



FORTINOS®



6⁹⁹lb natural supreme almonds
15.41/kg 20150061_KG



CUT FROM CANADA
AAA

13⁹⁹lb rib steak cap-off
30.84/kg cut from Canada AAA grade beef or higher
20812082_KG



1⁹⁹lb chicken legs
4.39/kg back attached
20153925_KG



Large Size
SKINLESS

5⁹⁹ fresh Atlantic salmon portions
142 g selected varieties
21727096_EA



I ♥

X-LARGE

JUMBO

COLOSSAL

4⁹⁹lb colossal red cherries
11.00/kg product of Canada, Canada no. 1 grade
20159690001_KG

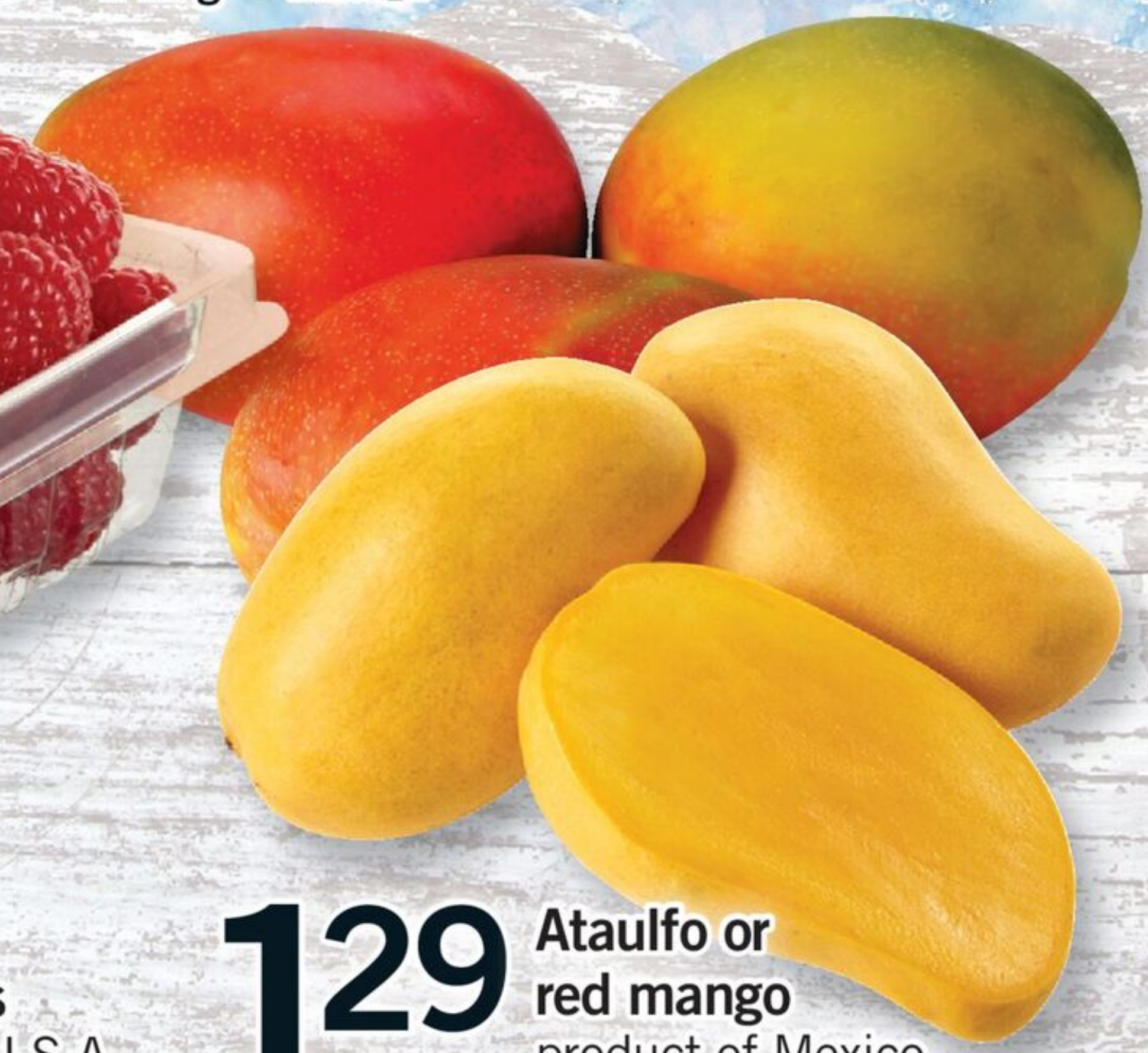


Foodland
ONTARIO

1²⁹lb Roma tomatoes
2.84/kg product of Ontario, Canada no. 1 grade
20143381001_KG



1⁹⁹ raspberries
170 g product of U.S.A.
20128938001_EA



1²⁹ each Ataulfo or red mango
20121509001_EA/20059635001_EA



Ontario
Pork

3⁹⁹lb pork tenderloin
8.80/kg
20874584_KG



PC® large white shrimp raw Zipperback®
31/40 per lb., frozen
20788888_EA

9⁹⁹ 400 g



Marcangelo deli sliced meats
selected varieties
21706422_EA/21706089_EA

4⁹⁹ 85 g



4⁹⁹ PC® hummus
280 g selected varieties
20811328_EA/20811384_EA



500 (pts)

4⁹⁹ each Schneiders smoked sausages, Juicy Jumbos, Maple Lodge chicken wieners or Zabiha Halal chicken wieners
20003128_EA/20164959_EA



PC® deli cheese slices
selected varieties
20249889_EA/20250947_EA

5⁹⁹ 140-170 g



D'Italiano bread 675 g, buns 6/8's or jumbo buns 8's
selected varieties
20038335_EA/20673208_EA

2⁹⁹ each



PC® Triplelicious Very Strawberry Cheesecake Layered Pie
frozen
21716096_EA

\$12 730 g

CIVIC HOLIDAY HOURS MONDAY, AUGUST 3rd ALL STORES OPEN • 8 AM - 6 PM



PC® cheese bars 400 g, shreds 300/320 g or Brar's Malai paneer 375 g selected varieties
20283164_EA/21060183_EA

4.99 each



PC® Kettle Cooked, Loads Of™ or World of Flavours potato chips selected varieties
20840911002_EA/21387549_EA

1.99 200 g



Haagen-Dazs 414-450 mL or bars 3/4's, Nestlé Drumstick or novelties or IOGO frozen yogurt 4/8's or 946 mL selected varieties, frozen
20302298004_EA/20322380001_EA

4.99 each



Brothers fruit crisps 10/12 g or PC® Organics pouches 128 mL selected varieties
20651248003_EA/20549408_EA

\$1



Haldiram's snacks 350 g or Grace pure coconut water 1 L selected varieties
20370751007_EA/20779456_EA

2.99 each



PC® spring water 24x500 mL
20137898_C24

2.99



Optimum **500** pts
Tropicana orange juice, fruit beverage, blends or Pure Leaf iced tea selected varieties
20755752002_EA/21622106_EA

4.49 1.36/1.75 L



Icee Slushies 177 mL
21519341_EA

1.49



Frank's RedHot sauce 680 mL, Kraft mayonnaise 650-890 mL or Kozlik's mustard 250 mL or rub 150 g selected varieties
20172301001_EA/20618579001_EA

