

# FRESH CO

## LONG WEEKEND DEALS

SAVE UP TO \$6  
10<sup>99</sup>

**Compliments Beef, Chicken or Turkey Burgers**  
Frozen  
680-907 g or  
**Smoked Sausages** 900 g  
reg 12.99-16.99  
Burgers ou  
saucisses



MEMBER PRICING

ONLY  
3<sup>77</sup>

**Coca-Cola, Canada Dry or Pepsi Soft Drinks** 6x710 mL  
Selected Varieties  
Boissons gazeuses



ONLY  
1<sup>99</sup>

**Blueberries** Pint  
Product of Canada,  
Canada No. 1 or  
**Cantaloupe**  
Product of USA  
No. 1 Grade  
Bleuets ou cantaloup



ONLY  
2<sup>99</sup>



**Sweet Bell Peppers** 4 pk  
Product of Ontario or  
**Corn Tray** 4 pk  
Product of Ontario  
Canada No. 1  
Poivrons doux ou maïs



SAVE UP TO \$6<sup>01</sup>  
7<sup>99</sup>



**MarcAngelo Souvlaki Chicken Breast or Pork Kabobs**  
480-640 g **Bacon Wrapped Chicken Medallions** 452 g  
or **Panache Bacon Wrapped Scallops** Frozen 250 g  
reg 11.99-14.00  
Souvlaki, brochettes, poulet enrobé de bacon ou  
pétoncles enrobés de bacon

SAVE UP TO \$6  
3<sup>99</sup>



**Schneiders Juicy Jumbos or Smoked Sausages**  
375-450 g, **Bologna** 375 g or **Maple Leaf Chicken Sausages** 300 g reg 6.99-9.99 Selected Varieties  
Saucisses ou bologne

MEMBER PRICING  
SAVE 80¢  
2<sup>69</sup>

3<sup>49</sup>  
without  
Scene+ Card



**Dempster's White or Whole Wheat Bread** 675 g  
**Hot Dog or Hamburger Buns** 8 pk reg 3.49-3.69  
Pain ou petits pains

SAVE UP TO \$2<sup>30</sup>  
3<sup>99</sup>



**Chapman's Markdale Creamery Ice Cream** 2 L **Canadian Collection Bars**  
8x55 mL or **Lolly** 28x50 mL reg 4.99-6.29  
Crème glacée, barres ou friandises glacées

150 PTS  
when you buy 3

SAVE UP TO \$1<sup>94</sup>  
2<sup>75</sup>



**Lay's Potato Chips** 177-235 g or  
**Smartfood** 150-220 g reg 3.99-4.69  
Croustilles ou maïs soufflé

SAVE \$1<sup>30</sup>  
2<sup>99</sup>



**Black Diamond Slices** 410 g reg 4.29  
Fromage

SAVE \$5<sup>11</sup>  
12<sup>88</sup>



**Mr. Goudas Rice** 8 kg reg 17.99  
Riz

Fill your  
cart, fuel  
your savings

FRESH CO

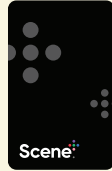


Scene+

Save  
up to

15¢  
per  
litre\*\*

on fuel at participating  
Shell® locations when you scan your  
Scene+® card on purchases at FreshCo



Spend  
at FreshCo  
Save  
at Shell®

\$300

\$200

\$100

\$50

15¢/L

10¢/L

5¢/L

3¢/L

See flyer back page for terms and conditions and excluded store list

PRODUCT SELECTION MAY VARY BY LOCATION

Flyer in effect July 30-August 5, 2026.  
Prices in effect in Ontario, Excludes Thunder Bay.

