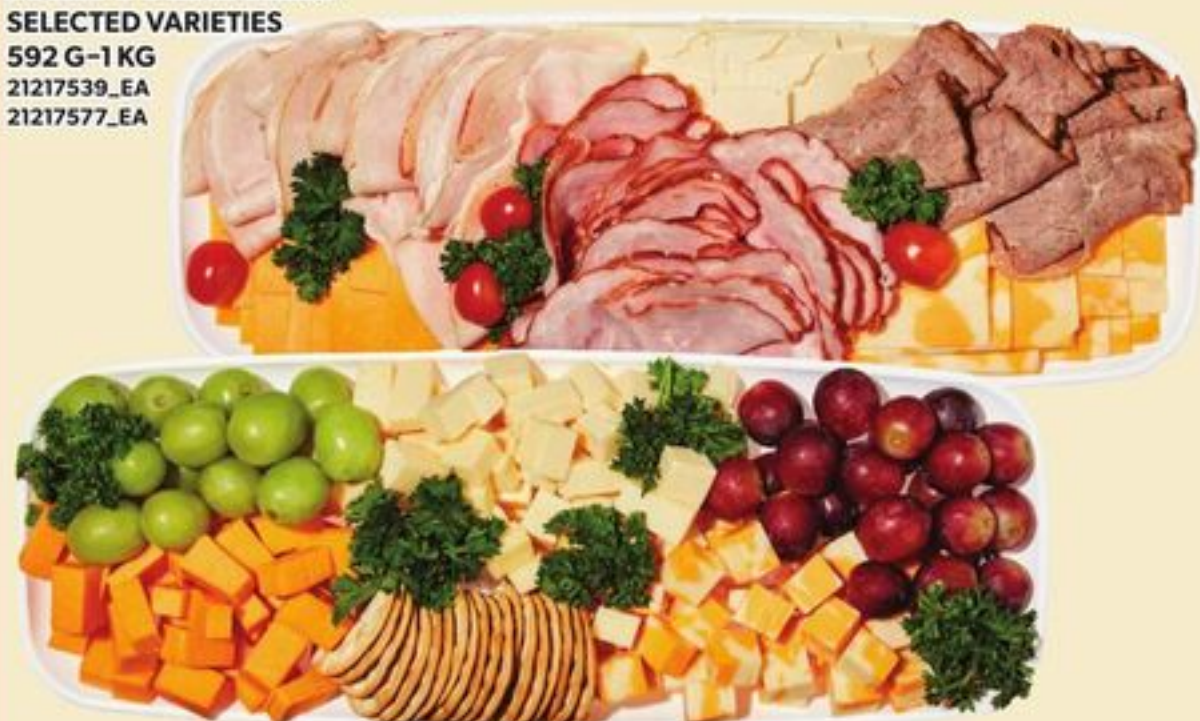
\$30

Get **5,000** pts

\$5 back in points

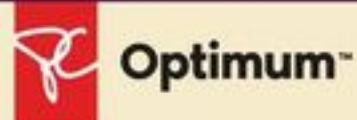
PARTY PLATTERS

SELECTED VARIETIES
592 G-1 KG
21217539_EA
21217577_EA



App exclusive offer*

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



\$6

Get **1,500** pts

\$1.50 back in points

BAKED IN-STORE COOKIES

SELECTED VARIETIES
18'S
21454952_EA
21455101_EA



BAKED IN-STORE

5.50



CHAPMAN'S PREMIUM ICE CREAM OR FROZEN YOGURT OR SORBET 2 L OR SUPER NOVELTIES 6-20'S

SELECTED VARIETIES
FROZEN
20111532_EA
20323573001_EA



\$3



PC® NATURAL SPRING WATER

24X500 ML
20137898_C24



12.99

COCA-COLA OR PEPSI SOFT DRINKS

SELECTED VARIETIES
24X355 ML
20306687002_C24
20308197001_C24



It's here!



SHOP NOW

CLICK OR SCAN FOR MORE DETAILS



Zehrs™

PROUDLY CANADIAN

HOT PRICE

4⁹⁹
LB

SPLIT CHICKEN WINGS
INCLUDES HALAL
FAMILY SIZE
11.00/KG
20761916_KG
21656520_KG

INCLUDES HALAL

HOT PRICE

10⁸⁸
LB

STRIPLOIN GRILLING STEAK
FAMILY SIZE, CUT FROM
AUSTRALIAN GRADE BEEF
23.99/KG
21672450_KG

4 DAY SALE
THURSDAY, MAY 14TH TO
SUNDAY, MAY 17TH

HOT PRICE

\$3
LB

PORK SIDE RIB PORTION
6.61/KG
20836871_KG

HOT PRICE

\$10
LB

FRESH ATLANTIC SALMON FILLETS
FAMILY SIZE
22.05/KG
FRESH SEAFOOD ITEMS
SUBJECT TO AVAILABILITY
20726663_KG

4 DAY SALE
THURSDAY, MAY 14TH TO
SUNDAY, MAY 17TH

\$23

LOBSTER TAILS
2-3 OZ, 4'S
FROZEN OR PREVIOUSLY FROZEN
21240991_EA

\$5

SEEDLESS WATERMELONS
EA., PRODUCT OF U.S.A.
OR MEXICO OR
RÉSERVE BLACKBERRIES
10 OZ, PRODUCT OF MEXICO
20067326001_EA
21724952001_EA



\$3

BLUEBERRIES
PRODUCT OF MEXICO,
PERU OR U.S.A.
PINT
20080137001_EA



EQUIVALENT TO
\$5.75
PER TAIL

11 LB
AVG

PINT

\$23

PC® BLACK TIGER SHRIMP RING WITH MILD COCKTAIL SAUCE
FROZEN
568 G
20979150_EA



SAVE UP TO \$2

\$5

DR. OETKER GIUSEPPE PIZZERIA RISING CRUST OR THIN CRUST PIZZA 480-785 G OR PC® WOOD-FIRED PIZZA 351-413 G
SELECTED VARIETIES
FROZEN
21106361_EA
21540352_EA



3⁵⁰



FARMER'S MARKET™ GREENHOUSE PEPPERS
3'S PRODUCT OF ONTARIO
OR PC® LIVE GREEN
RED GREEN OR TRIO LETTUCE
2'S PRODUCT OF CANADA
20085851001_EA
21212488_EA



\$8

PC® OR BLUE MENU® ENTRÉES
SELECTED VARIETIES
FROZEN
770 G-1.13 KG
20326534_EA
21359210_EA



SAVE 33%

2⁵⁰

PREGO PASTA SAUCE
SELECTED VARIETIES
645 ML
20325820001_EA
21340384_EA



Member Price \$20
Non-Member Price \$28
Members save \$8

TIDE LAUNDRY DETERGENT 3.46-3.9 L, TIDE POWER PODS OR GAIN SUPER FLINGS 45'S, TIDE PODS OR GAIN FLINGS 57-76'S
SELECTED VARIETIES
21579830_EA
21593670_EA



5 days only Thursday May 14th-Monday May 18th

For every **\$100** spent in the Garden Centre

Get **20,000** pts
\$20 back in points



Flyer prices effective from Thursday, May 14th to Wednesday, May 20th, 2026. SEE BACK PAGE FOR DETAILS.

Optimum™

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

Get **10,000** pts

10 back in points

for every \$50* spent on baby apparel, diapers, training pants, wipes, food, formula, accessories and/or toiletries

\$27

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



LIMIT 4 AFTER LIMIT 31.99 EA.

\$35

PAMPERS SWADDLERS CRUISERS 360 OR BABY DRY ULTRA DIAPERS
SELECTED VARIETIES
SIZES 3-7, 66-138'S
21551525_EA
21692756_EA



LIMIT 6 AFTER LIMIT 39.99 EA.

4/\$5
OR \$1.49 EA.

PC® ORGANICS BABY FOOD POUCHES
SELECTED VARIETIES
PREPARED IN CANADA
128 G/ML
20651248002_EA
20651270003_EA



6+ MONTHS

\$6



LACTANTIA BUTTER 454 G OR **PC® CHEESE BARS** 300-400 G OR **SHREDDED CHEESE** 250-320 G
SELECTED VARIETIES
20639926_EA
21060183_EA



3⁵⁰

LAY'S POTATO CHIPS
SELECTED VARIETIES
177-235 G
21241032_EA
21664543_EA



DEAL DROP

Limited-time deals on PC home & more.

FROM **\$21** \$21-30

LIMIT 4 AFTER LIMIT \$42-60 EA. WHILE SUPPLIES LAST

PC® HONEYCOMB SKILLETS 10" OR 12" OR **PC® WOK** 13.3"

21339634_EA
21492019_EA
21492022_EA

selection may vary by store

\$12

MEDJOL DATES
PRODUCT OF U.S.A.
2 LB TUB
*SELECTION MAY VARY BY STORE
20001686_EA



3⁵⁰

CHRISTIE COOKIES
SELECTED VARIETIES
224-303 G
21358407_EA
21361508_EA



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

Optimum™

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

\$6 back in points

REESE'S BRANDED PRODUCTS
SELECTED VARIETIES AND SIZES
21651701_EA
21104053_EA
21702133_EA



2²⁵



NEILSON CHOCOLATE MILK
SELECTED VARIETIES
1L
2006232001_EA
20650656_EA



7⁵⁰



ACTIVIA PROBIOTIC YOGURT 12X100 G OR 1.14 KG OR **SIGGI'S SKYR YOGURT** 650/750 G
SELECTED VARIETIES
20303412001_EA
21353874_EA



\$5

HÄAGEN-DAZS 414-450 ML OR BARS 3/4'S OR **NESTLE DRUMSTICK** 4'S
SELECTED VARIETIES FROZEN
20322380001_EA
21513578_EA



\$6

BONNE MAMAN FRUIT JAM OR CURD 250-280 ML/360 G, **HAZELNUT AND COCOA SPREAD** 250 G OR **CORA CREPE MIX** 700 G
SELECTED VARIETIES
21450798_EA
21456024_EA



\$2

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



\$7

MINUTE RICE LONG GRAIN OR BROWN RICE
SELECTED VARIETIES
1.2/1.4 KG
20074783001_EA
20074783002_EA



SAVE UP TO 99¢

\$7

NO NAME® VEGETABLES CLUB SIZE 2 KG OR **BLUEWATER SEAFOODS BATTERED FILLETS FISH STICKS OR POPCORN SHRIMP**
SELECTED VARIETIES FROZEN
20174632_EA
20319825_EA
20310745004_EA



2/5⁵⁰
OR \$3.50 EA.

