



# FORTINOS®

## GARDEN CENTRES NOW OPEN

PC® deluxe  
annual hanging basket  
selected varieties, 11 inch  
20753918\_EA

2/\$36  
or \$20 ea.



Boneless!

**12.99** lb  
28.64/kg  
striploin steak  
cut from Canada AA or USDA  
Select grade beef or higher  
20798456\_KG



✓ Air Chilled  
✓ Canadian grown  
✓ Grain fed

**4.99** lb  
11.00/kg  
PC® or Mina Halal  
split chicken wings  
21537145\_1KG/21635752\_KG



Large size!  
Skinless!

**5.99**  
142 g  
fresh Atlantic  
salmon portions  
selected varieties  
21727096\_EA



First of the  
SEASON

asparagus  
product of Ontario,  
Canada no. 1 grade  
20174581001\_KG

**2.99** lb  
6.59/kg



**2.99**  
5 lb  
Butter russet  
gourmet potatoes  
product of Canada,  
Canada no. 1 grade  
or U.S.A., no. 1 grade  
or Butter gold or red  
gourmet potatoes  
product of Canada,  
Canada no. 1 grade  
21727160001\_EA/21732687001\_EA



**3.99**  
283 g  
Reserve  
blackberries  
product of Mexico  
21724952001\_EA



sweet bi-colour corn 4's  
product of U.S.A., no. 1 grade  
romaine hearts 3's  
product of U.S.A.  
or PC® Organics  
portobello mushrooms  
4's, product of Ontario  
20348977001\_EA/21005197\_EA

**3.49**  
each



Hand  
SELECTED



**5.99** lb  
13.21/kg  
Fortinos fresh flavoured  
or Raised Without  
Antibiotics pork sausage  
20963788\_KG/21201342\_KG



PC® cooked  
white peeled  
shrimp  
31-40 per lb,  
frozen  
20791381\_EA

**9.99**  
400 g



Marcangelo  
deli sliced meats  
selected varieties  
21706089\_EA/21706422\_EA

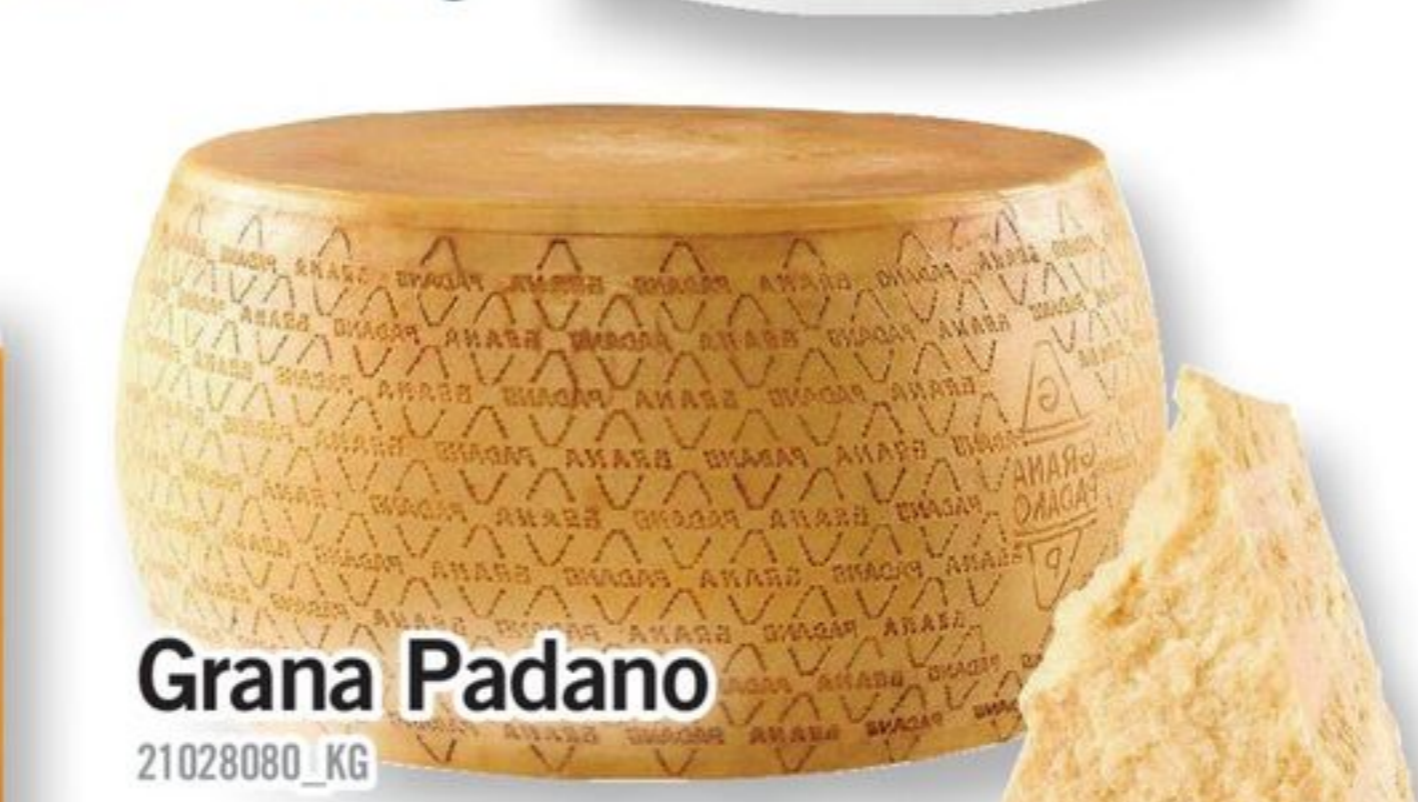
**5.99**  
85 g



**7.99**  
400 g  
PC® feta cheese  
selected varieties  
20216975\_EA/20219690\_EA



**2,500** (pts)  
**17.99**  
each  
The Keg  
beef burgers 680g-1.02 kg  
or Montana's smoky BBQ  
Angus beef burgers 906 g  
selected varieties, frozen  
20602164\_EA/20987425\_EA



**15.99** lb  
35.25/kg  
Grana Padano  
21028080\_KG



**2.99**  
each  
Dempster's  
bread 675 g, buns 8's  
or English muffin 6's  
selected varieties  
20147355\_EA/21311477\_EA



**2.99**  
8's  
jumbo  
hamburger or  
hot dog buns  
20711614\_EA

Happy Victoria Day!  
Monday, May 18

Lakeshore Oakville Store & Garden Centre: OPEN 8am – 6 pm  
Stores CLOSED Garden Centres: OPEN 8am – 5 pm

**5.99** each  
 Cracker Barrel cheese bars 400 g, shreds 250-320 g, Black Diamond Cheestrings or cheese sticks 252-336 g or MC Dairy pressed cottage cheese 500 g, selected varieties  
 20763661\_EA/21290257\_EA

**4.99** each  
 Chapman's premium ice cream, frozen yogurt, sorbet 2 L or novelties 5-20's, selected varieties, frozen  
 20111532\_EA/20323573001\_EA

**2.50** 200 g  
 PC® Kettle Cooked, Loads Of™ Flavour or World Of Flavours potato chips selected varieties  
 20840911004\_EA/21422931\_EA

**1.99** 4.39/kg  
 jubes or sour jubes  
 21127264\_KG

**3.99** each  
 Philadelphia cream cheese 227/250 g, Kraft Singles slices 410 g or Cheez Whiz 450 g, selected varieties  
 20641267\_EA/20866924010\_EA

**500** pts  
 Heinz ketchup 750 mL-1 L, picnic pack 1.125 L or Kraft Dinner original 5 pack, 200 g selected varieties  
 20069080\_EA/20552158\_EA

**4.99** each  
 PC® natural spring water 24x500 mL  
 20137898\_C24

**6.49** each  
 Nescafe instant coffee 100-170 g, Sweet & Creamy 16/18x19 g or Lavazza Nespresso compatible pods 10's, selected varieties  
 20873036\_EA/21363371\_EA

**4.99** each  
 Planters trail mix or deluxe mixed nuts 170/200 g or PC® peanuts 700 g selected varieties  
 20057990001\_EA/21190796\_EA

**2.99** each  
 Alcan Foil 50' non stick 25', Reynolds parchment paper 35', Glad Press'n Seal 70 sq' or Cling Wrap 60 m, selected varieties  
 20051862\_EA/20170772\_EA

**3.49** each  
 Mutti tomatoes 796 mL, passata 680 mL or Rумmo pasta 500 g selected varieties  
 20288490001\_EA/20934512\_EA

**7.99** each  
 Coca-Cola, Canada Dry or Pepsi soft drinks 12x355 mL, Fuze or Peace tea 12x341 g selected varieties  
 20318694002\_C12/20322361002\_C12

**4.99** each  
 Tide laundry detergent 1 L, Pods or Flings 12-16's, Downy or Gain fabric softener .946-1.31 L, Bounce sheets 40-80's beads 141 g or Dawn Powerwash 473 mL selected varieties  
 21218861\_EA/21549771\_EA

**2.99** each  
 Huggies or Pampers diapers 66-184's, selected varieties or Similac go & grow formula 850 g  
 21056742\_EA/21456748\_EA

**\$1**  
 PC® Organics pouches 128 mL or Little Bellies 8/12 g selected varieties  
 20651248003\_EA/21056742\_EA

**2.99** each  
 Que Pasa stone-ground organic corn tortilla chips 156-350 g or Hardbite gourmet kettle chips 125-150 g selected varieties  
 21031316\_EA/21157616\_EA