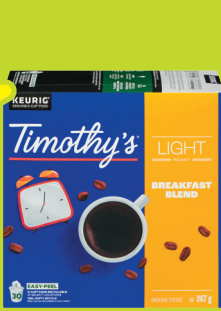


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FRESH CO

SAVE UP TO  
**\$1**  
**2.99****Christie Cookies**  
Selected Varieties  
224-303 g or  
**Triscuits** 185-200 g  
reg 3.69-3.99  
Biscuits ou craquelinsSAVE UP TO  
**\$1.00**  
**2.49****Kellogg's**  
**Cheez-It Crackers** 191-200 g,  
**Town House Crackers** 247-391 g or  
**Cheez-It Snap'd** 213 g or  
**Pringles Super Stacks** 148-156 g reg 3.49-4.29  
Craquelins ou croustillesSAVE 70¢  
**1.79****Oasis Juices,**  
**Arizona Iced**  
**Tea or Del Monte**  
**Nectars** 960 mL  
reg 2.49  
BoissonsSAVE UP TO  
**\$1**  
**3.99****Ocean Spray**  
**Cocktail 1.89 L** or  
**100% Juice 1.77 L**  
reg 4.49-4.99  
BoissonsMEMBER PRICING  
**ONLY**  
**99¢****Dare**  
**Breaktime**  
**Cookies** 250 g  
BiscuitsMEMBER PRICING  
**ONLY**  
**3.99****Compliments**  
**Frozen Fruit**  
300-600 g  
Fruits congelésSAVE \$1.52  
**5.47****Kellogg's**  
**Family Size**  
**Cereal**  
Selected Varieties  
450-650 g reg 6.99  
CéréalesSAVE \$11  
**14.99****Timothy's**  
**Coffee K-Cups**  
30 pk  
reg 25.99  
CaféSAVE \$2.50  
**6.99****Kawartha**  
**Ice Cream**  
1.5 L reg 9.49  
Crème glacéeSAVE \$2.50  
**4.49****Dr. Oetker**  
**Ristorante or**  
**Casa di Mama**  
**Pizza** 288-410 g  
reg 6.99  
PizzaSAVE \$2.20  
**6.79****Grace Patties**  
600 g reg 8.99  
GaletteSAVE \$2  
**4.99****Kraft Peanut**  
**Butter** 750 g-I kg  
reg 6.99  
Beurre d'arachideSAVE \$2.50  
**4.99****Philadelphia**  
**Cream Cheese** 340 g reg 7.49  
Fromage à la crème**ONLY**  
**9.99****Mr. Freeze Pops** 27x150 mL or  
**Crush Freeze Pops** 27 pk  
Friandises glacéesSAVE UP TO  
**\$2**  
**4.49****Cadbury**  
**Chocolate Bar** 180 g or  
**Large Bag** 144-200 g reg 5.49-6.49  
Chocolat**ONLY**  
**\$4****Planters Nuts**  
50% Cashews  
& 50% Peanuts  
Mix 200 g  
NoixSAVE \$4  
**8.99****Palmolive Dish**  
**Soap** 4.27 L  
reg 12.99  
Savon à vaisselleSAVE \$4  
**6.99****Cashmere Bathroom Tissue** 12-24 rolls  
**SpongeTowels** 3-6 rolls or  
**Scotties Facial Tissue** 6 pk reg 10.99  
Papier hygiénique ou essuie-tout**ONLY**  
**64.95****Zonnic 4 mg** 120 pk  
\*Available at pharmacy locations only  
Sachets de nicotineScene<sup>®</sup> 1,000 PTS = \$10 OF FREE GROCERIES100 PTS  
when you buy 2SAVE \$1.20  
**6.29****Bubly** 12x355 mL or  
**Montellier** 10x355 mL  
reg 7.49  
Eau pétillante250 PTS  
when you buy 3SAVE UP TO  
**\$1.80**  
**2.99****Tostitos** 205-300 g or  
**SunChips** 205 g reg 4.49-4.79  
Croustilles150 PTS  
when you buy 3SAVE 74¢  
**2.75****Quaker Crispy Minis**  
100 g or **Rice Cakes**  
127-199 g reg 3.49  
Galette de riz100 PTS  
when you buy 2SAVE \$1.20  
**6.29****Gatorade**  
6x591 mL or 8x355 mL  
reg 7.49  
Boissons désaltérantes100 PTS  
when you buy 2SAVE \$1  
**3.99****Simply Beverages** 1.54 L  
Selected Varieties  
Boissons25 PTS  
when you buy 1SAVE UP TO  
**\$2**  
**3.99****Violife Shreds**  
or **Slices** 200-227 g or  
**Becel Margarine** 400 g  
reg 4.99-5.99  
Fromage ou margarine250 PTS  
when you buy 2SAVE 80¢  
**7.69****Nutella Hazelnut**  
or **Peanut Spread**  
725 g reg 8.49  
Tartinade100 PTS  
when you buy 2SAVE \$2  
**3.99****Lady Speed Stick**  
45-70 g or **Men's Speed Stick**  
**Deodorant or Antiperspirant**  
76-85 g Selected Varieties reg 5.99  
Déodorant ou antisudorifique50 PTS  
when you buy 2SAVE \$1.50  
**1.99****Fruitopia Drinks,**  
**Peace Tea or Minute**  
**Maid Lemonade** 1.75 L  
Boissons100 PTS  
when you buy 1SAVE UP TO  
**\$4**  
**8.99****Fleecy Fabric**  
**Softener** 3.5 L  
**Sheets** 200 pk  
reg 12.49-12.99  
Assouplissant textileScene<sup>®</sup>  
**DIGITAL**  
**EXCLUSIVE**July 30-August 12, 2026  
\*terms and conditions applyLoad this offer and  
get 200 pts  
for every 2  
**Compliments Halloumi** 200 g  
Halloumi**200\***ptsLoad this offer and  
get 100 pts for every 2  
**French's Mustard** 400 mL  
Moutarde**100\***pts

