



FORTINOS®



4.99 lb pitted prunes
11.00/kg 20006616_KG



- ✓ Air Chilled
- ✓ Canadian grown
- ✓ Grain fed

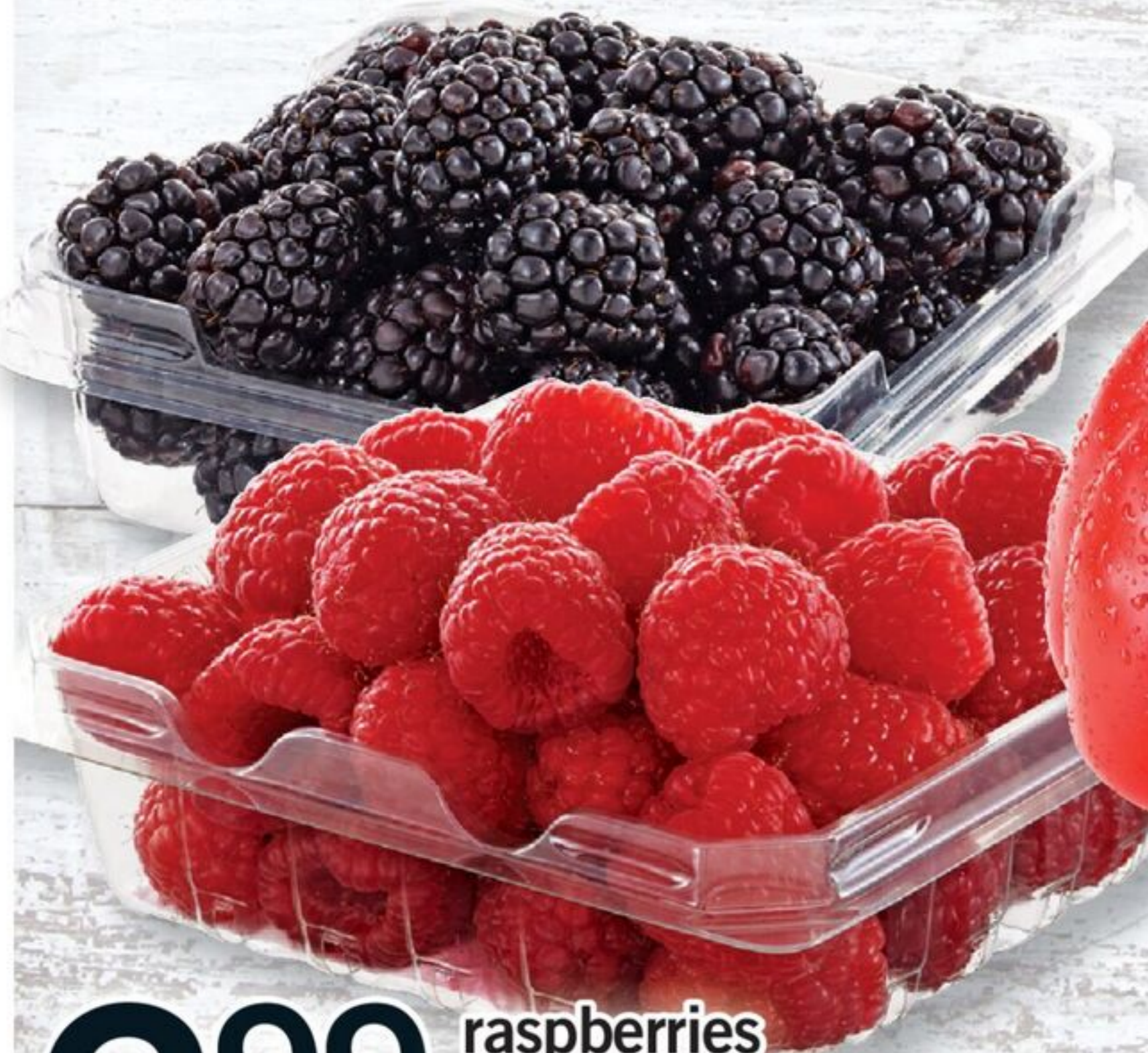
5.99 lb PC® Blue Menu® boneless skinless chicken breast Club Pack or Mina Halal boneless skinless chicken breast
13.21/kg 20127962_KG/21635763_KG



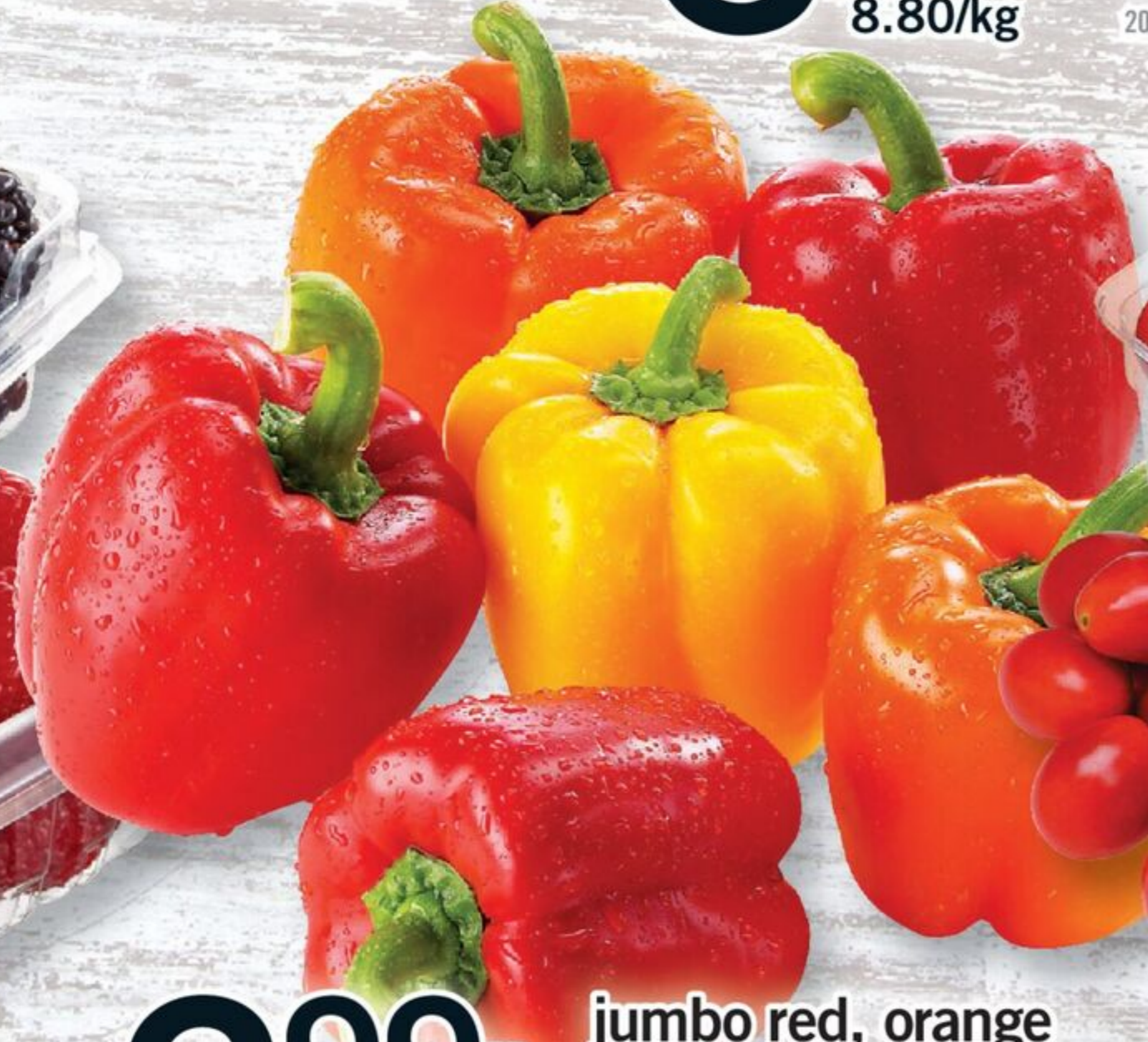
3.99 lb boneless pork loin center cut & rib end chops or roasts
8.80/kg 20827787_KG



13.99 lb fresh Atlantic salmon fillet
30.84/kg 20129990_KG



2.99 raspberries or blackberries product of Mexico
170 g 20128938001_EA/20051015001_EA



2.99 lb jumbo red, orange or yellow sweet peppers product of Ontario or Mexico
6.59/kg 20166880001_KG/20007535001_KG



1.99 each PC® Organics whole cremini or white mushrooms 227 g, product of Ontario or grape tomatoes 283 g, product of Canada, Canada no. 1 grade or Guatemala, no. 1 grade
21367888001_EA/21021565_EA



9.99 case brown Turkey figs product of Brazil, 800 g average case
21035252_EA



12.99 lb veal cutlets bottom round or sirloin tip
28.64/kg 20844263_KG

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

9.99 400 g



San Daniele mortadella selected varieties
20090246_KG

7.99 lb 1.76/100 g

Optimum **1,000** pts

Saputo mini Friulano cheese
20708981_EA

9.99 500 g



4.99 each Schneiders Juicy Jumbos or smoked sausages 375-450 g, Marcangelo sausages 675 g, Maple Lodge Farms or Zabiha Halal chicken franks 900 g, selected varieties
20003128_EA/20770591_EA



5.99 250 g Brandt kolbassa selected varieties



2.99 each Dempster's bread 675 g, buns 8's, English muffins 6's or 7" tortillas selected varieties
20147355_EA/20339353_EA

PC® 50-50 blend, baby spinach or spring mix salads product of U.S.A.
21204253_EA/21204386_EA

3.99 283/312 g



Neilson
1% chocolate milk 750 mL
or shakes 310 mL
selected varieties
20766719_EA/21040942_EA

3.99 each

Oikos
4's or IOGO nano drink
or pouches 4/6's yogurt
selected varieties
20625055_EA/20609687001_EA

3.49 each

Kraft
peanut butter 750 g/1 kg
or St. Dalfour
spreads 225 mL
selected varieties
20039581001_EA/2029923001_EA