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

Flyer prices effective from Thursday, May 14th, to Wednesday, May 20th, 2026

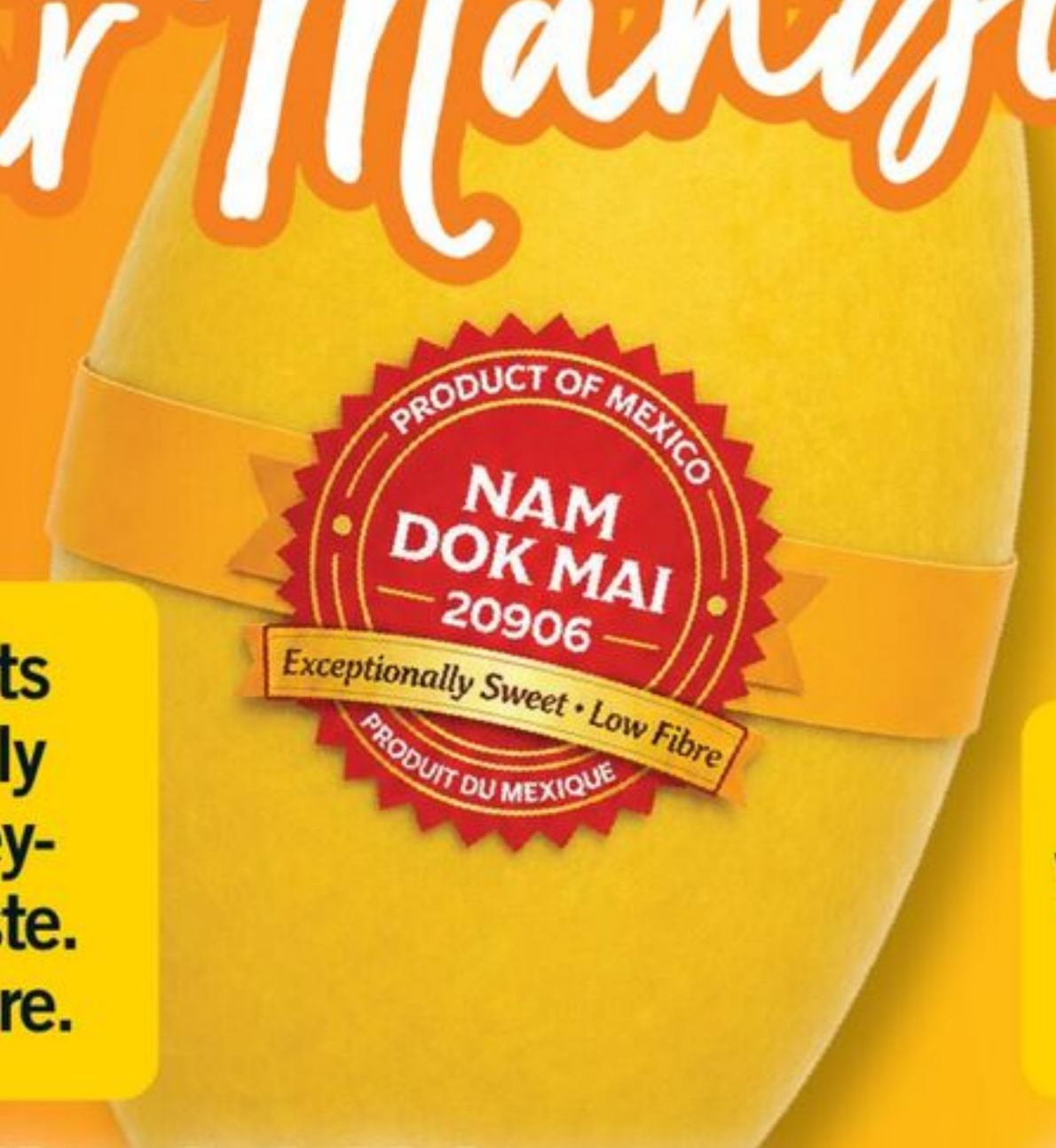
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Quantities and/or selection of items may be limited and may not be available in all stores. No Rainchecks OR Substitutions on clearance items or where quantities are advertised as limited. Advertised regular pricing and product selection (flavour, colour, patterns, style) may vary by store location. We reserve the right to limit quantities to reasonable family requirements. We are not obligated to sell items based on errors or misprints in typography or photography. Pricing: All references to "Save, Was, Now, Savings, etc.," is in comparison to our own regular prices. Coupons must be presented and redeemed at time of purchase. Savings shown may be greater depending on store location. Applicable taxes, deposits, or environmental surcharges are extra. No sales to retail outlets. To register as a PC Optimum™ member visit [pcoptimum.ca](https://pcoptimum.ca). We are not obligated to award points based on errors or misprints. No cash value. Minimum redemption 10,000 points. These offers cannot be combined with any other coupons, discounts or promotions. Receive the points specified when you spend the qualifying dollar amount on the displayed product (s) and/or category. The trade-marks, service marks and logos displayed in this flyer are trade-marks of Loblaws Inc. and others. ©2026 Loblaws Inc. All rights reserved.

# Our Mango Collection



Known for its exceptionally sweet, honey-flavoured taste. Very little fibre.



**\$2** Nam Dok Mai mango product of Mexico, each  
21475827001\_EA

Sweet & tangy with fibreless flesh. Rich in Vitamins A & C.



**\$3** Haden Royale mango product of Mexico, each  
21754532001\_EA

Air FLOWN for peak flavour!

Prized for its mild, sweet, juicy flavour and fibreless flesh.



**\$5** Palmer mango product of Brazil, each  
20025410001\_EA



Tiny & super sweet. Fibreless flesh with an edible skin.

**5.99 lb** Sugar mango product of Colombia  
13.21/kg 20995401001\_KG



**4.99** PC® greenhouse strawberries product of Ontario, Canada no. 1 grade  
340 g 21027142001\_EA



colossal red cherries 8.99/lb, 19.82/kg product of U.S.A., no. 1 grade  
or raspberry apricots 8.99 ea., product of U.S.A., no. 1 grade  
20159690001\_KG/21612748001\_EA



Sungold kiwi 5.99 ea., 1 lb, product of New Zealand  
or rhubarb 5.99/lb, 13.21/kg product of Ontario, Canada no. 1 grade  
20159921001\_KG



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



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



**2.49 lb** Forelle pears product of South Africa, Extra Fancy grade  
5.49/kg 20143210001\_KG



**2.99** PC® kale or broccoli slaw product of U.S.A.  
340 g 20961110\_EA/20960988\_EA



**6.99** traditional guacamole 191 g or taco dip 510 g  
each 21691049\_EA/21640086\_EA



**3.99** grape tomatoes 283 g product of Ontario, Canada no. 1 grade or Guatemala, no. 1 grade  
or mini baking potatoes 4's, product of Canada, Canada no. 1 grade  
21367888001\_EA/21109256001\_EA

## Pick Organic Over 150 items available every day!

**1,000** pts

Greenhouse organic fiery ginger shot box product of Ontario  
21561230\_EA

**29.99** 26 L  
1.26 L



**3.99** organic lemons product of South Africa  
454 g 20972626001\_EA



**3.49** PC® Organics mini carrots product of U.S.A. no. 1 grade  
454 g 20185409\_EA



**6.99 lb** organic asparagus product of Ontario, Canada no. 1 grade  
15.41/kg 20150805001\_KG



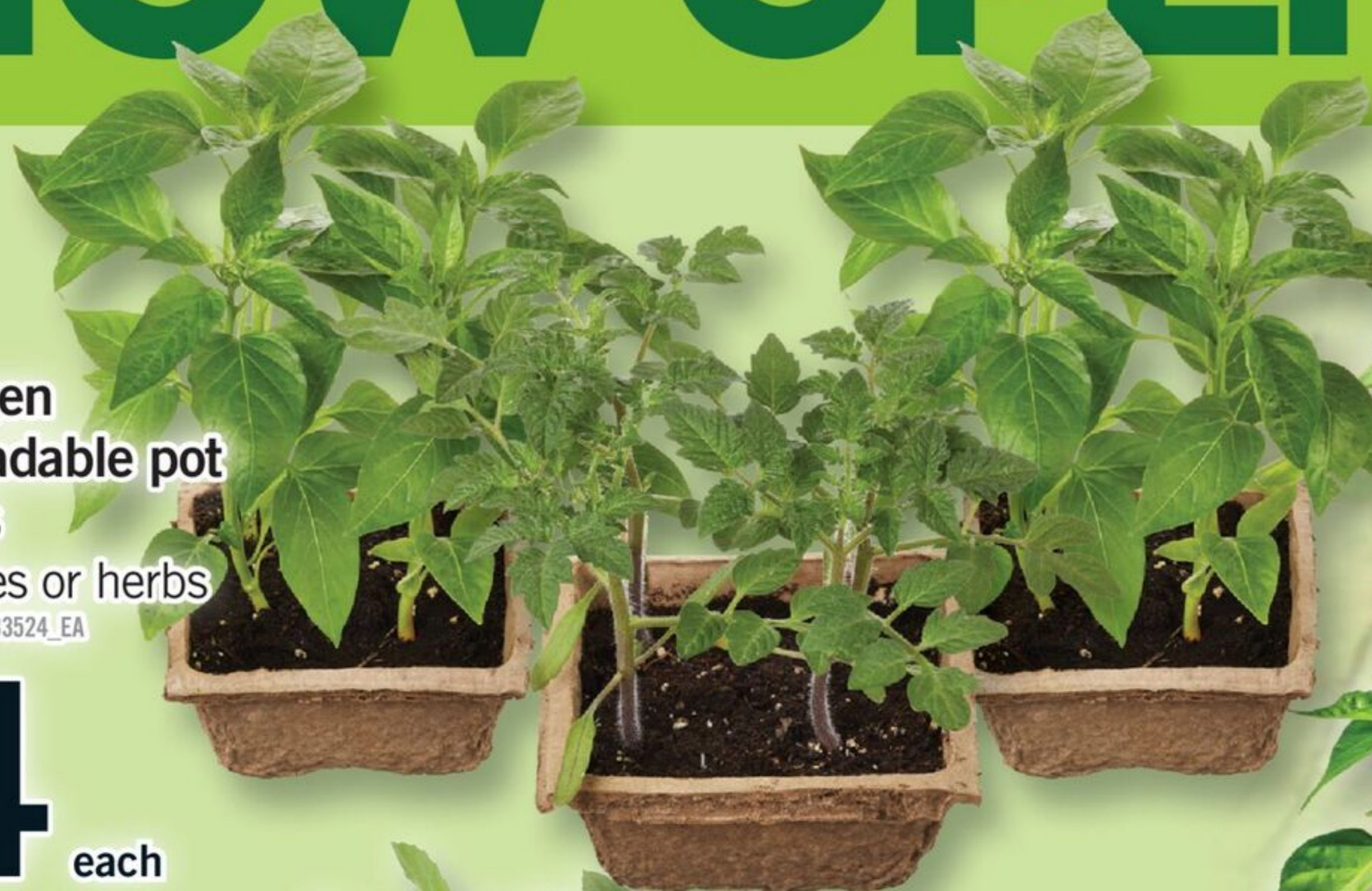
**3.99** organic sugar snap peas product of U.S.A.  
170 g 21194027\_EA

# GARDEN CENTRES NOW OPEN

SUNDAY: 8 AM - 6 PM  
TUESDAY - SATURDAY: 8 AM - 8 PM  
VICTORIA DAY: 8 AM - 5 PM

Wildhagen  
biodegradable pot  
4 plants  
vegetables or herbs

**\$4** each



PC®  
Gigantico™  
vegetables  
or herbs

21350301\_EA/21350301\_EA

**5/\$25**

or \$5.50 ea.