\*\* Offer valid from July 7 to August 31, 2026 at participating Sobeys, Safeway, FreshCo, Chelco FreshCo, Thrifty Foods locations in Canada. With Scene+ card and minimum qualifying grocery purchase of \$50 or more made in a single transaction, receive a fuel savings coupon on the receipt valid for the prescribed cent. Per litre savings for redemption on fuel purchases at participating Shell locations in Canada (excluding Shell Flying J locations). Minimum qualifying spend excludes taxes, gift cards, pre-paid cards, prescription drugs, non-prescription pharmacy services, liquor and alcoholic beverages, tobacco products, lottery, deposits, environmental charges, fuel and other goods and services which are non-discountable or excluded by law. Fuel savings coupon is redeemable at participating Shell locations (excluding Shell Flying J locations) from July 7 to September 14, 2026. One fuel savings coupon issued per customer per qualifying transaction. Maximum of 75 litres per fuel discount. Fuel savings coupon must be redeemed in-store, not redeemable at the fuel pump. Fuel savings coupon has no cash value. WEST Excludes: FreshCo 100 Mile House 8945, FreshCo Williams Lake 9616 ONTARIO Excludes: FreshCo Main & Jagersperson 8674, FreshCo Ontario 31 9731, FreshCo Mountain & First 9807, FreshCo Lonsdowne & Parkway 6577, FreshCo Brook & George 2927, FreshCo Lake & Lundy's Lane 2801, FreshCo Espanola 9594, FreshCo Huntsville 4003, FreshCo Princess & Anderson 9772, FreshCo Ninth & Marlborough 9965, FreshCo Humberburg 9553, FreshCo Heritage Grove 4004.

The Scene+ Loyalty Program is available at all participating FRESHCO locations within ONTARIO. No base Scene+ points earned. See weekly offers for current ways to earn Scene+ points and visit <https://www.sceneplus.ca/terms-and-conditions> to see full Terms and Conditions. All weekly Scene+ offers exclude taxes, delivery charges, bill payments, service fees, rental fees, event tickets, gift cards, fluid dairy products in Atlantic regions, pre-paid cards, postal products and services, Western Union, McAfee/Avast/Huawei/Starbucks products and services in select regions, prescription drugs, non-prescription pharmacy services, liquor and alcoholic beverages, tobacco products, lottery, photo finishing, deposits, environmental charges, fuel and other goods and services which are non-discountable or excluded by law. For full Scene+ Terms & Conditions or to redeem your points, visit <https://www.sceneplus.ca/terms-and-conditions>. All offers are subject to change and may be withdrawn without notice. \*Scene, Scene+ Design and the Scene Design are registered trademarks of Scene Plus LP Corporation, used under license. Offers valid Thursday, July 30, 2026 to Wednesday, August 12, 2026. Prices in effect while supplies last. We reserve the right to correct any unintentional errors in this flyer and make changes to any of our programs without prior notice. See in-store or FreshCo.com for details. Our reference to "lower prices", "low prices" and other similar statements in our ads is as compared to the full-service banners operated by Sobeys Capital Incorporated. See in-store or FreshCo.com for full details of our Guarantees. All Guarantees are applied at our absolute discretion and we reserve the right to define competitor, trade area and to limit quantities. Not to be combined with any other offers and subject to change without notice. Guarantees do not apply to third party vendor products, prescriptions, gift cards, liquor, tobacco, clearance & limited-time products, loyalty and marketing initiatives and any products which may not be discounted by law (the "Limitations"). **LOWEST PRICE GUARANTEE:** Subject to the Limitations and excluding products sold by third party vendor products sold within the store, if a discount competitor within the geographic trade area offers a lower price on an identical item by brand and size that we carry in this store, we will sell you that item for 1¢ less than the discount competitor's current advertised price in their flyer. Price matching will be done for the following banners: Ontario: No Frills, Food Basics, Real Canadian Superstore, and Walmart British Columbia, Alberta, Saskatchewan, and Manitoba; No Frills, Real Canadian Superstore, and Walmart; No Frills, Real Canadian Superstore, and Save-On-Foods. Price match locations are subject to change based on regional circumstances. Does not apply to competitor errors. Limit of four (4) units of each price matched item per customer. **DOUBLE FRESH GUARANTEE:** Subject to Limitations, if you buy an eligible product from our store, use the product as intended, and the product does not meet your expectations, you can return the product with a receipt within 14 days of purchase and we will refund the purchase price and provide you with an identical replacement product (while supplies last). **IN-STOCK GUARANTEE:** Subject to Limitations and excluding seasonal and limited quantity products, if you find that we are out of stock of any product featured in that store's current flyer, we will provide you with a rain check that can be used to purchase the item for 10¢ off the current advertised price when the item is back in stock. **PRICES IN EFFECT IN ONTARIO, EXCLUDES THUNDER BAY**

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FRESH CO

ONLY  
6<sup>99</sup>



**Yellow Flesh Peaches 3 L or Nectarines 2 L**  
Product of Ontario, Canada No. 1  
Pêches ou nectarines

ONLY  
1<sup>79</sup>  
/lb



**Eggplant or Green or Grey Zucchini**  
Product of Ontario or **Field Tomatoes** Product of Ontario, Canada No. 1, 3.95/kg  
Aubergines ou courgette ou tomates