QUAKER DIPPS OR CHEWY GRANOLA BARS
SELECTED VARIETIES
120-156 G
20846886_EA
21359382_EA



2/\$7
OR \$5 EA.

HUMPTY DUMPTY OR OLD DUTCH POTATO CHIPS OR PARTY MIXES
SELECTED VARIETIES
200-290 G
21445100_EA
21367541_EA



3²⁵

CHRISTIE CRISPERS OR BITS & BITES
SELECTED VARIETIES
145 G
21358333_EA
21395350_EA



Optimum™

Member Price: **\$6** Non-Member Price: **\$10** Members save **\$4**

PC® DEALCOHOLIZED LAGER BEER
SELECTED VARIETIES
12X355 ML
20121729_C12
20325253_C12

SAVE UP TO 54%

\$14

CASHMERE BATHROOM TISSUE 20=60 ROLLS OR **SPONGETOWELS PAPER TOWELS** 6=12 ROLLS OR **SCOTTIES FACIAL TISSUE** 12'S
SELECTED VARIETIES
21188655_EA
21677740_EA
21371391_EA



Zehrs™ CUSTOMER RELATIONS 1-866-541-6315. VISIT zehrs.ca FOR STORE HOURS.

Please call Customer Relations at 1-866-541-6315 or visit our website at zehrs.ca for your store's hours and to see which Zehrs* locations do not participate in this flyer. 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 are not obligated to sell items based on errors or misprints in typography or photography. **Pricing:** All references to "Save, Was, Now, Savings, etc." are in comparison to our own regular prices. Savings on items shown may vary by store location. Applicable taxes, deposits, or environmental surcharges are extra. No sales to retail outlets. Coupons must be presented and redeemed at time of purchase. **Trademarks:** */™ The trademarks, service marks and logos displayed in this flyer are trademarks of Loblaws Inc. and others. **PC Optimum™ Members Only:** Offers are available to valid PC Optimum™ program members. Membership is free. To register, see in-store or visit pcoptimum.ca. Points are not guaranteed in case of errors or misprints. No cash value. See zehrs.ca for full program details including redemption restrictions. Minimum redemption is 10,000 points. These offers cannot be combined with any other coupons, discounts, or promotions. No adjustments on previous purchases. We may modify or cancel offers without notice. Product availability may vary by store. While supplies last. **Points Offers:** Receive the specified points when you spend the qualifying amount on the listed products/categories before taxes, after discounts and redemptions, in a single transaction. Taxes apply on purchase amount after discounts. PC Optimum™ pricing is not valid in price match programs for participating Loblaws Inc. banner stores. **Outdoor/Seasonal Items:** Outdoor seasonal items (e.g., lawn and garden) may only be available at select stores. Please check your local store for pricing, limits, and availability. **PRICE DROP Offer:** Valid in-store at participating locations from May 14 - June 24, 2026 before taxes and while quantities last. Applies only to select products. Offer may be modified or cancelled without notice. See in-store for full details.



ZEH BACK

freshness you can taste

FRESH PROMISE

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

*Fresh Promise: Applicable to eligible fresh produce items purchased at Zehrs store locations or online at zehrs.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 Zehrs store where purchase originated. The fresh promise 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.

80¢ EA.

6⁵⁰ LB

RED CHERRIES
PRODUCT OF U.S.A., NO. 1 GRADE
14.33/KG
20159690001_KG

\$5

FARMER'S MARKET™ ENGLISH CUCUMBERS
PRODUCT OF ONTARIO
3'S
20828461001_EA

PRODUCT OF CANADA

PKG OF 3

BICOLOUR SWEET CORN
PRODUCT OF U.S.A.
EACH
20131170001_EA

\$5

LARGE CROWNLESS PINEAPPLE
PRODUCT OF COSTA RICA
EACH
20119813001_EA

\$6

SUNGOLD KIWIFRUIT
PRODUCT OF NEW ZEALAND
1 LB
20985015001_EA

Zespri SUNGOLD KIWIFRUIT

\$5

LARGE CANTALOUPE OR JUMBO HONEYDEW MELONS
PRODUCT OF GUATEMALA, HONDURAS OR MEXICO
EACH
20167017001_EA
20045276001_EA

\$5

FARMER'S MARKET™ RUSSET POTATOES
PRODUCT OF CANADA, CANADA NO. 1 GRADE
10 LB BAG
20601020011_EA

PRODUCT OF CANADA

10 LB

\$5

FARMER'S MARKET™ LEMONS 2 LB. PRODUCT OF SOUTH AFRICA OR U.S.A. OR RASPBERRIES HALF PINT. PRODUCT OF MEXICO OR U.S.A.
20795315001_EA
20128938001_EA

FARMER'S MARKET™ LEMONS CITRONS

\$20

LARGE VEGETABLE OR FRUIT PLATTER
PREPARED IN-STORE
1.34-1.87 KG
20081718_EA
20121599_EA

bouquets, bunches and blooms

\$25

SIGNATURE GIFT BOUQUET
EACH
21436377_EA

\$28

5 INCH ORCHID
EACH
21664246_EA

\$10

FARM TO TABLE BOUQUET
EACH
21729159_EA

8⁵⁰

GRASS FED EXTRA LEAN GROUND BEEF
450 G
21675592_EA

EXTRA LEAN GROUND BEEF
BŒUF HÂCHÉ EXTRA-MAIGRE
GRASS FED
NOURRI À L'HERBE
PRODUCT OF NEW ZEALAND - PRODUIT DE NOUVELLE ZÉLANDE

feeling protein power-fuel

\$7 LB

PREPARED IN-STORE

PORK SAUSAGES
SELECTED VARIETIES
15.43/KG
20709048_KG
20709042_KG

\$5 LB

CHICKEN BREASTS
SKINLESS, BONE-IN
FAMILY SIZE
11.02/KG
20055906_KG

\$9 LB

PREPARED IN-STORE

MEDIUM GROUND BEEF BURGERS
SELECTED VARIETIES
19.84/KG
21550474_KG

3⁹⁹

PREPARED IN CANADA

MAPLE LEAF TOP DOGS OR SCHNEIDERS RED HOTS WIENERS
SELECTED VARIETIES
375 G
20602429_EA
21093477_EA

SCHNEIDERS RedHots

Maple Leaf Natural Top Dogs

\$13

JANES CRISPY TENDERS
SELECTED VARIETIES, FROZEN
710 G
21703584_EA
21703608_EA

JANES RESTAURANT STYLE SPICY CRISPY TENDERS

JANES RESTAURANT STYLE CRISPY TENDERS with SPICY BBQ SAUCE

find your catch in seafood

12⁹⁹

PC® GRILLING RAW SHRIMP SKEWERS LIME AND CHILI OR MANGO AND CALAMANSI CITRUS
FROZEN
360 G
21283307_EA/21517019_EA

PC® GRILLING RAW SHRIMP SKEWERS
MANGO & CALAMANSI CITRUS
À GRILLER
BRIOCHETTES DE CREVETTES CHILES
À GRILLER
MANGUE ET AROMATISÉ CALAMANSI

Lime & Chili GRILLING RAW SHRIMP SKEWERS
À GRILLER
BRIOCHETTES DE CREVETTES CHILES
À GRILLER
Lime et piment fort

\$16

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

THE ULTIMATE - LES SAUVAGES
Atlantic Salmon BURGERS
Saumon de l'Atlantique

SAVE 33%

\$4

CANADIAN SEAFOOD

ATLANTIC SALMON PORTIONS
SELECTED VARIETIES
113-122 G
20948216_EA
21018776_EA

bakery deals rising daily

\$3.50 **Get 2,000 pts** **\$2 back in points**

When you buy 2

JUMBO HAMBURGER OR HOT DOG BUNS
SELECTED VARIETIES
8'S
20711614_EA
20711617_EA

BAKED IN-STORE

5.50 **BAKED IN-STORE**

CHEESE SWIRL BUNS 4'S OR CHEESE STICKS 6'S
20742704_EA
20745112_EA

7.50 **PREPARED IN CANADA**

SINGLE LAYER CAKES
SELECTED VARIETIES
EACH
21093577_EA
21093578_EA

\$12

PC® CREAM PIES
SELECTED VARIETIES, FROZEN
730 G
21586299_EA

COCONUT CREAM PIE TARTÉ À LA CRÈME DE NOIX DE COCO
KEY LIME PIE TARTÉ À LA LIMETTE

\$5 **PREPARED IN CANADA**

FARMER'S MARKET™ MUFFINS
SELECTED VARIETIES
4'S
21639357_EA
21639320_EA

BLUEBERRY
CHOCOLATE CHIP

\$6 **PREPARED IN-STORE**

IN-STORE CÉLÉBRATION CUPCAKES
CHOCOLATE OR WHITE
6'S
20379763_EA
20592676_EA

\$4

KING'S HAWAIIAN ROLLS
SELECTED VARIETIES
340 G
21475970_EA
21489831_EA

HAWAIIAN SWEET SMOKE Sliced Sandwich Rolls

\$5

FURLANI TEXAS TOAST 640 G, GARLIC BREADSTICKS 660 G OR GARLIC KNOTS 296 G OR LA FOURNÉE DORÉE SLICED BRIOCHE BREAD 500 G
SELECTED VARIETIES
20978205_EA
21048246_EA

Fournée dorée
Brioche en Tranches Sliced Brioche

Furlani
Why Knobs? Noeuds

SAVE \$1.08 WHEN YOU BUY 2 **PREPARED IN CANADA**

2/7.50
OR \$4.29 EA.