PC® vegetable cage  
pepper or tomato

20753965\_EA/20753957\_EA

**\$20** 10.5 inch



Marigolds add colour to your garden but due to their strong scent they help deter pests. Place next to your tomatoes (it's called companion planting).

PC® Gigantico™  
504 annual

21570281\_EA

**\$5** 4 pk



PC® 13"  
perennials  
selected varieties

21350465\_EA

**2/\$20** or \$11 ea.



PC® Boston fern  
10" hanging  
basket

selected varieties

20845440\_EA

**\$22** each



PC® Gigantico™  
annual  
4.33 inch

21352664\_EA

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



PC® 11"  
deluxe annual  
hanging basket  
selected varieties

20753918\_EA

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



PC® 12"  
jumbo annual  
hanging basket  
selected varieties

20753924\_EA

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



12" patio  
planter or tall  
10" tropical  
planter

20592129\_EA/213082661\_EA

**\$40** each



Tuscany 10"  
window box

21457867\_EA

**\$40** each



Rio  
Dipladenia

12" dipladenia  
hanging basket  
or mixed  
tropical planter

21383859\_EA/21346600\_EA

**\$50** each



# Fire up the Grill

London broil  
beef flank steak  
with mild pork sausage  
stuffing, cut from  
Canada AA or USDA  
Select Grade beef

**17.99** lb  
39.66/kg

Ontario  
Pork

Breast Bone  
Removed  
**BETTER VALUE**

**5.99** lb St. Louis  
pork side ribs  
21036398\_KG

Ontario  
Pork

**3.99** lb pork shoulder  
butt chop  
20837877\_KG

a proud  
**FORTINOS**  
recipe

4 pack!

4 pack!

Raised by a  
CANADIAN FARMER

**10.99** Fortinos  
Hot Chicken burger  
500 g  
21746955\_EA

SINCE 1978  
CERTIFIED  
ANGUS BEEF®  
BRAND

**12.99** Fortinos  
Smoked Whisky burger  
500 g  
21746700\_EA

ONTARIO  
TURKEY

**10.99** Fortinos turkey & caramelized  
onion or parsley turkey burger  
each  
21674822\_EA

MADE WITH CANADIAN BEEF  
CAROLINA  
BBQ BEEF  
SHORT RIBS

**16.99** lb Carolina BBQ  
chuck short ribs  
37.46/kg  
21747272\_KG

a proud  
FORTINOS  
recipe  
Made with 100%  
ground chuck.  
No artificial  
preservatives  
or additives.

**9.99** Fortinos  
Certified Angus Beef sliders  
each  
21099444\_EA

SINCE 1978  
CERTIFIED  
ANGUS BEEF®  
BRAND

**3.99** Fortinos chicken breast  
souvlaki, chicken breast  
or Certified Angus Beef  
herb & garlic skewers  
120 g  
21606828\_EA

**Seafood**

**11.99** lb fresh whole  
seabream (orata)  
or European  
seabass  
26.43/kg  
20039553\_KG/20115567\_KG

Made fresh  
daily!

**4.99** fresh Atlantic  
salmon burger  
181 g  
21188901\_EA

a proud  
FORTINOS  
recipe

**6.99** fresh Atlantic salmon  
or previously frozen  
shrimp kebobs  
each  
20851516\_EA

a proud  
FORTINOS  
recipe

**7.99** fresh swordfish  
or previously frozen  
tuna kebobs  
each  
21461175\_EA



**Sabatini sauce**  
\$6.79 450 mL

**5.79 lb** Fortinos fresh pasta  
selected varieties  
12.76/kg  
20594477\_KG/21670610\_EA

**PANE Fresco**  
pizza kit  
New Yorker or  
Mediterraneo  
21307893\_EA

**11.99** each

**1 kg**

**19.99** organic  
roastisserie chicken  
1 kg  
21104363\_EA

**7.29** each  
quarter chicken dinner  
white or dark meat  
with mashed potatoes  
20165783\_EA

**Deli** Always freshly sliced or shaved your way!

**Ziggy's® Black Forest  
or honey maple ham**  
selected varieties  
20323392\_KG

**9.99 lb**  
2.20/100 g

**Venetian  
Genoa salami**  
mild or hot  
20303649\_KG

**12.99 lb**  
2.86/100 g

**McLean  
garlic herb or  
Tuscany turkey**  
20561368\_KG

**15.99 lb**  
3.53/100 g

**Salumeria il Tagliere  
Cacciatore artisan  
sausage hot or mild**  
21311101\_KG/21311177\_KG

**24.90 lb**  
5.49/100 g

**FATTORIE  
DEGLI ALBURNI  
BURRATINA**

**6.99**  
125 g  
21189924\_EA/21190677\_EA

**Latterie  
Diano  
Mozzarella  
di Bufala Campana**  
Denominazione di Origine Protetta

**Tre Stelle  
BOCCONCINI**  
mini mini  
FRESH SOFT CHEESE  
200 g

**6.99**  
200 g  
20318663\_EA

**HALLOOM**  
SEMI-SOFT UNRIPPENED CHEESE  
FROMAGE NON AFFINE  
À PÂTE DEMI-FERME

**7.99**  
250 g  
20563213\_EA

**SNACK FACTORY**  
**Pretzel Crisps**  
ORIGINAL/ORIGINALE  
DELI STYLE/STYLE DELI

**5.99**  
200 g  
20948940\_EA

**Bakery** Baked fresh by Bakers with passion!

**1/4 slab strawberry  
shortcake**  
\$44.99 1.4 kg

**29.99**  
1 kg  
20592878\_EA/20593060\_EA

**strawberry  
shortcake 8"**

**6" strawberry  
or mixed fruit  
topped  
cheesecake**  
20592800\_EA

**26.99**  
595 g

**7.49**  
4x75 g  
20695415\_EA

**Portuguese tarts**

**2.99** each  
assorted  
cafe desserts  
selected varieties  
20592874\_EA

**Optimum**  
**1,000 pts**

**Stonemill bread**  
selected varieties  
21556097\_EA/21556254\_EA

**5.49**  
425-550 g

**Simple Joys Bakery**  
iced sliced loaf  
selected varieties  
21618088\_EA/21624655\_EA

**5.99**  
400 g

**Baxter's  
butter tarts**  
selected varieties  
21070344\_EA

**7.99**  
408-510 g

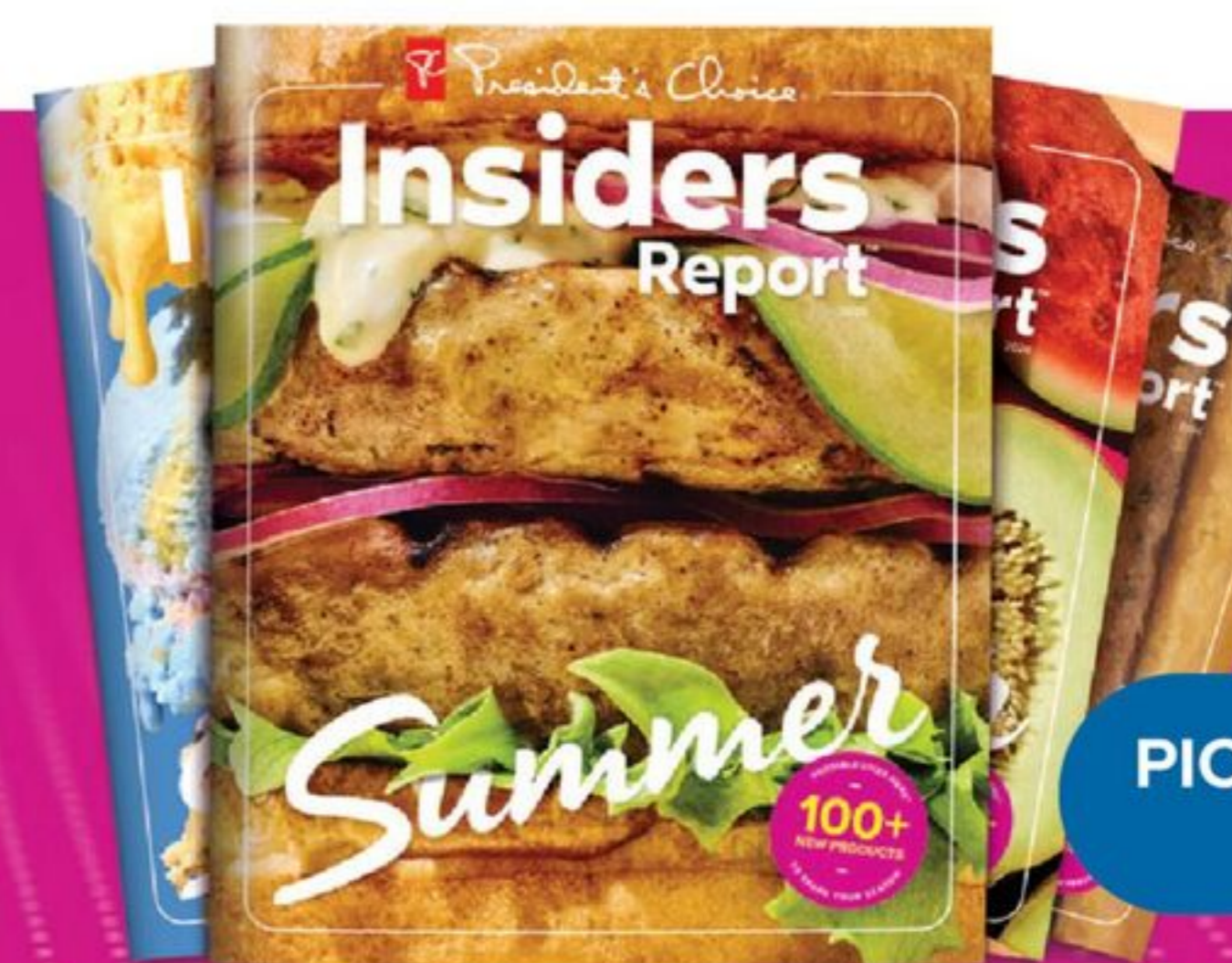
**Three Sisters  
ice cream cake**  
cookies and cream,  
double chocolate  
or confetti  
21702111\_EA