ONLY  
3<sup>77</sup>  
/lb



**Red Seedless Grapes**  
Product of USA No. 1 Grade 8.31/kg  
Raisins

ONLY  
3<sup>99</sup>  
/lb



**Cherries**  
Product of USA No. 1 Grade 8.80/kg  
Cerises

ONLY  
5<sup>99</sup>



**Seedless Watermelon**  
Product of Ontario  
Melon d'eau

11 lb  
average

ONLY  
1<sup>97</sup>  
/lb



**Bartlett Pears or Honeycrisp Apples**  
Product of USA Extra Fancy Grade 4.34/kg  
Poires ou pommes

50 PTS  
when you buy 1

ONLY  
3<sup>99</sup>



**Lemons 2 lb**  
Product of South Africa 907 g or  
**Pineapples** Product of Costa Rica  
Citrons ou ananas

ONLY  
1<sup>97</sup>  
/lb



**Sweet Green Bell Peppers**  
Product of Ontario 4.34/kg  
Poivrons

50 PTS  
when you buy 1

ONLY  
3<sup>99</sup>



**Romaine Hearts 3 pk** Product of Canada  
Laitue romaine

50 PTS  
when you buy 1

ONLY  
1<sup>99</sup>



**Mini Seedless Cucumbers or Celery**  
Product of Ontario, Canada No. 1 or  
**Celery** Product of Canada, Canada No. 1  
Concombres ou céleri

MEMBER PRICING

5<sup>99</sup>  
/lb, 13.21/kg

ONLY  
4<sup>99</sup>  
/lb 11.00/kg



**Panache Seasoned Flattened Whole Chicken**  
Poulet

MEMBER PRICING

5<sup>99</sup>  
/lb, 13.21/kg

ONLY  
4<sup>99</sup>  
/lb 11.00/kg



**Fresh Boneless Centre and Rib Pork Loin Chops**  
Porc

100 PTS  
when you buy 1

ONLY  
\$10



**Smokey BBQ Atlantic Salmon 227 g**  
Saumon

MEMBER PRICING

15<sup>49</sup>  
/lb, 34.15/kg

ONLY  
13<sup>99</sup>  
/lb 30.84/kg



**Beef Tri Tip Steak**  
Cut From Canada AA or Higher  
Bifteck

MEMBER PRICING

2<sup>49</sup>

ONLY  
1<sup>99</sup>



**Maple Lodge or Zabiha Halal Chicken Bologna or Wieners 375-450 g**  
Bologne ou saucisses fumées

SAVE \$2

\$5



**MarcAngelo Italian Style Jumbo Sausages Frozen 675 g**  
Saucisses

200 PTS  
when you buy 1

SAVE \$3<sup>50</sup>

5<sup>99</sup>



**Schneiders Bacon 100-375 g**  
Bacon

SAVE UP TO \$3

7<sup>99</sup>



**Panache Crab Rangoon, Shrimp Tempura with Truffle or Bang Bang Shrimp Frozen 252-340 g**  
Crabe ou crevettes

SAVE \$1

3<sup>49</sup>



**Summer Fresh Dips, Hummus 200-227 g or Salsa 227 mL**  
Trempettes, hummus ou salsa

SAVE UP TO \$2<sup>50</sup>

5<sup>99</sup>



**Notre-Dame Brie 170 g, Monsieur Gustav Cheddar 200-250 g or Emmental Cheese 200 g**  
Fromage

SAVE \$3

5<sup>99</sup>



**Agropur Grand Cheddar 200 g**  
Cheddar

SAVE \$2

6<sup>49</sup>



**Maple Leaf Natural Selections Deli Meats 175 g**  
Charcuteries

SAVE UP TO 80¢

1<sup>49</sup>



**Frontier Pitas 5 pk or Compliments English Muffins 342 g**  
Pitas ou muffins

SAVE \$2

2<sup>99</sup>



**Vachon Snack Cakes 200-336 g**  
Gâteaux

SAVE UP TO \$1<sup>40</sup>

3<sup>59</sup>



**Dempster's Tortillas 426-640 g or Raisin Bread 600 g**  
Tortillas ou pain

SAVE \$1

3<sup>49</sup>



**King's Hawaiian Sweet or Savoury Butter Rolls 340 g**  
Petits pains au beurre

Scene

1,000

PTS

= \$10 OF FREE GROCERIES

P02\_FC\_WK14\_ONT\_Z1



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FRESH CO

SAVE \$1<sup>20</sup>  
**2<sup>49</sup>**



**Christie Crackers**  
Selected Varieties 180 g  
Craquelins

SAVE UP TO \$1<sup>80</sup>  
**3<sup>49</sup>**



**McCain**  
**Premium SuperFries**  
454-650 g or  
**Premium Breakfast Potatoes**  
600-650 g  
reg 4.99-5.29  
Frites ou pommes de terre