5.99 each

NEW

Ben & Jerry's
or Talenti 473 mL,
Breyers ice cream
or frozen dessert 1.41 L
or **Magnum** bars 3/4's
selected varieties, frozen
20950739_EA/21428403_EA

4.99 each

CATELLI
pasta 300-375 g,
No Yolks noodles 340 g,
Aylmer tomatoes 540/796 mL
or **Rotel** tomatoes 284 g
selected varieties
20312623001_EA/20527060_EA

1.99 each

bubly mini
Coca-Cola, Canada Dry, Pepsi
or **Bubly** mini cans 6x222 mL
20071779_C24/20354288002_C06

3.99 each

RIO MARE
Solid Light Tuna in Olive Oil
Thon pâle entier dans l'huile d'olive
3x65/80 g
20035383_EA/21639369_EA

4.99

Imported
Monini
extra virgin olive oil
20992432_EA

12.99 1 L

Optimum 500
Christie cookies
21358407_EA/21361512_EA

2.79 251-271 g

Dr. Oetker
Ristorante or **Casa Di Mama** pizza
selected varieties, frozen
20296424006_EA/20852957_EA

3.49 170-410 g

PC® salad dressing 475 mL,
vinaigrette 350 mL,
croutons 140 g
or salad topper 100 g
selected varieties
2062848006_EA/20796248002_EA

2.49 each

Clorox bleach 1.18-1.27 L,
Royale Velour
facial tissue 82's
or **Febreze** bathroom
each, selected varieties
21658359_EA/21283160_EA

1.99 each

Huggies
or **Pampers**
diapers
selected varieties
21456748_EA/21551525_EA

29.99 66-184's

Optimum 500
PC® Organics
pouches 128 mL
or **Brothers** fruit
crisps 10/12 g
selected varieties
20651248003_EA/21056742_EA

\$1

Silk non-dairy
beverage
selected varieties
20328231002_EA/20773777_EA

3.49 1.75/1.89 L

Prices effective at all Burlington, Oakville and Waterdown stores only.
Flyer prices effective from Thursday, April 16th, to Wednesday, April 22nd, 2026 Visit us at fortinos.ca. FOLLOW US ON  

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

Produce Nature's Bounty arriving fresh daily!



2.69 lb
5.93/kg

Bartlett pears
product of Argentina,
Extra Fancy grade
20172240001_KG

Prepared IN STORE DAILY

1.89 lb
4.17/kg

seedless watermelon cuts
product of Mexico or U.S.A.
20503182_KG

4.99 5's

bagged avocados
product of Mexico
21644936001_EA

.79

limes
product of Mexico or Colombia
each
20040489001_EA

4.99 340 g

PC® greenhouse grown strawberries
product of Ontario, Canada no. 1 grade
21027142001_EA

2.99 lb
6.59/kg

Heirloom tomatoes
product of Ontario, Canada no. 1 grade
20154799001_KG

3.99 6's

mini cucumbers
product of Ontario, Canada no. 1 grade
20737570001_EA

.99 lb
2.18/kg

green cabbage
product of Canada, Canada no. 1 grade
20793034001_KG

3.99 3 lb

yellow onions
product of Canada, Canada no. 1 grade
20811994001_EA

3.99 227 g

shishito peppers
product of Mexico
21111986001_EA

WORLD OF FLAVOURS

1.29 each

chayote squash
product of Costa Rica
20167837001_EA

1.49 lb
3.28/kg

cassava
product of Costa Rica
20087682001_KG

2.99 each

water coconuts
product of Costa Rica
20707992001_EA

4.99 lb
11.00/kg

guava
product of Egypt
20162500001_KG

1.99 lb
4.39/kg

long eggplant
product of Honduras
20159013001_KG

Pick Organic Over 150 items available every day!

100% carrot juice!

5.99 900 mL

Greenhouse organic carrot juice
product of Ontario
21700109_EA

4.89 100 g

PC® Organics shiitake mushrooms
product of Ontario
20626629_EA

4.49 454 g

organic limes
product of Mexico or Colombia
20435942001_EA

6.99 5.5" pot

organic genovese basil
product of Ontario
21521330001_EA

6.99 170 g

organic blueberries
product of Mexico or Peru, no. 1 grade
20625647001_EA

Administrative Professionals Day

Wednesday, April 22



mixed bouquets
21549450_EA

\$20-50 each

store made
fresh arrangements
20183189_EA

starting at
39⁹⁹ each

Say 'thinking of you' with this new carry tote, packed with love. Flowers in a glass vase, a beverage and chocolate bar.

