



# FORTINOS®

## Happy Mother's Day!



dozen Ecuadorian roses assorted colours, with greens  
**26<sup>99</sup>** 50 cm  
21291634\_EA



**CAP OFF**  
EXCESS FAT REMOVED  
BETTER VALUE

**13<sup>99</sup>** lb prime rib roast  
30.84/kg cut from Canada AA or USDA  
20812304\_KG Select grade beef or higher



**3<sup>99</sup>** lb pork tenderloin  
8.80/kg 20874584\_KG



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

**13<sup>99</sup>** lb fresh Atlantic salmon fillet  
30.84/kg 20129990\_KG



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

**2<sup>99</sup>** 454 g



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

**2<sup>99</sup>** lb 6.59/kg



First of the SEASON

**1<sup>69</sup>** lb Forelle pears product of South Africa, Extra Fancy grade or Abate Fetel pears product of Argentina, Extra Fancy grade  
3.73/kg 20168424001\_KG/20143210001\_KG



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

**3<sup>99</sup>** 340 g



## Treat Mom

### TO BREAKFAST & DINNER

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

Dinner: This Saturday & Sunday ONLY!

English Muffin Coffee Combo medium sized brewed coffee  
20876166\_EA

**5<sup>49</sup>** each



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

**20<sup>49</sup>** each



BUY 2 DINNERS GET 2 BOMBOLINI FREE

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

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

## Celebrate Shavuot

large pomegranate product of Peru  
20134767001\_EA

**3<sup>99</sup>** each



**12<sup>99</sup>** 454 g fresh Kol Yam skin-on tilapia fillet  
21580791\_EA



**1<sup>99</sup>** 200 g Ta'ambonne dips  
21396343\_EA/21396312\_EA



**2<sup>49</sup>** 100 g Osem Bamba  
20770704\_EA

White Rock seltzer selected varieties  
20042540\_EA/20620205007\_EA

**.79** 1 L



**18 pk**  
**4.99** Grey Ridge large premium eggs  
 18's  
 20822787001\_EA

**3.99** each  
 Tropicana orange juice, fruit beverage or Pure Leaf iced tea selected varieties  
 1.36/1.75 L  
 20755752002\_EA/21622106\_EA

**.99** each  
 Simply beverage 340 mL, Danone or Yoplait drinkable yogurt 190/300 mL selected varieties  
 20767362\_EA/21478178\_EA

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

**8.99** lb  
 19.82/kg  
 20052339\_KG  
 milk chocolate covered almonds

**500** pts  
**2.99** Lay's potato chips or Tostitos tortilla chips selected varieties  
 177-295 g  
 21050575\_EA/21241032\_EA

**3,000** pts  
**15.99** each  
 Maxwell House ground coffee selected varieties 631-900 g  
 21606882\_EA

**349**  
 473 mL/1 L  
 Neilson cream selected varieties  
 20123609\_EA/20135384\_EA

**9.99**  
 528/590 g  
 Pizzeria Libretto pizza selected varieties, frozen  
 21510424\_EA

**500** pts  
**2.99**  
 218-600 mL  
 Classico pasta sauce or pesto selected varieties  
 20325609003\_EA/21618217\_EA

**1,000** pts  
**7.49** each  
 Royale bath tissue 12/15's=24/30 rolls, Tiger Towel paper towels 3=6 rolls or facial tissue 6's, selected varieties  
 21187195\_EA/21484702\_EA

**500** pts  
**6.99** each  
 Nutella 725 g or Aurora honey 1 kg  
 20436105\_EA/21481666\_EA

**3.8% milk \$10.49 4 L**  
**9.99** 4 L  
 Organic Meadow 2% milk selected varieties  
 20073879\_EA/20318696001\_EA

**MAY**  
**HIT OF THE MONTH**

**LIMIT 6 \$1.88**  
 After Limit \$2.50 ea  
**Marcangelo souvlaki** selected varieties  
 2 Pack, 120 g  
 21095022\_EA/20902208\_EA

**LIMIT 6 \$3**  
 After Limit \$4.00 ea  
**Kraft Miralce whip** selected varieties  
 650 - 890 mL  
 20304232002\_EA/20304232001\_EA

**LIMIT 6 \$2.25**  
 After Limit \$3.00 ea  
**Takis rolled corn chips** selected varieties, 260 g  
 21715466\_EA/21602195\_EA


**LIMIT 6 \$4**  
 After Limit \$5.99 ea  
**Head men's & women's socks**  
 3 pk  
 21721507\_EA/21721596\_EA

Prices effective at Vaughan, Toronto, Etobicoke and Bolton stores only.

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FORT BACK VT

 this product is printed using vegetable-based inks



# Fresh Flowers For Mom!

visit [flowersbyfortinos.ca](http://flowersbyfortinos.ca)



**\$20-50**

each  
Fortinos mixed bouquets  
assorted colours and sizes  
21549447\_EA



Signature  
grab & go bouquet  
20967578\_EA

**49<sup>99</sup>**  
each



Magnificent  
Mom bouquet or  
18 stem rose bouquet  
21750164\_EA/21590863\_EA

**89<sup>99</sup>**  
each



cut tulips  
assorted colours  
20180973\_EA

**12<sup>99</sup>**  
10 stems



premium rose  
bouquet  
21020121\_EA

**49<sup>99</sup>**  
each



Mother's Day  
purse arrangements  
21750171\_EA

**49<sup>99</sup>**  
each



Mom & Child  
orchid 10" planter  
21607221\_EA

**\$115**  
each

## FORTINOS GARDEN CENTRES

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

PC® jumbo annual  
hanging planter  
12 inch pot  
20753924\_EA

**2/\$55**  
or \$32 ea.



PC® deluxe annual  
hanging basket  
11 inch pot  
20753918\_EA

**2/\$36**  
or \$20 ea.



patio planter  
20592129\_EA

**\$40**  
12" pot



PC® Gigantico™  
annuals  
assorted varieties  
4.33 inch  
21352664\_EA

**5/\$25**  
or \$5.50 ea.



David Austin roses  
21217196\_EA

**\$34**  
3 gallon



hydrangea  
21641315\_EA

**\$35**  
2 gallon



# Specialty Cakes & Pastries



single layer 8" cake  
chocolate or vanilla

20592639\_EA

**13<sup>99</sup>**  
272/510 g



decorated  
chocolate chip  
cookie

20018001\_EA

**11<sup>99</sup>**  
560 g



**6<sup>99</sup>**  
300 g

cupcakes  
vanilla, chocolate or assorted

20593078\_EA



LA ROCCA  
CREATIVE CAKES

**31<sup>99</sup>**  
1.1-1.4 kg

8" cakes  
lemon mousse, chocolate  
fudge torte or chantilly

20348720\_EA



TRADITION & QUALITY  
Elite  
sweets  
EST. 1990

8" cake  
white chocolate raspberry  
or vanilla mascarpone

21155405\_EA/21362974\_EA

**31<sup>99</sup>**  
680 g/1.2 kg



1/4 slab strawberry  
shortcake  
\$44.99 1.4 kg

**29<sup>99</sup>**  
1 kg

strawberry  
shortcake 8"

20592878\_EA/20593060\_EA



**29<sup>99</sup>**  
1 kg

mixed fruit 8" flan

20593086\_EA



**29<sup>99</sup>**  
1.3 kg

celebration 8" cake  
chocolate or vanilla

21193892\_EA/21193895\_EA



**21<sup>99</sup>**  
680 g

Gala mousse cakes  
mango, tiramisu,  
chocolate or strawberry

20592165\_EA/20592168\_EA



**3<sup>99</sup>**  
90-110 g

zepole pastry  
or fresh fruit tart  
selected varieties

20592677\_EA/20592789\_EA



assorted  
cafe desserts  
selected varieties

20592874\_EA

**2<sup>99</sup>**  
each



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

21046134\_EA

**21<sup>99</sup>**  
12 pack, medium

# Produce Nature's Bounty arriving fresh daily!



**NEW**

**6<sup>99</sup>** Reserve blackberries  
product of Mexico  
283 g  
21724952001\_EA



**4<sup>99</sup>lb** apricots  
product of U.S.A.  
11.00/kg  
20092504001\_KG



Oishii strawberries  
product of U.S.A.  
**9<sup>99</sup>**  
121 g  
21735492001\_EA



**Prepared  
IN STORE DAILY**

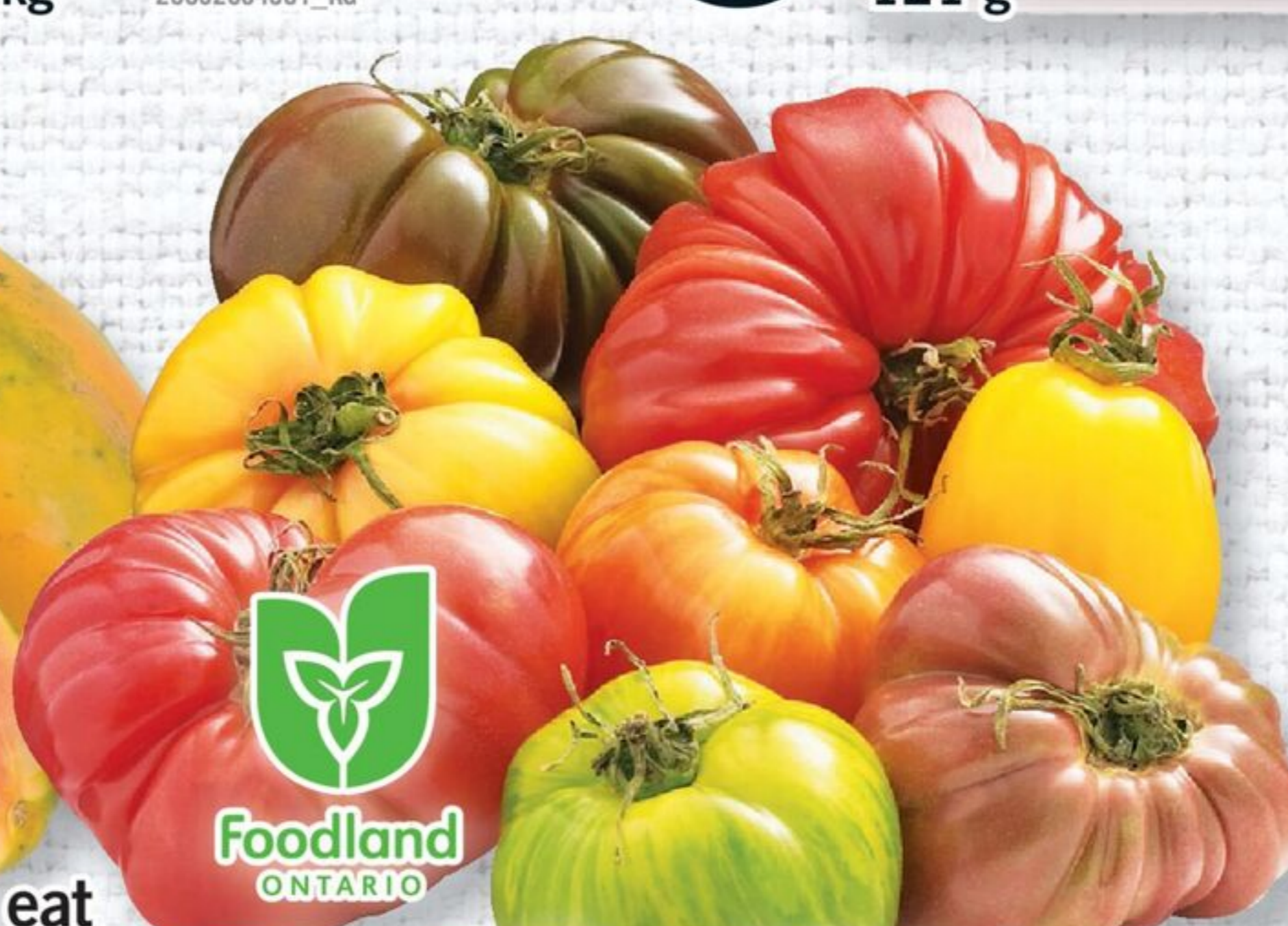
**13<sup>99</sup>lb** chocolate covered  
strawberries  
30.84/kg  
21734783\_KG