150 PTS  
when you buy 2  
SAVE 50¢  
**2<sup>49</sup>**



**Coca-Cola**  
or **Canada Dry**  
**Soft Drinks** 2 L  
Selected Varieties  
Boissons gazeuses

ONLY  
**6<sup>99</sup>**



**Liberté**  
**Greek Yogurt**  
650-750 g  
Yogourt

100 PTS  
when you buy 2  
SAVE UP TO \$2  
**3<sup>49</sup>**



**Quaker**  
**Harvest Crunch**  
400-510 g or  
**Quaker Cereal** 350-500 g  
reg 4.99-5.49  
Céréales

SAVE UP TO \$2<sup>99</sup>  
**\$4**



**Club House**  
**La Grille Seasonings**  
120-203 g or **Blends** 111-161 g  
Assaisonnements

200 PTS  
when you buy 2  
SAVE \$3<sup>55</sup>  
**7<sup>44</sup>**



**Nescafé**  
**Gold Instant Coffee**  
90-100 g, **Espresso**  
**Concentrate** 500 mL or  
**Starbucks by Nespresso** 10 pk  
Café

SAVE \$1<sup>30</sup>  
**2<sup>99</sup>**



**Takis**  
**Tortilla Chips**  
190-280 g  
Croustilles

MEMBER PRICING  
ONLY  
**23<sup>99</sup>**

without  
Scene+ Card



**Tim Hortons**  
**Ground Coffee**  
825-875 g  
Café

100 PTS  
when you buy 2  
SAVE UP TO \$1<sup>30</sup>  
**3<sup>99</sup>**



**Mott's**  
**Clamato** or  
**Garden Cocktail**  
1.89 L  
Cocktail

100 PTS  
when you buy 2  
SAVE UP TO 80¢  
**3<sup>49</sup>**



**Humpty Dumpty**  
or **Old Dutch**  
**Snacks** 265-300 g or  
**Old Dutch Crunch**  
200 g  
Collations

50 PTS  
when you buy 2  
SAVE \$1  
**2<sup>49</sup>**



**Skittles Candy**  
or **Gummies**  
130-170 g or  
**Starburst** 142-170 g  
Bonbons

80 PTS  
when you buy 1  
SAVE UP TO \$1<sup>70</sup>  
**4<sup>79</sup>**



**Hershey's**  
**Chocolate Pouches**  
160-235 g or  
**Multipacks**  
172-232 g  
Selected Varieties  
Chocolat

ONLY  
**3<sup>29</sup>**



**Astro**  
**Yogurt Tubs**  
500-750 g,  
**Khaas Halal**  
or **Dahi Yogurt**  
750 g  
Yogourt

SAVE 50¢  
**3<sup>99</sup>**



**Old El Paso Taco Kits** 250-510 g  
Ensembles à taco

SAVE 80¢  
**5<sup>99</sup>**



**Hellmann's Mayonnaise** 710-890 mL  
Mayonnaise

SAVE \$2<sup>30</sup>  
**5<sup>99</sup>**



**Heluva Good! Dip** 680 g  
Trempe

ONLY  
**2<sup>99</sup>**



**Fruité**  
**Drinks** 1.36 L  
Boissons

SAVE 70¢  
**1<sup>79</sup>**



**Knorr**  
**Sidekicks**  
120-153 g  
Accompagnements

SAVE \$1  
**2<sup>99</sup>**



**Cool Whip**  
**Whipped Topping**  
225 g  
Garniture fouettée

SAVE \$4  
**9<sup>99</sup>**



**Purina**  
**Tidy Cats Cat Litter** 2.72 kg reg 13.99  
Litière pour chats

ONLY  
**4<sup>49</sup>**



**Milk-Bone**  
**Biscuits**  
750-900 g or  
**Farmer's Medley**  
280-340 g  
Gâteries pour chiens

MORE WAYS TO SAVE!

HOT  
PRICE

Scene+

Locked  
&  
Low

Look for these specially-marked  
items throughout our stores





WHILE SUPPLIES LAST. PRODUCT SELECTION MAY VARY BY STORE.

Barakah Meadows  
Grass Fed Striploin  
Steak 312 g reg 16.00  
Bifteck

SAVE \$3  
\$13



ONLY  
\$4



BBQ Potato Tray 4 pk  
Product of Canada  
Canada No. 1  
Plateau de pommes de terre

ONLY  
9<sup>88</sup>/<sub>lb</sub>

Fresh Boneless Beef  
Striploin ½ Cryovac Graded  
Product of Australia 21.78/kg  
WHILE SUPPLIES LAST  
Bifteck

ONLY  
3<sup>50</sup>



The Little Potato Co. Trays 454 g  
Assorted Product of Ontario  
Canada No. 1  
Plateau de pommes de terre

ONLY  
\$4



Vidalia Onions 1.36 kg  
Product of USA, No. 1 Grade  
Oignons

ONLY  
\$5



Compliments Baby  
Spinach or Spring Mix 312 g  
Product of Canada  
Jeunes épinards ou mélange printanier