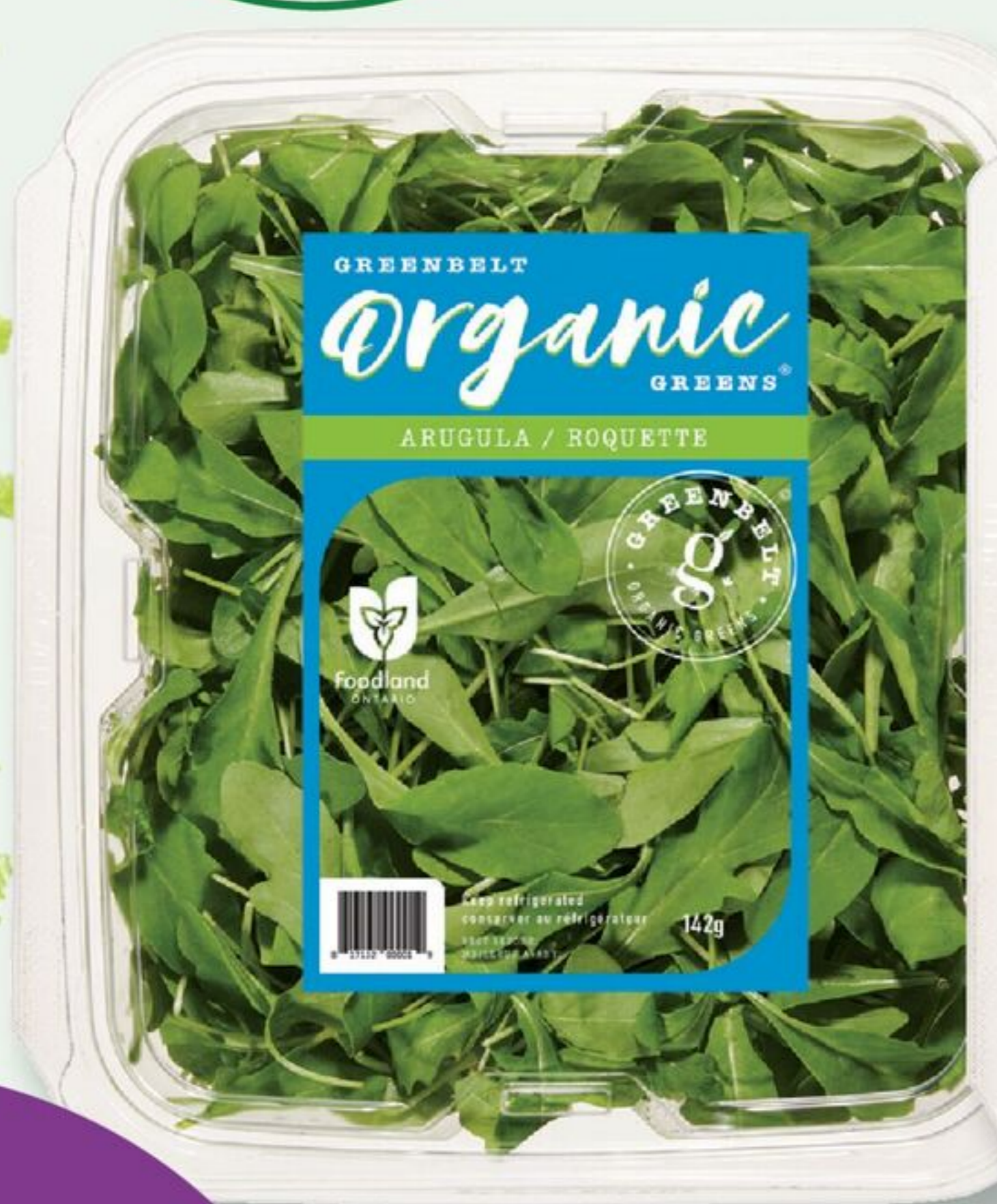


NEW

29⁹⁹ Bloom and Brew holder
each 21739307_EA



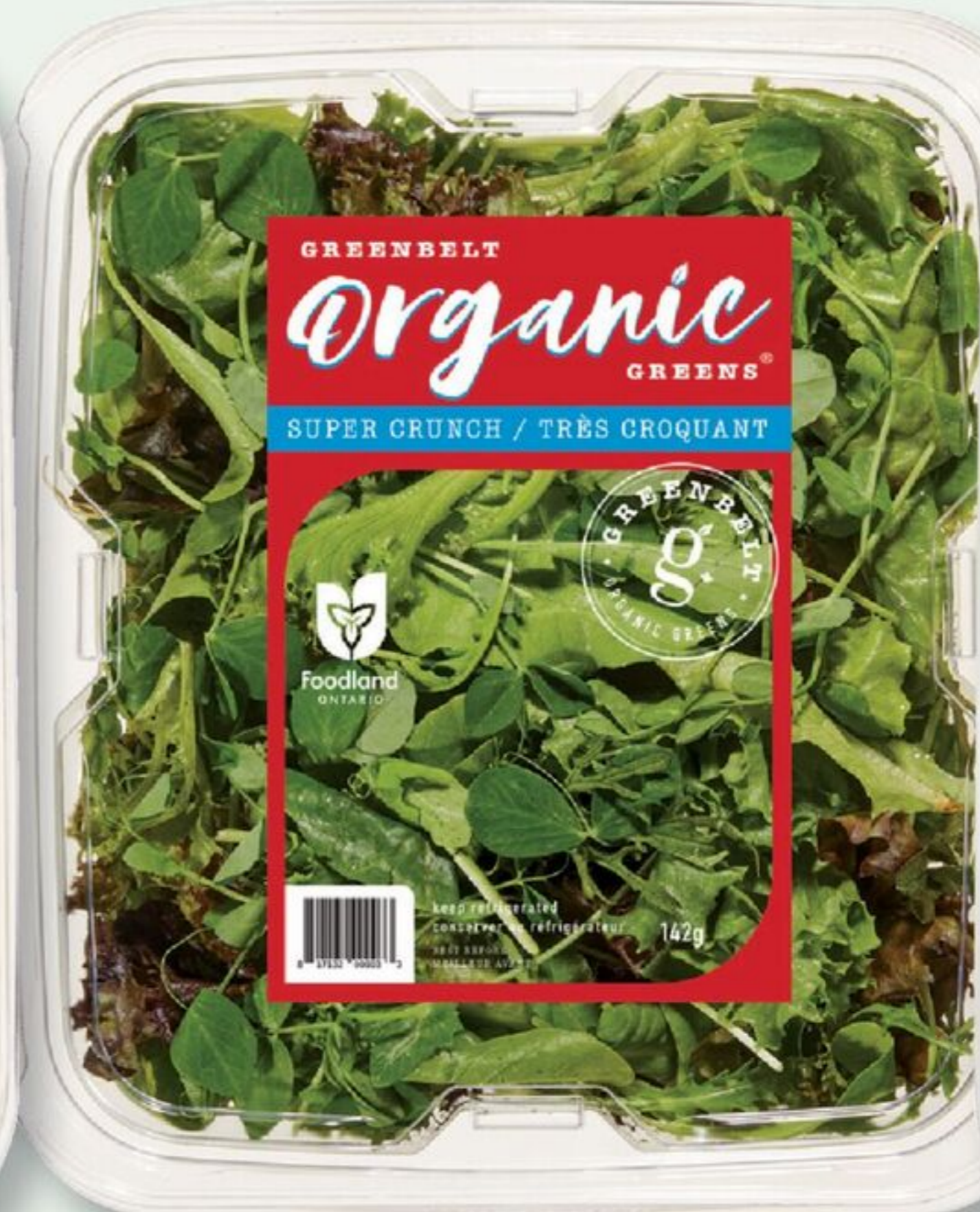
Located west of Hamilton, Greenbelt produces quality, organic greens year round. Their greenhouses operate on a small environmental footprint, running on solar and biomass energy. Certified organic, these greens are grown and harvested with optimal care ensuring quality and freshness.



Organic Arugula
21469982_EA



Organic Fresh Mix
21469983_EA



Organic Kale Crunch
21470201_EA



Organic Romaine
21665112_EA

549
142 g

Meat

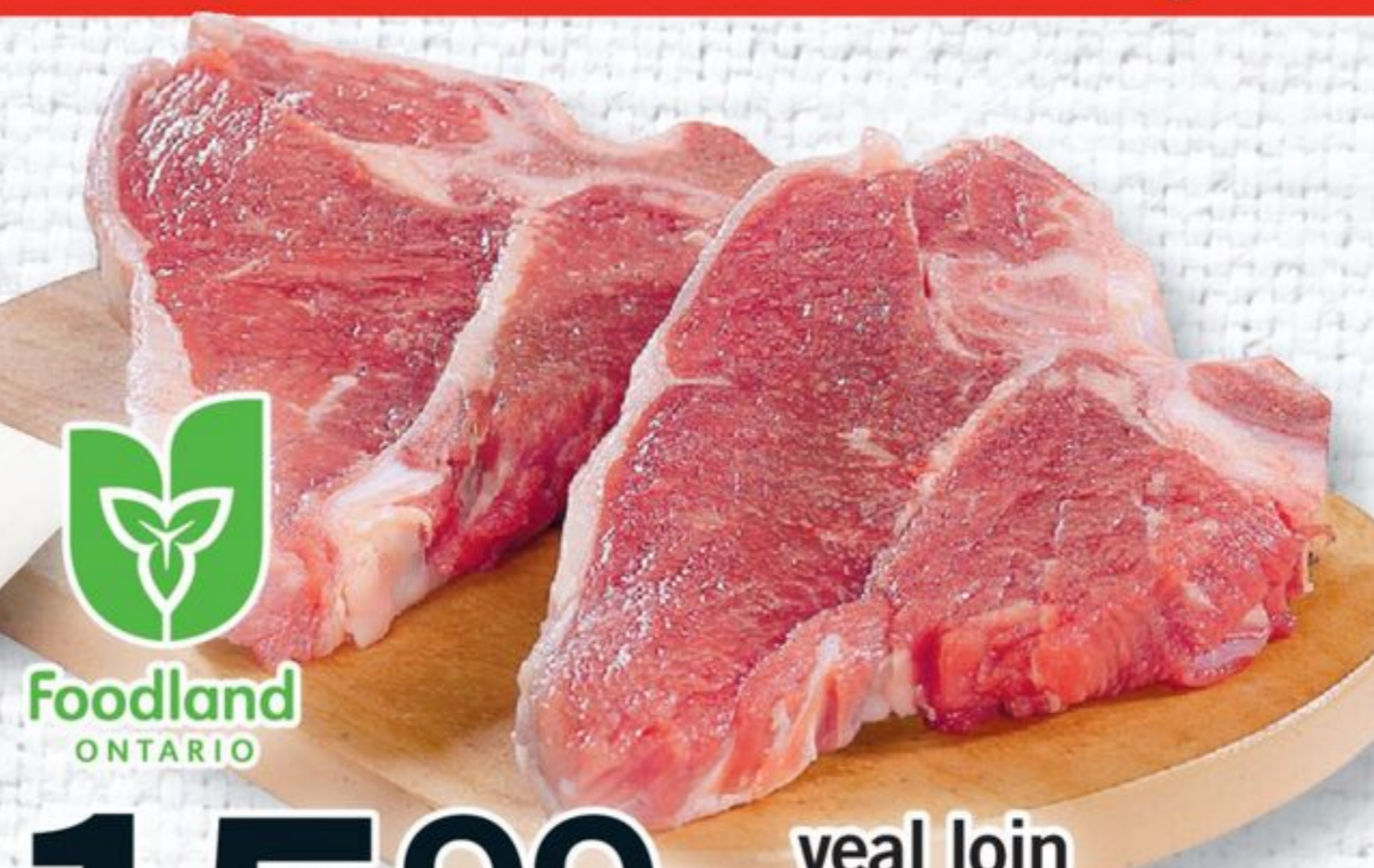
FULL SERVICE BUTCHER • Custom cuts your way!



11.99 lb
26.43/kg
veal stew boneless
20859401_KG



9.99 lb
22.02/kg
lean ground veal
20856914_KG



15.99 lb
35.25/kg
veal loin or rib chops selected varieties
20843510_KG



6.99 lb
15.41/kg
Fortinos barese sausage
21201336_KG



Yorkshire Valley Farms whole chicken
21374664_KG

5.99 lb
13.21/kg



9.99
454 g
Yorkshire Valley Farms organic extra lean ground chicken
21100070_EA

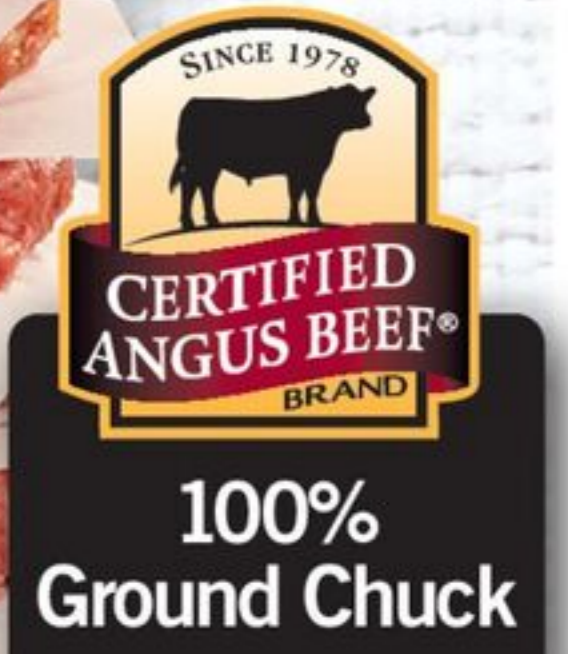


8.49
400/450 g
Fortinos Grande pork, Grande turkey, Italian style or turkey meatballs
21071791_EA



Fortinos fresh burgers salt & pepper, garlic & worcestershire, bacon or cheddar
20869944_EA

5.99
227 g



100% Ground Chuck



8.99
375/454 g
Lou's peameal bacon selected varieties
20133609_EA/20285088_EA



15.99 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



PC® or Blue Menu® Thick & Juicy™ burgers chicken or turkey, frozen
20155317_EA/20956689_EA

18.99
1.13 kg



Royal Meats Royal chevaps beef & lamb, chicken or pork & beef, frozen
21188906_EA/21188951_EA

15.99
800 g/1 kg

Seafood Now In Season!



Found in the cold waters of the Pacific, halibut is prized for its mild, firm white meat. Fantastic brushed with oil and grilled.



27.99 lb
61.72/kg
Pacific fresh halibut steaks
20853054_KG



Pacific fresh halibut fillets
20853055_KG

29.99 lb
66.12/kg

Spring marks its passage with the start of the Pickerel season! This fresh water fish from Lake Erie has a sweet taste and mild flakey texture.



Great, pan fried!

15.99 lb
35.25/kg
fresh pickerel fillet
20138948_KG



Montreal-style Bagels

Our bagels are first boiled in honey water, then baked in our gas-fired ovens giving each bagel a light crust and dense, chewy interior.