**.99** large red  
grapefruit  
product of Israel  
each  
20020516001\_KEA



**2<sup>29</sup>lb** ready to eat  
papaya  
product of Mexico  
5.05/kg  
20817066001\_KG



**3<sup>99</sup>lb** Heirloom tomatoes  
product of Ontario,  
Canada no. 1 grade  
8.80/kg  
20154799001\_KG



**2<sup>49</sup>lb** large  
fennel  
product of U.S.A.  
5.49/kg  
20003346001\_KG



**First of the  
SEASON**

**7<sup>99</sup>lb** fiddleheads  
product of  
Canada  
17.62/kg  
20072179001\_KG



**Prepared  
IN STORE DAILY**

**1<sup>69</sup>lb** seedless  
watermelon cuts  
product of U.S.A.  
or Mexico  
3.73/kg  
20503182\_KG



**5<sup>49</sup>** Marzetti  
vegetable dips  
product of U.S.A.  
340 g  
20304684\_EA/20320000\_EA



**Prepared  
IN STORE DAILY**

**4<sup>99</sup>** vegetable  
kebabs  
306 g  
21451044\_EA



**Prepared  
IN STORE DAILY**

**1<sup>199</sup>** family size  
watermelon  
product of U.S.A.  
or Mexico  
2.04 kg  
21546178\_EA



**NEW**

**6<sup>49</sup>** Haven Greens  
salad kits  
product of Ontario  
200 g  
20998004\_EA

# Pick Organic Over 150 items available every day!



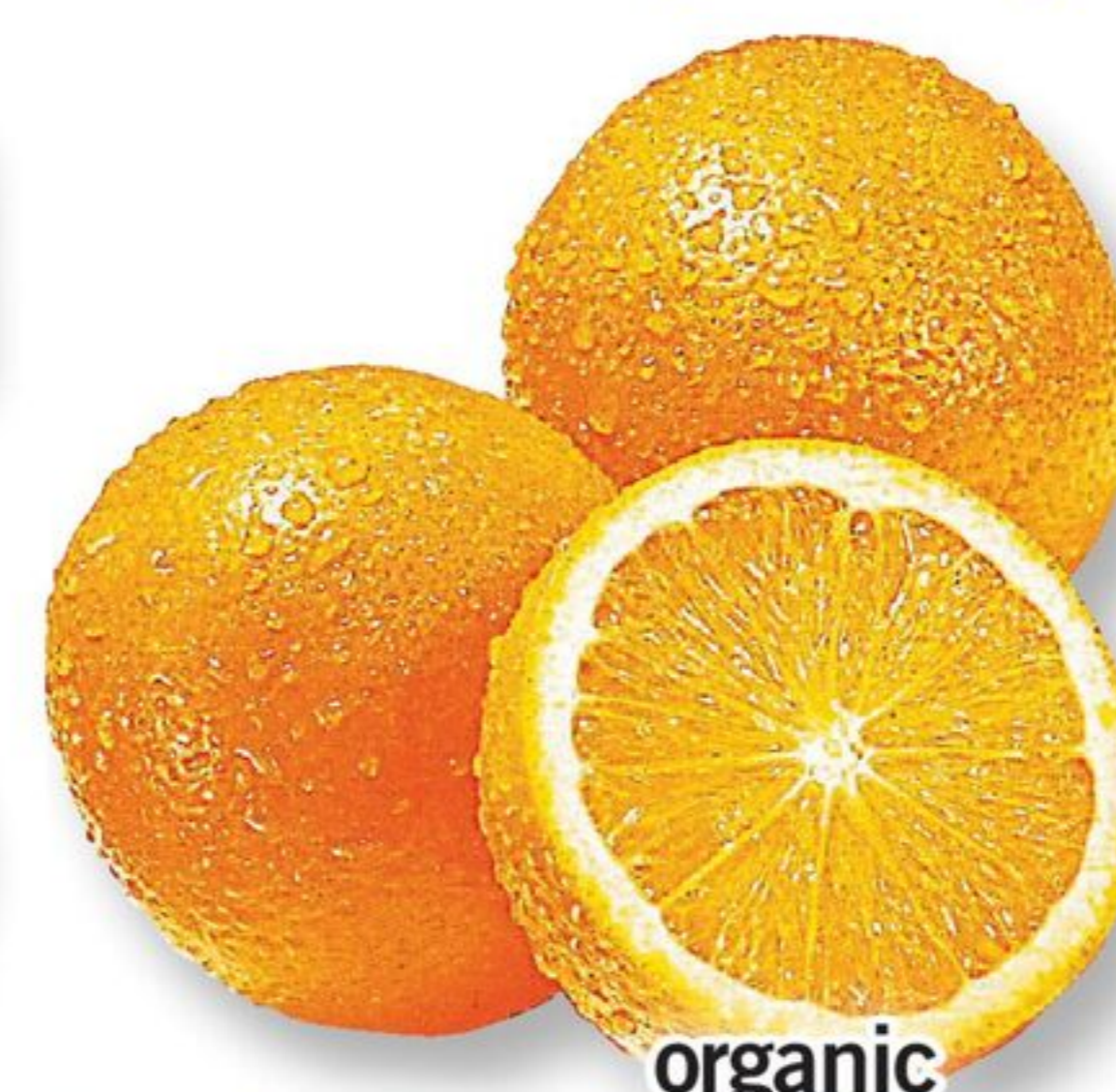
**6<sup>99</sup>** organic  
potted basil  
product of Ontario  
5.5" pot  
21521330001\_EA



**5<sup>49</sup>** organic  
lions mane  
mushrooms  
product of Ontario  
200 g  
21570869\_EA



**3<sup>69</sup>** each  
PC® Organics  
garlic 2's,  
product of Spain  
or U.S.A.  
or ginger 160 g,  
product of Peru  
20717130001\_EA/21102204001\_EA



**2<sup>99</sup>lb** organic  
seedless navel  
oranges  
product of U.S.A.  
6.59/kg  
20016016001\_KG



**3<sup>49</sup>lb** organic  
pink lady apples  
product of U.S.A.,  
Extra Fancy grade  
7.69/kg  
20035338001\_KG

# Fire up the Grill

**CAP OFF**  
EXCESS FAT REMOVED  
BETTER VALUE

**16<sup>99</sup>lb**  
37.46/kg

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

**39<sup>99</sup>lb**  
88.16/kg

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

**6<sup>49</sup>**  
300/350 g

pork or turkey  
breakfast sausage  
or rounds  
selected varieties  
21164999\_EA



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

**29<sup>99</sup>lb**  
66.12/kg



## FRESH NEW ZEALAND LAMB

free range grass fed raised without antibiotics no added hormones

fresh New Zealand  
rack of lamb  
20999969\_KG

**29<sup>99</sup>lb**  
66.12/kg

fresh New Zealand  
whole lamb leg  
bone in  
20560194\_KG

**8<sup>99</sup>lb**  
19.82/kg

fresh New Zealand  
lamb shoulder chops  
21091613\_KG

**9<sup>99</sup>lb**  
22.02/kg

fresh New Zealand  
lamb loin chops  
21091827\_KG

**15<sup>99</sup>lb**  
35.25/kg

**500** Optimum

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

**4<sup>99</sup>**  
65-375 g

Marcangelo  
chicken herb  
medallions  
21378258\_EA

**14<sup>99</sup>**  
452 g

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

**8<sup>99</sup>**  
375/454 g

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

**18<sup>99</sup>**  
1.13 kg

Marcangelo  
lamb  
spiedini  
frozen  
21100221\_EA

**25<sup>99</sup>**  
480 g

**Seafood**  
Skinless!

FRESH Salmon

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

fresh Atlantic  
salmon fillet  
21176902\_KG

**15<sup>99</sup>lb**  
35.25/kg

2 lb bag!

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

**5<sup>99</sup>**  
each

a proud FORTINOS recipe

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

**4<sup>99</sup>**  
each

Free steaming!

live lobster  
1-1 1/4 lb  
20035376\_KG

**14<sup>99</sup>lb**  
33.05/kg

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

**22<sup>99</sup>**  
each

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

**10<sup>99</sup>**  
each

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

**8<sup>99</sup>**  
each

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

**8<sup>99</sup>**  
each

# Breakfast



**4<sup>29</sup>** each  
**Danone Oikos yogurt**  
 selected varieties,  
 4x95/100 g  
 20419715006\_EA/20625055\_EA



**5<sup>99</sup>** 1.5 L  
**Lactantia UltraPur milk**  
 selected varieties  
 21694605\_EA/21694529\_EA



**6<sup>49</sup>** each  
**Eggo waffles, pancakes 16's**  
 or protein waffles 8's,  
 selected varieties  
 20099730001\_EA/20099730004\_EA



**5<sup>99</sup>** 946 mL  
**International Delight coffee creamer**  
 selected varieties  
 20895480003\_EA/21071278\_EA



**3<sup>49</sup>** each  
**PC® or Blue Menu®**  
**pancake mix 905 g**  
 or syrup 750 mL  
 selected varieties  
 20175129\_EA/20374908\_EA



**6<sup>99</sup>** each  
**Bonne Maman jam 250/290 mL**  
 or spreads  
 250-380 g  
 selected varieties  
 20088599\_EA/20307313001\_EA



**9<sup>49</sup>** 500 g  
**Dutchman's Gold raw honey**  
 21053159\_EA



**12<sup>99</sup>** each  
**Starbucks roast & ground**  
 311/345 g or  
 K-Cups 10's coffee  
 selected varieties  
 20548682004\_EA/20703838002\_EA



**9<sup>99</sup>** 50's  
**Twinings tea**  
 selected varieties  
 21111068\_EA/21111073\_EA

# Baking

**Robin Hood or Five Roses flour**  
 selected varieties  
 20039497001\_EA/20148914001\_EA  
**5<sup>99</sup>** 2.5 kg



**5<sup>49</sup>** 450 g  
**Cora muffin mix**  
 21687639\_EA/21687717\_EA



**2<sup>49</sup>** 375/404 g  
**Betty Crocker Super Moist cake mix**  
 selected varieties  
 21547838\_EA/21547845\_EA

**Pillsbury cookie chub or cinnamon roll**  
 selected varieties  
 20318034001\_EA/20320962002\_EA  
**3<sup>29</sup>** 351/468 g