**30.99**  
1.2 kg



Insiders Report™

# Must Try for Summer



It's here!

PICK UP A COPY IN-STORE OR CLICK HERE!



PC® Strawberry Cream Pie 730 g  
21716096\_EA

\$12



PC® Decadent Muffin or PC® The Decadent Double Chocolate Muffin 360 g  
21717326\_EA/21717562\_EA

\$6



PC® Sukkari or Safawi dates product of Saudi Arabia or PC® Medjool dates product of Israel, 400 g  
21706824001\_EA/21706738001\_EA

\$8



PC® Jerk Chicken Burger frozen, 852 g  
21714192\_EA

\$12

PC® onion Spanish Torta pie 600 g  
21714876\_EA

\$7



PC® chicken sausage selected varieties  
21731918\_EA/21732121\_EA

650  
375 g



PC® The Sizzle Wheel Chili Crisp Shrimp or Garlic & Herb Shrimp frozen, 300 g  
21704047\_EA/21704114\_EA

\$13



PC® Hummus, Toum or Roasted Red Pepper Squeeze Dips 260 g  
21732723\_EA/21732733\_EA

\$5



PC® Layered Tortilla Bowl Chicken Chili Verde, Chicken Mole or Beef Piccadillo frozen, 300 g  
21717291\_EA/21716625\_EA

\$5



PC® Scoop Shop ice cream Cookie Dough, Rainbow Trail or Pina Colada frozen, 946 mL  
21706641\_EA/21706621\_EA

\$5



PC® Blue Menu® Passion Fruit Guava sparkling water 12x355 mL  
21703743\_EA

575 each

PC® Guava Lemonade 1.89 L  
21706967\_EA

\$3



PC® Organics Vegan Crunchies Cheddar or Sour Cream & Onion 142 g  
21716109\_EA/21716046\_EA

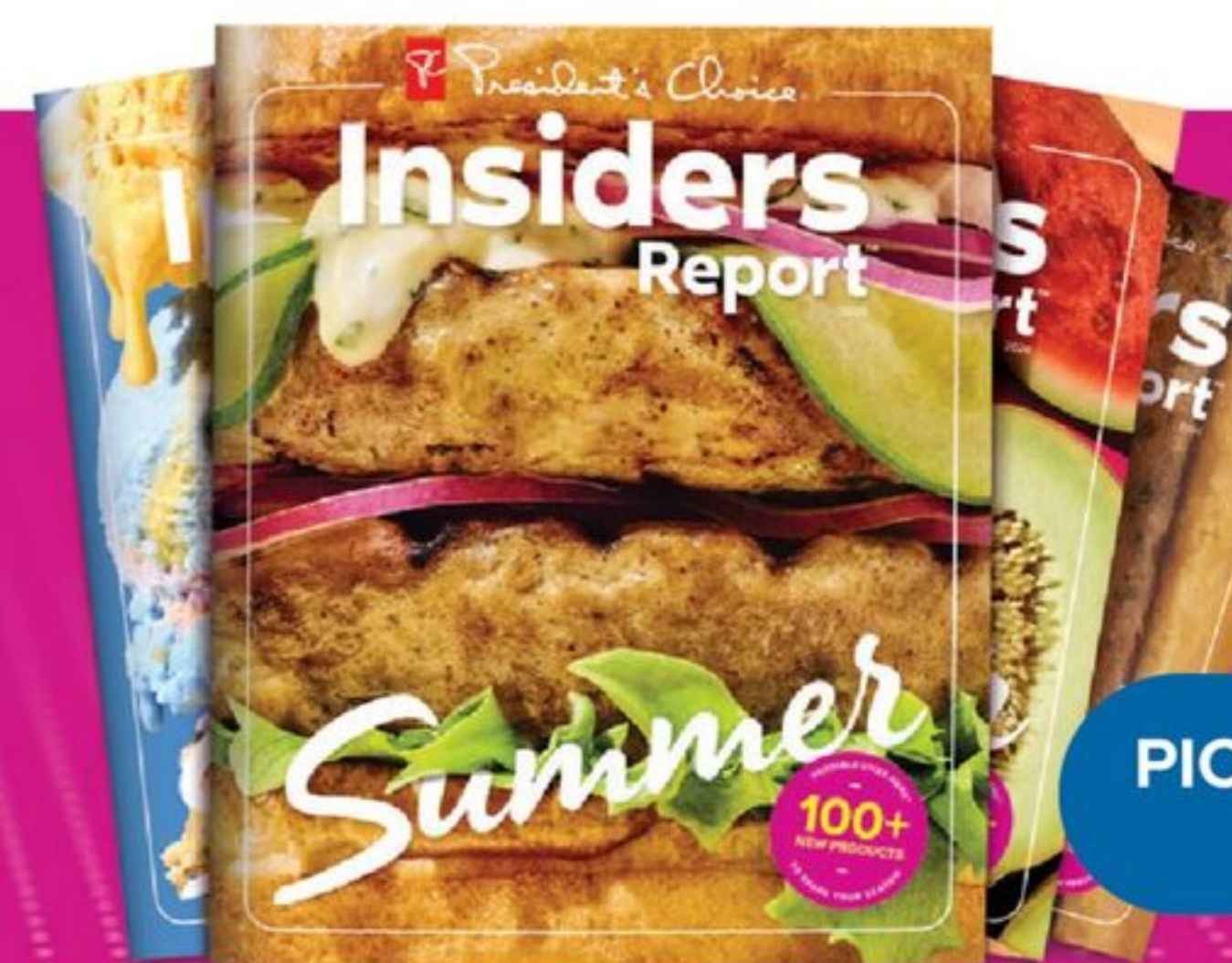
350  
142 g





Insiders Report™

# Summer Favourites



It's here!

PICK UP A COPY IN-STORE OR CLICK HERE!



New!

**\$4** PC® frozen entrées selected varieties, 300-325 g  
21716419\_EAI21716438\_EA



New!

**2.50** PC® World Of Flavours chips selected varieties  
200 g  
21716419\_EAI21716438\_EA



New!

**6.75** PC® Cola or Ginger Ale Zero 12x355 mL  
each  
21703732\_C12/21703690\_C12



New!

**9.99** PC® French Roast K-Cup pods 12's  
21696559\_EA



New!

**\$5** PC® Loads Of™ Nanaimo ice cream bars 4x72 mL  
21707047\_EA



PC® Kettle Cooked potato chips selected varieties  
21422931\_EA

**2.50** 200 g



PC® de-alcoholized wine selected varieties  
21403385\_EAI21403389\_EA

**8.49** 750 mL



PC® dry roasted peanuts selected varieties  
2005799001\_EA

**4.99** 700 g



PC® lemonade selected varieties  
2077387001\_EAI20957804\_EA

**\$3** 1.89 L



PC® M'AQUA™ cocktail flavoured sparkling water selected varieties  
21590669\_C06/21590689\_C06

**\$5** 6x355 mL



Optimum **1,000** pts

**4.99** PC® flatbread selected varieties, frozen, 330-395 g  
each  
21013452\_EAI21305188\_EA



PC® Black Label pizza selected varieties, frozen  
21531415\_EAI21615467\_EA

**8.99** 370-440 g



PC® Wood-Fired pizza selected varieties, frozen  
21540352\_EAI21540359\_EA

**5.49** 351-413 g



PC® risotto or gnocchi selected varieties, frozen  
21546584\_EAI21546622\_EA

**5.99** 350/400 g



PC® breaded or battered fish selected varieties, frozen  
21637039\_EAI21637091\_EA

**11.99** 500-680 g



PC® Black Label ice cream selected varieties, frozen  
20604543004\_EAI21648724\_EA

**4.49** 500 mL



PC® Cream First™ ice cream selected varieties, frozen  
20757157002\_EAI20757157006\_EA

**6.49** 1.5 L



PC® Mochi frozen dessert selected varieties  
21166581\_EAI21167338\_EA

**5.49** 6x35 mL



PC® ice pops selected varieties, frozen  
21432016\_EAI21575280\_EA

**4.99** 6x60 mL



PC® cookie dough bites selected varieties, frozen  
21506910\_EAI21506998\_EA

**4.99** 6x30 mL



# Inspired by Bees

Enjoy the sweet goodness of honey!

World Bee Day - Wednesday, May 20



Drizzled with  
Mike's Hot Honey!

**29<sup>99</sup>** each **PANE Fresco**  
sweet stinger  
Roman pizza  
21430936\_EA



Since 1981, the Van Alten family has been bottling award-winning honey.