✓ Made Fresh Daily
✓ Over 20 varieties

CLICK HERE



a proud FORTINOS recipe

1.59 each
single bagel
20091255_EA



Optimum
1,500 pt
7.99 each
6 pack bagels
21395466_EA



Deli

From Our Chefs
deli meat
selected varieties,
deli sliced or shaved
21696032_KG

19.99 lb
4.41/100 g



13.99 375-400 g
Maple Leaf
Natural Selections
sliced deli meat
selected varieties
20772015_EA/20772016_EA



6.99 200 g
Tre Stelle bocconcini
selected varieties
20024992_EA/20318663_EA



6.99 125 g
buffalo mozzarella
or burrata
21189924_EA/21190677_EA



PC® Natural Choice®
strips
selected varieties
20786418_EA/20787394_EA
12.99 300/375 g



Henry's tempeh
selected varieties
21719268_EA
7.99 200/250 g



7.99 170 g
Bothwell cheese
selected varieties
21184024_EA



4.29 170 g
PC® naan crisps
21683375_EA/21683470_EA

Disney · PIXAR

FREE STICKER PACK FOR EVERY \$25 SPENT*

\$5
 UNIQUE
 ALBUM



@Disney @Disney/Pixar

*WHILE SUPPLIES LAST FROM APRIL 9TH UNTIL MAY 6TH, 2026. EXCLUSIONS APPLY. VISIT WWW.LOBLAWUNIVERSE.CA OR IN-STORE FOR EXCLUSIONS AND COMPLETE OFFER DETAILS.



Core Power
21731701_EA/21731654_EA

4.99

414 mL



Classico
pasta sauce
selected varieties
20325609003_EA/21618217_EA

4.49

410/600 mL



Philadelphia
cream cheese
selected varieties
20299760001_EA/20641267_EA

4.79

227/250 g



Nature Valley granola bars 120-230 g,
Betty Crocker or Mott's fruit snacks
128-226 g, selected varieties
20686716001_EA/21644476_EA

3.49

each



Catelli pasta
selected varieties
20312623001_EA/20527060_EA

1.99

340-375 g



Milk 2Go milk
selected varieties
21065263_EA

4.99

6x200 mL



Crave entrées
selected varieties,
frozen
21177052_EA

5.49

200-340 g



Dr. Oetker Suprema
pizza 475-520 g
or **Giuseppe Stuffed**
Crust pizza 685-771 g
selected varieties, frozen
21555844_EA/21649640_EA

7.99

each



Coca-Cola
or **Canada Dry**
soft drinks
selected varieties
20318694001_C12/20318694002_C12

8.49

12x355 mL



Old El Paso
shells or tortillas
selected varieties
20306992001_EA/20314171001_EA

3.49

125-334 g



Royale
Tiger towels
21484702_EA

12.99

3=6 rolls



PC® or
PC® Blue Menu®
sparkling water
selected varieties
21194356_C01/21306051_C01

5.99

12x355 mL



Clif energy bar
selected varieties
21664843_EA/21664823_EA

9.99

5x68 g



Snyder's pretzels
selected varieties
20316052003_EA/20316052004_EA

3.49

240/340 g

Disney · PIXAR

FREE STICKER PACK FOR EVERY \$25 SPENT*

\$5 UNIQUE ALBUM

Disney · PIXAR
ANIMAL FRIENDS STITCH
COLLECT AND DISCOVER INTERESTING ANIMAL FACTS

©Disney ©Disney/Pixar

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PC® kettle cooked, Loads Of™ or World of Flavours potato chips selected varieties

2084091_1002_EA/20841921001_EA

250 200 g

Goldfish crackers selected varieties

20300320_EA/21575178_EA

299 156-227 g

Kellogg's family size cereal selected varieties

21449784_EA/21651947_EA

699 450-650 g

Royale bathroom tissue selected varieties

21187145_EA/21572800_EA

1299 15=30 rolls

Starbucks Nespresso Vertuo capsules selected varieties

21398289_EA/21520565_EA

1299 8's

Healthy Choice frozen entrées selected varieties, frozen

20974538_EA/21041002_EA

549 259-283 g

Nestlé chocolate singles selected varieties

20066954_EA/20306258_EA

179 33-52 g

Cadbury chocolate pouches selected varieties

21648537_EA/21650494_EA

599 144-200 g

Maison Perrier sparkling water selected varieties

21576328_C08/21576465_C08

849 8x330 mL

Taco Bell sauce selected varieties

21661787_EA/21661788_EA

349 207 mL

Fuze iced tea or Peace tea selected varieties

21645443_C12/21645563_C12

849 12x341 mL

Nescafé espresso concentrate selected varieties

21665027_EA/21665148_EA

899 500 mL

Pillsbury pizza pops, toaster strudel or scrambles selected varieties, frozen

20172664001_EA/21435996_EA

349 204-280 g

Coke Classic glass bottle

2004838001_C06

699 6x237 mL

GET
BONUS
STICKERS

WHEN YOU BUY THESE PARTICIPATING OFFERS*

SPEND \$9*

On select Milk 2 Go
and get one bonus
sticker pack.

21065263_EA/21537885_EA



SPEND \$10*

On Cheerios, Oatmeal Crisp,
Nature Valley, Old El Paso,
Pillsbury, or Annie's products
and get one bonus
sticker pack.

21103495_EA/21714114_EA



SPEND \$10*

On select Kraft, Heinz,
Philadelphia, Maxwell House,
Nabob, Tassimo, Taco Bell,
Classico, Garden Select, Crave,
Bagel Bites, MiO, Crystal Light,
Jell-O, Renee's, Bull's-Eye, Diana
products and get one bonus
sticker pack.

20866924010_EA/20039581001_EA



SPEND \$10*

On select Nescafe,
Starbucks coffee,
or Maison Perrier
beverage products
and get one bonus
sticker pack.

20873036_EA/21576465_EA



SPEND \$10*

On PC® Blue Menu
products and get one
bonus sticker pack.

20057669001_EA/20923627_EA



SPEND \$10*

On select PC®
or no name®
chips, popcorn,
or pretzels
and get one bonus
sticker pack.

21686998_EA/20840911004_EA



SPEND \$12*

On select Campbell's ready to
serve soups 515 ml, Habitant
soup 796 ml, Snyder's pretzels
240 g, Chunky 515 ml, Goldfish
crackers or Snack Factory
crisps 200 g and get one
bonus sticker pack.

20300320_EA/20948940_EA



SPEND \$15*

On select Coca-Cola,
Canada Dry, Sprite, A&W,
Fanta, Fresca, Vitaminwater,
Smartwater, Core Power,
Peace Tea, Fuze, Monster
energy, Powerade or Body
Armor and get one bonus
sticker pack.

20853723_EA/20318694002_EA



SPEND \$15*

On select
Cracker Barrel,
Black Diamond,
IOGO, Astro or
Lactantia products
and get one bonus
sticker pack.

21290705_EA/20986474_EA



SPEND \$15*

On select
Christie crackers,
Christie cookies,
Cadbury, Halls
or Clif energy bars
and get one bonus
sticker pack.

21520747_EA/20686037_EA



SPEND \$15*

On select Royale
paper products
and get one bonus
sticker pack.

21484702_EA/21378233_EA



*WHILE SUPPLIES LAST. WHEN YOU SPEND REQUIRED AMOUNT ON SELECT PRODUCTS BEFORE APPLICABLE TAXES IN A SINGLE TRANSACTION AND GET ONE (1) BONUS STICKER PACK. NO CASH VALUE. CANNOT BE COMBINED WITH ANY OTHER COUPONS OR PROMOTIONAL OFFERS. NO SUBSTITUTIONS, REFUNDS, EXCHANGES OR RAINCHECKS ON FREE BONUS CARD PACK. PURCHASE MUST BE MADE IN SAME TRANSACTION TO QUALIFY. WE RESERVE THE RIGHT TO LIMIT QUANTITIES TO REASONABLE REQUIREMENTS. OFFER VALID UNTIL MAY 6, 2026.

Administrative Professionals Day

Wednesday, April 22



12⁹⁹
10 stems
cut tulips
assorted colours
20180973_EA

store made
fresh arrangements
20183189_EA

starting at
39⁹⁹
each



NEW

Bloom and Brew
holder
21739307_EA

Say 'thinking of you' with this
new carry tote, packed with love.
Flowers in a glass vase, a beverage
and chocolate bar.

29⁹⁹
each



19⁹⁹
each
petite bouquet
20680462_EA



39⁹⁹
each
envelope
arrangement
21750037_EA



Aquatico
tulip vase
21565168_EA

22⁹⁹
each



large Everyday
arrangement
\$35 each

\$21
each
small Everyday
arrangement
21590835_EA/21590921_EA

Earth Day Wednesday, April 22 · AIR PLANTS



16⁹⁹
each
Sticking Around planter
21742656_EA

Home Tweet
Home
21742675_EA

21⁹⁹
each



Tillandsia Driftwood
in Kinsey
21746636_EA

39⁹⁹
each





Grab & Go Sandwiches

Made fresh in store with
PANE Fresco breads!

5 varieties!

ham & cheese sandwich,
tuna salad sandwich,
egg salad sandwich,
chicken salad sandwich,
tomato & cheese sandwich

21186299_EA

5.49
each

Grab & Go Soups

13 varieties!