**7<sup>99</sup>** 454 g  
**Lactantia butter quarters**  
 selected varieties  
 20056675\_EA/20315960\_EA



**5<sup>99</sup>** each  
**Hershey's Chipits**  
 selected varieties  
 200-270 g  
 21452924\_EA/21452925\_EA



**2<sup>99</sup>** each  
**Betty Crocker cookie icing or Twinkle decorations**  
 selected varieties  
 120-200 g/40 mL  
 21241806\_EA/21440752\_EA



**6<sup>49</sup>** 46 mL  
**Club House pure vanilla extract**  
 20061848\_EA



**5<sup>49</sup>** each  
**E.D. Smith pie filling**  
 selected varieties,  
 540/796 mL  
 20022361\_EA/21718962\_EA



**7<sup>49</sup>** 141 mL  
**PAM organic olive oil or avocado spray**  
 21361501\_EA/21361505\_EA

# Grocery



PC® natural cheese slices selected varieties

**4.99**  
210 g



Heluva Good! dip selected varieties

**6.99**  
680 g



PC® frozen fruit selected varieties

**5.49**  
300-600 g



Nestlé Drumstick or novelties selected varieties, frozen

**6.49**  
4-10's



Lindt Lindor bagged chocolate

**9.99**  
150 g



Dare crackers selected varieties

**3.79**  
100-225 g



Jack Link's jerky selected varieties

**6.99**  
65-81 g



PC® peanut butter pretzels selected varieties

**9.49**  
680 g



Loacker crispy wafer biscuits selected varieties

**3.29**  
150/175 g



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

**2.49**  
each



Heartbeat hot sauce selected varieties

**10.99**  
177 mL



PC® mayonnaise selected varieties

**5.99**  
750/890 mL



Unico hot peppers

**4.29**  
750 mL



Brine pickles

**5.49**  
1 L



Mott's Clamato

**4.49**  
1.89 L



Nestea lemon or zero iced tea

**3.99**  
1.89 L



ReaLemon lemon juice

**4.29**  
945 mL



Great Gentlemen ginger beer selected varieties

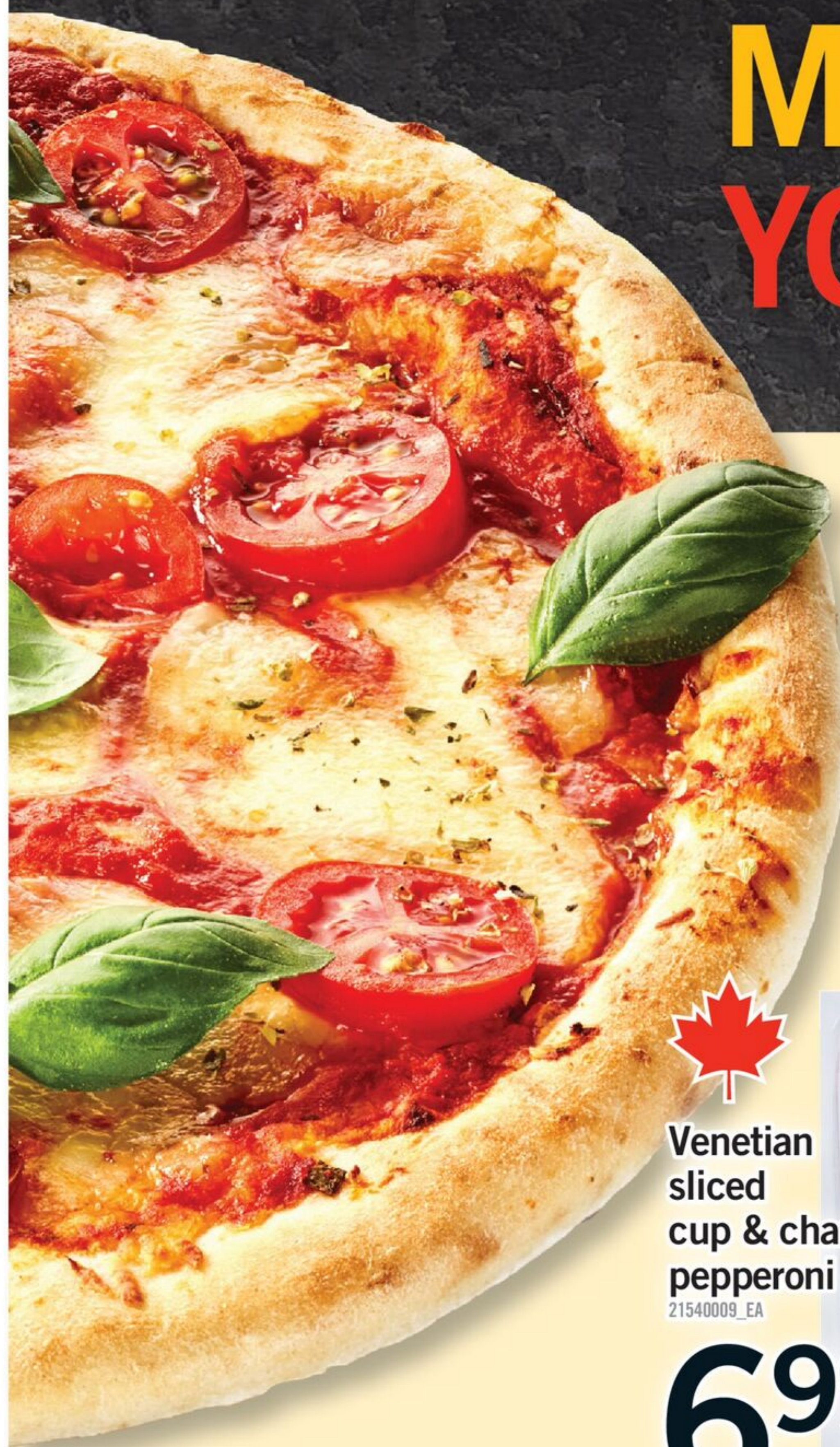
**1.49**  
250 mL



Essentia or San Pellegrino water selected varieties

**2.49**  
1 L

# MAKE YOUR OWN PIZZA



pizza sauce  
20018438\_KG  
**249**lb  
5.49/kg



pizza mozzarella  
20959084\_KG  
**220**/100 g  
9.99/lb



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



Venetian sliced cup & char pepperoni  
21540009\_EA  
**699**  
175 g



PC® Italian pancetta  
20049345\_EA  
**649**  
150 g



Piller's Chorizo toppings  
20976070\_EA  
**849**  
250 g



PANE Fresco personal pizza dough  
21562009\_EA  
**699**  
908 g

## Deli & Bakery



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



Marcangelo imported mortadella  
21536049\_KG  
**999**lb  
2.20/100 g



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



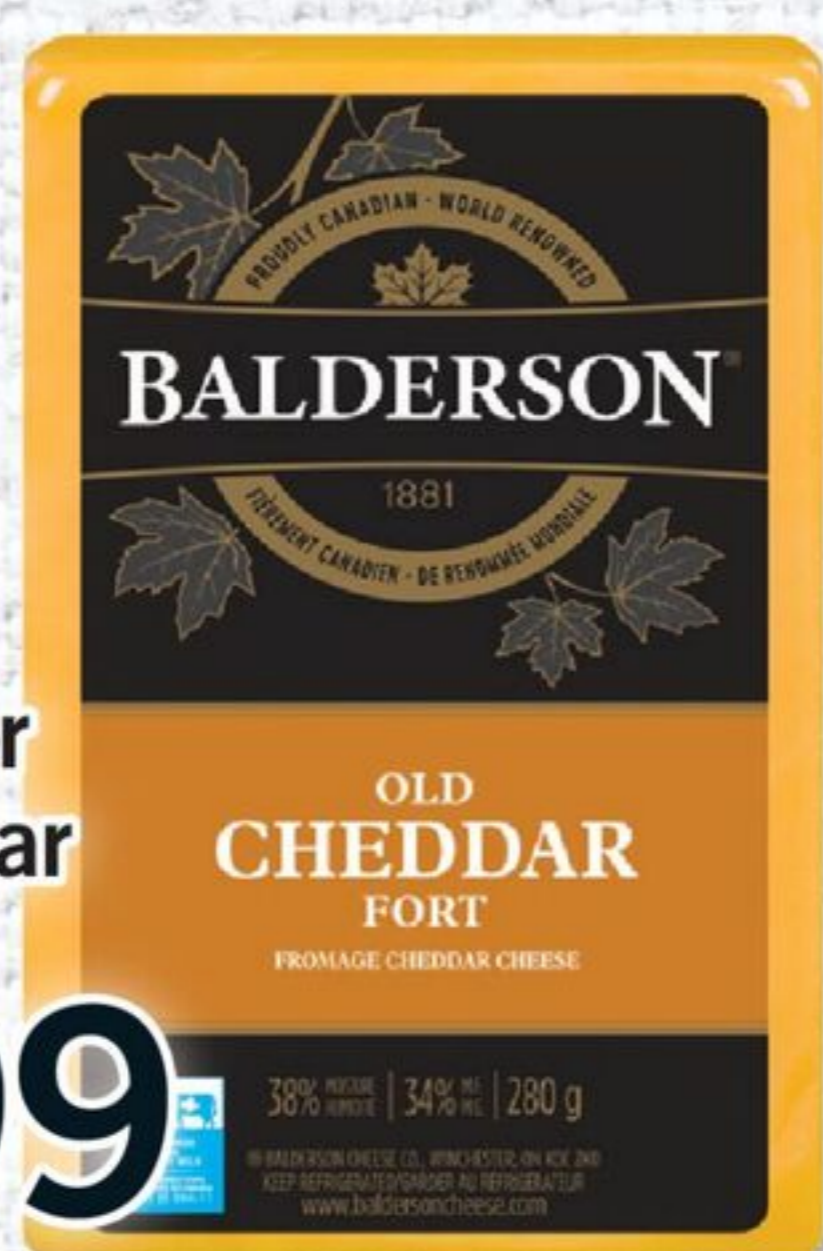
antipasto bar \$15.39/lb 3.39/100 g  
**1088**lb olive bar  
20062521\_KG/20127732\_KG  
2.39/100 g