5.99 each



Mr. Noodles instant noodles 85 g
20322658001_EA

.35



Fuze iced tea 12x355 mL, Fuze or Coca-Cola, Canada Dry or Pepsi soft drinks 12x341 mL, selected varieties
20318694002_C12/20322361002_C12

7.99 each



Ensure 6x235 mL or Glucerna 6x237 mL selected varieties
20180283003_EA/20308731001_C06

11.99 each



Midday Squares snack bar 4x33 g, Sap Sucker spritzer 4x355 mL or So Delicious non-dairy dessert 272-500 mL, selected varieties
21018000_EA/21438382_C04

5.99 each



LIMIT 6 \$1.75
After Limit \$2.50 ea
Nestle Kit Kat or Aero tablets
Selected varieties, 95 - 105 g
20640580_EA/21648521_EA



LIMIT 4 \$1.88
After Limit \$3.00 ea
Christie Triscuits, Good Thins or Wheat Thins Crackers
Selected varieties, 100 - 200 g
21547049_EA/21030647_EA



LIMIT 4 \$3.50
After Limit \$5.00 ea
Clif ZBar 5x36 g or Clif Energy Minis 5x28 g
Selected varieties
21729442_EA/20872366003_EA



LIMIT 6 \$3.50
After Limit \$4.50 ea
Bolthouse Farms Smoothies or Juice
Selected varieties, 946 mL
20280429_EA/20316397_EA

Prices effective at Brampton stores only.

Flyer prices effective from Thursday, July 30th, to Wednesday, August 5th, 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!



First of the SEASON

4.99
each

local jumbo cantaloupe
product of Ontario,
Canada no. 1 grade
20167017001_EA



5.99
quart

local strawberries
product of Ontario,
Canada no. 1 grade
20503017001_EA

3.99 lb
8.80/kg

seedless Orri mandarins
product of Peru
or South Africa
20124308001_KG

Vittoria seeded grapes
product of Italy
20073156001_KG

5.99 lb
13.21/kg

local sweet bi-colour corn
product of Ontario,
Canada no. 1 grade, 4's
or made in-store
vegetable kabobs 306 g
20348977001_EA / 21451044_EA



4.99
each

Hand SELECTED



2.29 lb
5.05/kg

green zucchini
product of Ontario
20426596001_KG

6.99
3 L basket

local potatoes or tomatoes
product of Ontario,
Canada no. 1 grade
20185658001_EA / 20006556_EA



3.99
283 g

grape tomatoes
product of Ontario,
Canada no. 1 grade
21367888001_EA

2.49
each

green or red leaf lettuce
product of Canada
20133884001_EA
20305726001_EA

Imported FROM ITALY

4.99
1.5 lb bag
Tropea Italian onions
product of Italy



Prepared IN STORE DAILY

1.49 lb
3.28/kg

seedless watermelon cuts
product of U.S.A.
20216532001_KG



4.99
each

Marzetti dips
340 g, all varieties,
product of U.S.A.
or foil baking potatoe
4's, product of Canada,
Canada no. 1 grade
20304684_EA / 20174734_EA



2.99
397 g

PC® coleslaw
product of U.S.A.
21204248_EA

Bolthouse salad dressing
all varieties,
product of U.S.A.
21469053_EA / 21468630_EA

5.99
355 mL



4.99
each

romaine hearts 3's or celery sticks 454 g
product of U.S.A.
20810898_EA / 20067389001_EA

Pick Organic

Over 150 items available every day!



PC® Organics romaine hearts
product of U.S.A.
20599776001_EA

6.99
3's



Foodland ONTARIO

5.99
4's

PC® Organics Portobello mushrooms
product of Ontario
21005197_EA



Foodland ONTARIO

3.99 lb
8.80/kg

PC® Organics tomatoes on the vine
product of Ontario,
Canada no. 1 grade
20127917001_KG

PC® Organics fresh herbs
selected varieties,
product of U.S.A., Mexico,
Dominican Republic,
Colombia, Ecuador
or Israel
20914801_EA / 20915665_EA

3.29
20 g



6.99
9.8 oz
PC® Organics blueberries
product of U.S.A.,
no. 1 grade
21179969001_EA

Bakery

Baked fresh by Bakers with passion!



1/4 slab strawberry shortcake
\$44.99 1.4 kg

29⁹⁹
1 kg

strawberry shortcake 8"
20592878_EA/20593060_EA



29⁹⁹
850 g

mixed fruit 8" flan
20593086_EA



28⁹⁹
765/850 g

fruit topped Boston cake
20593152_EA



26⁹⁹
595 g

fruit topped 6" cheesecake
20592800_EA



no name® bread
selected varieties
21509822_EA/21509877_EA

229
675 g



1,000
each

399

Dempster's sausage or hamburger buns
426/528 g
21331650_EA



649
270/283 g

Farmer's Market™ angel food cake
selected varieties
21313112_EA/21313115_EA



30⁹⁹
1.2 kg

Three Sisters ice cream cake
cookies & cream, confetti or double chocolate
21702111_EA



Deli

Always freshly sliced or shaved your way!



699
125 g

Alexis de Portneuf Brise Du Matin, Lactose Free Brie, Le Calendos Camembert or Caonzola
21617949_EA/20315135_EA



Saputo mozzarella fresca
21184247_EA

699
190 g



PC® goat cheese logs
selected varieties
21722528_EA/21722641_EA

10⁹⁹
300 g



Tre Stella feta
21618723_EA

17⁹⁹
850 g



Schneiders old fashioned smoked ham
deli sliced
20315624_KG

379
17.20/lb



399
18.11/lb

PC® oven roasted, Piri Piri or Mediterranean chicken or oven roasted and tomato basil turkey
deli sliced, selected varieties
20059548_KG/20308072_KG



Borges deli chourico sausage
selected varieties
20304959_KG/20305950_KG

249
11.30/lb



Ilchester Applewood smoked English cheddar
20706922_EA

999
150 g



Olivieri sauce
selected varieties
\$7.49 600 mL

1149
each

Olivieri fresh filled pasta or skillet gnocchi
selected varieties,
250-700 g
20011488_EA/20915948_EA



729
each

quarter chicken dinner
white or dark meat,
with mashed potatoes
20165783_EA



1299
each

half rack BBQ ribs
with mashed potatoes
21600012_EA



599
6 pack

Brar's vegetable samosas
20904594_EA



Meat

FULL SERVICE BUTCHER • Custom cuts your way!



✓ Superior marbling

✓ Unrivalled flavour, juiciness & tenderness

✓ Only 4 in 10 Angus cattle meet the brand's high standards

Picanha steak!

20⁹⁹lb
46.27/kg

Certified Angus Beef® brand, coulotte steak cut from Canada AAA grade beef or higher
21594284_KG

Baseball steak!