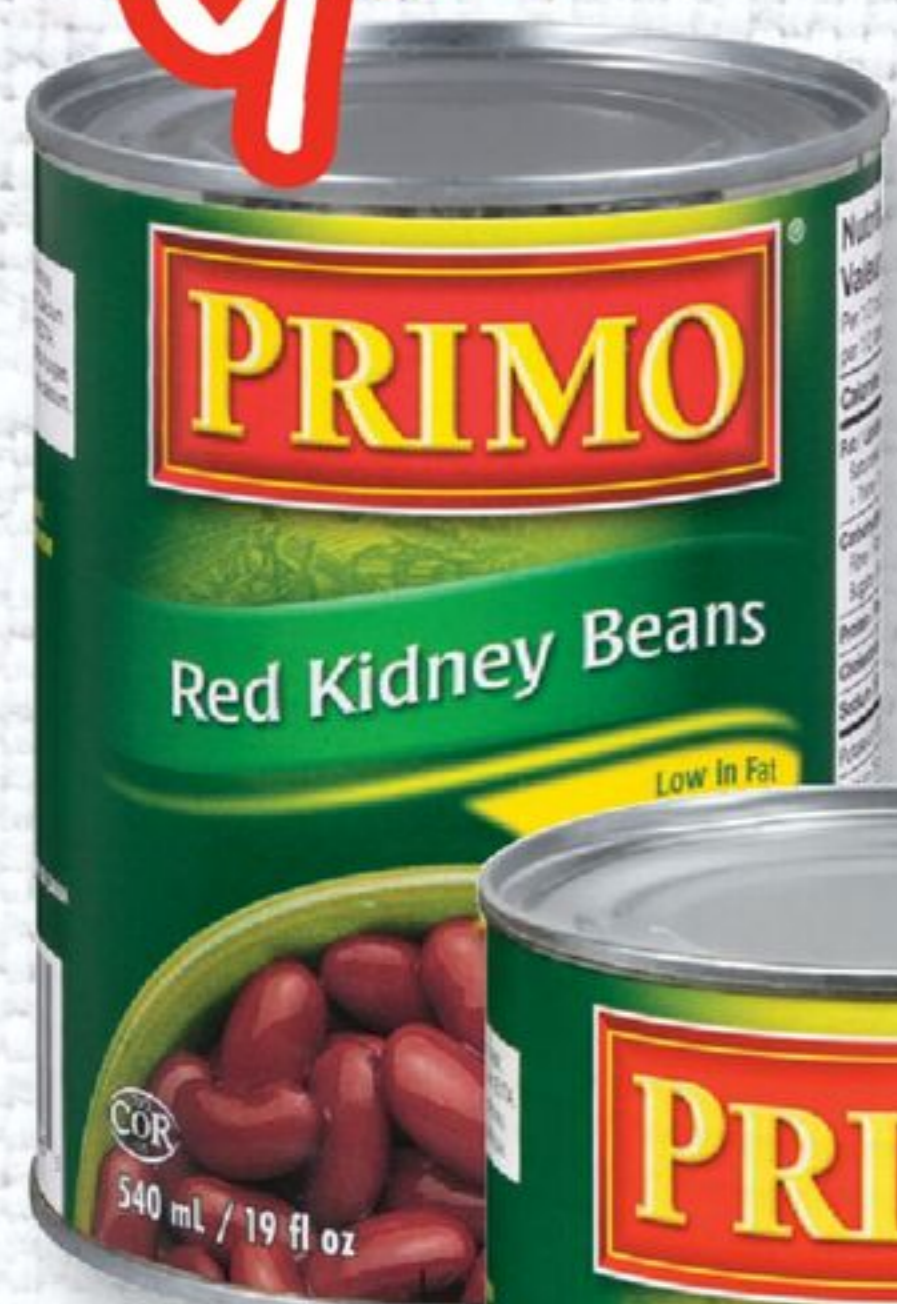
PANE Fresco
family-sized chilled Soup To Go

Tomato Basil, Turkey Chili, Lentil and Potato, Mediterranean Lentil,
Chicken Broth, Carrot Ginger Low Sodium, Vegetable Chili Low Sodium,
Chicken Quinoa, Mushroom, Thai Squash, Jambalaya,
Sausage & Lentil or Cabbage Roll

9.79
900 mL

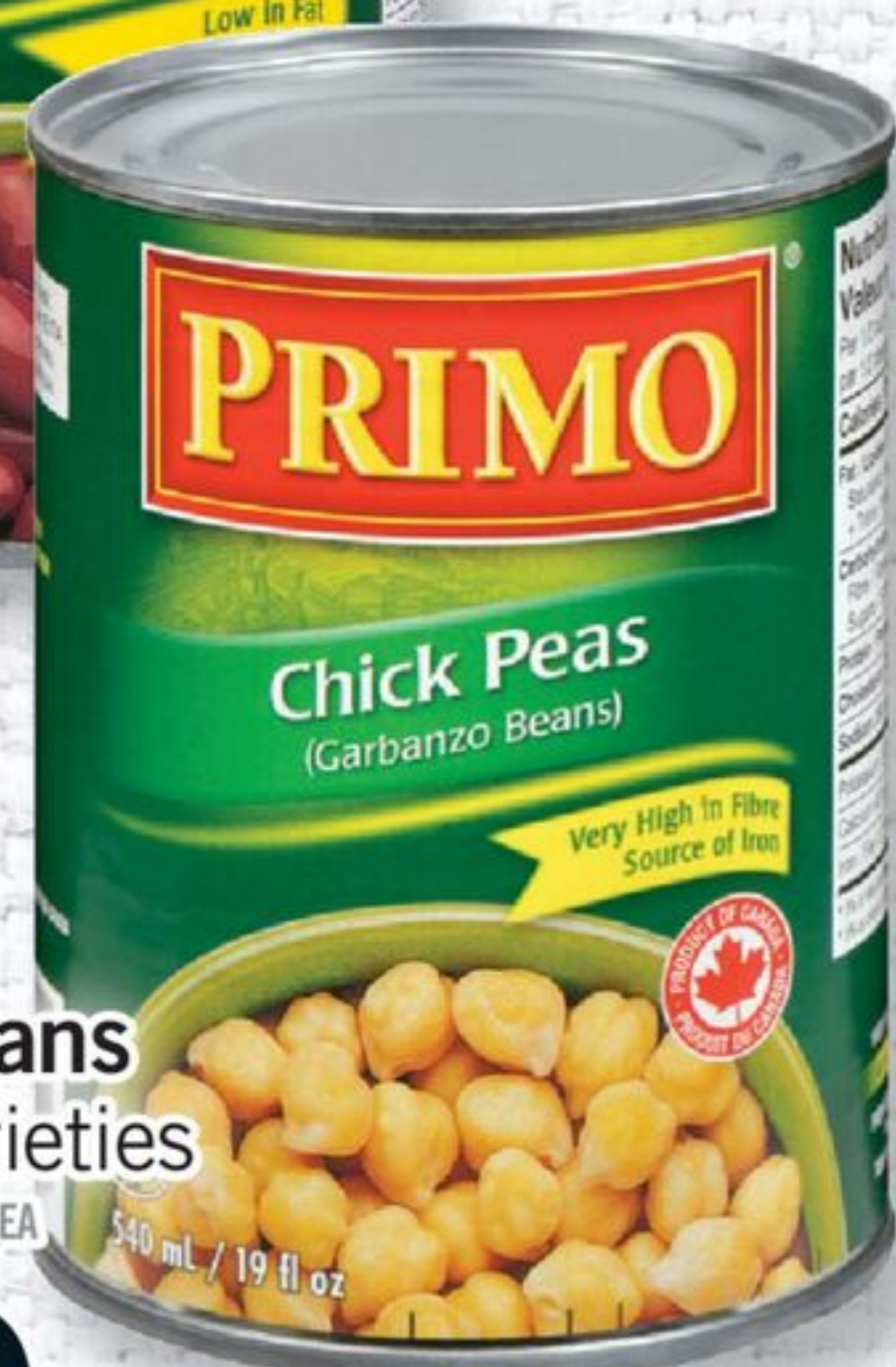
21345574_EA, 21345577_EA

Grocery



Primo
canned beans
selected varieties

159
540 mL



De Cecco
pasta 454 g
or Unico
passata 680 mL
selected varieties

279
each



Grissol
baguettes,
canape or
melba toast
selected varieties

349
120-200 g



349
1.75 L



Fruitopia or
Peace Tea beverage
selected varieties



Glaceau
Smartwater
selected varieties

299
1 L



McCain
pizza pocket
selected varieties,
frozen, 540/600 g

799
each



MUSH
overnight oats
selected varieties

279
141 g



Carbone
sauce
selected varieties

1199
660 mL



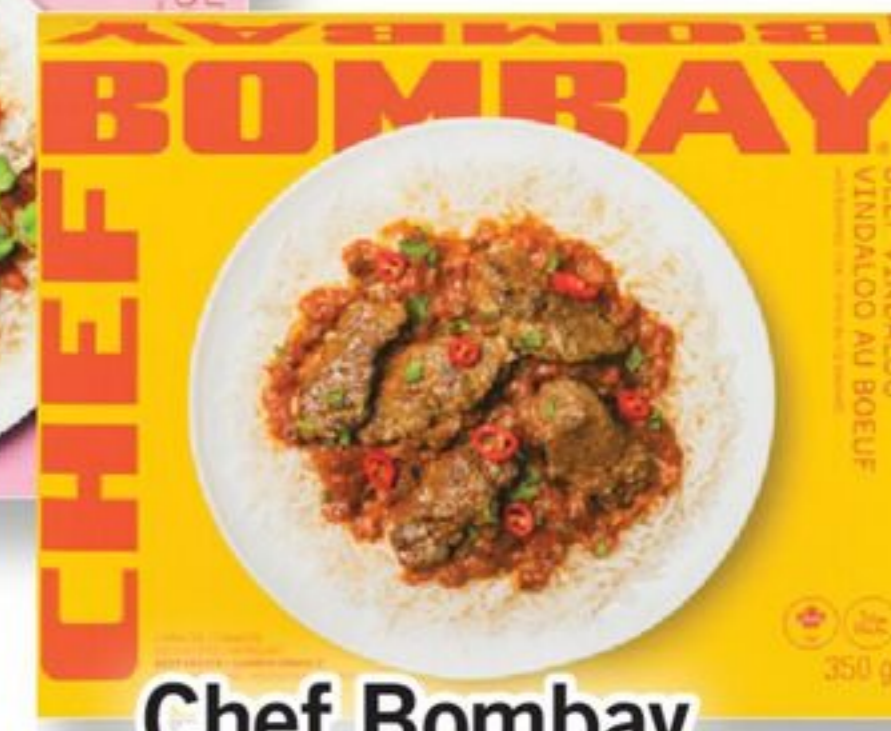
Natrel
flavoured cream
selected varieties

649
1 L



Chef Bombay
entrées or snacks
selected varieties,
frozen

599
240-354 g



P.F. Chang's
sauces
selected varieties

499
350 mL



Mott's Clamato
cocktail
selected varieties

449
1.89 L



Hellmann's Real
mayonnaise

999
1.42 L



ReaLemon
lemon juice

429
945 mL



Bonne Maman
jam 250-290 mL
or spreads
250-380 g
selected varieties

699
each



Kashi bars
or Kellogg's
homestyle Rice
Krispies squares
selected varieties,
175-200 g

449
each



Rude Mama
Vietnamese
hot sauce

1099
285 mL



Vector
granola
311 g or
Cora waffle
or pancake
mix 700 g

599
each



Coors Edge
non-alcoholic
beer
6x355 mL

999
each



Kicking Horse
coffee K-Cups
selected varieties

1449
10's



Authentic fan-favourite Asian food!