**749** PC® double cream brie  
200 g 20787327\_EA



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



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



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



# APP EXCLUSIVE OFFERS

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

# More days More days More days More days



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

Angie's Boom Chicka Pop  
popcorn and puffs products

20811709\_EA/21219848\_EA/20770751\_EA

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

Nature Valley,  
Fibre 1 or Chex products

21418522\_EA/21418559\_EA/21418558\_EA



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

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

21358407\_EA/21361508\_EA/2168577\_EA

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

Silk products  
890 mL-1.89 L

21245360\_EA/20328231002\_EA/21245361\_EA

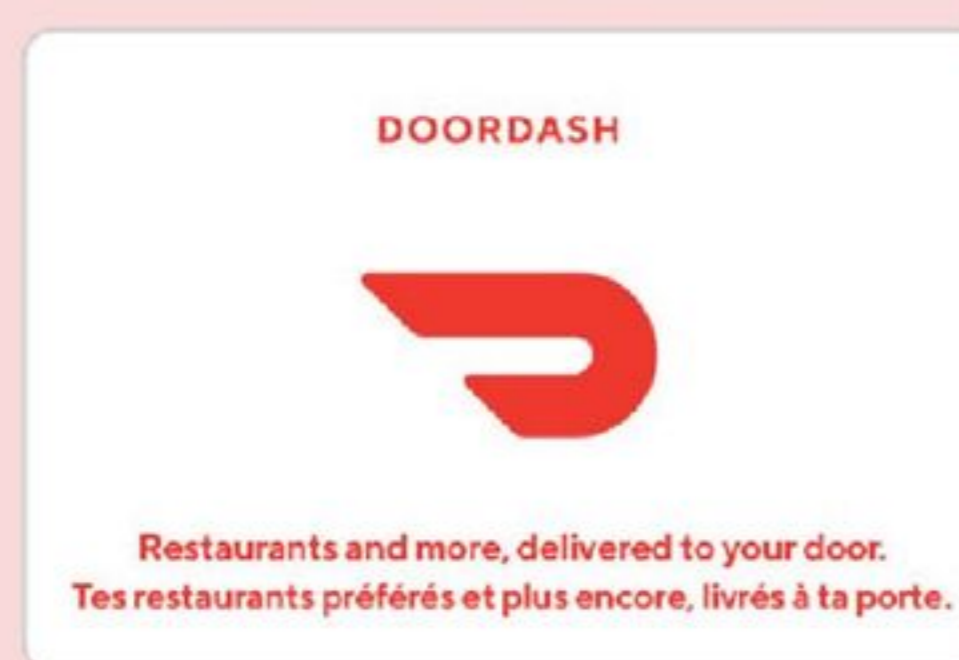
APP EXCLUSIVE OFFER  
Optimum  
**8,000** pts  
for every \$16\*  
spent on

Swiffer Starter Kits  
products

21625501\_EA/21625498\_EA/20900161\_EA

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

ANY COMBINATION  
OF DOORDASH AND  
PLAYSTATION GIFT CARDS



Offer valid in-store only. Subject to availability; selection may vary by region and store. Please check your local store for availability. We reserve the right to limit quantities. See gift card for details, terms & conditions. Offer applies to every \$100 spent on DoorDash and PlayStation Store gift cards in a single transaction. Cannot be combined with any other gift card offers. Not valid on prior purchases. PC Optimum points cannot be redeemed toward the purchase of gift cards. Must be a registered PC Optimum member. All trademarks are the property of their respective owners.

## APP EXCLUSIVE OFFER†

### JOE FRESH



## Moredays™

May 7 - 13

Members get  
**20,000** pts

for every  
\$75 spent  
on apparel\*

Optimum  
**Moredays™**



App exclusive mystery offer

# Earn up to 10¢/L in pts

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

Offer effective May 7 - May 10, 2026 only.

†Must be a registered PC Optimum™ member to load and get these offers. These offers are only available to valid PC Optimum™ program members. Membership is free. To register as a PC Optimum™ member, see in-store or visit pcoptimum.ca. We are not obligated to award points based on errors or misprints. No cash value. See fortinos.ca for full program details including redemption restrictions. Minimum redemption 10,000 points. These offers cannot be combined with any other coupons, discounts or promotions and no adjustments on previous purchases. We reserve to modify or cancel these offers without notice. Product availability may vary by store. While supplies last. We reserve the right to limit quantities. \*Receive the points specified when you spend the qualifying dollar amount on the displayed participating product(s) and/or category(ies) before taxes and after redemptions and all coupons and discounts are deducted in a single transaction. Offers valid Thurs. May 7 – Wed. May 13, 2026 unless specified.

# Dragon Fruit



Prepared in-store daily!  
Available at the Salad Bar

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

**6<sup>49</sup>**lb

14.31/kg

21526276\_KG

# The Giant of Tropical Flavour



## JACKFRUIT

Don't be daunted by the look or aroma!

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

precut  
\$2.29/lb 5.05/kg  
20897656001\_KG

**.99**lb

2.18/kg

whole jackfruit

20787577001\_KG

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

## JACKFRUIT PODS

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

**TIP: Try freezing.**

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

jackfruit pods  
21607056\_EA

**7<sup>99</sup>**  
350 g

**NEW**



# Fire up the Grill

Follow us  
@Fortinos.supermarket  
for BBQ ideas!



**Carolian BBQ  
chuck short ribs**

21747272\_KG

**16<sup>99</sup>lb**  
37.46/kg

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



*The perfect  
blend!*



**Smoked Whisky  
burger**

21746700\_EA

**12<sup>99</sup>**  
500 g



*4 pack!*

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



**Hot Chicken  
burger**

21746955\_EA

**10<sup>99</sup>**  
500 g



*4 pack!*

- Made with 100% Canadian boneless chicken thighs
- Seasoned

# Seafood



**8<sup>99</sup>** Heron Point wild caught crab meat ready to eat  
170 g 21647384\_EA/21647418\_EA



**16<sup>99</sup>** Go Wild shrimp ring with sauce 19-23 shrimp per ring, frozen  
425 g 21154099\_EA



**12<sup>99</sup>** PC® PEI mussels selected varieties, frozen  
907 g 20838559\_EA/20838560\_EA



**8<sup>99</sup>** Sushi Pocket salmon teriyaki or tuna mayo, frozen  
528 g 21702599\_EA/21702921\_EA

# Meat



**5<sup>99</sup>** each Maple Leaf Top Dogs, Schneiders Red Hots wieners 375 g or Mina Halal chicken wieners 675 g, selected varieties  
20602429\_EA/21093477\_EA



**14<sup>99</sup>** Schneiders Smokies sausages selected varieties  
900 g 21094083\_EA/21094879\_EA



**15<sup>99</sup>** each Swiss Chalet BBQ pork back ribs 600 g or Montana's BBQ pork back ribs 650 g selected varieties, fully cooked  
21022221\_EA/21203458\_EA



**13<sup>99</sup>** Marcangelo beef medallions  
340 g 21025464\_EA



**5<sup>99</sup>** Springer's mild or hot Debrecziner sausage  
375 g 21735454\_EA/21735409\_EA



**25<sup>99</sup>** Marcangelo lamb spiedini 24's, frozen  
480 g 21100221\_EA



**14<sup>99</sup>** Royal Meats beef or chicken burgers selected varieties, frozen  
852 g 21680569\_EA/21680615\_EA



**18<sup>99</sup>** Yorkshire Valley Farms organic chicken or turkey burger selected varieties, frozen  
678 g 21592097\_EA/21592125\_EA

# BRINGING THE WORLD TO YOUR KITCHEN

Sharing culture through food



**17<sup>99</sup>** Island Way sorbet  
700 mL 21737274\_EA



**1<sup>49</sup>** Cedar pita selected varieties  
21509333\_EA/21509350\_EA 330 g



**2<sup>49</sup>** Sunrise soft or dessert tofu selected varieties  
20135704\_EA/20570507\_EA 150-350 g



**4<sup>99</sup>** Nanak paneer selected varieties  
21286158\_EA 341 g



**9<sup>99</sup>** Crafty Ramen entree selected varieties  
21544830\_EA 500/520 g



**5<sup>99</sup>** St. Dalfour fruit spread  
20299223001\_EA/20299223009\_EA 225 mL



**4<sup>99</sup>** Kuhne sauerkraut  
20068748\_EA 796 mL



**3<sup>49</sup>** Gerolsteiner mineral water  
20771154\_EA 750 mL



**4<sup>99</sup>** Pelmen perogies selected varieties, frozen  
21530577\_EA 500 g



**12<sup>99</sup>** Irimi extra virgin olive oil  
20021287\_EA 750 mL



**4<sup>99</sup>** O'Food gochujang paste  
21452984\_EA 500 g



**17<sup>99</sup>** Rodoula baklava or kataifi  
21714415\_EA/21714451\_EA 630 g



**4<sup>99</sup>** T'aom ice cream bars selected varieties, frozen  
21566307\_EA/21622902\_EA 5x75 mL



**2<sup>49</sup>** Paese Mio tomato purée  
20100480\_EA 720 mL



**9<sup>99</sup>** Krinos fillo twisters selected varieties, frozen  
20755147\_EA/20765310\_EA 840 g/1 kg



**27<sup>99</sup>** Monini Mono extra virgin olive oil  
21339826\_EA/21549727\_EA 500 mL

# FORTINOS<sup>®</sup> GARDEN CENTRES

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



roses  
selected varieties  
20756622\_EA

**\$24** 2 gallon



**\$28** 2 gallon  
PC<sup>®</sup> peony  
assorted colours  
20641126\_EA



Proven Winners  
lilac  
21709404\_EA

**\$35** 2 gallon



Japanese maple  
21709402\_EA

**\$45** 2 gallon



Boston fern  
hanging basket  
20845440\_EA

**\$22** 10 inch pot



premium clematis  
20024521\_EA

**\$22** 1 gallon



**12<sup>79</sup>** 15's  
PC<sup>®</sup> paper  
yard waste bags  
21643555\_EA

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

**100** pts

for each pot or flat you return



## How do we recycle?

### Empty Pots

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

### Plastic

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

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

# GARDEN CENTRES NOW OPEN

## Enrich Your Soil

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



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

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



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

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



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

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



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

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



Helps retain soil moisture and suppresses weeds.