20⁹⁹lb
46.27/kg

Certified Angus Beef® brand, top sirloin medallion steak cut from Canada AAA grade beef or higher
20865809_KG

Certified Angus Beef® brand, frenched rib steak cut from Canada AAA grade beef or higher
20877746_KG

29⁹⁹lb
66.12/kg

Click here for BBQ ideas & recipes! Or visit certifiedangusbeef.com



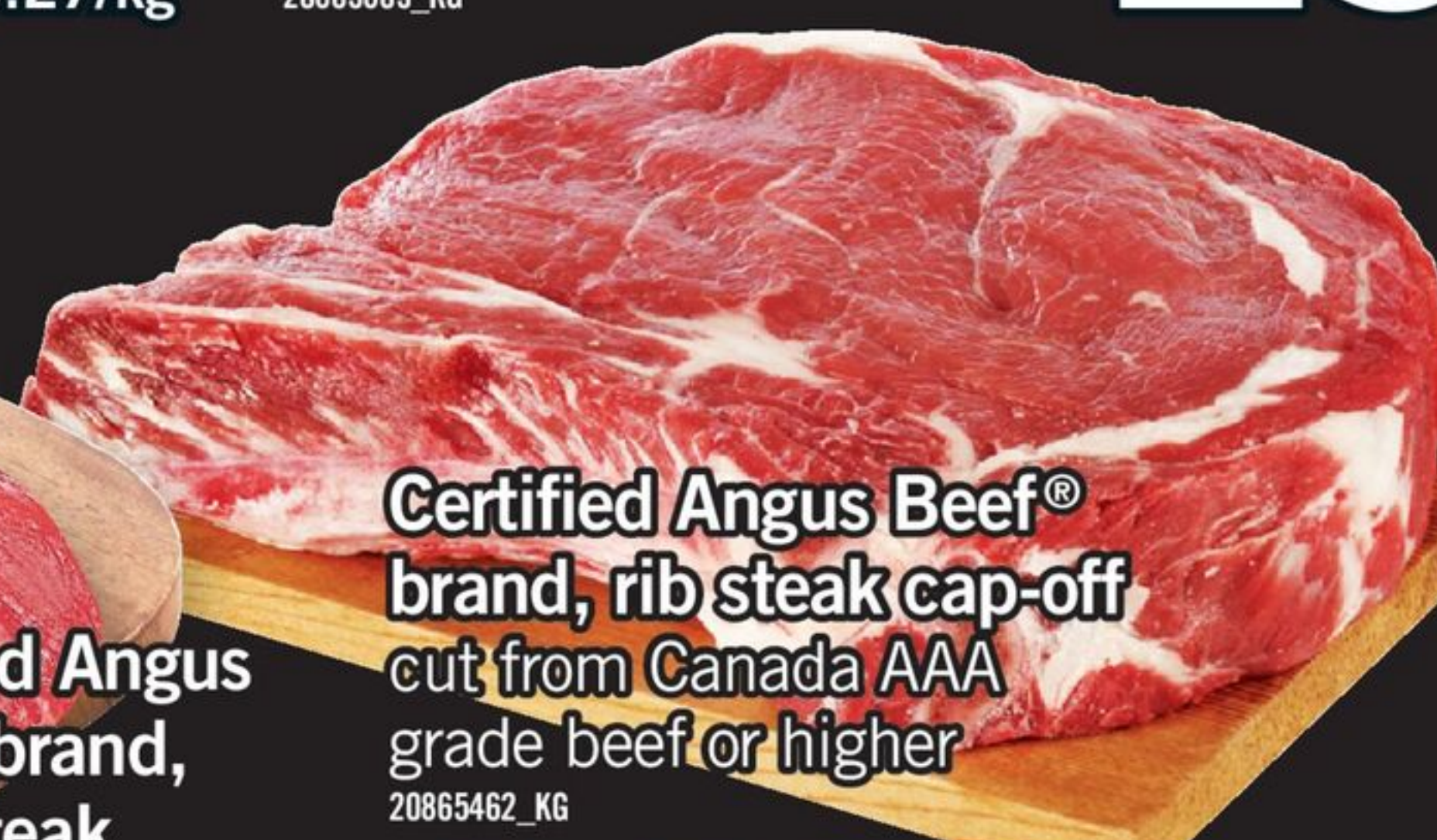
27⁹⁹lb
61.71/kg

Certified Angus Beef® brand, striploin steak cut from Canada AAA grade beef or higher
20873549_KG



21⁹⁹lb
48.48/kg

Certified Angus Beef® brand, flank steak cut from Canada AAA grade beef or higher
20863253_KG



Certified Angus Beef® brand, rib steak cap-off cut from Canada AAA grade beef or higher
20865462_KG

30⁹⁹lb
68.32/kg



26⁹⁹lb
59.50/kg

Certified Angus Beef® brand, t-bone steak cut from Canada AAA grade beef or higher
20865648_KG



15⁹⁹
568 g

PC® Black Label wagyu or umami wagyu burgers frozen
21522754_EA/20766235_EA



Marcangelo medallions selected varieties
21025464_EA/21378258_EA

14⁹⁹
340/452 g



15⁹⁹
852 g

PC® jalapeno & cheese burger frozen
21714070_EA



24⁹⁹
850 g

Glacial Treasure chicken or pork souvlaki frozen
21755149_EA/21755150_EA

Seafood

We'll Clean & Scale Your Fish at No Charge... just ask!



6⁹⁹
each

fresh Atlantic salmon or previously frozen shrimp kebobs
20851516_EA



7⁹⁹
each

fresh swordfish or previously frozen tuna kebobs
21461175_EA



1⁴⁹
55 g

raw frozen shrimp skewers plain
21119692_EA

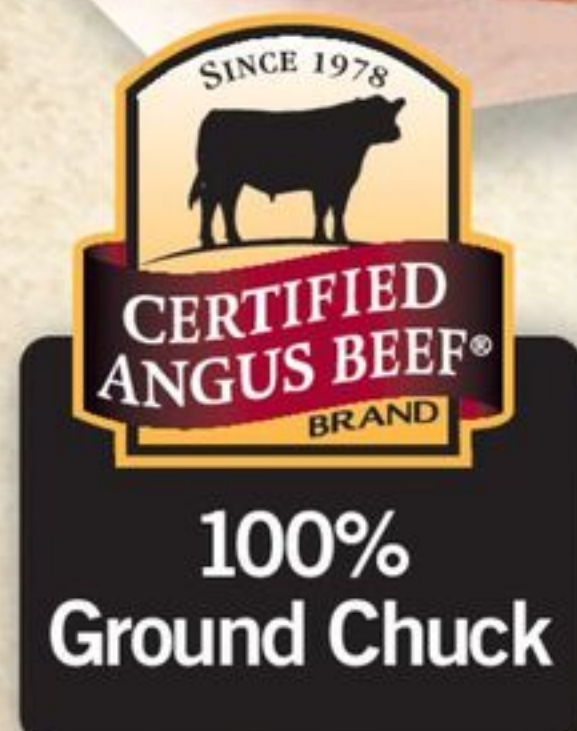


20⁹⁹
454 g

DOM Reserve cedar planked salmon frozen, selected varieties
21547731_EA/21548147_EA

ELEVATE YOUR BURGER

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



100% Ground Chuck

5.99
227 g

8 oz!

Certified Angus beef burgers
salt & pepper,
garlic & worcestershire,
bacon & cheddar cheese



4.99
each

fresh Atlantic
salmon burger



10.99
420-560 g

Fortinos beef sliders
or hot chicken burger



4 pack

10.99
560 g

Fortinos seasoned
or parsley & onion
turkey burger



3.79
400 g

Dempster's
hamburger buns



3.79
8's

Wonder hamburger buns
selected varieties



4.29
528 g

Villaggio Toscana
crustini burger buns



4.79
296 g

ACE gourmet buns
selected varieties



PC® or
Blue Menu®
thin buns

4.29
8x60 g

PC THINS™
WHOLE GRAIN ROUND BUNS
PAINS MINCES PC®
PAINS RONDS À GRAINS ENTIERS



La Fourée Dorée
brioche
hamburger buns
selected varieties

5.29
200 g



PC® gluten free
hamburger buns

6.49
320 g



8.49
260 g

Promise gluten free
brioche hamburger buns

Homemade Smash Burgers

There's nothing like grilled burgers on a summer weekend.