1288 T&T® hot pot rolls selected varieties
340 g 21570350_EA/21570410_EA



148 T&T® tropical cakes selected varieties
180 g 20826092_EA/20826537_EA



298 T&T® cookies
168-304 g 21049626_EA



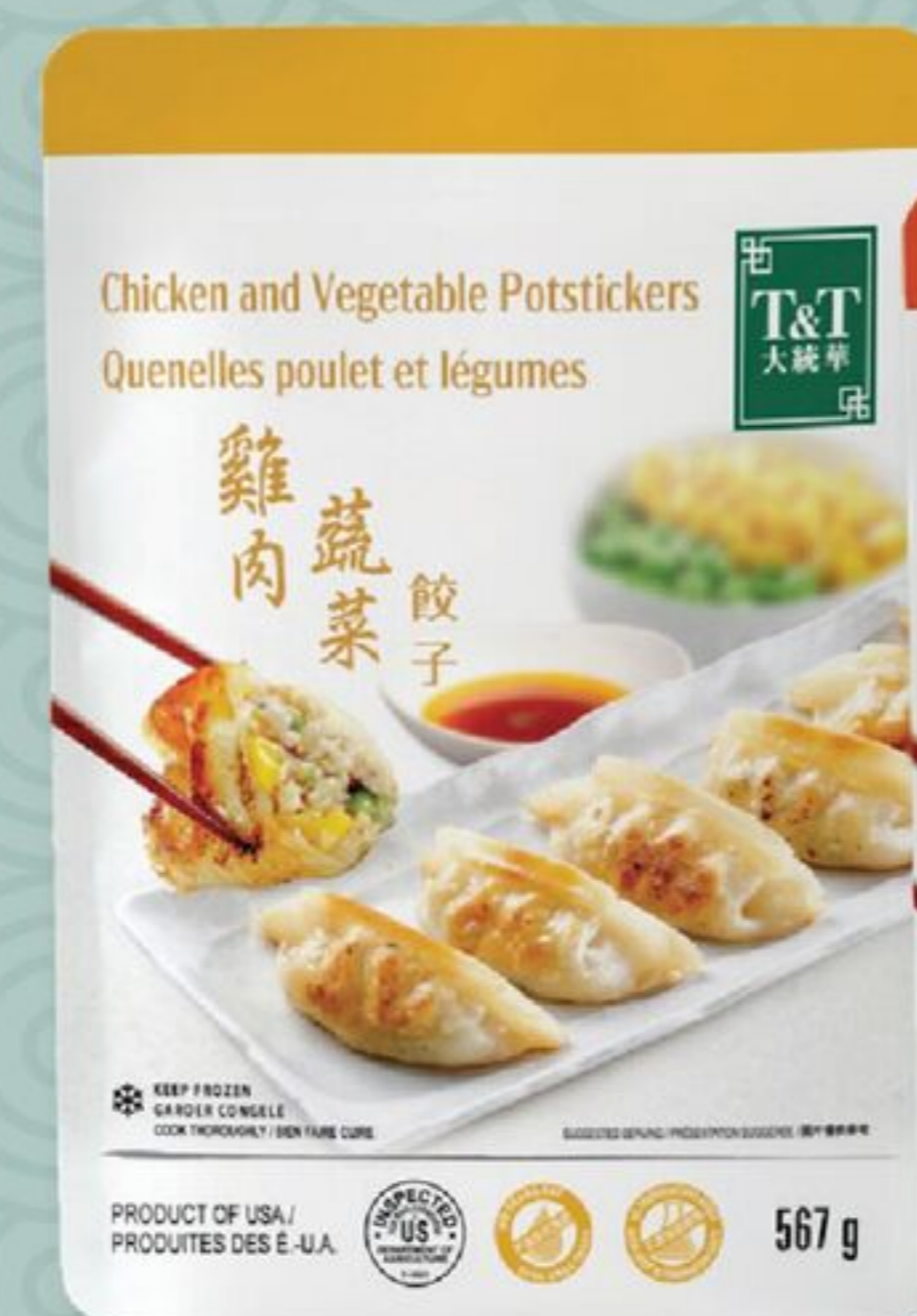
688 T&T® vegetable spring rolls frozen
500 g 21615702_EA



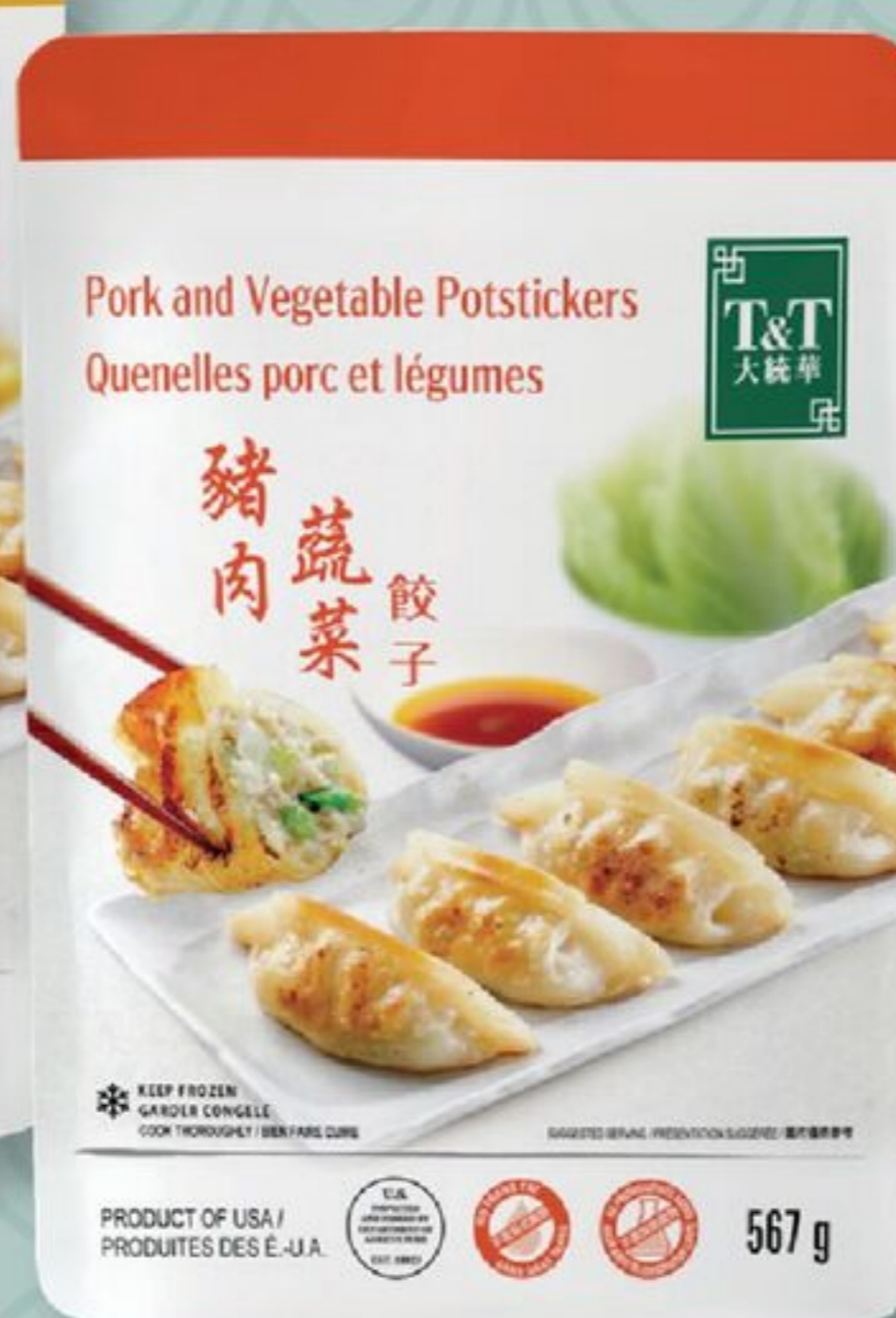
148 T&T® Korean roasted sea laver
3's 20593313_EA



1688 T&T® jasmine rice
8.2 kg 20705590_EA



488 T&T® potstickers selected varieties, frozen
567 g 21495805_EA/21495823_EA



378 T&T® 3-minute ramen noodles selected varieties
504 g 21447366_EA/21447367_EA



598 T&T® BBQ pork steamed buns frozen
540 g 21495784_EA



298 T&T® roasted seaweed sheets
27 g 20703060_EA



248 T&T® aloe vera drink selected varieties
1.5 L 20593585_EA



598 T&T® ice cream tub selected varieties
1 L 21297144_EA/21300559_EA

Seafood



Sardo marinated
garlic shrimp
\$21.99 750 g

19.99
800 g

Sardo marinated
seafood salad
20963628_EA/20963932_EA



Paese Mio
anchovies
hot or mild

7.49
150 g



21.99
454 g

Triple Crown
Black Tiger shrimp
raw or cooked,
13/15 per lb., frozen
21003780_EA/21576323_EA



Great for
salads & dips!