**9<sup>49</sup>** Dutchman's Gold  
Summer Blossom  
or Wildflower honey  
500 g  
21053161\_EA/21053162\_EA



Raw &  
unpasteurized!



The Wolfe family from Alberta has been cultivating hives since the 1980's from the Peace River basin.

**9<sup>99</sup>** Peace River organic  
creamed honey  
selected varieties  
500 g  
21447829\_EA



Wildflower honey  
from Rosewood  
Winery in the  
Niagara Region.

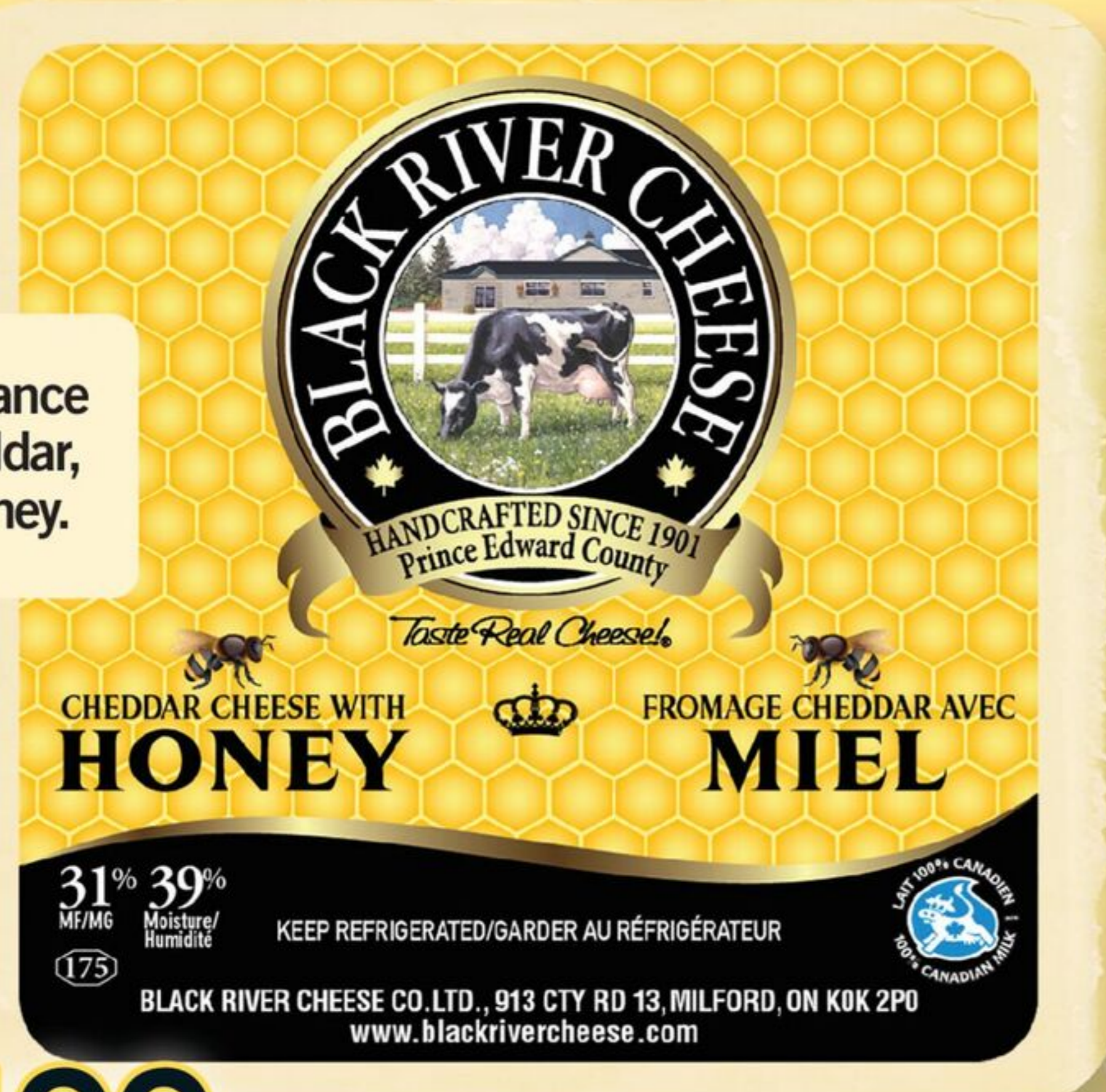
**8<sup>99</sup>** Rosewood honey  
150 g  
21737731\_EA/21717432\_EA



This chili-infused  
honey is great on  
wings, cheese boards  
and in sandwiches.

Peace River  
hot honey  
21447840\_EA

**10<sup>49</sup>** 375 g



The perfect balance  
of a sharp cheddar,  
paired with honey.

**25<sup>99</sup>** lb **Black River**  
honey cheddar  
57.30/kg  
21127263\_KG

A Balkan-style yogurt  
infused with honey  
and made with  
Canadian milk.

Olympic  
Krema yogurt  
selected varieties  
21587006\_EA

**6<sup>49</sup>** 650 g



Nutrient dense, high in  
protein & antioxidants.  
Helps strengthen  
immune system,  
and acts as an  
anti-inflammatory.

**29<sup>99</sup>** 500 g  
Dutchman's Gold  
bee pollen  
21538802\_EA



# Long Weekend Entertaining



**349** each  
Gay Lea sour cream selected varieties 425/500 mL  
20317536001\_EA



**NEW**  
**699** 473 mL  
Talenti gelato or sorbetto selected varieties, frozen  
21720449\_EA/21720544\_EA



**499** each  
Cracker Barrel natural cheese slices selected varieties 200-240 g  
21290705\_EA



**699** 1.36/1.54 L  
Simply orange juice or cranberry cocktail selected varieties  
21735026\_EA/21735042\_EA



**249** 960 mL  
Oasis juice, Del Monte nectar or Arizona iced tea selected varieties  
20336722014\_EA/20894117004\_EA



**399** 4x20 g  
Cadbury Flake bars  
21344874\_EA



**1079** 16's  
Frito Lay variety packs selected varieties  
21584937\_EA



**349** 240 g  
Snyder's pretzels or pieces selected varieties  
20316052001\_EA/20316052003\_EA



**349** 120/130 g  
Grissol crispy baguettes selected varieties  
21033188\_EA



**499** 354 mL  
Frank's Red Hot sauce selected varieties  
20187632001\_EA/21648960\_EA



**649** 148 mL  
Casa Firelli hot sauce selected varieties  
21729608\_EA/21729763\_EA



**1,000** pts  
**249** 200 g  
Kraft pasta salad  
20976367\_EA



**549** 1 L  
Brine pickles selected varieties  
21681255\_EA/21681273\_EA



**329** 375 mL  
Unico olives selected varieties  
20024445\_EA/20324873002\_EA



**NEW**  
**349** 532 mL  
Karma Probiotics or Energy Water  
21681765\_EA/21730436\_EA



**249** 4 L  
Eska demineralized water  
21432282\_EA



**899** 40's  
no name® paper dinner plates  
21384149\_EA



**699** 50's  
no name® plastic party cups selected varieties  
21206257\_EA/21206261\_EA



**349** 250's  
no name® napkins  
20997492\_EA



**\$14**  
Royal Oak Star Grill lump charcoal 4.54 kg  
20027522\_EA

# Kick Start the Season



**3.99** each  
Diana gourmet  
500 mL or Bull's Eye  
BBQ sauce 425 mL  
selected varieties  
20547834005\_EA/21184617\_EA

**2.99** 325 mL  
French's  
mustard  
selected varieties  
20056405001\_EA/20318504003\_EA

**8.49** 500 mL  
Maille Dijon  
mustard  
selected varieties  
20032602001\_EA/20032602002\_EA

**6.99** 350 mL  
Matheson Food  
Company sauces  
selected varieties  
21618525\_EA/21618529\_EA

**6.49** each  
G Hughes sauce  
or ketchup  
selected varieties,  
354-490 mL  
21096276\_EA/21362807\_EA

**3.49** 340 mL  
Heinz  
mayo style dip  
selected varieties  
21686143\_EA/21686231\_EA

**7.99** 255 g  
Blonde Beard's  
sauce  
selected varieties  
21633120\_EA/21633289\_EA

**4.29** 750 mL  
Unico  
pepper rings  
21103533\_EA

**4.99** 142 g  
Bertolli  
olive oil spray  
20772484\_EA

**4.99** 796 mL  
Kuhne  
sauerkraut  
20068748\_EA

## Beverages

**6.99** 6x330 mL  
San Pellegrino  
Naturali,  
Light or Ciao  
selected varieties  
21433206\_C06/21590961\_C06

**4.49** 6x222 mL  
Coca-Cola  
or Canada Dry  
mini cans  
selected varieties  
20354288002\_C06

**1.99** 710 mL  
Gatorade  
sport drinks  
selected varieties  
20305775003\_EA

**2.49** 591 mL  
Vitaminwater  
selected varieties  
20333194003\_EA/205623620031\_EA

**6.99** 12x355 mL  
Bubly 12  
sparkling water  
selected varieties  
21097177\_C12/21243603\_C12

## Alcohol Free!

**8.99** 4x355 mL  
Atypique  
ready to drink  
non alcoholic  
drinks  
selected varieties  
21515994\_C04

**11.99** 6x355 mL  
Sleeman Zero  
or Sapporo Zero  
non-alcoholic  
beer  
21595931\_C06

**17.99** 750 mL  
NEW  
Clever  
Mocktails  
non alcoholic  
spirits  
21740132\_EA

**2.99** 355 mL  
NEW  
Clever  
Mocktails  
non alcoholic  
ready to drink  
21703824\_EA

**8.99** 750 mL  
Fever Tree  
non alcoholic  
mixes  
21664613\_EA

# Ice Cream



**650**  
6's  
PC® Blue Menu®  
smoothie or fudge bars  
selected varieties, frozen  
20302849003\_EA/21718729\_EA



**599**  
1.41 L  
NEW  
Breyers creamery  
style ice cream  
selected varieties,  
frozen  
21651382\_EA/21717460\_EA



**699**  
473 mL  
Halo Top  
frozen  
dessert  
selected  
varieties,  
frozen  
21087007\_EA/21585215\_EA



**999**  
each  
Baskin Robbins  
ice cream 946 mL  
or sandwiches 4's  
selected varieties,  
frozen  
21721501\_EA/21721532\_EA