Click here for smash burger recipe



Ground
FRESH DAILY

8.99 lb
19.82/kg
lean ground beef, veal and pork combo pack
20874641_KG



Ground
FRESH DAILY

8.99 lb
19.82/kg
lean ground veal
20856914_KG



Ground
FRESH DAILY

4.99 lb
11.00/kg
lean ground pork
20863257_KG



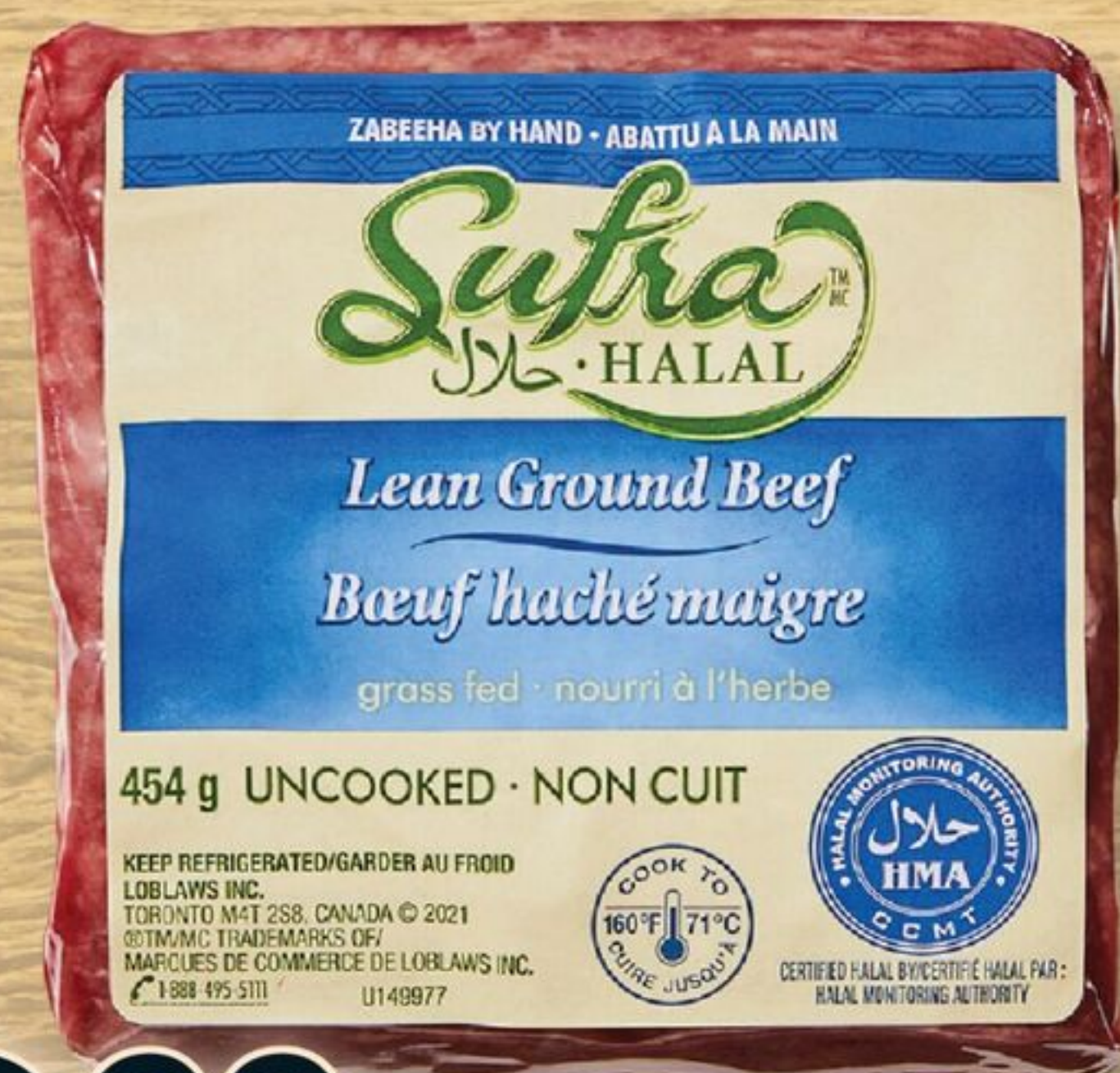
12.49
454 g
PC® Certified Angus Beef®
extra lean ground sirloin
21406595_EA



9.99
454 g
PC® Free From®
lean ground beef
21218152_EA



10.99
454 g
PC® Free From®
extra lean ground beef
21219275_EA



9.99
454 g
Sufra® Halal
lean ground beef
21397283_EA



11.99
454 g
Yorkshire Valley Farms
organic extra lean ground turkey
21099526_EA



7.99
454 g
PC® Blue Menu® ground chicken,
minced turkey or Mina Halal
extra lean ground chicken
21100091_EA/21618141_EA

Grocery



179
80 g
Pzazz Crunchy Nuts
selected varieties
21566368_EA/21566442_EA



Humpty Dumpty
snacks
250-290 g
or Coca-Cola
or Canada Dry
mini cans
6x222 mL
selected varieties
20354288002_C06/21445100_EA

449
each



429
2 L
Rougemont
apple juice
20185265003_EA



649
6x340 mL
NEW
Ocean Spray
or Zero Sugar
sparkling beverage
selected varieties
21474384_C06/21743254_C06



Stok cold brew coffee
selected varieties
21203739_EA

899
1.42 L



449
190/200 g
Miss Vickie's
kettle cooked
potato chips
selected varieties
21240628_EA/21240703_EA



349
93-340 g
Snyder's pretzels
pieces or Calbee
Harvest snaps
selected varieties
20316052001_EA/20803759001_EA



Blue Moon
non-alcoholic
beer
21718279_C06
1099
6x355 mL



299
125 g
Lactantia
garlic
butter stick
20106744_EA



Minute Maid
Zero Sugar
beverages
selected varieties,
refrigerated
21434100_EA/21434119_EA
479
1.54 L



Nescafé
Espresso
concentrate
selected varieties
21665027_EA/21665148_EA
979
500 mL



699
6x591 mL
Gatorade
Mashup
sports drink
21751164_C06/21751641_C06



Jack Link's
jerky 65-80 g
or Pringles
potato crisps 12's
selected varieties
20501983002_EA/21069445_EA
649
each



Hawaiian
Macadamia
Nut Company
macadamia
nuts
salted or unsalted
21705972_EA
1199
114 g



579
410 g
Black Diamond
Slices
selected varieties
21252564_EA/21278710_EA

Picnic Needs



549
500's
no name®
napkins
Club Pack
20306897_EA

PC® Planet First
Kraft Paper
cutlery 25's
or Touch round
toothpicks 250's
20071046_EA/21706997_EA