5.99
454 g

SeaQuest® crab flavoured
Alaska pollock
leg or flake style
20591152_EA/20591951_EA

Meat



Marcangelo
beef or chicken
medallions
selected varieties

21025464_EA/21378258_EA

14.99
340-452 g



4.49 lb
9.90/kg

Springer's
smoked turkey
wing or drumstick
20789810_NG/20790390_NG



8.99
720 g

REA sausage
selected varieties,
frozen
21440621_EA



8.99
each

Marty's pickles 1 L or
pickled eggs 300/500 mL
selected varieties
21644617_EA/21644643_EA



15.99
700 g

Prime raised
without antibiotics
chicken meatballs
frozen
21703397_EA



9.99
500 g

PC® sausage rolls
selected varieties, frozen
21439588_EA/21538572_EA



10.99
574 g

PC® spring rolls
selected varieties, frozen
20698096_EA/20698091_EA



10.99
454 g

PC® mozzarella
cheese sticks
frozen
21116020_EA



Natural Health



4.49
136-198 g

Popcorners
popped corn chips
or Angie's Boom Chicka
Pop popcorn or puffs
selected varieties

6.99
4x200 mL

Fever Tree
premium drink mixers
selected varieties

7.49
325-400 g

Jordans
cereal or granola
selected varieties

7.49
each

Elmhurst non-dairy
beverage or creamer
selected varieties,
473-946 mL



Blue Diamond
non-dairy
beverage
selected varieties

3.49
946 mL



Made in
small batches!

Tree Island
grass-fed yogurt,
cream top
selected varieties

5.79
500 g



Silk
non-dairy
yogurt
selected varieties

6.49
500-650 g



Stoked Oats
oatmeal
selected varieties

8.49
500 g



Salt Spring
whole bean
coffee
selected varieties

14.99
400 g

Fair trade
& organic!



Made in
Tuscany Italy!

Pasta Toscana
organic egg pappardelle
or fettuccine noodles
selected varieties

4.49
250 g



Gluten free!

Jovial pasta
227-340 g or
Solenzi pasta
sauce 480 mL
or pesto 180-210 g
selected varieties

6.99
each



Casbah
quinoa,
rice or
falafel mix
selected varieties

4.99
180-284 g



Pizza Oggi
gluten free
pizza
selected varieties,
frozen

9.99
450/452 g



Gluten free!

Qesava
gluten free
side dish
selected varieties,
frozen

11.99
425 g

Healthy Snacking



0 g sugar!

2.49
355 mL

Thirsty Buddha soda
selected varieties



4.79
30-75 g

Sana or
Hummingbird
chocolate
selected varieties



Hu Kitchen
organic
chocolate
selected varieties

6.99
60 g



LOCAL

Tonica
kombucha
selected varieties

8.99
1.1 L



Poppi
low sugar soda
selected varieties

10.99
4x355 mL

Baby



HUGGIES
little movers

OUTSTANDING ACTIVE FIT

Optimum

10,000 (est.)
for every \$50 spent on

baby diapers, food, formula, wipes, needs or accessories selected varieties

20962515_EA/21208370_C01

Huggies Goodnites S/M or Pull Ups[®] selected varieties

20549408_EA/21056742_EA

28⁹⁹
34-74's

Similac pro advance ready to drink formula selected varieties

21334752_C01

59⁹⁹
16x235 mL

Enfamil NeuroPro powder selected varieties

21589079_EA/21589205_EA

65⁹⁹
862/890 g

Kendamil formula powder

21699547_EA

44⁹⁹
800 g



8⁹⁹ each

Nestlé Cerelac cereal 400 g or Pampers or Huggies wipes 112-216's selected varieties

20708211_EA/20799372_EA

1⁷⁹ each

Gerber Organic Biological baby food pouches 128 mL or jars 159-162 mL

21024932_EA/21024943_EA

1⁹⁹ each

Baby Gourmet pouches 128 mL or Love Child Love Ducks 30 g selected varieties

20368074001_EA/21054242_EA

3⁹⁹ each

Baby Gourmet puffs or bars 40-98 g or Love Child Oaty Chomps 138 g, selected varieties

20944539_EA/21123961_EA

34⁹⁹
907 g

Enfagrow powder selected varieties

21694898_EA/21694972_EA

Body & Health

Listerine 1 L or Jergens lotion 620 mL selected varieties

20701283_EA/21195511_EA

8⁹⁹ each



Pantene hair care or styling 170-355 mL or Crest toothpaste 63-105 mL selected varieties

20311794002_EA/21041112_EA

5⁹⁹ each



Dr. Squatch bar soap 141 g or Method body wash 532 mL or Ivory body wash 1035 mL selected varieties

21425299_EA/21432530_EA

7⁹⁹ each



SoftSoap 332 mL or Ricola lozenges 17-19's selected varieties

21351640_EA/21475078_EA

3⁹⁹ each



Secret or Old Spice deodorant or bodywash selected varieties

21077613_EA/21163307_EA

7⁹⁹
73-86 g/532 mL



Always pads, liners or Tampax tampons selected varieties and sizes

21000869_EA/21374659_EA

11⁹⁹ each



Depends or Poise 12-60's or liners 114-126's selected varieties

20558843005_EA/21100737_EA

18⁹⁹ each



up to **20% OFF**

Centrum, Caltrate or Emergen-C selected sizes and varieties

21236171_EA/21236176_EA



Ensure 6x235 mL, Glucerna 6x237 mL or Barebells 4's selected varieties

20180283003_EA/20308731008_C06

13⁹⁹ each



brüst protein coffee

3⁴⁹ each



Quest or Diesel protein bar, cookie or Brust protein drink selected varieties 330 mL/50-60 g

20959040_EA/21396468_EA

Household



8.99 Sunlight laundry detergent 45 WL
1.84 L 21427015_EA/21427029_EA



6.99 each Fleecy fabric softener 1.36 L or sheets 80's selected varieties
20311072001_EA/21311876_EA



5.99 each Pine-Sol multi purpose cleaner 1.41 L or Clorox disinfecting wipes 75's
20298679001_EA/20348537002_EA



4.99 each Lysol multi surface cleaner 1.2 L or all purpose spray 650-950 mL or no name® scour sponges 6's selected varieties
20309873002_EA/20556918_EA

31.99 each Bounty Select-A-Size paper towel 8=24 rolls
21670311_EA



27.99 Finish dishwasher tabs selected varieties 60-72's
21218875_EA



6.99 Finish dishwasher machine cleaner selected varieties 250 mL
20753595_EA/20806223_EA



5.49 Glad Cling Wrap 90 m
20186554_EA



11.49 Royale facial tissue selected varieties 6's
20906153_EA/21618478_EA



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

Pet Needs for Cats, Dogs & Birds!



14.99 Fresh Pet wet dog food 794 g
21025603_EA/21094639_EA



3.29 Purina Beneful wet prepared meals for dogs 283 g
20303551001_EA/20303551002_EA



13.99 Dream Bone Grill Masters dog chews 259-280 g
21403507_EA/21403509_EA



10.99 PC® Nutrition First® dog food selected varieties 2 kg
21304456_EA/21307661_EA



41.99 Nature's Recipe dry dog food 5.4 kg
21692145_C01/21692311_C01



1.29 Purina Fancy Feast Petites selected varieties 79.4 g
21357335_EA/21357340_EA



6.99 Catit catnip 56 g
21478271_EA



9.99 Whiskas dry cat food selected varieties 1.5-2 kg
21588889_EA/21588943_EA



23.99 Tidy Cats cat litter selected varieties 5.44 kg
21206305_C01/21217951_C01



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

Bulk

Scoop what you want in the quantities you need!

over 60 seasonings and spices!

20% OFF BULK SPICES ONLY



Alexander's Fudge

Made with real butter and cream, each piece of Alexander's Fudge embodies the rich creamy texture, decadent flavour, and signature top quality of this family business in Smithville, Ontario.

6.99 each
Alexander's chocolate, maple, mint chocolate or cinnamon bun
21626144_EA/21626145_EA



9 varieties!



.99 each
Topps Ring Pop fruit frenzy
20038966_EA



1.99 40.5 g
Fun Dip candy
21209780_EA



2.99 26 g
Topps Juicy Drop pop candy
20063894_EA

Wonka Nerds Rope rainbow candy
21575156_C24

1.99 26 g



PEZ
21612168_EA/21575242_EA

3.99 each





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**And, earn extra
PC Optimum™ points:**

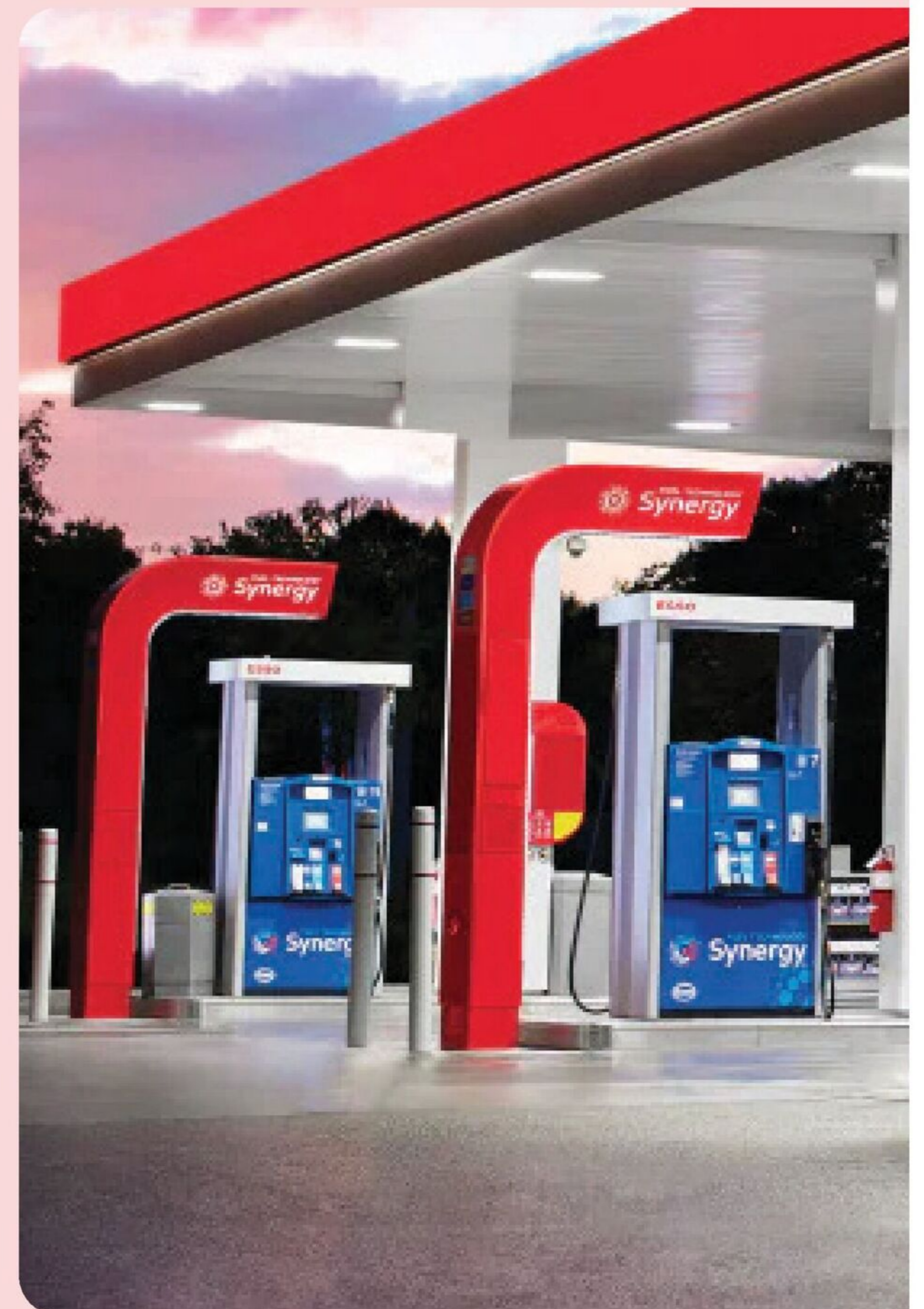
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3¢/L
in points