COUNTRY HARVEST BAGELS 450 G OR D'ITALIANO GUSTO! BAGELS 540 G
SELECTED VARIETIES
21178546_EA
21577054_EA

D'ITALIANO GUSTO!
EVERYTHING & HERB
TOUT GARNI ET FINES HERBES

COUNTRY HARVEST ORIGINAL

\$8 **PREPARED IN CANADA**

BALDERSON CHEDDAR 250/280 G OR GOUDA 170/200 G
SELECTED VARIETIES
21495455_EA
21495458_EA

EXTRA OLD CHEDDAR EXTRA-FORT
SMOKED - FUMÉ GOUDA

in the mood for deli-cious

\$7 **PREPARED IN CANADA**

BOURSIIN SOFT CHEESE 150 G OR PC® BRIE 165-200 G
SELECTED VARIETIES
20787327_EA
20116794_EA

DOUBLE CREAM/CRÈME BRIE
CHEESE - FROMAGE

Boursin
AIL & FINES HERBES
GARLIC & FINE HERBS

2.50 /100 G **PREPARED IN CANADA**

SIKORSKI SERVICE CASE BBQ SAUSAGE
20996146_KG
20995534_KG

\$12 **PREPARED IN CANADA**

PC® CHICKEN BREAST STRIPS
375 G
20786418_EA

CHICKEN BREAST STRIPS
LANTÈRES DE PORTRÈNE DE POULET

Member Price \$8 **Non-Member Price \$12** **Members save \$4**

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

Pepperettes
HONEY GARLIC
MIEL ET AIL
PEPPERONI

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

for every \$12* spent on

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

Pretzel Crisps
SEA SALT & CRACKED PEPPER
SEL DE MER ET POIVRE CONCASÉ

on the run, we got you

\$30 **Get 5,000 pts** **\$5 back in points**

30 PIECE WINGS & WEDGES BUCKET
1.2 KG
21541872_EA
21541877_EA

SERVES 6

App exclusive offer* **Optimum**

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

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

12" TAKE AND BAKE PIZZA
SELECTED VARIETIES
510-739 G
21456415_EA
21456401_EA

PREPARED IN-STORE

\$35 **SERVES 6-8**

BENTO KAZOKU PLATTER
53 PIECES
REQUIRES 24 HOUR NOTICE
21637774_EA

BUY ONE (1) GET ONE (1) 50% OFF

MEDIUM PREMIUM SALADS
SELECTED VARIETIES
330 G
21608061_EA
FOR \$8

\$55-65

SANDWICH OR WRAP PLATTERS
PREPARED IN-STORE
1.23-3.4 KG
21582113_EA

\$20-25

IN-STORE PREPARED SANDWICH OR WRAP PLATTERS
1.2-1.7 KG
21558135_EA

stock the cottage skip the stress



5⁵⁰

**BURNBRAE FARMS
NATUREGG NEST
LAID WHITE EGGS**
LARGE
12'S
20816075001_EA



\$4

**PEARL MILLING
COMPANY
PANCAKE MIX 905 G
OR SYRUP 710 ML**
SELECTED VARIETIES
21384609_EA
21391619_EA



4⁵⁰

MINI BAGELS
SELECTED VARIETIES
8'S
21738337_EA

try with



**NO NAME®
CREAM CHEESE**
SELECTED VARIETIES
8'S
2/\$7.50 OR 4.29 EA.
20308105001_EA/21036106_EA

\$7



**BECEL
MARGARINE**
SELECTED VARIETIES
637/800 G
20297818002_EA
21279389_EA



\$8⁵⁰

Get **1,000** pts

\$1 back in points

**PC® ORGANICS
FROZEN FRUITS**
SELECTED VARIETIES
600 G
20431483001_EA
20431483002_EA



\$5⁵⁰

Member Price **\$7⁹⁹**

Non-Member Price **\$2⁴⁹**

**KELLOGG'S
FAMILY SIZE
CEREAL**
SELECTED VARIETIES
450-650 G
20054727_EA
21504064_EA



\$30



**KICKING HORSE
ORGANIC WHOLE
BEAN COFFEE 850 G OR
ORGANIC GROUND
COFFEE 708 G**
SELECTED VARIETIES
21588734_EA
21628219_EA



\$8

**NESCAFÉ GOLD
INSTANT COFFEE**
90-100 G, PC® GROUND
COFFEE 340 G, OR
CAFFÈ BORBONE
NESPRESSO
COMPATIBLE
CAPSULES 10'S

SELECTED VARIETIES
21074552_EA/21735204_EA



6⁴⁹

**LAVAZZA CREMA OR ROSSA
GROUND COFFEE 250 G OR
NESCAFÉ INSTANT COFFEE
CONCENTRATE, 500 ML**
SELECTED VARIETIES
21665027_EA
21665148_EA
21553695_EA



**SAVE
\$1⁵⁰**



4⁵⁰

**NESTLÉ
COFFEE-MATE
COFFEE
ENHANCER**
SELECTED VARIETIES
828/946 ML
21091209_EA
21091311_EA



4⁹⁹

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



8²⁵

**STOK COLD BREW
COFFEE 1.42 L OR
DEL MONTE
JUICE BLENDS OR
COCKTAILS 2.5 L**
SELECTED VARIETIES
21203739_EA
21595736_EA



\$3

**KELLOGG'S
RICE KRISPIES BARS 176 G,
NUTRI-GRAIN BARS 295 G,
SPECIAL-K 125 G OR
POP TARTS 384 G**
SELECTED VARIETIES
20313984003_EA/21290059_EA



\$5

**NUTELLA HAZELNUT
SPREAD 375 G OR B-READY
SNACK BARS 132 G**
SELECTED VARIETIES
20435988_EA/21457401_EA



3/3⁷⁵



OR
\$1.50 EA.

**YOPLAIT YOP
1% DRINKABLE
YOGURT**
SELECTED VARIETIES
200 ML
21477986_EA
21478178_EA



\$7

**BLACK DIAMOND
CHEESTRINGS 12/16'S
336 G OR CHEESE
STICKS 12'S 252 G**
SELECTED VARIETIES
20763661_EA
20986474_EA



BUY 2 OR MORE

\$4



LESS
THAN
\$4.50 EA.

ZIGGY'S® MEAT
SELECTED VARIETIES
175 G
21590279_EA
21592461_EA



**SAVE
UP TO 99¢**

3⁵⁰

**MCCAIN FRIES OR
HASHBROWNS**
SELECTED VARIETIES,
FROZEN
800 G
21521173_EA
21525020_EA



3⁵⁰

**PEPPERIDGE FARM
GOLDFISH 167-200 G
OR CRISPS 177 G**
SELECTED VARIETIES
20300320_EA
20306994003_EA



\$2

**SNACKPACK
PUDDINGS
OR GELS**
SELECTED VARIETIES
99 G
203107006_EA
203107001_EA



4⁵⁰

**OCEAN SPRAY
CRANBERRY
COCKTAIL OR 100%
JUICE BLENDS**
SELECTED VARIETIES
1.77/1.89 L
2030006008_EA
20982463_EA

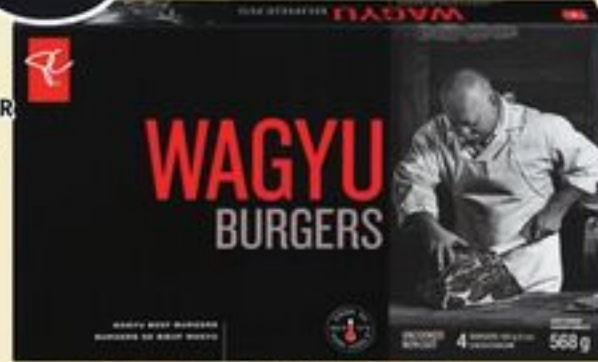


stock the cottage skip the stress



\$16

PC® DONAIR BURGER 668 G OR **BLACK LABEL WAGYU BURGER** 568 G FROZEN
20786235_EA
21644246_EA



\$14



MARCANGELO VALUE PACK PORK SAUSAGE SELECTED VARIETIES 1 KG
20867488_EA
20867487_EA



\$15

PC® SMOKIES™ SELECTED VARIETIES 1 KG
20732535_EA
20733617_EA



\$5

HEINZ TOMATO KETCHUP, SWEET RELISH & YELLOW MUSTARD VARIETY PACK 1.125 L
20552158_EA



\$3

Get **3,000** pts for every \$12* spent on

Optimum™

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



\$5

HELUVA GOOD! FRENCH ONION SOUR CREAM DIP 680 G
20312788001_EA



4.50

PC® OR BLUE MENU® MEMORIES SAUCES SELECTED VARIETIES 350 ML
2031131008_EA
20622017_EA



2.50

PC® KETTLE COOKED OR KETTLE RIPPLED CHIPS SELECTED VARIETIES 200 G
21422931_EA
21687125_EA



\$5

SNYDERS TWISTED OR THE SNACK FACTORY PRETZELS SELECTED VARIETIES 240-340 G
21650270_EA
21650317_EA



\$12

HERSHEY'S SMORES KIT 651 G
21510797_EA



2/\$5

OR \$4.29 EA.