279
each



1299
40's
Gelda
cornstarch
compartment
trays
21737837_EA



799
40's
no name®
paper plates
lunch or dinner
21384145_EA/21384149_EA



549
90 m
Glad Cling Wrap
20186554_EA

Condiments



Uncle Dan's seasoning mix 21-28 g or French's mustard 400 mL, selected varieties
20083238_EA/21661024_EA

2.49
each



Heinz picnic pack 1.125 L or Cascina San Cassiano zucchini relish 410 g
20552158_EA/21731436_EA

5.99
each



Diana gourmet 500 mL or Bull's Eye BBQ sauce 425 mL, selected varieties
20547834005_EA/21184617_EA

2.99
each



Heinz mayo style dip selected varieties
21734588_EA/21734967_EA

3.49
340 mL



Unico olives, roasted peppers or sundried tomatoes selected varieties, 210-375 mL
20041471001_EA/20324873001_EA

2.99
each



Matheson Food Company sauce selected varieties
21618525_EA/21618529_EA

6.49
350 mL



Stubb's BBQ sauce selected varieties
21020939_EA/21021268_EA

4.49
450 mL



NEW

Wild Canadian Seafood sauce selected varieties
21748689_EA/21748739_EA

5.99
250 mL

Mezzetta olives or pickled red onions selected varieties
21036021_EA/21683088_EA

9.49
375/398 mL



Kuhne sauerkraut 796 mL or Brine pickles 1 L, selected varieties
21681255_EA/20068748_EA

5.49
each



NEW

iSpice seasonings selected varieties
21752800_EA/21754796_EA

6.49
75-210 g



NEW

Matheson Food Company seasoning selected varieties
21758406_EA/21758425_EA

7.99
160 g

Bertolli Dress & Drizz extra virgin olive oil
21704349_EA

9.99
460 mL



Nonna Pia's balsamic glaze
20839367_EA/20839409_EA

8.49
250 mL



Bertolli olive oil spray
20772484_EA

4.99
155 mL



Canning & Preserving

Bernardin standard Snap Lids with bands
21386852_EA

6.99
12's



Bernardin mason jars selected varieties
20188297_EA

15.99
12x125/250/500 mL



Bernardin mason jars selected varieties
20140932_EA

19.99
12x500 mL/1 L

Certo pectin crystal 57 g, Lantic jam or jelly mix 900 g or Windsor coarse pickling salt 1.36 kg
20119909_EA/20707925_EA

2.99
each



Club House pickling spice 110 g or Allen's pickling vinegar 4 L
20346462_EA/21313560_EA

4.49
each



4.99lb
11.00/kg

colossal red cherries
product of Canada,
Canada no. 1 grade
20159690001_KG

British Columbia Grown Cherries

Celebrate Canada!

British Columbia grown cherries are super sweet & delicious!
Grown in the interior of B.C. known for warm days and cool nights,
which produce some of the best tasting cherries around!
Available for a short time, enjoy now!



Foodland
ONTARIO

PICK ONTARIO FIRST!

The Best of Summer - All Year Long!

Meet some of the people who make your food – farmers and fresh food producers right here in Ontario's backyard!



ONTARIO
GREENHOUSE
VEGETABLE GROWERS

This is
Greenhouse
Goodness.

ogvg.com

grown
with pride in
Ontario

✓ picked ✓ packed ✓ shipped
within 24 hours.



mushrooms.canada



BETTER
WITH BEANS™

ONTARIO
Bean
GROWERS



get cracking®
Egg Farmers of Ontario



Ontario
Tender Fruit
Growers

Locally grown, simply fresh.



pick Ontario

Freshness. Quality. Local.





There is no taste like home!

For almost 50 years, **Foodland Ontario** has been promoting the good things that grow in Ontario to make it easier for you to choose fresh and delicious food from close to home, while supporting Ontario's hardworking farmers, food processors and other businesses.

Buying local helps your community, it supports your neighbours, and it creates local jobs - you make a positive impact every time you buy local.

- Look for the Foodland Ontario logo as a trusted source for finding Ontario-grown and made food when shopping for groceries

To learn more, visit: www.foodlandontario.ca.

Local food is always in-season!



A man with a beard and a baseball cap is sitting on the large, treaded tire of a green tractor. He is holding a white egg in his hand. The background shows a farm setting with a large building and silos.

Life changes. Eggs stay the same.

No matter how busy life gets,
you can count on eggs to
keep your family fueled.

Egg Farmers
of Ontario  **get
cracking®**

Visit getcracking.ca
Chris Helps, Ontario Egg Farmer



**ONTARIO
GREENHOUSE
VEGETABLE GROWERS**

grown
with pride in
Ontario

☒ picked ☒ packed ☒ shipped
within 24 hours.

This is Greenhouse Goodness.

Look for greenhouse
goodness tomatoes
in our produce section.

ogvg.com



mushrooms.canada

Mushrooms

are versatile, easy to prepare,
and packed with vitamins,
minerals, and antioxidants
— plus they bring rich umami
flavour to any dish.

For recipes visit mushrooms.ca



Freshness. Quality. Local.



Did you know?

There are over 500 floriculture greenhouse farms in Ontario that produce hundreds of varieties of flowers and plants.

About pickOntario

pickOntario is an initiative to raise awareness and demand for Ontario-grown cut flowers and potted plants. The growers in Ontario work hard to produce quality flowers and use the latest trends in technology and growing techniques to ensure our products are delivered fresh!

visit pickontario.ca



Beans are an economical way to feed your family. With over 9 grams of protein and fibre in half a cup, they're a great way to add nutrition to your diet. Look for *Product of Canada* on the label!



Ontario is home to over 1,000 bean farmers who grow a diverse range of beans available as both canned products and dry bulk, including kidney, navy, black, and romano beans



For recipes, visit ontariobean.on.ca

Ontario Peaches

Locally grown, simply fresh.

Click Here to get inspired by seasonal recipes



Ontario
Tender Fruit
Growers



Authentic fan-favourite Asian food!



13⁸⁸
340 g

T&T® sliced beef rolls
21570350_EA/21570476_EA



T&T® aloe vera drink
selected varieties
20593585_EA

2⁷⁸
1.5 L

T&T® Korean roasted seaweed laver
20593313_EA

1⁸⁸
15 g



1⁸⁸
180 g

T&T® tropical cake
selected varieties
20826092_EA/20826537_EA



T&T® jasmine rice
20705590_EA

1⁸⁸⁸
8.18 kg

泰國茉莉香米
Thai Jasmine Rice (Thai Hom Mali Rice)
Riz thaï au jasmin (Riz thaï Hom Mali)