**1049**  
24/30's  
no name® club size  
sandwich or bars  
selected varieties, frozen  
21013432\_EA



**598**  
1 L  
T&T ice cream  
21300559\_EA/21297144\_EA



**598**  
560 mL  
Melona  
frozen dessert bars  
selected varieties  
21622903\_EA/21622933\_EA



**279**  
142 g  
PC® sugar  
ice cream  
cones  
selected varieties  
20340143\_EA



**229**  
45-80 g  
no name®  
ice cream  
cones or cups  
selected varieties  
21203883\_EA



**579**  
428 mL  
PC®  
squeezable  
toppings  
selected varieties  
20338077\_EA/20339669\_EA

# Sweet Treats

ICEE frost  
21519341\_EA

**249**  
170 g



Nerds gummy  
clusters  
selected varieties  
21628482\_EA

**349**  
142 g



Cottage Country  
traditional  
cotton candy  
21460545\_EA

**299**  
65 g



Optimum™

APP EXCLUSIVE OFFER  
Optimum  
**6,000** pts  
when you spend  
\$15\* or more



Reese's products  
20320606002\_EA/20683743\_EA  
21103497\_EA/21184633\_EA



**399**  
each  
Twizzlers or Jolly  
Rancher rope  
selected varieties  
283-454 g  
20022328004\_EA



**1299**  
300 g  
OMG  
chocolate  
s'mores  
clusters  
21725624\_EA



**1199**  
567 g  
Hershey's  
milk chocolate  
s'mores kit  
21510787\_EA



**599**  
48x42 mL  
Mr. Freeze  
freezies 48's  
21031219\_EA



**579**  
135/205 g  
PC® waffle  
cones or bowls  
21203795\_EA

a proud  
**FORTINOS**  
recipe

# MADE FRESH DAILY!

## 8oz Burgers



100%  
Ground Chuck

- ✓ 100% ground chuck
- ✓ Rich, juicy flavour
- ✓ 1/2 lb each!

**5.99**  
each

*Available in our  
Butcher Block*



Bacon Burger



Cheddar Burger



Classic Salt & Pepper Burger



Garlic and Worcester  
Burger



NEW

# BRING THE STEAKHOUSE EXPERIENCE HOME



- ✓ Superior marbling
- ✓ Unrivalled flavour, juiciness & tenderness
- ✓ Only 4 in 10 Angus cattle meet the brand's high standards

Click here for grilling ideas, cuts and recipes!



## Picanha Steak or Coulotte Steak

Certified Angus beef brand, cut from Canada AAA grade beef or higher

21594284\_KG

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

This Brazilian favourite is a must try for the grill and a wow for your guests! Prized for its tenderness and intense flavour, it has a thick fat cap that bastes the meat while grilling. Great served with chimichurri sauce!



## Baseball Steak or Top Sirloin

Certified Angus beef brand, cut from Canada AAA grade beef or higher

20865809\_KG

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

This thick boneless steak resembles a fillet mignon but better value. It's thick-cut from the top sirloin and is boneless, tender and flavourful!



This cowboy steak is a thick ribeye with a large frenched bone resembling an axe. It delivers the ultimate meaty experience with intense marbling and high fat, giving the steak a rich, buttery flavour.

## Frenched Rib Steak

Certified Angus beef brand, cut from Canada AAA grade beef or higher

20877746\_KG

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



## Striploin Steak

Certified Angus beef brand, cut from Canada AAA grade beef or higher

20798456\_KG

**27<sup>99</sup>lb**  
61.71/kg

A premium, boneless cut. Prized on steakhouse menus as it delivers a consistent eating experience with great flavour and juicy texture.

# SUMMMER BUNS

Choosing the right bun will take your food to new heights!



**379**  
8's  
Wonder hamburger or hot dog buns selected varieties  
20297455\_EA



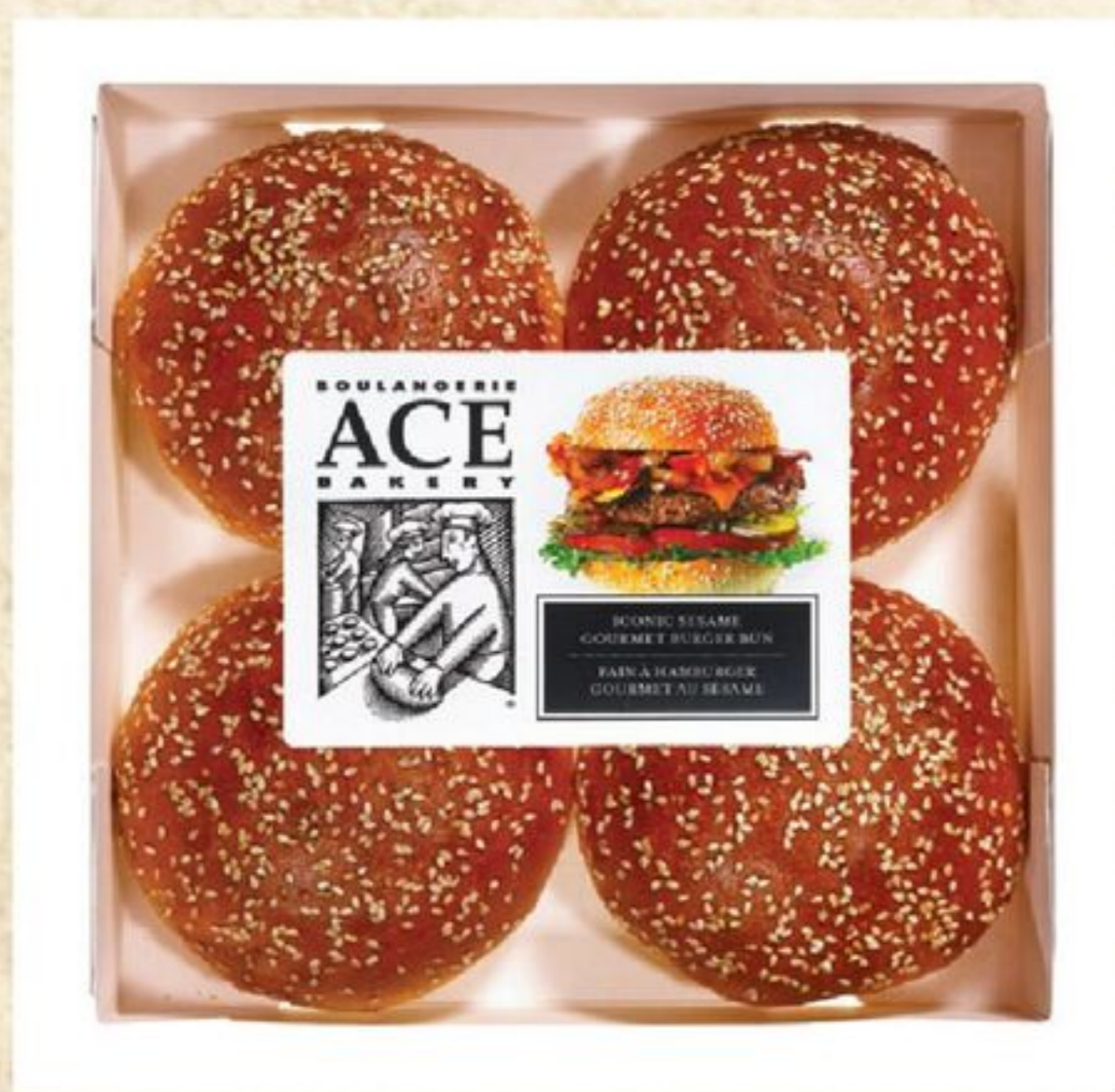
**429**  
6/8's  
D'italiano buns selected varieties  
20673208\_EA



**429**  
426/528 g  
Villaggio Toscana buns  
21285576\_EA/21285577\_EA



**429**  
each  
Dempster's Gold hamburger buns 8's or sausage buns 6's  
21331652\_EA



**479**  
296 g  
ACE gourmet buns selected varieties  
21596224\_EA



La Fournee Doree brioche buns selected varieties  
20980708\_EA/21192729\_EA

**529**  
200/385 g



**499**  
6/8's  
PC® Gigantico hamburger or sausage buns selected varieties  
20627037\_EA/21431179\_EA



**499**  
6's  
PC® Brioche buns selected varieties  
21094319\_EA/21576538\_EA



**429**  
8's  
PC® Thins buns selected varieties  
20317755\_EA/20332961\_EA



**649**  
260/320 g  
PC® gluten free bread hamburger or hot dog buns  
21243173\_EA/21243291\_EA



**749**  
425 g  
Martin's potato rolls selected varieties  
21478777\_EA/21681311\_EA



**849**  
each  
Promise gluten free hamburger or hot dog buns  
260/280 g  
21465953\_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>** Irini 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



# Summer Candy GRAB & GO

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



**gummi worms** 425 g  
21156401\_EA



**gummi bears** 425 g  
21156402\_EA



**ju jubes** 425 g  
21156403\_EA



**jelly beans** 495 g  
21156404\_EA



**sour soothers** 340 g  
21156405\_EA



**wine gums** 425 g  
21156406\_EA



**peach slices** 425 g  
21174186\_EA



**big foot candy** 425 g  
21174187\_EA



**jumbo gummi bears** 425 g  
21373601\_EA



**bubble gum** 340 g  
21373603\_EA



**8<sup>99</sup>** ju jubes  
grab bag  
1 kg  
21601766\_EA



**8<sup>99</sup>** jumbo  
sour soothers  
grab bag  
750 g  
21601797\_EA



**9<sup>99</sup>** sugared  
gummi carousel  
675 g  
21601843\_EA



**9<sup>99</sup>** gummi  
candy carousel  
765 g  
21601727\_EA

# Baby



**Optimum**  
**10,000<sup>pt</sup>**  
for every \$50 spent on  
Pampers diapers, wipes or training pants selected varieties and sizes  
21018026\_EA/21089297\_EA