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



Caledon black pot  
21569526\_EA

**\$35** 15.5 inch



watering can  
20275904\_EA

**\$11** 2 gallon



blue heron  
21570374\_EA

**\$50** each



watering wand  
21628458\_EA

**\$20** each



bee or ladybug gardening gloves  
21719882\_EA

**\$9.99** each



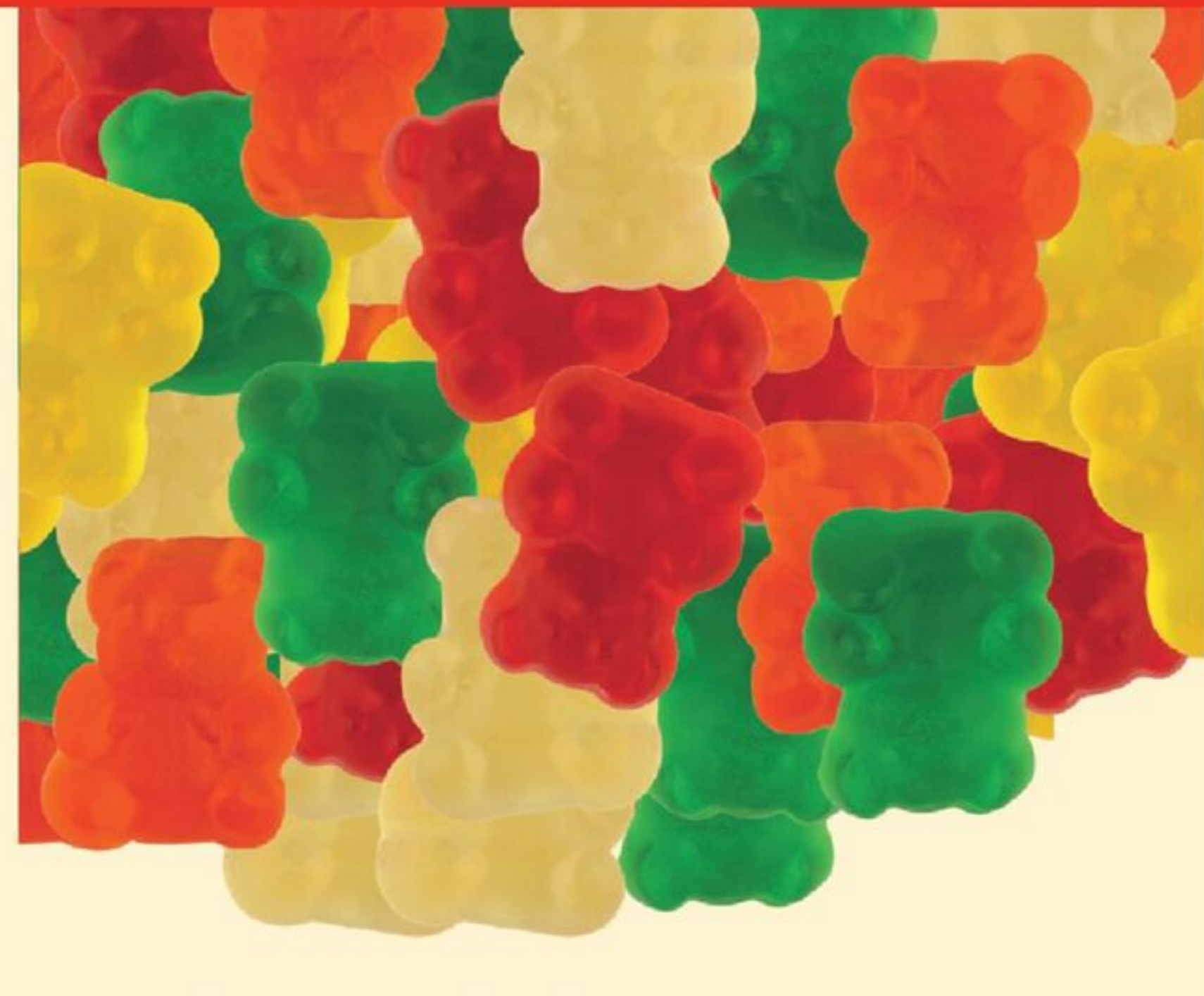
# CANADA CANDY COMPANY

*Made in Canada!*

**88** /100 g  
3.99/lb



**jumbo assorted gummi bears**  
21126490\_KG



**assorted gummi grizzly bears**  
21127204\_KG



**sour gummi grizzly bears**  
21245238\_KG



**12 flavour gummi grizzly bears**  
21177459\_KG



**assorted fish candy**  
21245242\_KG



**fizzy cola bottles**  
21127231\_KG



**sour fizzy cola bottles**  
21245241\_KG



**insane sour soothers candy**  
21121572\_KG



**sour watermelon slices**  
21127285\_KG



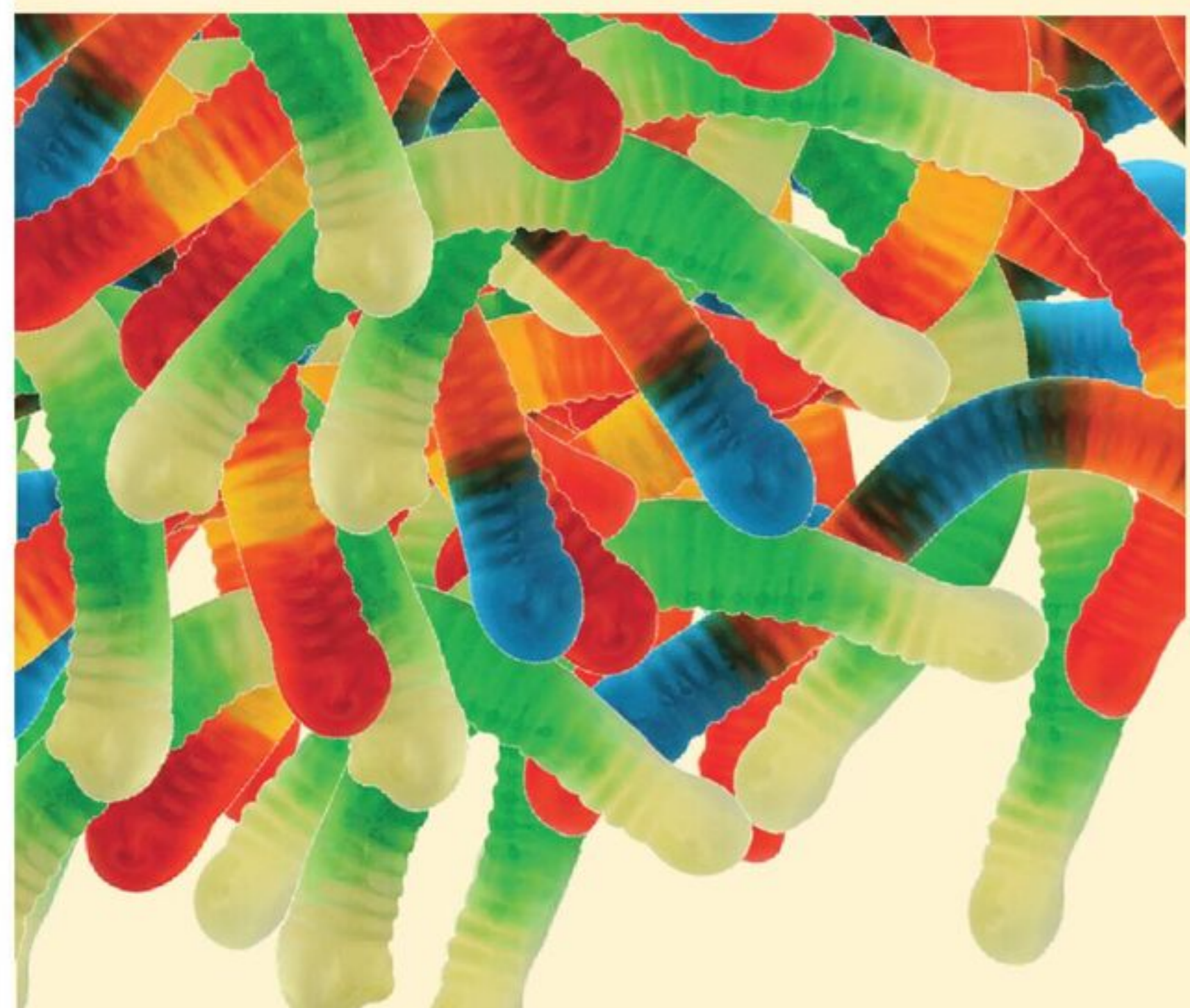
**jumbo sour soothers or  
mini sour blue raspberries**  
21373961\_KG



**peach rings**  
21546041\_KG



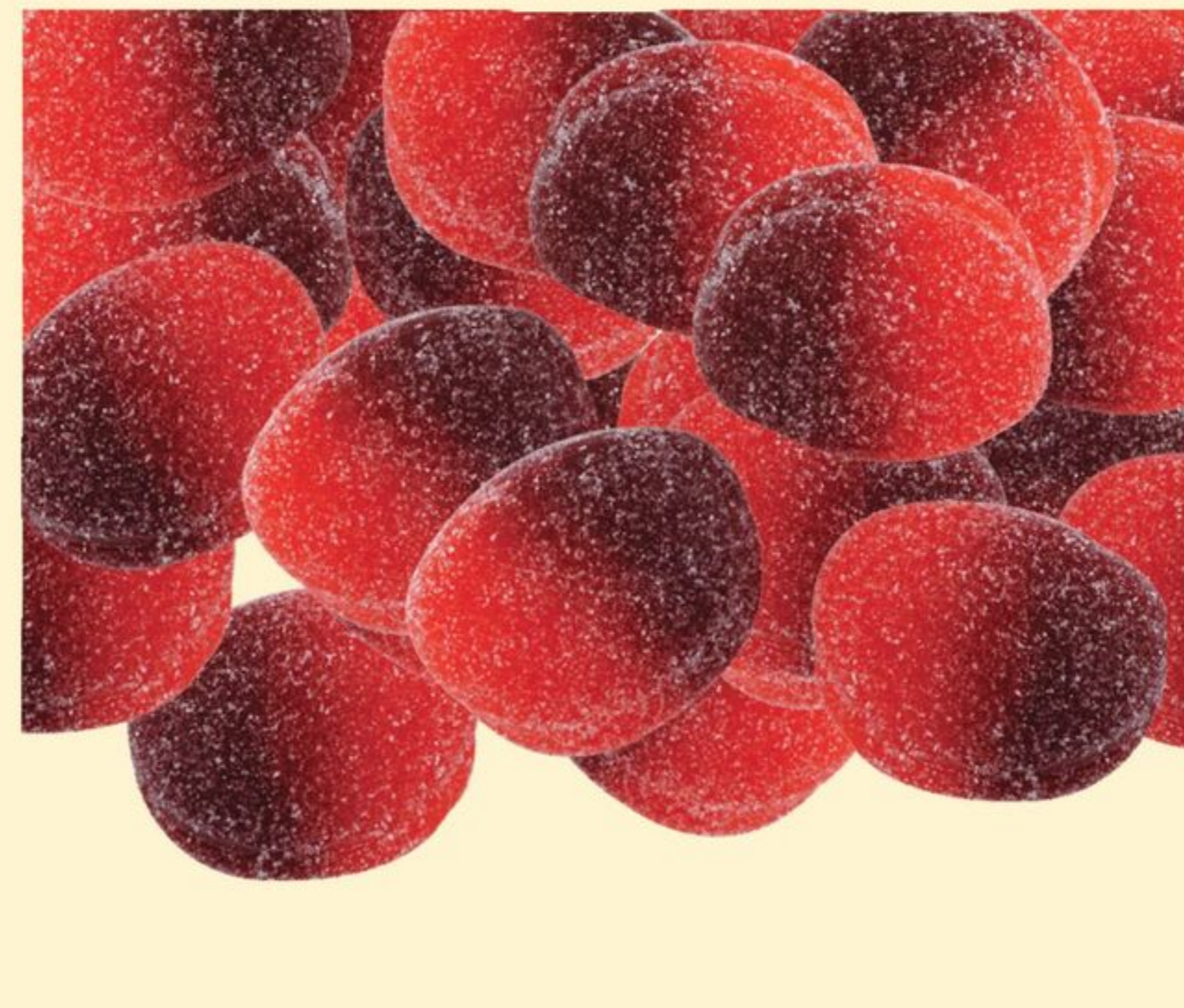
**sour atomic neon worms**  
21127277\_KG