TWIZZLER LICORICE CANDY 311-454 G OR **JOLLY RANCHER CANDY ROPES** 283 G SELECTED VARIETIES
20022328004_EA/21689823_EA



\$5

MR FREEZE, DR PEPPER OR POPSICLE FREEZE POPS SELECTED VARIETIES
2016 ML
21031219_C01
21721571_C01



SAVE UP TO 20%

SUNBUM SUNCARE PRODUCTS SELECTED VARIETIES AND SIZES
21219765_EA
21220460_EA



Get 6,000 pts for every \$18* spent on

OFF! OR RAID INSECT REPELLENT SELECTED VARIETIES
20001279001_EA
20111889_EA



SAVE UP TO 15%

REACTINE 24-36'S, CLARITIN 15-30'S, ALLEGRA 30'S, BENADRYL 25 MG 100'S, **ADVIL** 80-250'S, **VOLTAREN** 100-120 G OR **ROBAX** 40-70'S **CAPLETS, TABLETS OR GELS** SELECTED VARIETIES AND SIZES
21367017_EA



SAVE UP TO 15%

NO NAME® LUNCHEON PAPER PLATES 40'S OR **RED PLASTIC PARTY CUPS** 50'S
21206261_EA
21384145_EA



\$7



PC® BATHROOM TISSUE SELECTED VARIETIES 12=24 ROLLS
21300716_EA/21450718_EA



\$11

DAWN DISHWASHING LIQUID SELECTED VARIETIES 2.01/2.64 L
21430598_EA



\$11

GLAD OUTDOOR BAGS SELECTED VARIETIES 10-40'S
21164510_EA
21165477_EA



\$14

PUREX 4.08-4.43 L, **SUNLIGHT** 4 L OR **PERSIL** 1.86 L **LAUNDRY DETERGENT OR SNUGGLE FABRIC SOFTENER** 2.77 L OR **SHEETS** 200'S SELECTED VARIETIES
20083525001_EA
21427042_EA



\$12

SWIFFER STARTER KITS SELECTED VARIETIES EACH
20900161_EA
21629779_EA



MAY

**HIT
OF THE
MONTH**

**LIMIT 6
AFTER LIMIT
\$3 EA.**



\$2²⁵

**TAKI'S ROLLED
TORTILLA CHIPS**
SELECTED VARIETIES
260-280 G
21602195_EA
21715466_EA

**LIMIT 6
AFTER LIMIT
\$4 EA.**



\$3

**KRAFT MIRACLE
WHIP SPREAD**
SELECTED VARIETIES
650/890 ML
20298681001_EA

**LIMIT 6
AFTER LIMIT
2.50 EA.**



\$1⁸⁸

**MARCANGELO
CHICKEN OR
PORK SOUVLAKI**
SELECTED VARIETIES
2'S, 120 G
20902208_EA
21095022_EA

**LIMIT 6
AFTER LIMIT
\$5.99 EA.**



\$4

**HEAD MEN'S OR
WOMEN'S SOCKS**
3'S
21721517_EA
21721507_EA

**LOWEST PRICES
BEST DEALS**

As compared to other major grocery retailers within your local areas.
* Must be a registered PC Optimum™ member to get this offer.
Valid from May 1 - 31, 2026. While quantities last. See in-store for details.



Insiders Report™

Big flavours, small prices

It's here!



SHOP NOW

App exclusive offer*

Optimum™

\$5 Get **1,000** pts **\$1** back in points

PC® ICE CREAM SHOP ICE CREAM
SELECTED VARIETIES,
FROZEN
946 ML
21706621_EA
21706641_EA



App exclusive offer*

Optimum™

\$5 Get **1,000** pts **\$1** back in points

PC® FLATBREAD
338-395 G OR
FOCACCIA 415-456 G
SELECTED VARIETIES,
FROZEN
21013450_EA
21013452_EA



App exclusive offer*

Optimum™

\$7 Get **1,500** pts **\$1.50** back in points

PC® CHOPPED SALAD KITS
SELECTED VARIETIES
PRODUCT OF U.S.A.
282-396 G
21731967_EA
21378122_EA



3⁵⁰

PC® ELOTE STREET CORN DIP
200 G
21706608_EA



SAVE \$2



\$5

PC® GREENHOUSE STRAWBERRIES
PRODUCT OF CANADA,
NO. 1 GRADE
340 G
21027142001_EA



\$7



PC® AXIANY TOMATOES
567 G OR MIXIANY
TOMATOES 340 G
PRODUCT OF CANADA
21634164001_EA
21720721001_EA



\$18

PC® THE HEAT CHASER CHEDDAR JALAPEÑO BEEF BURGERS
FROZEN
852 G
21714070_EA



\$12

PC® JERK CHICKEN BURGERS
FROZEN
852 G
21714192_EA



5⁹⁹

PC® NATURALLY SMOKED CHICKEN SAUSAGES
SELECTED VARIETIES
375 G
21731918_EA
21732133_EA



5⁵⁰

PC® SWEET WITH HEAT™ MANGO SALSA
350 G
21646968_EA



\$9

PC® COTIJA MEXICAN STYLE CHEESE
290 G
21707616_EA



SAVE UP TO 50¢

\$5

PC® ASIAN ENTRÉES OR SOUPS
SELECTED VARIETIES,
FROZEN
300 G
21565996_EA



4⁵⁰

PC® M'AQUAS COCKTAIL FLAVOURED SPARKLING WATER
SELECTED VARIETIES
6X355 ML
21590669_C06



5⁷⁵



PC® BLUE MENU® OR PC® SPARKLING WATER
SELECTED VARIETIES
12X355 ML
21747415_C12
21747404_C12



\$5

PC® LOADS OF BARS
SELECTED VARIETIES
FROZEN
4'S
21575391_EA
21707047_EA



4⁵⁰

PC® BLACK LABEL ICE CREAM
SELECTED VARIETIES
FROZEN
500 ML
21648724_EA



where wags & purrs come first

\$29

TIDY CAT LIGHTWEIGHT LITTER
7.71 KG
20913423_C01



\$8

FRISKIES PARTY MIX CAT TREATS
SELECTED VARIETIES
510 G
21733038_EA



\$27

FRISKIES CAT FOOD
SELECTED VARIETIES
32'S
21186868_C01



\$11

FANCY FEAST CAT FOOD
SELECTED VARIETIES
12'S
20307537_EA



\$10

WHISKAS CAT FOOD
SELECTED VARIETIES
1.5/2 KG
21588943_EA



\$14

PC® NUTRITION FIRST® CAT FOOD
SELECTED VARIETIES
2 KG
21305872_EA



\$30

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



\$38

ALPO DOG FOOD
16 KG
20112174_EA



\$9

ZUKE'S DOG TREATS
SELECTED VARIETIES
170 G
21661750_EA



\$26

PEDIGREE DOG FOOD
SELECTED VARIETIES
6.8/8 KG
2003937001_EA



\$11

MILK-BONE SOFT & CHEWY DOG TREATS
SELECTED VARIETIES
708 G
21047843_EA



\$9

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



3/750

OR \$2.99 EA.

PEDIGREE DOG FOOD
SELECTED VARIETIES
375 G
21359634_EA
21359778_EA



\$25

PRICE DROP!

PC® NUTRITION FIRST® DOG FOOD
SELECTED VARIETIES
7 KG
21305879_EA



\$22

Get **4,000** pts

Get **\$4** back in points

BLUE BUFFALO DOG FOOD
SELECTED VARIETIES
2.2 KG
21360571_EA



it's time to grow!

GARDEN CENTRE OPEN Victoria Day 7am-6pm

100% CANADIAN GROWERS

4 day offer Thursday May 14th - Sunday May 17th Optimum

For every \$100 spent in the Garden Centre Get 20,000 pts \$20 back in points

RECYCLE YOUR POTS FOR POINTS APR 30 - JUN 17 Optimum

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

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

\$12 

PC® 4-SEASON TROPICALS
SELECTED VARIETIES
6 INCH
21347083_EA



\$5 

PC® GIGANTICO™ ANNUALS
SELECTED VARIETIES
4 PACK
21570281_EA



5/\$25 
OR \$5.50 EA.

PC® GIGANTICO ANNUALS, HERBS, VEGETABLES OR TROPICALS
SELECTED VARIETIES
4.33 INCH
21350305_EA/21350302_EA/21350301_EA/21352664_EA



\$20 

PC® HERB IN WHISKEY BARREL
SELECTED VARIETIES
10 INCH
20753949_EA



\$15 

PC® ANNUAL PLANTER
SELECTED VARIETIES
8.5 INCH
21001606_EA



2/\$55 
OR \$32 EA.

PC® JUMBO ANNUAL HANGING BASKET
SELECTED VARIETIES
12 INCH
20753922_EA



\$9 

PC® SUPER GIGANTICO™ ANNUALS
SELECTED VARIETIES
6 INCH
21352513_EA



2/\$36 
OR \$20 EA.

PC® DELUXE ANNUAL HANGING BASKET
SELECTED VARIETIES
11 INCH
20753918_EA



\$20 

PC® VEGETABLES IN CAGE
SELECTED VARIETIES
10 INCH
20753922_EA



\$30-45

TROPICAL PLANTS
SELECTED VARIETIES
10 INCH
21518651_EA
21214925_EA



\$10-17

SPRING BULBS
PLANT NOW FOR SUMMER BLOOMS,
SELECTED VARIETIES
EACH
21423977_EA



\$20 

PC® LILIAM COLLECTION
SELECTED VARIETIES
8 INCH
20998866_EA



2/\$10 
OR 5.50 EA.

PC® PERENNIALS
SELECTED VARIETIES
9 CM
21350463_EA



2/\$20 
OR \$11 EA.

PC® PERENNIALS
SELECTED VARIETIES
13 CM
21350465_EA



2/\$26 
OR \$15 EA.

PC® PERENNIALS
SELECTED VARIETIES
15 CM
21350466_EA



\$9 

NO NAME® ALL PURPOSE SOIL
50 L
21358664_EA



\$10 

PC® FLOWER AND GARDEN BED SOIL
50 L
21363856_EA



\$9 

PC® MOISTURE LOCK POTTING SOIL
25 L
21349077_EA



2/\$13 
OR \$11 EA.

PC® POTTING SOIL
25 L
21349090_EA



\$5-24⁴⁹

PLANT FOOD FERTILIZER OR GRASS SEED
1.5 KG
21359477_EA/21156919_EA



2/\$7
OR 3.99 EA.

PC® YARD WASTE PAPER BAGS
5'S
20429980_EA



Happy Eid al-Adha

Quality foods for a blessed celebration.