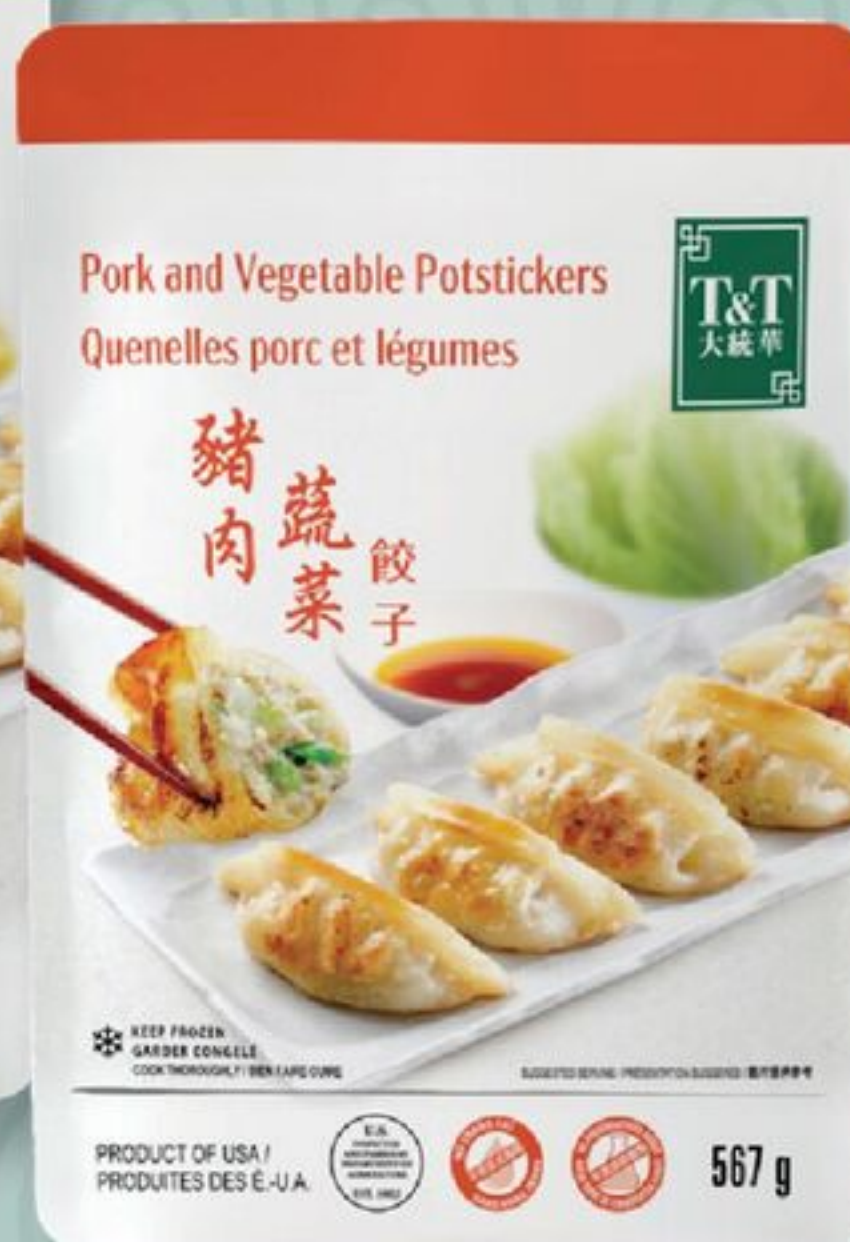
7⁴⁸
540 g

T&T® BBQ pork steamed buns frozen
21495784_EA



T&T® potstickers
selected varieties,
frozen

21495805_EA/21495823_EA
5²⁸
567 g



T&T® 3-minute ramen noodles
selected varieties

21447366_EA/21447367_EA
5⁴⁸
504 g



T&T® ice cream tub
selected varieties
21300559_EA

6⁴⁸
1 L

T&T® Monthong Durian pulp frozen
21541463_EA

14⁸⁸
454 g



T&T® soy sauce
dark or light
20698024_EA/20698142_EA

3²⁸
500 mL



EXPERIENCE A WORLD OF FLAVOURS

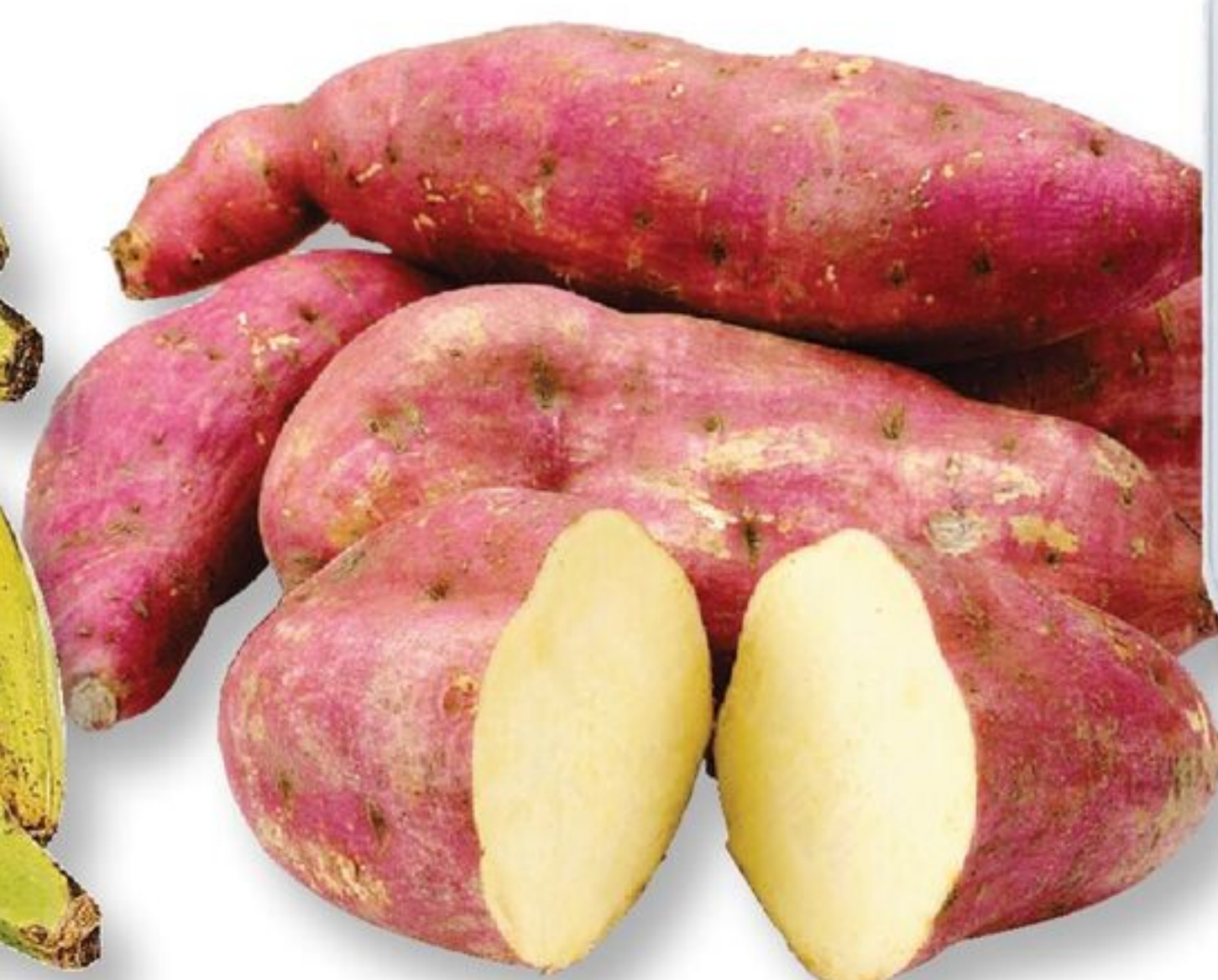
AVAILABLE AT: 330 Queens Plate Etobicoke, 75 Centennial Pkwy, 1579 Main St. West, 50 Dundurn St. South Hamilton, 55 Mountainash, 60 Quarry Edge and 35 Worthington Brampton stores only.