when you use your
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Earn up to
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2.79
Primo Pasta Sauce
Selected Varieties (680 mL)



2.59
Primo Pizza Sauce
Squeeze
Selected Varieties (375 mL)



1.99
Primo Diced No Salt Added
Tomatoes (796 mL)



2.79 
Primo Passata
Imported from Italy (680 mL)



1.59
Primo No Salt Added
Chick Peas (540 mL)



13.99
Primo Extra Virgin
Olive Oil (1 L)



3.29
Primo Oven Ready
Lasagna (375 g)



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PRODUIT DU CANADA



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YOGURT OF THE NHL®

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TO WIN

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\$25,000 IN TOTAL PRIZES







\$329 Oikos® Pro™
300 mL
21651846

\$799 Oikos® Pro™
650 g
21652073

\$799 Oikos®
650 g, 750 g
21305945

\$349 Oikos®
4 x 95 g, 4 x 100 g
20625055



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* 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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\$549 Activia®
650 g
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\$699 Activia®
8 x 93 mL
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40
YEARS OF DELIGHT




\$599 International Delight®
946 mL
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LIMITED EDITION

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\$399 Danino®
6 x 93 mL
21520250

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LIBERTÉ PROTEIN & TASTE

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Liberté Greek® 4 x 100 g,
selected varieties
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4.49

Yoplait® Source Protein®
650 g, selected varieties

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6.99

Yoplait® YOP® Reduced
Sugar 6 x 200 g

21719749
21721005



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NEW
FLAVOUR

NEW
FLAVOUR



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ITALY'S #1* BRAND OF TOMATOES



4.49

Mutti Strained
Tomatoes (Passata)
680 ml
Selected Varieties
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8.99

Mutti
Pasta Sauce
660 ml
Selected Varieties
21541102

4.99

Mutti
Peeled Tomatoes
796 ml
20934512

2.99

Mutti
Finely Chopped
Tomatoes (Polpa)
398 ml
20934514



ONE FAMILY,
ONE PASSION. TOMATOES.

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ONLY SIMPLE
INGREDIENTS



Optimum
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\$3.99

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Garlic & Chives
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Original
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Lactose-Free
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Herbs & Spices
21177728_EA



Light
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Tre Stelle Cream Cheese

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HORSE
COFFEE

GIDDY CUP



Kicking Horse® Coffee \$1.449
10 K-Cup® pods

21628596_EA, 21628567_EA, 21628644_EA, 21722646_EA

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for every \$50 spent on any combination of Boston Pizza, Indigo and Instacart gift cards



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Laundry Essentials



12.99

Tide Detergent 1.86 L/1.62 LD, Gain Detergent 2.6 L, Ivory Snow Detergent 1.36 L, PODS/Flings 18/23/31 CT, Downy/Gain Fabric Softener 1.66/2.63 L, Bounce/Downy/Gain Sheets 120/200 CT, Downy/Gain/Ivory Snow Beads 303/368/379 g, Downy Rinse 1.09 L, Selected Varieties
21670717_EA/21635322_EA/
20014406_EA

6 WEEKS OF CRISP FRESHNESS*



15.99-19.99

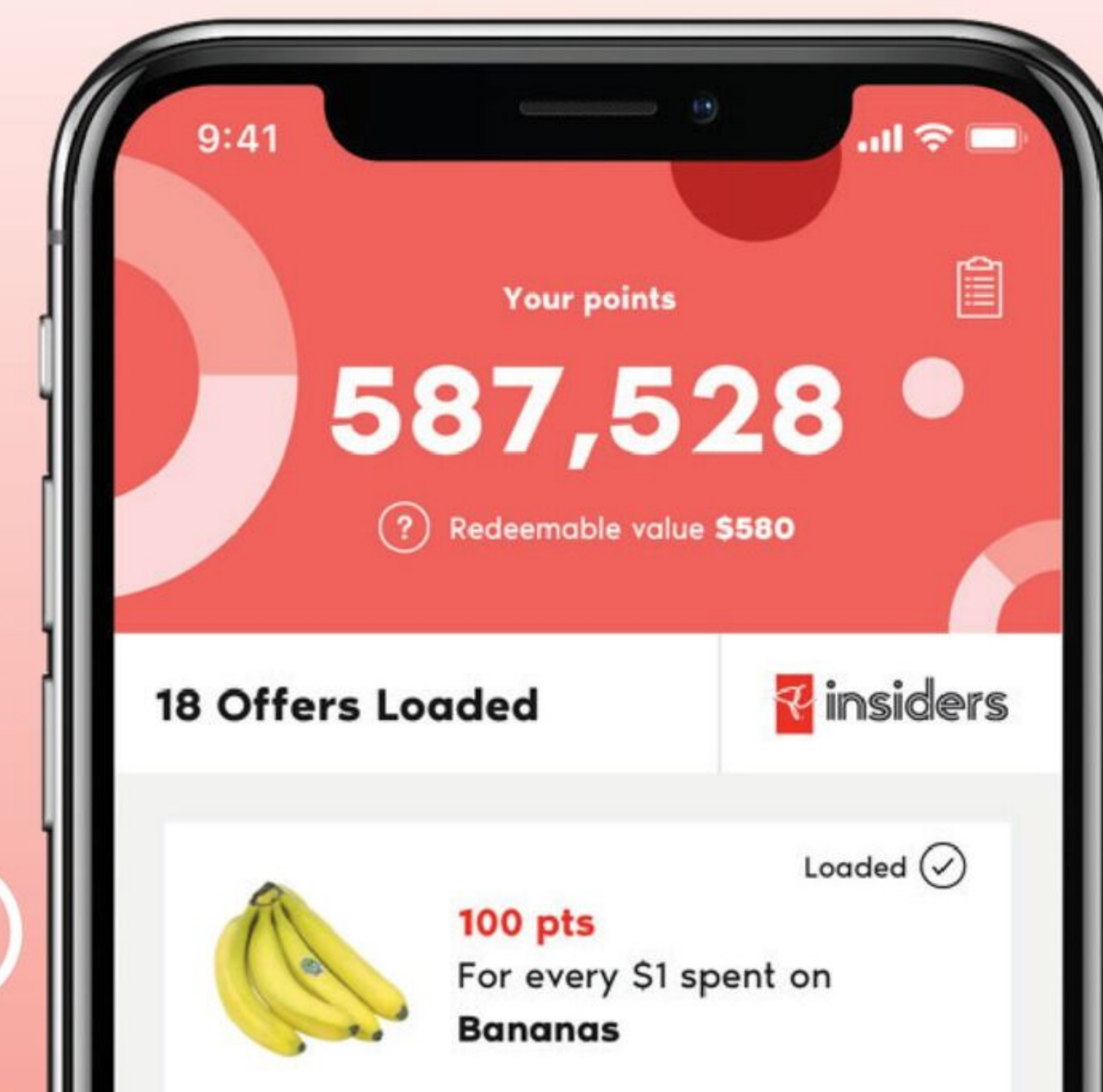
Gain/Cheer Detergent 100 LD, Tide Detergent 52/64 LD, PODS/Flings 25/42 CT, Liquid Softener 96/150 LD, Sheets 240/180 CT, Beads 453/515/550 g, Rinse 70 LD Selected Varieties
21671138_EA/21671135_EA

*FROM WASH UNTIL WEAR

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Cheese 170 g

20316187001_EA



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Organic
Tomatoes
796mL

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Larabar™ Fruit & Nut
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- Organic Rice Wraps 120g - 21592071
- Organic Ramen Noodles 240g - 21703566
- Organic Rice Noodles 180g - 21703564

ORGANIC SHELF STABLE KIMCHI

- Organic Kimchi 454g- 21597662



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- Organic Veggie Kimbap Roll 230g - 21706757
- Organic Fried Rice Roll 230g - 21706748





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**WHOLE GRAIN
WIDE SLICE**



frozen whole grain wide
slice bread, 567g

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**WHITE
WIDE SLICE**



frozen white wide slice
bread, 567g

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1G SUGAR • JITTER-FREE • 500MG ADAPTOGENS

Everyday Energy

\$4.49



Yogi™

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20693913003 32 g

20309377001 36 g

21566781 24 g

21400132 29 g



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Natural support for a healthier gut.



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