\$16 HALAL

SUFRA® HALAL WHOLE CHICKEN
UP TO 1.8 KG
21617063_EA



\$13 HALAL

LAMB LOIN CHOP
FROZEN
350 G
20179913_EA



\$14

PC® FREE FROM® BONELESS STEWING BEEF
454 G
21219169_EA



\$11 LB

TILAPIA FILLETS
SELECTED VARIETIES
24.25/KG
20897812_KG



3⁵⁰ LB

ROMA TOMATOES
PRODUCT OF CANADA OR MEXICO
7.72/KG
20143381001_KG



\$3

DRIED MANGO
PRODUCT OF VIETNAM
113 G
21700165_EA



\$8

FARMER'S MARKET™ DRIED FRUIT
SELECTED VARIETIES
220-400 G
21519932_EA
21519973_EA



\$3 LB

EGGPLANT
PRODUCT OF MEXICO OR U.S.A.
NO 1 GRADE
6.61/KG
20155709001_KG



\$9

KEBAB FACTORY TANDOORI CHICKEN BURGERS
FROZEN
678 G
21690487_EA



\$5

TAMAM TAHINI 454 G
OR **SLICED PICKLED TURNIPS** 1 KG
21217262_EA
21237887_EA



\$4

CRISPY POUND CAKES
SELECTED VARIETIES
368 G
20814080_EA
20814268_EA



\$15

DAAWAT TRADITIONAL BASMATI RICE
4 KG
20896606_EA



\$14

KRITI GOLD EXTRA VIRGIN OLIVE OIL
750 ML
20572876_EA



1⁸⁰

CLIC BEANS OR CHICK PEAS 540 ML OR **PUCK THICKENED CREAMY PRODUCT** 160 G
SELECTED VARIETIES
20299827_EA
21449248_EA



\$13

HALAL BBQ SEASONED ROTISSERIE CHICKEN
FULLY COOKED
1 KG
20974684_EA



2⁵⁰

SURATI SNACKS
SELECTED VARIETIES
250-341 G
20303745002_EA
20322576003_EA



3/1³⁵

OR 49¢ EA.
MAGGI MASALA NOODLES
70 G
20802664_EA



Chag Shavuot Sameach!

We have the foods you need to celebrate.



\$25 LB

KOSHER PICKLED BEEF BRISKET
55.12/KG
2081150_KG



\$11

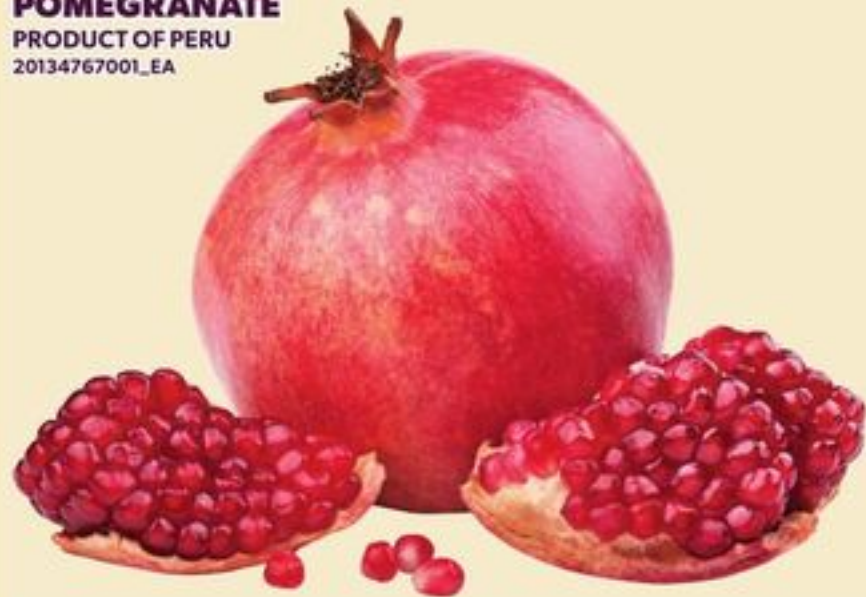
PC® SMOKED ATLANTIC SALMON
SELECTED VARIETIES
PRODUCT OF CANADA
150 G
20108286_EA



2/\$6

OR \$3.50 EA.

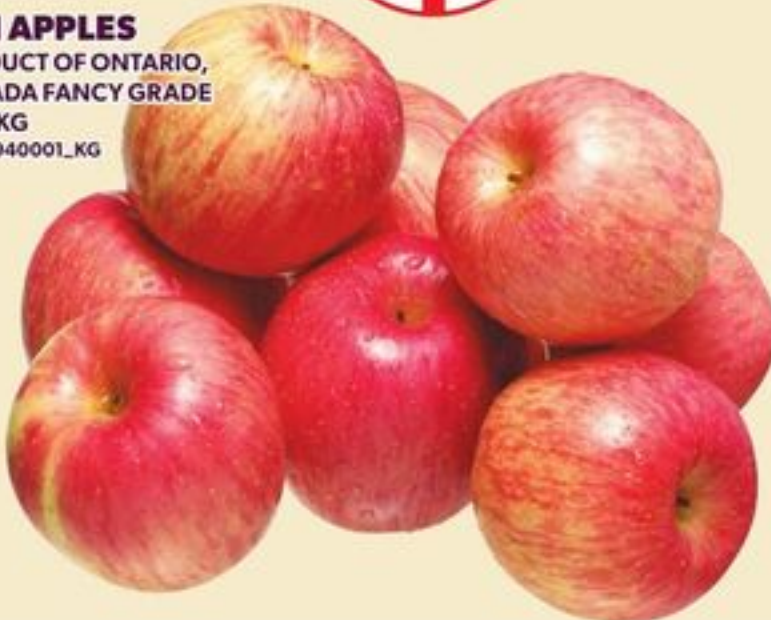
POMEGRANATE
PRODUCT OF PERU
20134767001_EA



2.50 LB



FUJI APPLES
PRODUCT OF ONTARIO,
CANADA FANCY GRADE
5.51/KG
20310940004_KG



\$5



FARMER'S MARKET™ RUSSET POTATOES
PRODUCT OF CANADA,
CANADA NO. 1 GRADE
10 LB BAG
20601020001_EA



10.99

CROWN BUNS CHOCOLATE CHOC CHIP
SELECTED VARIETIES
454 G
20141454_EA



10.50

GOLDEN BLINTZES
300-368 G, TZALIS
BOUREKAS 600-800 G OR
ARIEL BOUREKAS 600 G
SELECTED VARIETIES FROZEN
20301741001_EA
20306238004_EA



4.50

GLIDINI CHEESECAKE, TIRAMISU OR CREME BRULEE DESSERTS
SELECTED VARIETIES
100 G
21597876_EA



6.49

GEFEN CHOPPED CILANTRO, DILL, PARSLEY, BASIL, GARLIC OR GINGER CUBES 70/71 G, SAUTEED ONION CUBES 180 G OR PARSLEY GARLIC & LEMON MIX 71 G OR MC DAIRY COTTAGE CHEESE 500 G
SELECTED VARIETIES
FROZEN
21029469_EA
21056545_EA
21720618_EA



\$3

CERES JUICES 1 L OR USHIA SAUCES
300 G/300 ML
SELECTED VARIETIES
20130429_EA
21057718_EA



2.79

STREIT'S MATZO BALL MIX 127/127.5 G, MANISCHEWITZ MATZO BALL MIX 128/142 G OR TUSCANINI PITTED OLIVES 30 G
SELECTED VARIETIES
20102419001_EA
21637400_EA



4.99

ELITE KOSHER TURKISH COFFEE
100 G
20714292_EA



10.50

YEHUDA GEFILTE FISH
ORIGINAL
680 G
20874913_EA



5.99

TONNELI BALSAMIC VINEGAR 500 ML OR MANISCHEWITZ TAM TAMS CRACKERS 272 G
SELECTED VARIETIES
20094337_EA
20304016001_EA



15.99

ZETA KOSHER EXTRA VIRGIN OLIVE OIL
750 ML
21060259_EA



3.29

FOULDS KOSHER MACARONI & CHEESE
156 G
20122898_EA



8.99

CROWN KOSHER BAKERS PUFF PASTRY
FROZEN
1 KG
20168276_EA



1.79

OSEM BAMBA PEANUT BUTTER PUFFS
60 G
21527498_EA



2.99

TUSCANINI KOSHER TOMATO SAUCE
500 G
21177236_EA



1.49

HADDAE TEA BISCUITS
175 G
20309526001_EA



ITEMS AVAILABLE AT THE FOLLOWING ZEHRS LOCATIONS:

472 BAYFIELD ST., BARRIE, 1045 PAISLEY RD., GUELPH, 6940 MORRISON ST., NIAGARA FALLS, 750 OTTAWA ST. S., KITCHENER, 450 ERB ST. W., WATERLOO, 5890 MALDEN RD. AND 7201 TECUMSEH RD. E, WINDSOR.

EVERYDAY
LOW
PRICES

Value you
can count on.

\$13



**PC® BLUE MENU®
CHICKEN BREASTS**
BONELESS, SKINLESS,
AIR CHILLED
3'S
21340952_EA



\$8



**PC® PUB RECIPE OR
GLUTEN-FREE CHICKEN**
SELECTED VARIETIES
FROZEN
600/700 G
21201320_EA
21201321_EA



5⁵⁰



**PC® ALL-BUTTER
BRIOCHE LOAF**
400 G
21050280_EA

4⁵⁰

**PC® BLACK LABEL
ICE CREAM**
SELECTED VARIETIES
FROZEN
500 ML
20604543003_EA
20604543004_EA



2/\$4
OR
\$4.50 EA.



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



\$6



**ZIGGY'S® DELI
CHEESE SLICES**
SELECTED VARIETIES
160/180 G
21610778_EA
21610826_EA



3⁵⁰

**NO NAME®
SINGLE PIZZAS
OR CHEESY
GARLIC FINGERS**
SELECTED VARIETIES,
FROZEN
295-411 G
21541441_EA
21541444_EA



\$11

**NO NAME®
CLUB SIZE
ICE CREAM
SANDWICHES
OR BARS**
SELECTED VARIETIES
FROZEN
24-30'S
2034740002_EA
21013432_EA



2/\$14
OR
\$8 EA.