200 PTS  
when you buy 2  
ONLY  
3<sup>50</sup>



GoodLeaf  
Microgreens  
50 g Product  
of Ontario  
Micropousses

ONLY  
\$2



Compliments Baby Carrots 340 g  
Product of USA, No. 1 Grade  
Mini-carottes

SAVE \$2  
5<sup>49</sup>



Boursin Cheese 150 g  
Fromage

SAVE \$1<sup>50</sup>  
4<sup>99</sup>



Fontaine Santé  
Protein Hummus 300 g  
Hummus

SAVE \$2  
4<sup>99</sup>



Castello  
Havarti Cheese 170-200 g  
Fromage

ONLY  
\$4



Compliments  
Butter Croissants 270 g  
Croissants

SAVE \$1  
\$4



Santosh Naan 1 kg  
Naan

ONLY  
\$4



Ace Bakery Bread 595 g or  
Rolls 525 g  
Pain ou petits pains

SAVE \$1  
5<sup>50</sup>



Compliments  
Muffins 400-600 g  
Muffins

ONLY  
\$2



Compliments Garden Salad  
340 g or Coleslaw 397 g  
Product of USA, No. 1 Grade  
Salade ou salade de chou

SAVE \$5  
9<sup>99</sup>



Schneiders Original Juicy Jumbos  
or RedHots Wieners 900 g  
Saucisses fumées

SAVE \$4  
9<sup>99</sup>



Lou's Fully Cooked Pork Back Ribs  
585-610 g  
Côtes levées

SAVE \$3  
7<sup>99</sup>



GO  
Green Ocean  
Argentinian  
Raw Shrimp  
11-15 ct per lb,  
Frozen 300 g  
Crevettes



# COOL TREATS

WHILE SUPPLIES LAST. PRODUCT SELECTION MAY VARY BY STORE.

SAVE 50¢  
4.49

**Compliments Moxii Ice Pops or Fruit Bars 6 pk**  
reg 4.99  
Sucettes glacées ou barres aux fruits



SAVE 50¢  
3.99

**Compliments Rolly's Ice Pops**  
12 pk reg 4.49  
Sucettes glacées

**Compliments Chocolatey Coated Ice Cream Bars 24 pk**  
reg 8.99  
Barres à la crème glacée

SAVE 50¢  
8.49



SAVE 50¢  
3.49



**Best Buy Ice Milk 1.5 L** reg 3.99  
Lait glacé

SAVE \$2.05  
4.94



**iögo Frozen Yogurt Tubs 946 mL, Novelty Bars 4 pk or Pops 8 pk**  
reg 6.99  
Yogourt glacé

SAVE \$1  
5.99



**Sorbelicious Sorbet Bars 8 pk**  
Barres de sorbet

ONLY  
\$5



**Häagen-Dazs Ice Cream 400-450 mL or Novelties 3-4 pk**  
Crème glacée

200 PTS  
when you buy 1  
ONLY  
9.99



**Baskin Robbins Ice Cream 946 mL or Novelties 4 pk**  
Crème glacée



SAVE \$1  
3.99



**Lotte Mochi Ice Cream 270 mL or Binggrae Fruity T'aom Ice Bars 5x75 mL Selected Varieties** reg 4.99  
Crème glacée ou barres glacées



ONLY  
\$5



**Chapman's Yukon Novelties 5-8 pk**  
Crème glacée

ONLY  
\$10

Get  
100 PTS  
When you buy 1



**Nestlé Parlour Vanilla Dipped Bars 16 pk**  
Barres de dessert surgelées

**Nestlé Drumstick Value Size 10 pk**  
Barres de dessert surgelées



**iögo Nano Frozen Yogurt Pops 16 pk**  
Sucettes glacées au yogourt

**Nestlé Share Pack 9 pk**  
Barres de dessert surgelées



# NON-ALCOHOLIC CHEERS! TO DEALS

WHILE SUPPLIES LAST. PRODUCT SELECTION MAY VARY BY STORE.

SAVE UP TO \$2<sup>99</sup>

\$10



**Guinness Non-Alcoholic Beer 4x440 mL, Heineken 0.0% Non-Alcoholic Beer, Corona Sunbrew 0% Non-Alcoholic Beer or Peroni Non-Alcoholic Beer 6x330 mL, Michelob Ultra Zero Non-Alcoholic Beer, Athletic Brewing Co. Non-Alcoholic Beer, Sleeman Zero+ Electrolytes Non-Alcoholic Beer, Sapporo 0% Non-Alcoholic Beer or Blue Moon Non-Alcoholic Beer 6x355 mL**