**gummi wiggly worms**  
21127228\_KG



**sour bud bites**  
21245256\_KG



**sour cherry bombs**  
21338131\_KG



**sweet peach slices or wine gums**  
21206506\_KG/21127278\_KG



# NATURE'S TREASURE

## Celebrate that Special Woman

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

Plumpp Irish sea moss

21581070\_EA  
**10<sup>49</sup>**  
40 g



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

NOW Foods essential oils or carrier oils selected varieties & sizes

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



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

**4<sup>99</sup>** Aura Cacia foam bath all varieties  
2029818001\_EA/21467410\_EA



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

Prairie Naturals shampoo or conditioner selected varieties

21664180\_EA/21664317\_EA  
**16<sup>99</sup>**  
350/500 mL



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

**16<sup>99</sup>** Herbatint natural hair colour selected varieties  
20316992003\_EA/20316992005\_EA



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

Crate 61 Organics soap bar selected varieties

21163384\_EA  
**3<sup>29</sup>**  
110 g



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

Andalou Naturals body lotion, face wash or conditioner selected varieties

20894768002\_EA/20894768001\_EA  
**12<sup>99</sup>**  
178-340 mL



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

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



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

ITL Health sea-mag pure magnesium chloride flakes

21667912\_EA  
**15<sup>99</sup>**  
1 kg





# NATURE'S TREASURE

by **FORTINOS**

## Now Is The Time!

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



**24<sup>99</sup>**  
20/21's

**Organika electrolyte powder sachets**  
selected varieties

21546047\_EA/21546545\_EA

*Staple nutrients to add to your daily stack!*

*Children's varieties now available!*

**35<sup>99</sup>**  
each

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

20776242\_EA/21033708\_EA

*200 mg of Elemental Magnesium per cap!*



**12<sup>99</sup>**  
100's

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

21419374\_EA/21419705\_EA



**38<sup>99</sup>**  
each

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

21307668\_EA/21307672\_EA

**19<sup>99</sup>**  
60's

**Suku vitamin gummies**  
all varieties

21310902\_EA/21311095\_EA



**38<sup>99</sup>**  
120's/ 225 mL

**Aqua Omega Omega-3 fish oil**  
selected varieties

21157460\_EA/21639506\_EA



**29<sup>99</sup>**  
440 g

**Good Protein all-in-one powder**  
all varieties

21691723\_EA/21691741\_EA



**3<sup>99</sup>**  
each

**Kettle Brand potato chips**  
156-198 g  
selected varieties

21520654\_EA



**3<sup>99</sup>**  
each

**Skinny Pop popcorn**  
125-150 g  
selected varieties

20785418001\_EA



**7<sup>49</sup>**  
4x355 mL

**Remedy Sodaly no-sugar soda**

21667301\_C04/21668568\_C04



**3<sup>99</sup>**  
45-50 g

**Smart Sweets low sugar gummy candy**  
selected varieties

21154474\_EA/21707168\_EA



**3<sup>99</sup>**  
1.75/1.89 L

**Earth's Own non-dairy beverage**  
selected varieties

20327647\_EA/21037796\_EA



**3<sup>99</sup>**  
120-150 g

**Made Good school safe snacks**  
selected varieties

21425469\_EA/21723052\_EA



**8<sup>99</sup>**  
4x33 g

**Mid-Day Squares snack**  
all varieties

21620087\_EA/21620089\_EA



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

# Start Your Day Right!

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

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



**NEW**  
**8.99**  
750 mL

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



*Serve chilled over ice!*

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



*Fair-trade & organic!*

**18.99**  
454 g  
**Kicking Horse whole bean coffee**  
selected varieties  
20322468001\_EA/20322468006\_EA



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



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

*Boosted with MCT oil & chia seeds!*



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



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

*Soft & chewy!*

**UP TO 20% OFF**

**LOCALLY MADE**

**Dutchman's Gold bee pollen** 500 g  
21538802\_EA



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



**LOCALLY MADE**

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



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

*All in one - 4 supplements in each pack!*

*Liquid vitamin tonics absorb better!*

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



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



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

# Croque Madame

Serves 2

## Ingredients:

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

## Directions:

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

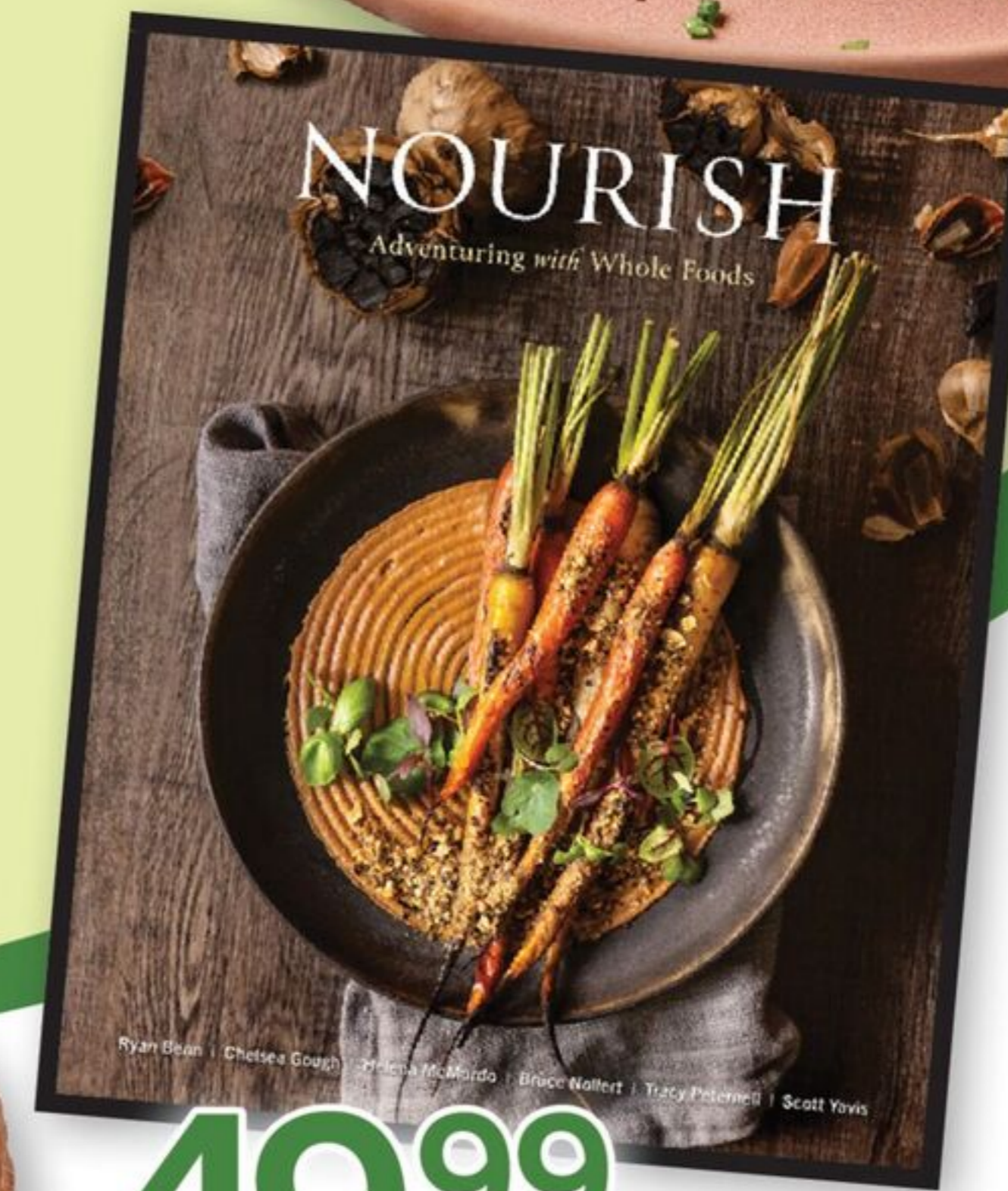
**Béchamel sauce** - in small saucepan over medium-low heat, melt butter and olive oil together. Add flour or starch and whisk continuously for 30 to 45 seconds until lightly foamy but not browned. Slowly whisk in milk and continue whisking for 2 to 3 minutes until sauce thickens slightly and coats the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

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

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

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

Recipe Courtesy of *Alive Magazine*



**LOCALLY MADE**

**8<sup>99</sup>**  
12 pk

Alderswood pasture-raised eggs large  
21434214001\_EA



**LOCALLY MADE**

**8<sup>49</sup>**  
464-500

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



**19<sup>99</sup>lb**  
44.07/kg

McLean's black forest ham  
20346674\_KG



**49<sup>99</sup>**  
each

Nourish cookbook  
21719085\_EA

A great mother's day gift!



**5<sup>99</sup>**  
350 g

Tree Island organic yogurt selected varieties  
21622466\_EA/21622531\_EA



**5<sup>99</sup>**  
250 g

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

With help!

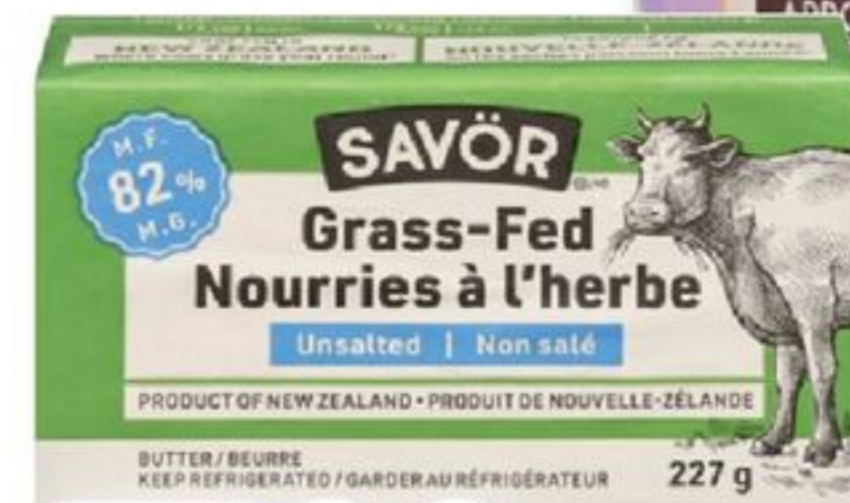
**LOCALLY MADE**

**7<sup>49</sup>**  
2 L

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



Available in Deli!



**7<sup>99</sup>**  
227-454 g

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



**12<sup>99</sup>**  
325 g

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

Aspartame-free!

**3<sup>99</sup>**  
77-81 g

Pur gum selected varieties  
20799503001\_EA/21564534\_EA



**NEW**

**4<sup>99</sup>**  
100 g

True Dates flavoured date snacks  
21721677\_EA/21721710\_EA



**NEW**

**9<sup>99</sup>**  
95-142 g

Unreal low sugar chocolate treats  
21732616\_EA/21732732\_EA



Three delicious flavours!

**4<sup>99</sup>**  
200 mL

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



Gluten-free!

**6<sup>99</sup>**  
95 g

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



**7<sup>99</sup>**

**7<sup>99</sup>**  
500 mL

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



Made with cashews!