**FRESHLY PREPARED
INSTORE SINGLE SERVE
ONE PAN MEALS OR
POWER BOWLS**
SELECTED VARIETIES
135-410 G
21696324_EA/21696361_EA



\$4

**PC® ORGANICS,
ORGANIC
UNSWEETENED
APPLE SAUCE**
SELECTED VARIETIES
6X100 ML
20320493001_EA
21306628_EA



4⁵⁰

**PC® ORGANICS
ANIMAL COOKIES**
SELECTED VARIETIES
250 G
20181028_EA
20304981_EA



3⁵⁰

**PC® ORGANICS
PLANT-BASED PUFFS**
SELECTED VARIETIES
142 G
21716046_EA
21716109_EA



cheers & chill

beers, ciders & ready to drink



\$12⁷⁹

LAKER ICE
6X473 ML CANS
21472702_C06



\$15

BUDWEISER, BUD LIGHT OR COORS LIGHT
6X473 ML CANS
20944739_C06
20946471_C06
20955258_C06



\$18

CORONA EXTRA BEER
6X473 ML CANS
21377481_C06



\$29

DILLON'S GIN COCKTAILS VARIETY PACK
12X355 ML CANS
21464792_C12



\$13

COLLECTIVE ARTS LIFE IN THE CLOUDS NEW ENGLAND STYLE IPA
4X473 ML CANS
21396996_C04



\$16

MICHELOB ULTRA LIGHT BEER
6X473 ML CANS
21097258_C06



\$18⁹⁹

COTTAGE SPRINGS VODKA SODA MIXED PACK OR DOCK DAY MIXED PACK
8X355 ML CANS
21617426_C08
21636333_C08



\$24⁹⁹

COORS SELTZER SLUSHIE FLAVOURS MIXED PACK
12X355 ML CANS
21536951_C12



Only at the following Zehrs locations (unless otherwise stated) : 30 King St. S., Alliston, 11 Bryne Dr., 620 Yonge St. and 607 Cundles Rd. E., Barrie, 487 Queen St. S., Bolton, 400 Conestoga Blvd. and 180 Holiday Inn Dr., Cambridge, 322 Argyle St. S., Caledonia, 800 Tower St. S., Fergus, 160 Kortright Rd. W., 297 Eramosa Rd. and 1045 Paisley Rd., Guelph, 24018 Woodbine Ave. RR# 2, Keswick, 300 Main St. E., Kingsville, 750 Ottawa St. S. and 1375 Weber St. E., Kitchener, 600 Mitchell Rd. Hwy 23 S., Listowel, 6940 Morrison St., Niagara Falls, Heritage Mall 50 - 4th Ave., Orangeville, Fairview Mall 285 Geneva St. and 221 Glendale Ave. at Hwy 406, St. Catharines, 865 Ontario St., Stratford, 323 Toronto St. S., Uxbridge, 450 Erb St. W. and 555 Davenport Rd., Waterloo, 5890 Malden Rd. and 7201 Tecumseh Rd. E., Windsor.

We reserve the right to limit quantities. Above retails do not include deposit or tax and may be subject to change without notice. No rainchecks or substitutions. See in-store or zehrs.ca for store hours.

Please drink responsibly & designate a driver. Don't drink & drive.

live well, spend less

SAVE UP TO 20%

OLD SPICE BODY WASH OR BAR SOAP
SELECTED VARIETIES AND SIZES
4.99-15.19
21237505_EA



7⁵⁰ **LIMIT 6 AFTER LIMIT 8.99 EA.**

OLD SPICE DEODORANT 73-144 G, **SECRET DEODORANT** 68-116 G OR **GILLETTE DEODORANT** 108 G
SELECTED VARIETIES
21220787_EA



SAVE UP TO 20%

AUSSIE SHAMPOO, CONDITIONER OR BEING HAIR CARE PRODUCTS
778 ML OR **STYLING PRODUCTS**
SELECTED VARIETIES AND SIZES
21517363_EA, 21517546_EA



SAVE UP TO 20%

NIVEA BODY LOTIONS
SELECTED VARIETIES AND SIZES
20700027_EA/21723121_EA



SAVE UP TO 20%

HAWAIIAN TROPIC SUN CARE PRODUCTS
SELECTED VARIETIES
20637962_EA/21009236_EA



SAVE UP TO 20%

GÖT2B STYLING OR BEING HAIR CARE
SELECTED VARIETIES AND SIZES
20321473001_EA, 21703887_EA



\$6 **LIMIT 4 AFTER LIMIT 8.49 EA.**

LISTERINE CLASSIC 1 L OR KIDS 500 ML MOUTHWASH
SELECTED VARIETIES
20348438001_EA, 21356391_EA



SAVE UP TO 15%

DUREX OR K-Y CONDOMS OR LUBRICANTS
SELECTED VARIETIES AND SIZES
21474389_EA/2108854_EA

love sex
durex
SENSI-THIN



SAVE UP TO 20%

LIFE BRAND PAIN OR ALLERGY RELIEF PRODUCTS
SELECTED VARIETIES AND SIZES
21134354_EA/21229420_EA



\$10 **LIMIT 4 AFTER LIMIT 10.99 EA.**

NESTLÉ CERELAC BABY CEREAL
SELECTED VARIETIES
400 G
21564977_EA/21670794_EA



6+ months

\$70 **LIMIT 4 AFTER LIMIT 89.99 EA.**

SIMILAC 360 TOTAL CARE MILK-BASED IRON-FORTIFIED INFANT FORMULA STEP 1 & 2
SELECTED VARIETIES
16X235 ML
21702863_C16/21702882_C16



\$67 **LIMIT 4 AFTER LIMIT 74.99 EA.**

ENFAMIL A+ NEUROPRO OR GENTLELEASE BABY FORMULA POWDER REFILLS 0-12 MONTHS
SELECTED VARIETIES
862/890 G
21589079_EA/21589205_EA



\$35 **LIMIT 4 AFTER LIMIT 41.99 EA.**

HUGGIES ECONO PACK DIAPERS
SELECTED VARIETIES
SIZES N-7, 60-200'S
21456748_EA, 21667086_EA



\$37 **LIMIT 4 AFTER LIMIT 43.99 EA.**

PAMPERS EASY UPS TRAINING UNDERWEAR
SIZES 3T-5T, 86-100'S
SELECTED VARIETIES
21089194_EA



2/\$18
OR \$10.49 EA.

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



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

Get **10,000** pts

\$10 back in points

Optimum™

for every \$50* spent on baby apparel, diapers, training pants, wipes, food, formula, accessories and/or toiletries

Potty Training Made FUN

BLUEY

Pampers
easy ups™

Peppa Pig™



\$27
LIMIT 4, AFTER LIMIT
PAY 31.99 EA

Get
2,000
pts

\$2
back in
points

Pampers® Easy-Ups™
Club Pack training pants*
selected varieties, 46-74's
21089367_EA/21089365_EA

BBC
STUDIOS LUDO
© Ludo Studio

© 2026 P&G © 2026 ABD Ltd/Hasbro/HCPL Ltd.

BIG PACK = BIGGER SAVINGS!



\$49
LIMIT 4, AFTER LIMIT
PAY 55.99 EA

Get
3,000
pts

\$3
back in
points

Pampers® Cruisers™ 360°
Ultra Value Pack
Selected Varieties
21732613_EA

new

\$49
LIMIT 4, AFTER LIMIT
PAY 55.99 EA

Get
3,000
pts

\$3
back in
points

Pampers® Swaddlers™
Ultra Value Pack
Selected Varieties
21455875_EA

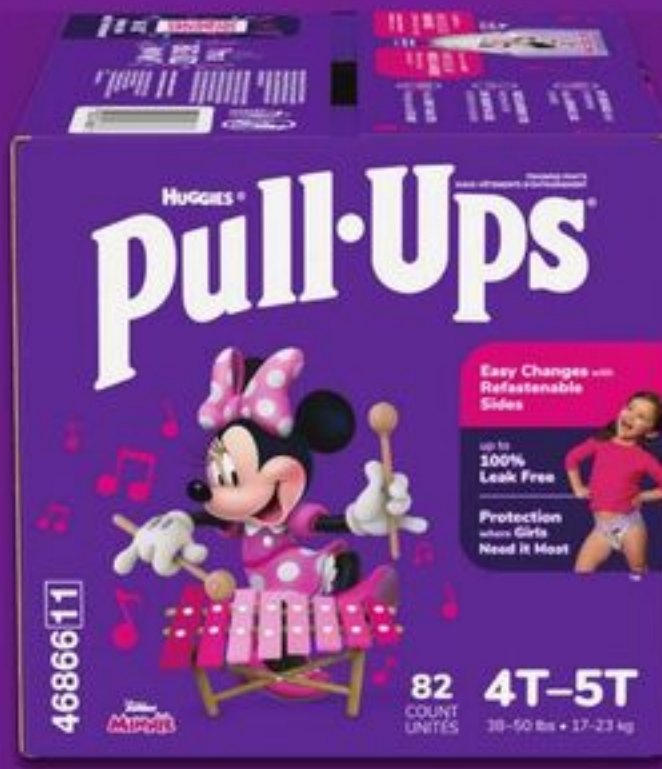
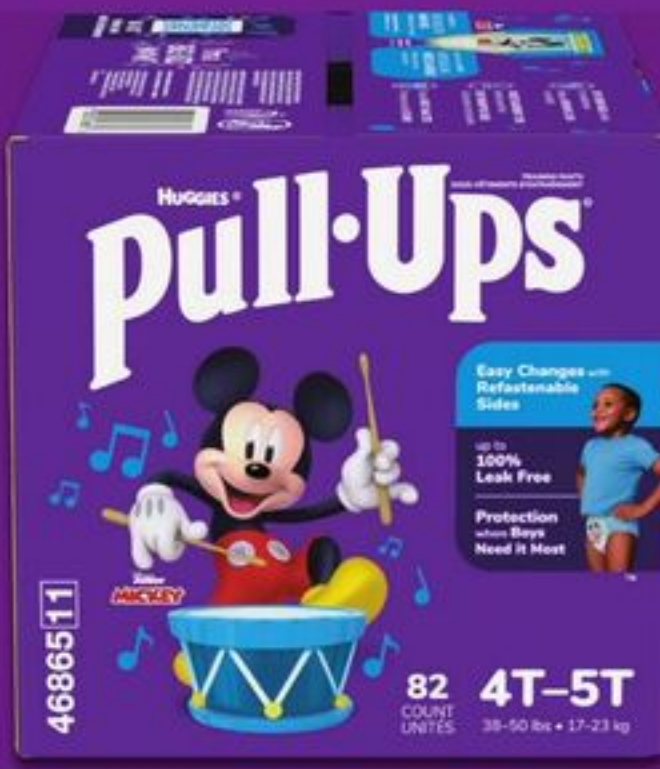