**Optimum**  
**10,000<sup>pt</sup>**  
for every \$50 spent on  
Huggies diapers, wipes, Goodnites or Pull-Ups selected varieties and sizes  
20963841\_EA/21172000\_EA



Similac formula selected varieties  
21436985\_EA/21437126\_EA  
**54<sup>99</sup>** 837/859 g



Enfamil NeuroPro formula powder selected varieties  
21589117\_EA/21589230\_EA  
**49<sup>99</sup>** 553/587 g



Johnson & Johnson baby needs 400-600 mL or WaterWipes 60's selected varieties  
21112321\_EA/21488621\_EA  
**5<sup>99</sup>** each

PC® Organics mini cereal bars 160 g or Hot Kid Mum-Mum 50-60 g selected varieties  
20159814002\_EA/20431441001\_EA  
**2<sup>99</sup>** each



PediaSure 4x235 mL or Pedialyte 1 L selected varieties  
20322414001\_EA/20322414002\_EA  
**8<sup>99</sup>** each



Cerebelly pouches selected varieties  
21191663\_EA/21601227\_EA  
**2<sup>99</sup>** 128 mL



Earth's Best puffs 44-78 g or Love Child Seafriends 140 g selected varieties  
21462907\_EA/21534883\_EA  
**3<sup>99</sup>** each



Pampers or Huggies wipes selected varieties  
21371309\_EA  
**19<sup>99</sup>** 560-720's



# Body & Health

Softsoap 221 mL or Fisherman's Friend lozenges 22's selected varieties  
21073173\_EA/21073176\_EA  
**2<sup>49</sup>** each



Sensodyne toothpaste 75 mL or Listerine 1 L selected varieties  
21091222\_EA/21471656\_EA  
**6<sup>99</sup>** each



Nivea 50-625 mL or Vaseline 400-600 mL lotion selected varieties  
20700027\_EA/20794480\_EA  
**8<sup>99</sup>** each



Head & Shoulders 370 mL or Dove 355 mL hair care selected varieties  
21505016\_EA/21644833\_EA  
**6<sup>99</sup>** each



Dove 3's or Olay 4's bar soap selected varieties  
20605927003\_EA/21220717\_EA  
**5<sup>99</sup>** each



Always liners 36-72's, pads 10-26's or Tampax tampons 14-18's selected varieties  
21181430\_EA  
**5<sup>49</sup>** each



Tena protective underwear selected varieties  
21033614\_EA/21033778\_EA  
**17<sup>99</sup>** 13-48's



Boost meal replacement or Liquid IV selected varieties  
20986348\_C06/20986361\_C06  
**13<sup>99</sup>** 6's



Alani protein drinks 355 mL or Grenade or One protein bars 60 g selected varieties  
21120168\_EA/21602112\_EA  
**3<sup>49</sup>** each



Centrum, Caltrate or Emergen-C selected sizes and varieties up to **20% OFF**



# Household



Snuggle fabric softener 58 WL, 1.16 L or Febreze fabric refresher 700 mL  
21574956\_EA/21600146\_EA

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



Lysol toilet bowl cleaner value pack selected varieties  
21238361\_EA/21526714\_EA

**8<sup>99</sup>**  
2x710 mL



Cascade Platinum Plus or Complete dishwashing tabs  
21518479\_EA/21575009\_EA

**23<sup>99</sup>**  
51-90's



Clorox all purpose cleaners 887/946 mL or Tilex shower spray 946 mL selected varieties  
20168000\_EA/21657792\_EA

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



Royale paper towels  
21526573\_EA

**24<sup>99</sup>**  
6=18 rolls



Glad compost garbage bags selected varieties and sizes  
20099609\_EA/20297334001\_EA

**7<sup>99</sup>**  
10-52's



Lysol disinfecting wipes selected varieties  
21397372\_EA/21449819\_EA

**7<sup>49</sup>**  
75/84's



Febreze bathroom or car clips  
21658237\_EA/21659034\_EA

**8<sup>99</sup>**  
2's



Charmin Soft or Strong bath tissue selected varieties  
21636615\_EA/21707477\_EA

**12<sup>99</sup>**  
8=24 rolls



Scotties Ultra Soft facial tissue  
21607215\_EA/21607310\_EA

**13<sup>99</sup>**  
4's

# Pet Needs for Cats & Dogs!



Cesar Canine Cuisine wet dog food selected varieties  
20323206004\_EA/20323206010\_EA

**1<sup>79</sup>**  
100 g



Fresh Pet Dog Joy dog treats  
21583605\_EA/21630365\_EA

**6<sup>49</sup>**  
85/181 g



Blue Buffalo Nudges natural dog treats  
21635523\_EA/21635678\_EA

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



Purina ONE dry dog food selected varieties  
20912587\_EA/20946525\_EA

**12<sup>99</sup>**  
1.45-1.81 kg



PC Nutrition First dry dog food selected varieties  
21304726\_EA/21305879\_EA

**28<sup>99</sup>**  
7 kg



Whiskas Perfect Portions wet cat food selected varieties  
20945388\_EA/21011788\_EA

**1<sup>49</sup>**  
75 g



Purina Cat Chow dry cat food selected varieties  
20308009\_EA/20319556001\_EA

**10<sup>49</sup>**  
1.42-2 kg



Whiskas Temptations cat treats selected varieties  
21012108\_EA/21105449\_EA

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



no name scented or unscented clumping cat litter selected varieties  
21037550\_EA/21037640\_EA

**9<sup>49</sup>**  
7 kg



Blue Buffalo Tasteful wet cat food  
21594022\_EA

**20<sup>99</sup>**  
12x85 g

# 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

# GARDEN CENTRES NOW OPEN

SUNDAY: 8 AM - 6 PM  
TUESDAY - SATURDAY: 8 AM - 8 PM  
VICTORIA DAY: 8 AM - 5 PM

## 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



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



\$9<sup>99</sup> each bee or ladybug gardening gloves 21719882\_EA



# 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

Children's varieties now available!

Staple nutrients to add to your daily stack!

**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

**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!

**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



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



**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



# 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.

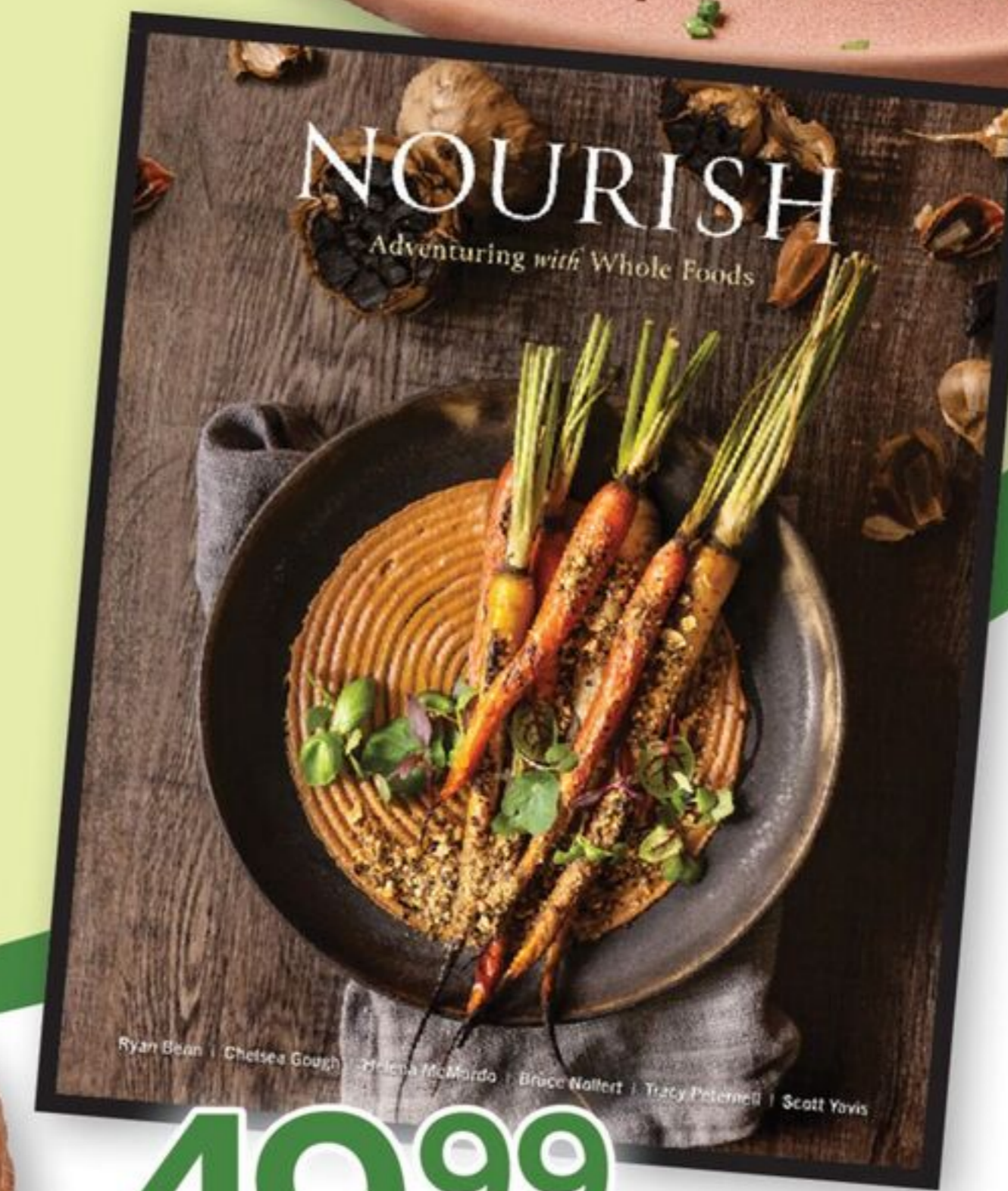
**Béchamel sauce** - in small saucepan over medium-low heat, melt butter and olive oil together. Add flour or starch and whisk continuously for 30 to 45 seconds until lightly foamy but not browned. Slowly whisk in milk and continue whisking for 2 to 3 minutes until sauce thickens slightly and coats the 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*



**49<sup>99</sup>** each  
Nourish cookbook  
21719085\_EA

A great mother's day gift!