# Backyard Entertaining

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

**5<sup>99</sup>**  
300-510g  
**O'Doughs**  
gluten-free hamburger  
buns, sandwich  
loaves or bagel thins  
frozen, selected varieties  
21106820\_EA/21603056\_EA



**5<sup>99</sup>**  
200g  
**Violife**  
dairy-free  
cheese-style  
shreds or slices  
selected varieties  
21339330\_EA/21591969\_EA



**8<sup>99</sup>**  
250-296 mL  
**Naked Naturals**  
nooch dressing  
or sauce  
selected varieties  
20984039\_EA/21543634\_EA



**6<sup>99</sup>**  
284g  
**Wholly Veggie!**  
plant-based  
burger  
all varieties, frozen  
21619720\_EA/21619764\_EA



**6<sup>99</sup>**  
250 mL  
**Good Food For Good**  
organic ketchup  
or BBQ sauce  
selected varieties  
21172442\_EA/21172444\_EA



**3<sup>99</sup>**  
120/140g  
**Three Farmers**  
roasted chickpeas,  
fava beans or lentils  
selected varieties  
21127150\_EA/21127194\_EA



**5<sup>99</sup>**  
10x40mL  
**Deebee's Organics**  
superfruit freeze pops  
21658954\_EA



**8<sup>99</sup>**  
134g  
**Chosen Foods**  
avocado oil  
spray  
selected varieties  
20967915\_EA



**21<sup>99</sup>**  
300 mL  
**WhoaNelly's**  
premium beef tallow  
100% grass-fed!  
21682086\_EA



**UP TO 20% OFF**

Substitute Flax or Udo's oil for a home-made functional salad dressing!  
**Flora supplements and oils**  
all varieties & sizes  
20568801\_EA/20596913\_EA



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



Allergy & Sinus trio! Effectively reduces symptoms!  
**A.Vogel herbal remedies**  
all varieties & sizes  
20013112\_EA/20078528\_EA



**BUY 1 GET 1 50% OFF**  
**Orange Naturals**  
inner beauty  
supplement blends  
all varieties & sizes  
21190744\_EA/21565193\_EA



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



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

Reef safe sunscreens with simple organic ingredients and mineral zinc oxide!  
**Badger mineral sunscreen**  
all varieties & sizes  
21465543\_EA/21465546\_EA



NEW

399  
540 mL

Yorkshire Valley Farms  
organic canned beans

21303645\_EA/21303659\_EA



# Many Bean Antipasto Salad

Serves 10

**Ingredients:**

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

**Dressing:**

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

**Direction:**

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

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



Recipe Courtesy of  
Alive Magazine

alive

NEW

449  
325 mL

Koops Organic  
mustard

21598696\_EA



NEW

1299  
450 mL

Divina roasted  
red peppers

21721366\_EA



Organic!



399  
227 g

Sunflower Kitchen  
hummus  
selected varieties

21098691\_EA/21100664\_EA



799  
315 mL

Acropolis  
Organics olives

21291127\_EA/21291134\_EA



899  
each

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

21699317\_EA/21699584\_EA



599  
500 mL

PC Organics®  
aged red or white  
wine vinegar  
selected varieties

20302485001\_EA/20302485002\_EA

New look,  
same gold  
award winning  
olive oil!

2299  
750 mL

Four Trees by  
Phoeapolis extra  
virgin olive oil  
selected varieties

21562579\_EA



449  
90 g

Sesmark  
rice crackers  
selected varieties

21672824\_EA/21673493\_EA



399  
26 g

True Citrus  
crystalized  
lemon or lime

20416511\_EA/21295344\_EA



399  
414 mL

Rise  
kombucha drink  
all varieties

20910755003\_EA/21295048\_EA



Organic!  
449  
135 g

Humble rumbles  
potato chips  
selected varieties

21664857\_EA/21664952\_EA



Gluten-free!

499  
220 g

Snyder's  
of Hanover  
pretzels  
selected varieties

21082616\_EA/21082619\_EA



NEW

749  
6x355 mL

Zevia sugar free soda  
selected varieties

21106231\_C06/21106233\_C06



Sweetened  
with stevia!



# Celiac Awareness

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

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



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

21154073\_EA/21639786\_EA

*Keto friendly!*



**11.99**  
400g  
Pasta Tavola gluten-free ravioli selected varieties, frozen

21474074\_EA/21474078\_EA

*Gluten-free & plant-based!*



**7.99**  
796 mL  
Bianco DiNapoli vine ripened canned tomatoes selected varieties

21613939\_EA/21613991\_EA

*Organic!*



**5.99**  
227-250g

Chickapea pasta or Felicia organic pasta selected varieties

21597621\_EA/21603168\_EA

*High Protein!*

*Made with amaranth, buckwheat or coconut flour!*

**NEW**

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

21686560\_EA/21686646\_EA

*Great for s'mores!*



**5.49**  
80-85g  
Zazubean chocolate selected varieties

21104213\_EA/21104228\_EA



**6.49**  
280g  
Dandies jumbo camper marshmallows selected varieties

21476762\_EA

*Vegan!*

*Gluten-free*



**6.49**  
160g  
Schar honeygrams selected varieties

21311984\_EA/21403616\_EA

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

**11.99**  
500g  
Allergy Smart cakes chocolate or vanilla, frozen

21731169\_EA/21731279\_EA

**UP TO 20% OFF**

*New Look!*

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

20121764\_EA/20132146\_EA



**Leaf Source berberine or shilajit supplements all varieties & sizes**

21708537\_EA/21708560\_EA



**Herbaland yumbiotic probiotic sachets or gummy vitamins all varieties & sizes**

21715867\_EA/21715932\_EA

**Bio-K drinkable probiotic or capsules all varieties & sizes**

20425368001\_EA/20863972\_EA



**Prairie Naturals digestive support supplements selected varieties & sizes**

21593477\_EA/21593571\_EA



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

**Nature's Way digestive support supplements selected varieties & sizes**

20856930\_EA/20861001\_EA



Sweetened with organic maple sap!



**1.99**  
355 mL

**Sapsucker sparkling water**  
selected varieties

21549482\_EA/21697371\_EA

Available in still & sparkling!

**NEW**

**2.79**  
355 mL

**Saltwater Co himalayan salt electrolyte water**

21739326\_EA/21739357\_EA



# The importance of hydration!

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

Hydration helps:

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

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

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

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

Sourced from artesian springs!

**2.79**  
1 L

**Flow alkaline water**  
selected varieties

20987454\_EA/21521476\_EA



**LOCALLY MADE**

**3.79**  
355 mL

**Tonica kombucha bottle or low-sugar can**  
all varieties

20818822001\_EA/21632459\_EA



**8.99**  
4x355 mL

**Cove gut-healthy soda**  
selected varieties

21515636\_EA/21515706\_EA



**2.49**  
355 mL

**Wakewater caffeinated sparkling water**  
selected varieties

21404358\_EA/21404371\_EA



**2.49**  
458 mL

**Yerba Madre yerba mate**

21609433\_EA/21637789\_EA



**NEW**

**3.99**  
355 mL

**Mateina yerba mate**

21485333\_EA/21716117\_EA



**NEW**

**UP TO 20% OFF**

**Roar Plus hydration powders**  
all varieties & sizes

21686295\_EA/21686341\_EA



**blume Super Belly electrolyte and probiotic powder sachets**  
all varieties

21648198\_EA/21648263\_EA



**TruME electrolytes with BCAA's powder**  
all varieties

21689749\_EA/21689797\_EA



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

21558966\_EA/21562455\_EA



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

21658588\_EA/21658630\_EA



*Electrolytes with hydrolyzed Marine Collagen!*

**WithinUs rehydrate + collagen powder sachets**  
all varieties

21680240\_C01/21681514\_C01



# UP TO 20% OFF

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

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



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



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



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



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



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



NEW

10 servings, perfect for travel or trial!



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

20g of protein per bar

18g of plant-based protein per serving!

NEW Organic! **5.99** 1.42 L  
Silk high protein soy beverage  
21731288\_EA/21731300\_EA



**4.99** 1 L  
Thirsty Buddha coconut water selected varieties  
20689784\_EA



NEW

**2.79** 62 g  
Kind protein + protein bar selected varieties  
21697722\_EA/21697730\_EA



**2.99** 40 g  
Hornby organic energy bar selected varieties  
21308996\_EA/21309036\_EA



Gluten-free & Dairy-free!

**3.79** 55 g  
Love Good Protein protein bar selected varieties  
21541134\_EA/21541140\_EA



**2.29** 45-51 g

Larabar snack bar selected varieties  
20031362001\_EA/20031362008\_EA



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

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# Body & Health



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

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

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

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

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

3<sup>99</sup>      6<sup>99</sup>      8<sup>99</sup>      5<sup>99</sup>      12<sup>99</sup>

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

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

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

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

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

4<sup>99</sup>      4<sup>99</sup>      15% OFF      6<sup>99</sup>      4<sup>99</sup>

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

**Tena**  
protective  
underwear  
selected varieties  
21033614\_EA/21033778\_EA

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

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

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

5<sup>49</sup>      17<sup>99</sup>      3<sup>49</sup>      12<sup>99</sup>      13<sup>99</sup>

each      13-48's      each      each      6's

**Claritin**  
allergy relief  
selected  
varieties  
20144699\_EA/20308018001\_EA

**Advil**  
pain relief  
selected  
varieties  
20316898001\_EA/212357691\_EA

**Tums**  
selected varieties  
21223306\_EA/21236031\_EA

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

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

19<sup>99</sup>      10<sup>99</sup>      5<sup>99</sup>      7<sup>99</sup>      40% OFF