Bière sans alcool

SAVE 50¢

2<sup>49</sup>

**Clever Mocktail**  
355 mL or **Sober Carpenter**  
Non-Alcoholic Beer 473 mL

Cocktails sans alcool ou bière sans alcool

SAVE UP TO \$1<sup>29</sup>

\$4

**Mott's**  
**Mr. & Mrs. T**  
Cocktail Mix 1 L  
or **Rose's Cordial**  
or **Grenadine**

739 mL  
Mélange à cocktail,  
Cordial ou Grenadine

SAVE \$1<sup>50</sup>5<sup>99</sup>

**Grolsch**  
Non-Alcoholic Beer 4x500 mL

Bière sans alcool

100 PTS  
when you buy 1

SAVE \$1

7<sup>99</sup>

**Mott's Clamato**  
Non-Alcoholic Caesar 4x341 mL

Bloody Caesar sans alcool

100 PTS  
when you buy 2

ONLY

\$5



**Compliments**  
Non-Alcoholic Sparkling Beverages 4x330 mL

Boissons pétillantes

100 PTS  
when you buy 1

SAVE \$1

7<sup>99</sup>

**Atypique**  
Non-Alcoholic Cocktails 4x355 mL

Cocktails sans alcool

ONLY

\$9



**Compliments De-Alcoholized Beer** 12x355 mL

Bière désalcoolisée

SAVE \$3

13<sup>99</sup>

**Coors Edge Non-Alcoholic Beer** 12x355 mL

Bière sans alcool

SAVE \$2

19<sup>99</sup>

**Corona Sunbrew 0% Non-Alcoholic Beer** 12x355 mL

Bière sans alcool





**Taco Bell Sauces** 207 mL  
Any Variety



# SUMMER SWEETS

WHILE SUPPLIES LAST. PRODUCT SELECTION MAY VARY BY STORE.

ONLY  
1.99

Icee Slush  
177 mL  
Barbotine



ONLY  
6.99

Compliments  
S'mores Kits  
442 g  
S'mores



ONLY  
8.99

Compliments  
Mega Mix Candy 800 g  
Bonbons



ONLY  
5.99

Freeze Pops  
48x42 mL or  
Mr. Freeze Pops  
80 pk  
Bâtons glacés



ONLY  
6.99

Ferrero  
Kinder Surprise 100 g  
Chocolat



ONLY  
2.49

Ferrero Kinder Joy 20 g  
Chocolat



50 PTS  
when you buy 1

ONLY  
14.99

Maltesers or M&M's Chocolates  
650-800 g Selected Varieties  
Chocolat



100 PTS  
when you buy 2

SAVE 80¢  
4.19

Smucker's  
Syrup  
Topping  
428 mL  
Selected Varieties  
Garniture au sirop



ONLY  
15.99

Maynards Candy 90 pk  
Bonbons



ONLY  
11.99

Hershey's S'mores Kits 578-651 g  
S'mores



ONLY  
4.49

Dare RealFruit Candy or  
Hot Wheels 300 g  
Bonbons



ONLY  
2.49

Dare Mallow Candy 150 g  
Selected Varieties  
Bonbons



ONLY  
2.49

Jolly Rancher Candy 182-198 g  
Selected Varieties  
Bonbons



ONLY  
6.49

Jolly Rancher  
Freeze Dried Candy 87 g  
Bonbons



ONLY  
2.99

Twizzlers  
Candy 311-400 g or Sweet Tarts  
Ropes 141 g Selected Varieties  
Bonbons



ONLY  
2.99

M&M's Chocolates 100 g  
Chocolat





# EUROPEAN FLAVOURS

WHILE SUPPLIES LAST. PRODUCT SELECTION MAY VARY BY STORE.

SAVE \$2  
4<sup>99</sup>



**Tre Stelle**  
**Feta Cheese 200 g**  
or **Summer Fresh**  
**Dips 454 g**  
Fromage ou  
trempettes



ONLY  
\$6

**Compliments**  
**Marinated Pork**  
**Kabobs 250 g**  
Brochettes de porc



**200 PTS**  
when you buy 2

SAVE \$2  
6<sup>99</sup>

**Fino Fine Foods**  
**Mediterranean**  
**Margherita**  
**Flatbread 450 g**  
Pain plat



ONLY  
15<sup>99</sup>

**Royal Meats**  
**Chevapi 800 g-1 kg**  
Chevapi



SAVE \$1  
4<sup>49</sup>

**Uncle Yiannis**  
**Roasted Red**  
**Peppers**  
**500 mL**  
Poivrons



SAVE 80¢  
6<sup>99</sup>

**Uncle Yiannis**  
**Capers 370 mL**  
Câpres



SAVE \$1<sup>50</sup>  
9<sup>99</sup>

**Baş Ajvar**  
**Roasted Vegetable Spread 660 g**  
Tartinade de légumes



SAVE \$3<sup>30</sup>  
9<sup>49</sup>

**Fino Fine Foods**  
**Filo Pie 800 g-1 kg**  
Tarte filo



SAVE 50¢  
4<sup>29</sup>

**Palirria Dolmas** 400 g  
Dolmas grecs



SAVE 50¢  
3<sup>49</sup>

**Krinos**  
**Balsamic Glaze 250 mL**  
Glacage balsamique



SAVE UP TO \$2  
4<sup>99</sup>

**Krinos Meze or**  
**Green Cracked**  
**Olives 500 mL**  
Olives



SAVE 80¢  
10<sup>49</sup>

**Irini Giant Green or**  
**Kalamata Superior**  
**Olives 1 L**  
Olives



SAVE \$1  
7<sup>99</sup>

**Diana Marinated**  
**Artichoke Hearts 1 L**  
Cœurs d'artichaut



SAVE 70¢  
17<sup>99</sup>

**Attiki Honey 500 g**  
Miel





# CARIBBEAN FLAVOURS

WHILE SUPPLIES LAST. PRODUCT SELECTION MAY VARY BY STORE.