green or
ripe plantain
product of
Costa Rica,
Colombia,
Honduras or
Guatemala

1.29 lb
2.84/kg

20111926001_KG



Caribbean
sweet potatoes
product of
Costa Rica

1.49 lb
3.28/kg

20169868001_KG



4.49 lb
9.90/kg

Mina Halal
chicken drumsticks
or thighs

21618064_KG/21618074_KG



Zabiha Halal beef burgers
frozen

14.99
678 g

21551440_EA



Suraj®
naan bread
selected
varieties

2.49
5's

21051353_EA



6.49
1.10 kg

Golden Punjabi
biscuits
selected varieties

20125852_EA



6.99
520 g

Jamaican
patties pkg of 4

21215103_EA



Zabiha Halal
Juicy Supreme
chicken hot dogs
selected varieties

6.99
900 g

20911445_EA/21023379_EA



Chelsea
Silversides
smelts
frozen

6.99
454 g

21101064_EA



1.98 /100 g
8.99/lb

dried
mango
slices

20116177_KG



Quality
whole wheat
atta flour

21503429_C01

12.99
9.07 kg



Pran samosas
or spring rolls
400 g, frozen or
KFI chutney 455 mL
selected varieties

2.69
each

20299612003_EA/21054779_EA



Quality
Basmati rice

20787290_EA

12.99
3.63 kg



Rubicon
juice
selected varieties

2.49
1 L

20029236001_EA/20304561001_EA



Casablanca
basil seed
drink 290 mL
or pure coconut
water 520 mL
selected varieties

.99
each

21193087_EA/21194376_EA



Haldiram's
tandoori naan
selected varieties,
frozen

20707856_EA

2.79
400 g



Haldiram's
TakaTak
selected varieties

21286142_EA/21611139_EA

1.49
115 g



4.29
350 g

Quality
fresh paneer

21716554_EA



2.49
400 g

Royalty
digestive cookies

20875669_EA



2.29
750 g

Suraj® Dahi yogurt
selected varieties

20959052_EA

Natural Health



4.49
300 g
Neal Brothers
tortilla chips
selected varieties
21533054_EA/21533145_EA



4.49
135 g
Humble Rumbles
potato chips
selected varieties
21664857_EA/21664952_EA



4.49
480 mL
GT's raw kombucha
selected varieties
20374106_EA/20906034001_EA



6.99
4x200 mL
Fever Tree
premium drink mixers
selected varieties
20339652002_C04/20814988_C04



3.49
128 g
Fresh Gourmet
organic croutons
selected varieties
20299757001_EA/21238515_EA



8.99
295 mL
Little Creek
dressing
selected varieties
21484650_EA/21484654_EA



9.99
315 g
Carbonaut
hamburger
buns frozen
21454476_EA



9.99
400-454 g
Tallow & Fries
straight-cut
or sweet potato
fries frozen
21741538_EA/21743528_EA



13.99
each
OG Ghee
clarified
butter 210 g
selected varieties
21592127_EA/21681895_EA



2.49
330 mL
Thirsty Buddha
sparkling
coconut water
selected varieties
21014414_EA/21014419_EA



5.99
10x40 mL
Deebee's
Organics
freeze pops



5.99
8x355 mL
LaCroix
sparkling water
beverage
selected varieties
21300994_C08/21392631_C08



6.79
128 g
Siete
grain free cookies
selected varieties
21738635_EA/21738753_EA



7.99
each
Righteous
Gelato sorbetto or
gelato tubs 473 mL
or novelties 352 mL
selected varieties,
frozen
21576043_EA/21731613_EA

Organics Food that you can feel good about!

PC® Organics
lemonade
or apple juice
selected varieties
21209313_EA/21687663_EA



3.99
1.36 L



5.99
each
PC® Organics
sour cream 500 g
or salsa 437 mL
selected varieties
21021374_EA/21453647_EA

PC® Organics
dressing
selected
varieties
21609630_EA/21609744_EA



6.49
350 mL



6.99
200 g
PC® Organics
cheese
selected varieties
20320775001_EA/20324449_EA

PC®
gluten free
flatbreads
selected varieties,
frozen
21395070_EA/21395544_EA



9.99
342/374 g

Baby



Huggies
Goodnites
or Pull Ups
selected varieties

20963841_EA/20963933_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



EnfaGrow powder
selected varieties

21694898_EA/21694972_EA

36⁹⁹

907 g



Dove or Aveeno
baby needs
selected varieties

20922621_EA/21014652_EA

74⁹⁹

227-384 mL

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

20708211_EA/20799372_EA

8⁹⁹

each



17⁹⁹

each

Gerber
pouches 128 mL
or jars 159-162 mL

21024932_EA/21024943_EA



19⁹⁹

each

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

20368074001_EA/21054242_EA



39⁹⁹

each

Baby Gourmet
puffies or bars
40-98 g or
Love Child Oat
Chomps 138 g
selected varieties

20944539_EA/21123961_EA



4⁹⁹

23 g

Amara snacks
selected varieties

21426240_EA/21736946_EA

Body & Health

Method
hand soap or
Herbal Essences
hair care
selected varieties

39⁹⁹

300-354 mL



TheraBreath
473 mL or
Aveeno body
wash 532 mL
selected varieties

11⁹⁹

each



Sensodyne
toothpaste
75-100 mL
or Gum
flossers 90's
selected varieties

49⁹⁹

each



TRESemmé
hair care
828 mL
or styling
198-311 g/
168-300 g
selected varieties

79⁹⁹

each



IVORY
body wash
1035 mL

79⁹⁹

each



Dr. Squatch
bar soap 141 g
or Ivory body
wash 1035 mL

21432530_EA/21573584_EA

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/21099790_EA

18⁹⁹

each



Head &
Shoulders
hair care
315/370 mL
or Vaseline
lotion 295 mL
selected varieties

20539440004_EA/21505044_EA

69⁹⁹

each



79⁹⁹

2/4 kg

Life Brand
epsom salts

21668050_EA/21706052_EA



34⁹⁹

each

Quest or Diesel
protein bar
or cookie 60 g
or Brust protein
drink 330 mL
selected varieties

20959040_EA/21396468_EA

Household



Tide Pods or Power Pods 18-31's,
Gain liquid laundry detergent 2.395 L
selected varieties
20548511001_EA/20911588_EA

12⁹⁹
each



Downy Unstopables
laundry beads
selected varieties
21549966_EA/21550157_EA

13⁹⁹
303-379 g



Resolve Oxi-Action
laundry stain
& rug cleaner
selected varieties
20323370_EA/21193402_EA

8⁴⁹
650 mL



Dawn Ez-Squeeze
dish soap
535-650 mL
or no name®
all purpose
scouring sponges 6's
selected varieties
20556918_EA/21405550_EA

4⁹⁹
each



Sponge Towels Ultra
or Ultra Pro
selected varieties
6=12 rolls
21676117_EA/21677740_EA

18⁹⁹
each



Lysol toilet bowl cleaner
selected varieties
21193441_EA/21667430_EA

5⁴⁹
710 mL



Swiffer Duster or Wet Jet refills
3-16's or liquid
refills 1.25 L
selected varieties
21625536_EA/21627479_EA

7⁹⁹
each



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

7⁹⁹
10-52's



PC® heavy duty
freezer bags
medium 150's
or large 120's
21160680_EA/21160693_EA

14⁹⁹
each



Cashmere
bathroom tissue
21186207_EA

19⁹⁹
24=48 rolls

Pet Needs for Cats, Dogs & Birds!