15-40's      20-50's      28-100's      each

# Baby



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



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



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



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



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



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



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



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



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



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



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

# Household



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



**9.99** 1.2 L  
 Lysol laundry disinfectant  
 21487308\_EA/21495667\_EA



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



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



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



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



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



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



**23.99** 8=16 rolls  
 Sponge Towels Ultra  
 21676150\_EA



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



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



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



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



**2.49**  
 Fancy Feast Gems  
 selected varieties  
 21732159\_EA/21733036\_EA

# CELEBRATE YOUR PET



**1.49**  
 Catit  
 wet cat food  
 21731844\_EA/21732082\_EA



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



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



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



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



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



**14.99**  
 Freshpet  
 refrigerated  
 dog food  
 21025603\_EA/21094639\_EA



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



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



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



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



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



**children's  
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feeding hungry minds

**ROUND-UP YOUR  
GROCERY BILL  
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in your community.**

**Thurs. April 30 – Wed. May 13**



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

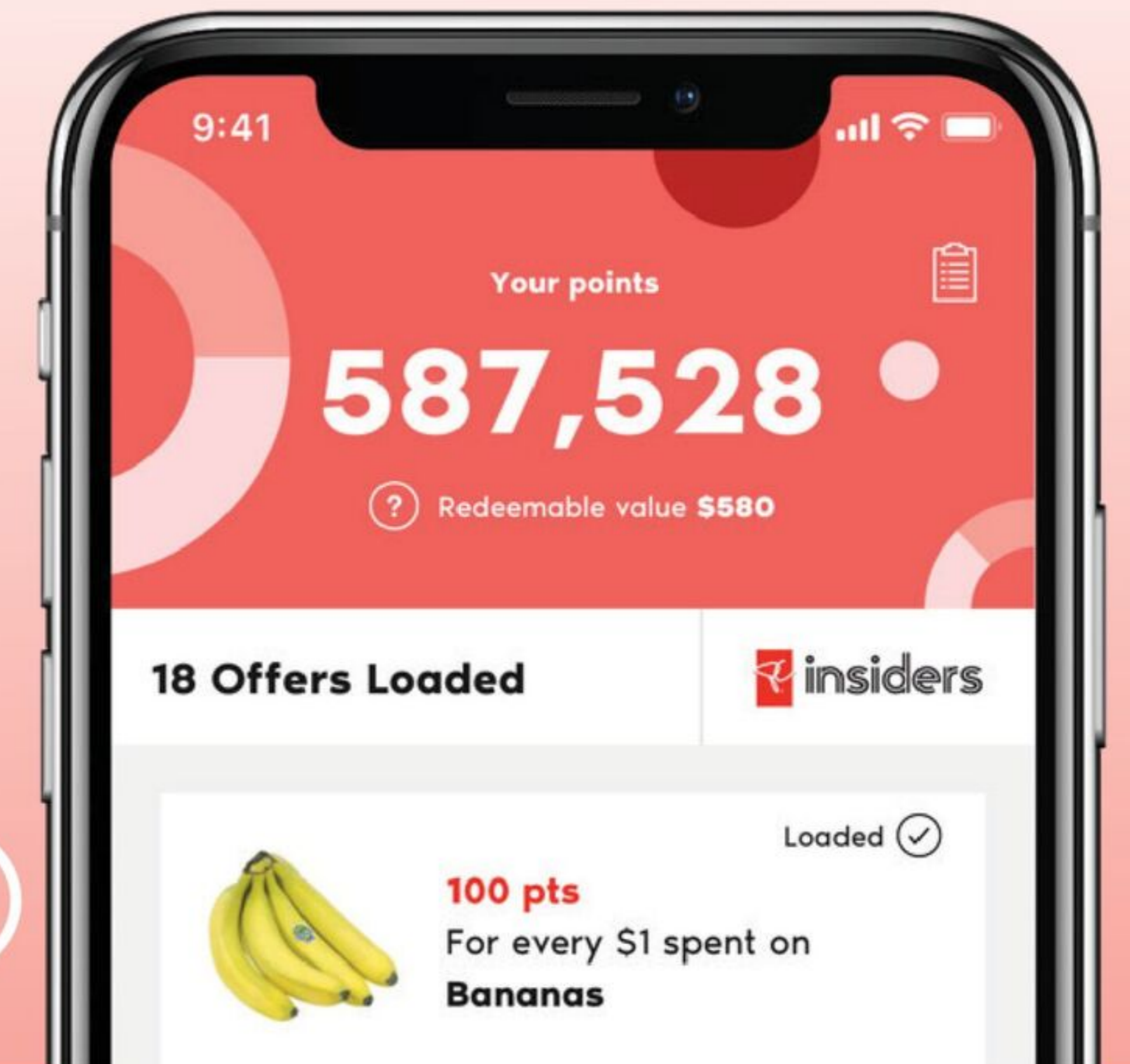
**Offer effective May 7 - May 10, 2026 only.**

**FLAVOUR IS ALWAYS IN SEASON.**

- \$6<sup>99</sup>**  
**Tre Stelle® Bocconcini**  
 200 g, Selected Varieties  
 20824992\_EA
- \$7<sup>99</sup>**  
**Tre Stelle® Mozzarella Ball**  
 340 g  
 20189267\_EA
- \$6<sup>99</sup>**  
**Tre Stelle® Ricotta**  
 400-475 g  
 Selected Varieties  
 20893852\_EA
- \$13<sup>99</sup>**  
**Tre Stelle® Mascarpone**  
 475 g  
 20130433\_EA
- \$6<sup>99</sup>**  
**Tre Stelle® Halloumi**  
 200 g  
 21350800\_EA

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**YOU COULD WIN A TRIP FOR 2 TO THE STANLEY CUP® FINAL**

**\$25,000 IN TOTAL PRIZES**

**oikos PRO 24g PROTEIN**  
 Caramel Macchiato Natural Flavour  
 300 mL  
 21651846  
**\$3<sup>29</sup>**

**oikos PRO 13g PROTEIN**  
 Vanilla Natural Flavour  
 650 g  
 21652073  
**\$7<sup>99</sup>**

**oikos NO SUGAR ADDED**  
 Plain  
 650 g, 750 g  
 21305945  
**\$7<sup>99</sup>**

**oikos**  
 4 x 95 g, 4 x 100 g  
 20625055  
**\$4<sup>29</sup>**

**SCAN NOW**

\* No purchase necessary. Begins 03/23/26 at 12:00:01 AM ET & Ends 05/24/26 at 11:59:59 PM ET. Draw 05/25/26 at 2PM ET. One (1) Grand Prize: Trip for 2 to a 2026 Stanley Cup® Final game (ARV \$9,000 CAD) and 920 Instant Win Prizes: a \$100 Digital Prepaid Card (120 total), or a \$5 CAD Physical Danone Oikos® Coupon (300 total). Mathematical skill-testing question required. Full contest rules: www.snacktowin.ca. Oikos® used under lic., © 2026, Danone US, LLC. All rights reserved. Oikos® Pro™ used under lic., © 2026, Danone US, LLC. All rights reserved. NHL, the NHL Shield, the word mark and image of the Stanley Cup and the Stanley Cup Final logo are registered trademarks of the National Hockey League. NHL and NHL team marks are the property of the NHL and its teams. © 2026 NHL. All Rights Reserved.

**BACKED BY OVER 35 YEARS OF ACTIVIA'S EXPERTISE IN GUT HEALTH**

**NEW**

**\$4<sup>99</sup>** Activia® 8 x 100 g 21725748

**\$4<sup>99</sup>** Activia® 650 g 20325132003

**\$5<sup>99</sup>** Activia® 8 x 93 mL 21430512

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**40 YEARS OF DELIGHT**

**International Delight®**  
 946 mL  
 21242388  
**\$5<sup>99</sup>**

**LIMITED EDITION**

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**6 ESSENTIAL NUTRIENTS**

**Danone®**  
 6 x 93 mL  
 21520250  
**\$3<sup>99</sup>**

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# Stock Up On Everyday Care



**\$5.99**  
Each  
**JOHNSON'S®**  
baby needs  
selected  
varieties  
295-600 mL



**\$6.99**  
Each  
**LISTERINE®**  
mouthwash  
selected  
varieties  
1 L



**\$10.99**  
Each  
**AVEENO®**  
or **MAUI®**  
hair care  
354-385 mL



**\$8.99**  
Each  
**AVEENO®**  
lotion  
selected  
varieties  
97-227 mL



**15% Off**  
**NEUTROGENA®**  
skin care  
selected  
varieties  
and sizes



**\$9.99**  
Each  
**LUBRIDERM®**  
480 mL



**\$8.99**  
Each  
**TYLENOL®**  
infant or child  
16-24's/100-120mL  
selected varieties



**\$8.99**  
Each  
**TYLENOL®**  
or **BENLYN®**  
cough and cold  
18-20's/100 mL



**\$9.99**  
Each  
**ZARBEE'S®**  
various  
sizes



**\$16.99**  
Each  
**TYLENOL®**  
selected  
varieties  
60-150's



**\$13.99**  
Each  
**SUDAFED®**  
24's



**\$24.99**  
Each  
**REACTINE®**  
24-36's  
or **BENADRYL®**  
30-100's  
allergy relief



**\$4.99**  
Each  
**BAND-AID®**  
selected  
varieties  
10-30's



**\$5.99**  
Each  
**NICORETTE®**  
mints, spray  
or Step 1 patch  
selected varieties

Use products only as directed. To be sure these products are right for you, always read and follow the label. IMPORTANT: Take only one acetaminophen containing product at a time. Nicorette® products - Only to be used by adults who are trying to quit smoking. © Kenvue Canada Inc. 2026



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# FORTINOS®

## KOSHER



**Marvid Kosher**  
boneless skinless  
chicken breast

20068193\_KG

**8.99** lb  
19.82/kg



**Shefa pickled**  
corned beef  
uncooked

20113297\_KG

**16.99** lb  
37.46/kg



**COR**

**Kol Yam**  
Atlantic  
salmon  
steaks

21582019\_EA

**13.99**  
454 g



**Nanuk Coho**  
smoked salmon  
frozen

20067205\_EA

**12.99**  
140 g



**Beetology red**  
whole beets  
product  
of Turkey

2163440\_EA

**2.99**  
500 g



**Crown**  
Danish babka  
selected varieties

21417201\_EA

**9.99**  
500 g



**Laromme egg**  
challah bread

21092350\_EA

**7.49**  
424 g



**Montreal**  
Kosher bagels  
selected varieties

20844643\_EA

**5.49**  
6's



**Sunflower**  
Kitchen soup  
selected varieties

21296911\_EA

**7.49**  
956 mL



**Kedem juice**  
selected varieties

20034185006\_EA/20314022001\_EA

**3.99**  
750 mL/1.89 L



**Nature's Best**  
shredded cheese  
selected varieties

21080207\_EA/21080210\_EA

**19.99**  
800 g



**Golden potato**  
pancakes,  
blintzes or  
pierogies  
selected varieties,  
frozen

20018550002\_EA  
/20028621001\_EA

**5.99**  
300-454 g



**Manischewitz**  
Tam Tams  
crackers

20304016001\_EA

**4.99**  
272 g



**Foulds wacky**  
mac & cheese

20122898\_EA

**2.99**  
156 g



**Drizzilicious**

**Drizzilicious mini**  
rice cake bites  
selected varieties

21240269\_EA/21242094\_EA

**3.99**  
113 g



**carmit**

**DARK CHOCOLATE**  
50% COCOA SOLIDS  
CHOCOLAT NOIR

21730495\_EA

**2.99**  
85 g

PRICES EFFECTIVE FROM THURSDAY, APRIL 23 TO WEDNESDAY, MAY 20, 2026.

Givat sour cream 453 g or J&J plain whipped cream cheese 227 g  
21387048\_EA/20016792002\_EA

**6.99** each



Tuscanini gourmet pizza selected varieties, frozen  
21026883\_EA

**5.99** 400/425 g



MC Dairy Pressed Cottage Cheese Fromage Cottage Pressé  
500 g, 0.8% Protein, 0.8% Fat, 27g Protein, 27g Fat, 27g Carbs  
21720618\_EA

**6.49** 500 g



Nature's Best sliced cheese 170 g or Amstelvelder cheese 125/150 g selected varieties  
21079871\_EA/21336580\_EA

**5.99** each



Crown bourekas, malawach or Chef Tzali falafel balls frozen  
20306238001\_EA/21397524\_EA

**7.99** 340-900 g



Abe's ice cream or Strauss log cake  
21242431\_EA/21243579\_EA

**10.99** 500 g/1.65 L



Chef Tzali ravioli frozen  
21244487\_EA/21244490\_EA

**10.99** 340 g



Tradition instant soup or Crown tuna  
20104490\_EA/20253661001\_EA

**1.99** 65/170 g



Ushia sauce selected varieties  
21057720\_EA/21061758\_EA

**2.49** 300 mL



Ushia Supreme noodles  
21661498\_EA/21661544\_EA

**1.29** 283 g



Streit's or Manischewitz matzo ball or soup mix  
20102419001\_EA/20176971001\_EA

**2.49** each 127-142 g



Mehoudar whole hearts of palm  
20024052\_EA

**2.99** 398 mL



Gefen cubes 70-180 g or Glicks or Haddar pie crusts 170 g  
20821854\_EA/21056556\_EA

**3.99** each



Tuscanini pitted olive pouch selected varieties  
21637400\_EA

**1.69** 30 g



Aish Tamid memorial candle tin 24 hr, each  
21060115\_EA

**.33**



Decor combo plates selected varieties  
21594062\_EA

**14.99** 20/32's



**FORTINOS**

Prices effective from Thursday, April 23 to Wednesday, May 20, 2026 at:  
• 700 Lawrence Ave. W, North York  
• 1579 Main St. W, Hamilton

All references to any savings claims (ie. "Save", "was", "1/2 price", etc.) is in comparison to our regular retail. We reserve the right to limit quantities. Product selection may vary and may not be available at all stores. Image prevails when text does not correspond to the description of advertised product. ®/TM trademarks of Loblaw's Inc. © 2026 Loblaw's Inc.