ONLY  
50¢

**Chubby Soda**  
250 mL  
reg 69¢  
Boisson gazeuse



ONLY  
\$1

**Mr. Goudas Table Salt**  
1 kg or  
**Coarse Salt**  
750 g  
reg 1.29-1.49  
Sel



SAVE \$1  
6.99

**Chef YaarDee Jerk or Curry Chicken** 680 g  
reg 7.99  
Poulet



SAVE \$1  
3.99

**Pure Caribbean Cassava, Sweet Potato or Plantain Fries** 454 g reg 4.99  
Frites



SAVE UP TO 99¢  
\$2

**Royalty Digestive Cookies** 400 g or  
**Ginger Nuts or Rich Tea Biscuits**  
300 g reg 2.69-2.99  
Biscuits ou biscuits à thé



SAVE 50¢  
1.69

**Vita Malt**  
330 mL  
reg 2.19  
Boisson au malt



ONLY  
\$1

**Soldanza Plantain Chips** 42 g  
reg 1.49  
Croustilles de plantain



ONLY  
1.25

**Grace Island Soda**  
355 mL reg 1.59  
Boisson gazeuse



SAVE 50¢  
89¢



**Grace Soup Mix** 42-60 g reg 1.39  
Mélange à soupe

SAVE 80¢  
4.49

**Grace Jerk BBQ Sauce or Marinade**  
350-480 mL reg 5.29  
Sauce ou marinade



SAVE \$1  
4.79

**Grace Jerk Seasonings**  
284 g reg 5.79  
Assaisonnements



SAVE UP TO 50¢  
1.49

**Dunya Harvest Canned Beans**  
540 mL  
reg 1.79-1.99  
Fèves



SAVE \$1.20  
4.79

**Cool Runnings Seasonings**  
90-900 g reg 5.99  
Assaisonnements



SAVE UP TO 69¢  
\$2

**Excelsior Crackers**  
300-336 g  
reg 2.49-2.69  
Craquelins



ONLY  
1.69

**Grace Creamed Coconut**  
141 g  
reg 1.99  
Crème de noix de coco



SAVE \$1  
5.99

**Grace Corned Beef** 340 g reg 6.99  
Bœuf salé



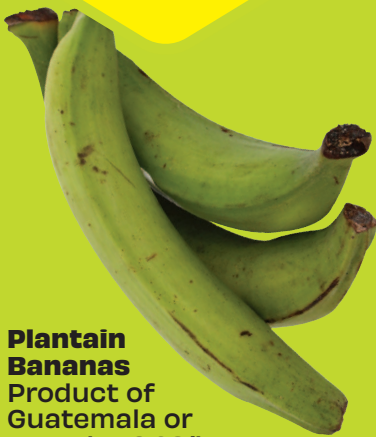


# CARIBBEAN FLAVOURS

WHILE SUPPLIES LAST. PRODUCT SELECTION MAY VARY BY STORE.

ONLY

1.49 /lb



**Plantain Bananas**  
Product of Guatemala or Ecuador 3.28/kg  
Bananes plantain

ONLY

19.99



**Egyptian Owais Mango**  
Case 2 kg  
Product of Egypt  
Mangues

ONLY

11.99



**Chelsea Boned Salted Cod Fish** 454 g  
Morue

ONLY

1.69 /lb



**Yucca Root or Eddoes**  
Product of Costa Rica 3.73/kg  
Racine de yucca ou eddos

ONLY

2.99



**Water Coconuts**  
Product of Costa Rica  
Eau de noix de coco

SAVE \$1

2.49



**Dunya Harvest Red Kidney Beans** 900 g reg 3.49  
Haricots rouges

SAVE 50¢

3.99



**Dunya Harvest Yellow Split Peas** 2 kg reg 4.49  
Pois cassés jaunes

ONLY

1.29



**Grace Peanut Punch**  
240 mL reg 1.49  
Punch aux arachides

SAVE \$2

11.99



**Cool Runnings Garlic Powder**  
650 g reg 13.99  
Poudre d'ail

SAVE \$3

13.99



**Cool Runnings Black Pepper**  
Ground or Whole 500 g reg 16.99  
Poivre noir

SAVE \$1.30

3.49



**Pure Heaven Non-Alcoholic Sparkling Drink**  
750 mL reg 4.79  
Boisson pétillante sans alcool

SAVE \$1.20

3.29



**Benjamins Vanilla Flavouring**  
480 mL reg 4.49  
Arôme de vanille

SAVE 80¢

2.49



**Governor's Choice Callaloo**  
540 mL reg 3.29  
Callaloo

ONLY

1.99



**Tropical Rhythms**  
473 mL reg 2.29  
Boissons



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