© 2026 P&G

vs. Pampers® Cruisers™ 360° Huge Pack

vs. Pampers® Swaddlers™ Huge Pack

SIMPLIFY THE POTTY TRAINING JOURNEY



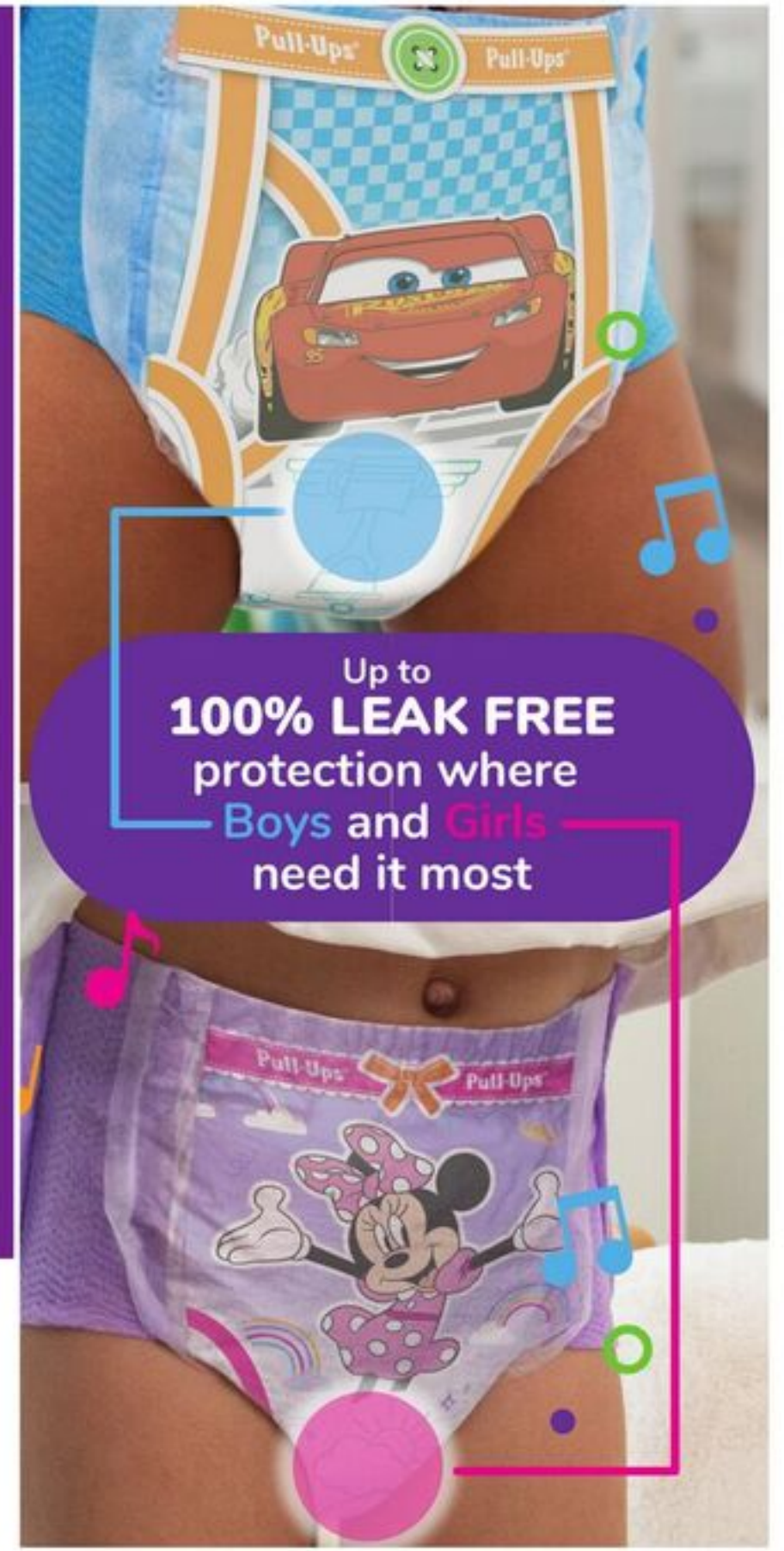
\$37
LIMIT 4, AFTER LIMIT
PAY 43.99 EA

Get
4,000
pts

\$4
back in
points

Pull-Ups Econo Pack Training Pants
selected varieties, 66-104's
21021427_EA/21021423_EA

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Up to
100% LEAK FREE
protection where
Boys and Girls
need it most

New Adventures in taste, shape & texture

2/\$6
OR
\$3.99 EA.
Organic
Little Bellies
Pick-Me Sticks
21540212_EA



2/\$6
OR
\$3.99 EA.
Organic
Little Bellies
Pick-Me Sticks
21540211_EA



7+
MONTHS

Aquaphor®
Baby™

Recommandé par les
PAR LES PÉDIATRES / PÉDIATRICIEN
Recommandé Brand in USA



GENTLE CARE FOR BABY'S
SENSITIVE SKIN

Get
5,000
pts

\$5
back in
points

BABY AQUAPHOR
EUCERIN BABY NEEDS
SELECTED VARIETIES AND SIZES
21482321_EA/21482428_EA

When you
spend \$20*

outdoor living

\$115

LIMIT 3
AFTER LIMIT
\$165 EA.

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



\$415

LIMIT 3
AFTER LIMIT
\$495 EA.

PC® PELLET SMOKER
21601376_EA



\$545

LIMIT 3
AFTER LIMIT
\$695 EA.

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



\$275

LIMIT 3
AFTER LIMIT
\$345 EA.

LIFE AT HOME™ GREENWOOD WOVEN 3 PIECE CHAT SET
21670462_EA



\$295

LIMIT 3
AFTER LIMIT
\$395 EA.

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



SAVE UP TO

30%

LIFE AT HOME™ OUTDOOR PATIO CUSHIONS
SELECTED VARIETIES
12.50-33.50
21669896_EA/21670051_EA



SAVE UP TO

30%

LIFE AT HOME™ OUTDOOR STRING LIGHTS, STAKE LIGHTS AND LANTERNS
SELECTED VARIETIES
1.50-\$40
21601409_EA/21675895_EA/21600099_EA



**BUY ONE (1)
GET ONE (1)
50% OFF**

EVERYDAY ESSENTIALS™ GRILL TOOLS
SELECTED VARIETIES
\$8
21670367_EA
21670392_EA



SAVE UP TO

20%

PC® HARD COOLERS
EACH
\$24-64
21684324_EA/21684345_EA

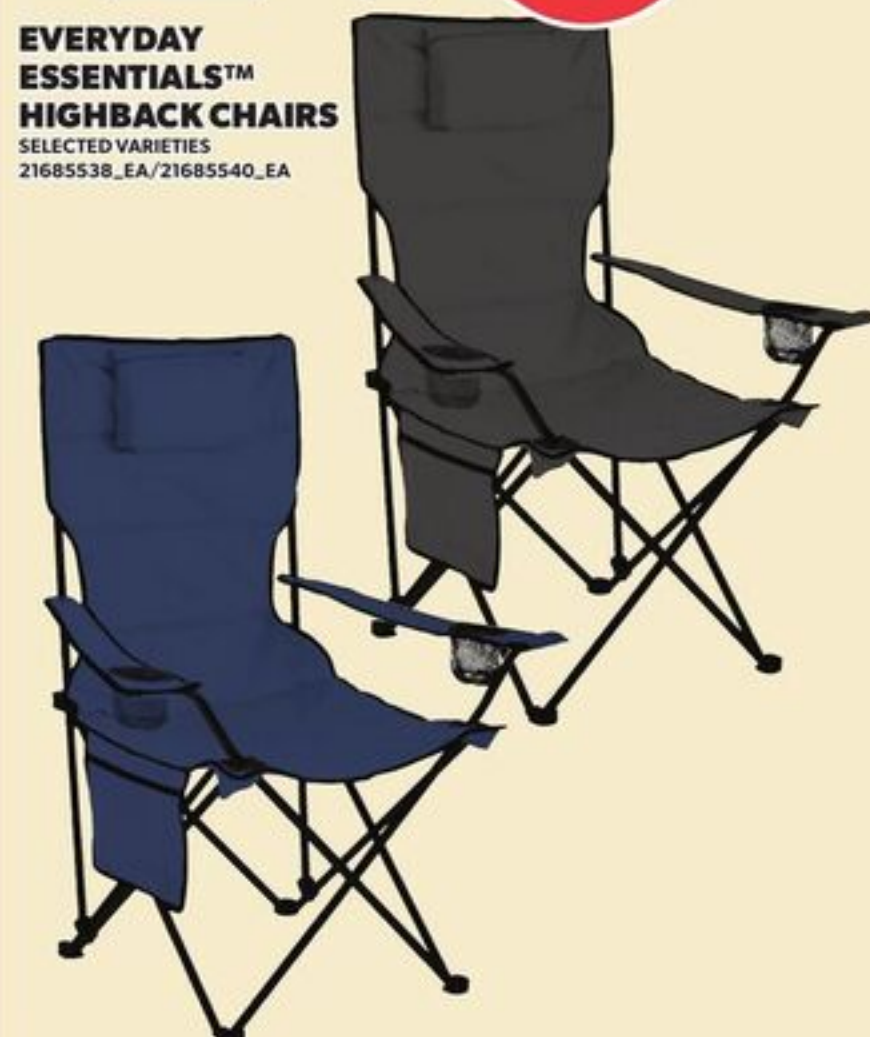


LIMIT 2
AFTER LIMIT
\$50 EA.

\$24

LIMIT 4
AFTER LIMIT
\$29 EA.

EVERYDAY ESSENTIALS™ HIGHBACK CHAIRS
SELECTED VARIETIES
21685538_EA/21685540_EA



Get 6,000 pts
for every \$18* spent on

\$6
back in points

OFF!/RAID INSECT REPELLENT
SELECTED VARIETIES
20001279001_EA/20111889_EA



Optimum™

**BUY ONE (1)
GET ONE (1)
50% OFF**

POOL ACCESSORIES
SELECTED VARIETIES
\$41
21470308_EA
21637149_EA



SAVE UP TO

25%

BUBBLE MACHINES
\$6-30
21694050_EA/21630035_EA



JOE FRESH LONG WEEKEND DEALS!