**LOCALLY MADE**

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

Alderwood 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



**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!

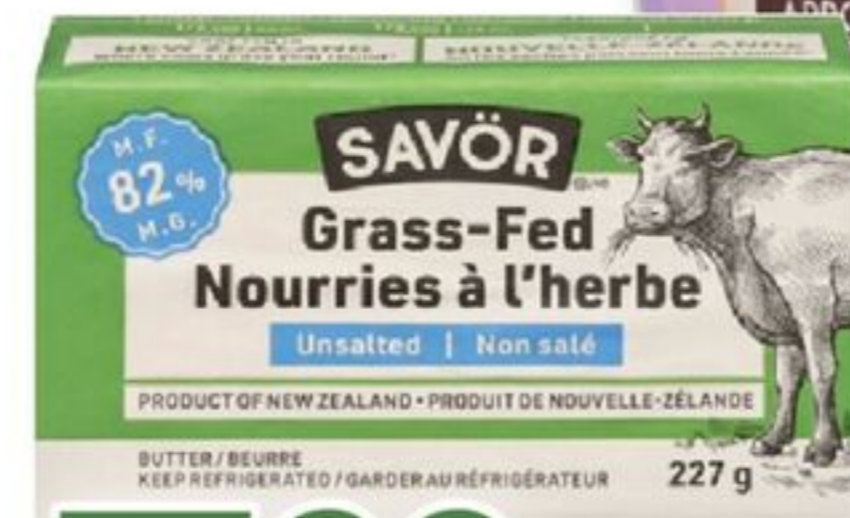
**LOCALLY MADE**

**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



**NEW**

**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  
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  
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Allergy & Sinus  
trio! Effectively  
reduces symptoms!

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



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GET 1  
50% OFF**  
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inner beauty  
supplement blends  
all varieties & sizes  
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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

*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

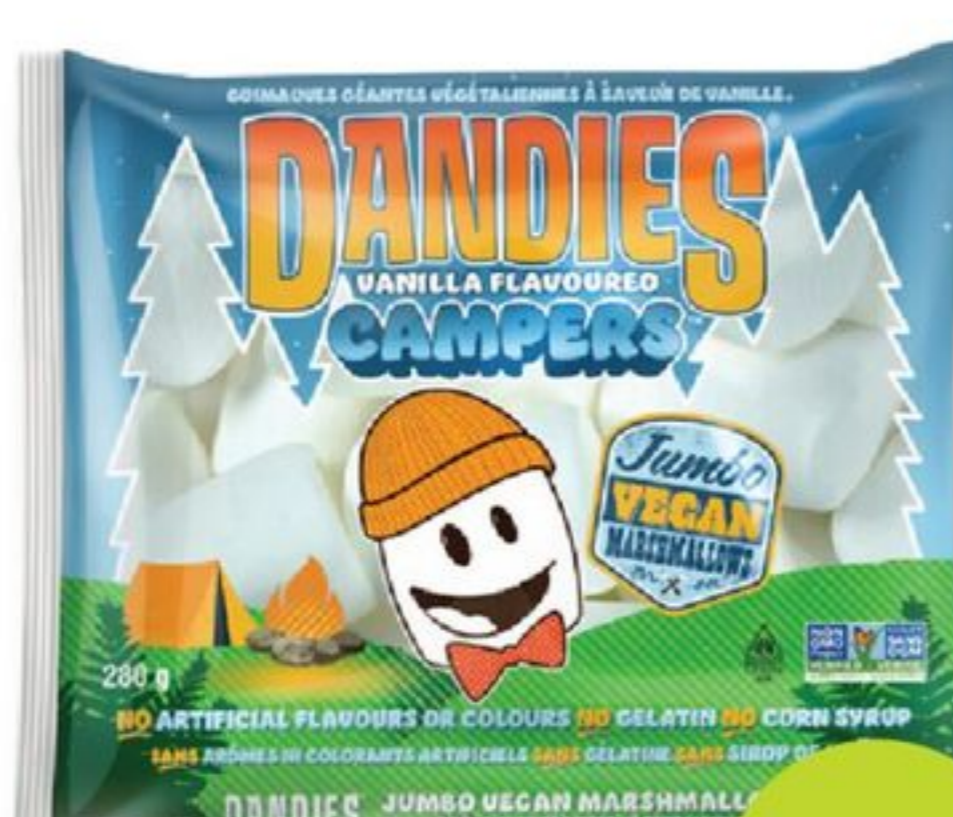
*Great for s'mores!*



**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  
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20g of protein per bar

18g of plant-based protein per serving!

NEW

279 62g

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



299 40g

Hornby organic energy bar selected varieties  
21308996\_EA/21309036\_EA



Gluten-free & Dairy-free!

379 55g

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



4.99 1L

Thirsty Buddha coconut water selected varieties  
20689784\_EA



229 45-51g

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



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

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Caramel Macchiato Natural Flavour  
24g PROTEIN  
Source of electrolytes  
NO ADDED SUGAR  
300 mL  
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**oikos PRO**  
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13g PROTEIN  
NO ADDED SUGAR  
650 g  
21652073

**oikos**  
Greek Yogurt  
NO SUGAR ADDED  
PLAIN  
650 g, 750 g  
21305945

**oikos**  
Greek Yogurt  
VANILLA  
4 x 95 g, 4 x 100 g  
20625055

**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 (600 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.

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**NEW**

**ACTIVIA**  
no gelatin sans gélatine  
3 ESSENTIAL NUTRIENTS  
8 x 100 g  
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**ACTIVIA**  
no gelatin sans gélatine  
3 ESSENTIAL NUTRIENTS  
650 g  
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**ACTIVIA**  
Immune system  
8 x 93 mL  
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**delight**  
BIRTHDAY CAKE  
LIMITED EDITION  
946 mL  
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**\$5.99**

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**WITH 6 ESSENTIAL NUTRIENTS**

**DANONE Danino**  
6 ESSENTIAL NUTRIENTS  
6 x 93 mL  
21520250

**\$3.99**

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**NEW FLAVOUR**

**LIBERTÉ Méditerranée**  
4 x 100 g, Liberté Méditerranée® 500 g, selected varieties

**4.99**

21685700  
21473714  
21719797

**Yoplait**

**NEW FLAVOUR**

**Yoplait YOP**  
raspberry banana  
vanilla  
200 mL  
21478300  
21477986

**Yoplait Source Protein**  
10g PROTEIN  
450 g  
21587047  
21720809

**1.19**

**4.49**

**Yoplait® YOP® drinkables 200 mL, selected varieties**

**Yoplait® Source Protein® tub 650 g, selected varieties**

**MADE IN CANADA**

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**Nutritious, ultra-delicious taste!**

**20g PROTEIN**  
per 250 mL serving

**New**

**Lactantia UltraPur**  
20g PROTEIN  
NO SUGAR ADDED  
10 ESSENTIAL NUTRIENTS  
1.5 L  
21496759\_EA  
21239137\_EA  
21496739\_EA  
21239130\_EA

**\$5.99**

**LACTANTIA ULTRAPUR MILK AND CHOCOLATE MILK**

1.5 L

21496759\_EA  
21239137\_EA  
21496739\_EA  
21239130\_EA

**10 essential nutrients** **No sugar added** **Lactose Free**

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DAIRY FARMERS OF CANADA / QUALITÉ LAITIÈRE



Lindt LINDOR  
Bags 150 g  
**\$10<sup>99</sup>**



Lindt LINDOR  
Bars 100 g  
**\$5<sup>49</sup>**

Lindt LINDOR  
Pouches 60 g  
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Lindt LINDOR  
Boxes 156 g  
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**INDULGE TO WIN**  
1 OF 5  
**\$10,000**  
CASH PRIZES



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DRIZZLE  
THE Mike's



Mike's  
**HOT HONEY**



**11<sup>99</sup>** MIKE'S HOT HONEY  
340 g  
21714947

BUY A GENERAL MILLS PARTICIPATING PRODUCT FOR A CHANCE TO

# WIN



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AND FREE GENERAL MILLS PRODUCTS!

WITH RECEIPT UPLOAD ONLINE. OFFER ENDS JULY 31, 2026. SEE PARTICIPATING PRODUCTS FOR DETAILS.



**\$3.99**  
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21644956

Betty Crocker  
Baking 263-550 g,  
Selected Varieties



**\$22.99**  
20031362001  
20031362007

Larabar™ Fruit & Nut  
Energy bar 16x45/48 g,  
selected varieties



**\$3.79**  
21435996  
20172664005

Pillsbury™  
Pizza Pops™  
4ct 380 g & Strudel/  
Scrambles 326 g

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21103495  
21103503

General Mills™  
Family Size  
Cereal 516-778 g,  
selected varieties



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20795534  
21717322

Old El Paso™  
Dinner Kits 250-510 g,  
selected varieties

\*Mexican Food Products  
brand. 2026 BrandSpark®  
Canadian Trust Study.



**\$4.29**

21714114  
20686988001

Nature Valley™  
Sweet & Salty  
175-210g, Fibre 1 Bars,  
Nature Valley Protein  
Bars, Nature Valley  
Biscuits, 125-190g

\*\*Granola Bar brand, 2026  
BrandSpark® Canadian Trust Study.



**\$2.29**

21505340  
20305424002

Pillsbury™  
Crescents and  
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375g



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Bacon 375g



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**\$4.79**

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