4 DAYS ONLY!

20% off

Adult Styles*



Regular Price Only
Ends May 17



NOW
\$12
REG. \$15

Canada T-Shirt



NOW
\$20
REG. \$25

Canada Minnie Mouse T-Shirt



NOW
\$12
REG. \$15

Canada Raglan Shirt



NOW
\$12
REG. \$15

Maple Leaf Tank



NOW
\$12
REG. \$15

Canada Raglan Shirt



NOW
\$12
REG. \$15

Canada T-Shirt



NOW
\$12
REG. \$15

Canada Raglan Shirt



NOW
\$12
REG. \$15

Canada Tank



NOW
\$12
REG. \$15

Canada T-Shirt



NOW
\$20
REG. \$25

Adult Peanuts Snoopy Canada T-Shirt

EVEN MORE ONLINE & IN-STORE

SHOP NOW

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

MARC ANGELO

BBQ Season is Back

FULLY COOKED CHICKEN BURGERS
• 452 g
21741671_EA/21741560_EA
\$9

PORK LOIN CENTER CHOPS
• 380 g
21741672_EA
21741594_EA
\$9

MINI SKEWER APPETIZERS HOT HONEY & LEMONGRASS
• 300 g
21741654_EA
\$9

ASSORTED SAUSAGES AND GROUND PORK
• 250 - 500 g
21724134_EA
21724145_EA
\$7

FRESH FLAVOUR FOR ALL YOUR LONG WEEKEND ACTIVITIES

Roasted Garlic Hummus! 283 g
21687331_EA
2/\$6
OR \$3 EA

Traditional Hummus 260 g
20501132_EA
2/\$6
OR \$3 EA

ROASTED RED PEPPER PROTEIN HUMMUS
HUMMUS PROTEINE
POURVINGES PROTÉINÉES
3 x 100 g
2/\$10
OR \$5 EA

Chili Spiced Oil Hummus! 482 g
21687273_EA
2/\$10
OR \$5 EA

fontaine santé
PROUDLY CANADIAN

YOU COULD WIN 1 MILLION PC Optimum Points Prizes

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

Heinz Ketchup
Selected Varieties
750 mL - 1 L
20069080_EA
\$5.99

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

Kraft Singles
Process Cheese Product
Selected Varieties
410 g
21188654_EA
\$4

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

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

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

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

#1 IMPORTED ITALIAN BRAND

EUROPEAN CHARCUTERIE
85 g
21706423_EA
\$8

PROSCIUTTO AND ASSORTED VARIETIES
85 g
21706090_EA
\$8

MORTADELLA
110 g
21707188_EA
\$5

ANTIPASTO QUATTRO
150 g
21706582_EA
\$12

ASSORTED SALAMI CHUBS
225 - 300 g
21021491_EA
\$10 - \$13

Nestlé KitKat

NATIONAL HOCKEY LEAGUE OFFICIAL GAME PUCK

2/\$3
OR \$1.99 EA.
Nestlé® single bars
selected varieties
29-60 g
21717876_EA/21723751_EA

2/\$12
OR \$6.99 EA.
Nestlé® pouch
selected varieties
76-246 g
21708176_EA/21648460_EA

2/\$6.50
OR \$3.99 EA.
Nestlé® tablets
selected varieties
95-105 g
21720497_EA/21709019_EA

\$16
Nestlé® XL pouch
selected varieties
700-800 g
21720615_EA/21720683_EA

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Lindt
MAÎTRE CHOCOLATIER SUISSE DEPUIS 1845

Discover a World of Lindt

Lindt LINDOR Bags 150 g
selected varieties
21390291_EA
21390363_EA
\$10

Lindt EXCELLENCE Bars 50-100 g
selected varieties
20312527009_EA
20312527015_EA
2/\$10
OR \$5.99 EA.

Lindt LINDOR Bars 100 g or
Lindt SWISS CLASSIC Bars 100 g
selected varieties
20296856001_EA
20296856002_EA
2/\$8
OR \$4.99 EA.

Lindt DUBAI STYLE Milk Chocolate Singles 40 g
21717327_EA
\$5

Mobile

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

Earn 20,000 pts
after 2 months of service

Cadbury DAIRY MILK

LOVE YOUR S'MORE™ EVEN MORE

NEW
2/\$6
OR \$3.49 EA.
CADBURY Family Bars
Selected Varieties
80-105 g
21708938_EA
21708198_EA

2/\$10
OR \$5.99 EA.
CADBURY Sharing Bars
Selected Varieties
180 g
21571941_EA
21648536_EA

2/\$6
OR \$3.79 EA.
SOUR PATCH KIDS OR MAYNARDS Bags
Selected Varieties
135-154 g
21686405_EA
21694186_EA

2/\$9
OR \$5 EA.
MAYNARDS OR SOUR PATCH KIDS Large Bags
Selected Varieties
308-315 g
21545809_EA
21708891_EA

*COMPARED TO THE ORIGINAL CADBURY DAIRY MILK MILK CHOCOLATE BAR, THE SQUARE IS LARGER TO FIT HONEY MAID WAFERS PERFECTLY AND THINNER FOR A QUICKER MELT.

LIBERTÉ PROTEIN & TASTE



4⁵⁰ Liberté Méditerranée[®] or Liberté Greek[®] selected varieties
4 x 100 g
20801752003_EA
21685700_EA

5⁵⁰ Liberté Kefir[®] selected varieties
1 L
21216416_EA



8⁵⁰ Yoplait[®] YOP[®] Less Sugar selected varieties
6 x 200 mL
21719749_EA
21721005_EA



4²⁵ Yoplait[®] Source[®] tubs selected varieties
630 g
21391318001_EA



4⁵⁰ Yoplait[®] Source[®] Protein[®] selected varieties
650 g
21587047_EA
21720809_EA



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

BUY A GENERAL MILLS PARTICIPATING PRODUCT FOR A CHANCE TO

WIN*

CANADA SOCCER MERCH AND FREE GENERAL MILLS PRODUCTS!



\$5⁵⁰ General Mills[™] Family Size Cereals selected varieties
455-725 g
21103495_EA
21103492_EA



2/\$10 OR \$6.49 EA. Old El Paso[™] Dinner Kits 250-510 g selected varieties
20795534_EA
21675108_EA

*Must redeem online. Offer ends July 31, 2026. See participating products for details.

Spring SAVINGS



\$2⁵⁰ Betty Crocker[™] and Mott's Fruit Snacks 128-226 g selected varieties



\$4 Pillsbury[™] Pizza Pops[™] 4's 380 g or Strudel 326 g or Scrambles 204 g Selected Varieties Frozen



\$3⁷⁵ Annie's[™] Super! Mac 170 g or Annie's[™] Vegan Mac 170 g
21687300_EA
21687279_EA



3/\$9 OR \$3.49 EA. Pillsbury[™] Crescents or Weiner Wrap 200-227 g
21505340_EA
20305424002_EA



\$18 Larabar[™] Fruit & Nut Energy bar 16x45/48 g, selected varieties
20031362001_C16
20031362007_C16



3/4⁹⁸ OR \$2.19 EA. Old El Paso[™] Seasoning 24 g selected varieties
21675038_EA
21675151_EA

*Voted most trusted Mexican Food Products brand by Canadian shoppers, 2026 BrandSpark[®] Canadian Trust Study.

A recipe worth Gathering for

Easy Layered Greek Dip

Prep: 15 mins Servings: 20 servings

Ingredients

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

Instructions

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

Visit krafttheinz.com for this recipe and more!



Philadelphia Cream Cheese Product
227 - 250 g
Selected Varieties
20866924010_EA
\$4



Philadelphia Whipped Cream Cheese
Selected Varieties
227 g
20866816002_EA
\$4



Philadelphia Cream Cheese Lactose Free Product
Selected Varieties
227 - 250 g
21674963_EA
\$4



Kraft Singles Process Cheese Product
410 g
Cheez Whiz Cheese Spread
450 g
Velveeta Process Cheese Product
450 g
Selected Varieties
21188654_EA
\$4

*Based on the 2026 BrandSpark™ Canadian Trust Study.

MADE BETTER to TASTE BETTER



Original
21316018_EA

Lactose-Free
21002993_EA

Herbs & Spices
2117728_EA

Light
21316006_EA

NEW

Lactose-Free Garlic & Chives
21731137_EA

2/\$8
OR \$4.99 EA.

Get 1,850
back in points
When you buy 2

\$1.85
back in points

Tre Stelle Cream Cheese

Pick your cherry favourite



Coca-Cola cherry

Cherry flavoured.
©Coca-Cola Ltd., used under license.

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

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

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

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

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

Valid from May 14th to May 20th, 2026
* Plus applicable taxes, levies, deposits and fees. Valid at participating locations for a limited time. Subject to availability while supplies last. Retailer may sell for less.
† This product may not be suitable for everyone. Please read the label for instructions.
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MOTT'S CLAMATO



Mott's® Clamato®
selected varieties
1.89 L
\$4.50

20318955002_EA
20318955003_EA

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Corona Cero



Corona® 0.0%
6 x 330 mL
\$10.99

21650191_C06

ENJOY RESPONSIBLY. Must be legal drinking age. Alcohol-free beer with natural flavour and vitamin D.
©/MD TRADEMARKS GRUPO MODELO, S. DE R.L. DE C.V., LIC. USE/ SOUS LIC.

Mrs. MEYER'S CLEAN DAY

INDOOR CARE for OUTDOOR PEOPLE



\$6 Mrs. Meyers Dish Detergent Selected Varieties 473 mL 21583420_EA

\$20 Mrs. Meyers laundry selected varieties 1.8 L 21583444_EA

\$12 Mrs. Meyers concentrated multi surface cleaner refills selected varieties 946 mL 21106584_EA

\$6 Mrs. Meyers multi surface cleaner 473 mL 21046908_EA

BETTER TEAR, SO MUCH SOFTER*



*vs. leading 1000-sheet brand

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

4X STRONGER WHEN WET*

*vs. Leading Canada 2-ply bath tissue



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

2X MORE ABSORBENT, SO YOU CAN USE LESS

*vs leading US ordinary brand

\$8 Bounty Paper Towel, Select A Size, 2=5 Roll 21670279_EA

\$18 Bounty Paper Towel, Select A Size, 6=12 roll 21670280_EA

MORE PAPER PER PACK!***
***compared to smaller count pack

MORE PAPER PER ROLL!**
**compared to regular rolls

Bounty

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