Whiskas Temptations
180 g or lickable cat
treats spoons 4x12 g
or pouches 4x40 g
selected varieties
20298151005_EA/21105375_EA

3⁴⁹
each



PC® Nutrition
First® grain free
wet cat food 85 g
selected varieties
21359624_EA/21618536_EA

\$1



Whiskas
dry cat food
selected varieties
21588889_EA/21588943_EA

9⁹⁹
1.5-2 kg



Blue Buffalo
dry cat food
2.2 kg
21360296_EA/21360300_EA

21⁹⁹



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

1⁹⁹
each



Nature's Recipe
wet dog food
368 g
21692353_EA/21692442_EA

3²⁹



Zoë Better
Than Rawhide
dog treats
selected varieties
21301710_EA/21302219_EA

7⁹⁹
148-234 g



Pedigree
Dentastix
dog treats
selected varieties
21081113_EA/21081180_EA

12⁴⁹
504-608 g



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

12⁹⁹
1.45-1.81 kg



Cesar
Canine Cuisine
selected varieties
20548229_EA/20628583002_EA

20⁹⁹
12x100 g

Celebrate Girlfriends Day

August 1st

& Make-Your-Own Bouquet Party



Build Your Own Bouquets
assorted colours
20342399_EA/20342545_EA

3/\$33
or \$12.99 each

Or, enjoy the convenience of pre-made!

Girlfriend Day bouquet
21696875_EA

\$30
each

premium rose bouquet
21020121_EA

45⁹⁹
each



mini infinity circle orchid
21620219_EA

29⁹⁹
each



assorted tropical plants
21347177_EA

34⁹⁹
6" pot



calla lily
21124846_EA

34⁹⁹
6" pot



peace lily
21347156_EA

39⁹⁹
6" pot



gummi grizzly bears
selected varieties
21126490_KG/21127204_KG



assorted fish candy
21245242_KG



fizzy cola bottles
21127231_KG



sour fizzy cola bottles
21245241_KG



insane sour soothers candy
21121572_KG



jacked up juice berries
21163874_KG



sour jacked up juice berries
21168467_KG



jumbo sour soothers
21373961_KG



gummi blue raspberries
21245251_KG



sweet peach rings
21546041_KG



gummi ruby red berries
21127271_KG



sour atomic neon worms
21127277_KG



gummi wiggly worms
21127228_KG



sour bud bites
21245256_KG



cherry slices
21338131_KG



sour watermelon slices
21127285_KG

Meat



6⁹⁹ 375 g
Maple Leaf or Schneiders bacon
selected varieties
20732366_EA/20772671_EA



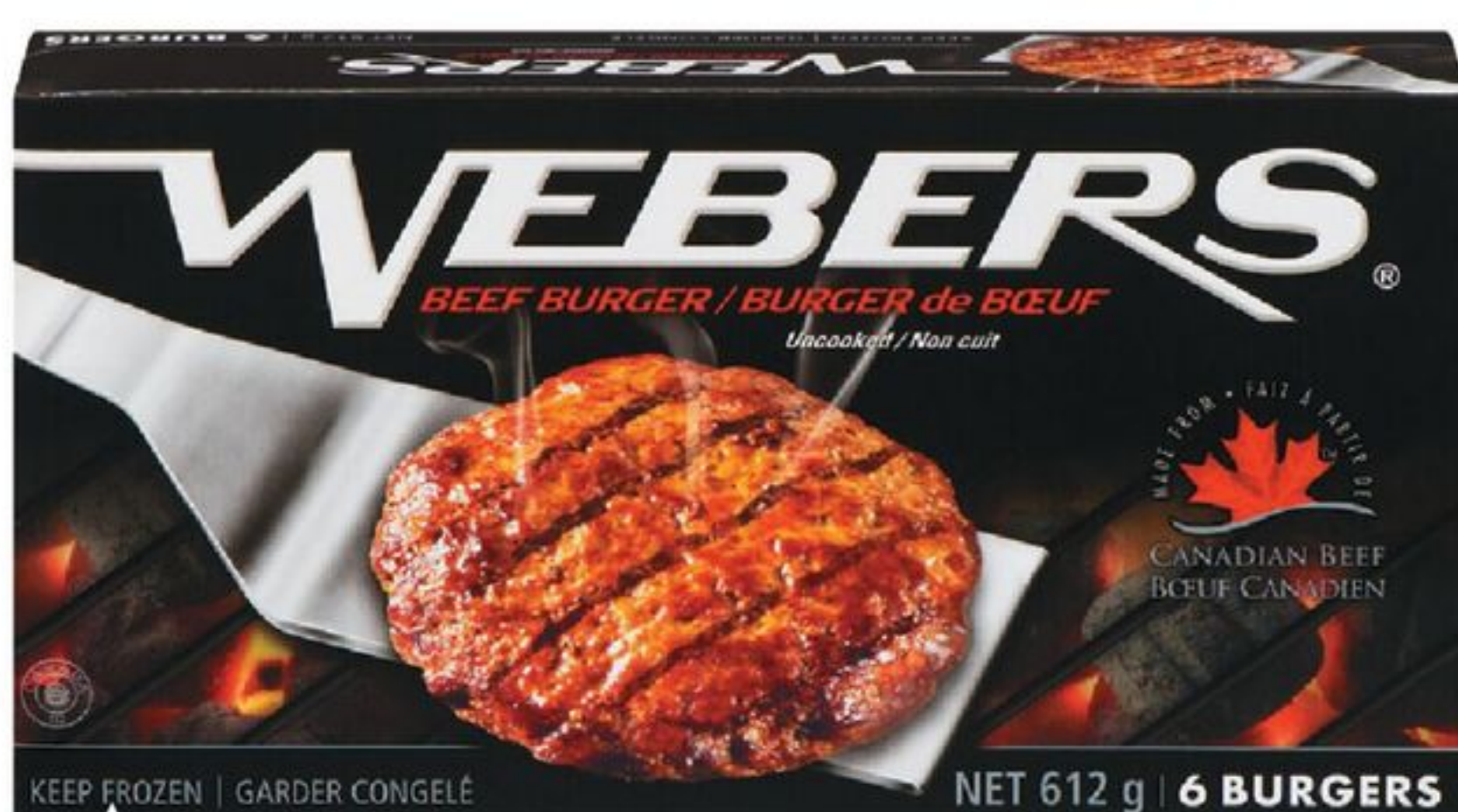
15⁹⁹ 900 g
Schneiders
Smokies sausages
selected varieties
21094083_EA/21094879_EA



13⁹⁹ 600 g
Maple Leaf ham
selected varieties
21094853_EA/21094883_EA



8⁹⁹ 300 g
Marcangelo
mini chicken
breast skewers
21741654_EA



16⁹⁹ 612 g
Webers beef burgers
frozen
20151226_EA



14⁹⁹ 852 g
Royal Meats
beef or chicken burgers
selected varieties, frozen
21680569_EA/21680615_EA/21680703_EA



7⁹⁹ 375/675 g
Marcangelo
jumbo sausages
selected varieties,
frozen
21289731_EA/21289868_EA



57⁹⁹ 1250 g
Ontario Lamb Co.
lamb spiedini
frozen
21746736_EA

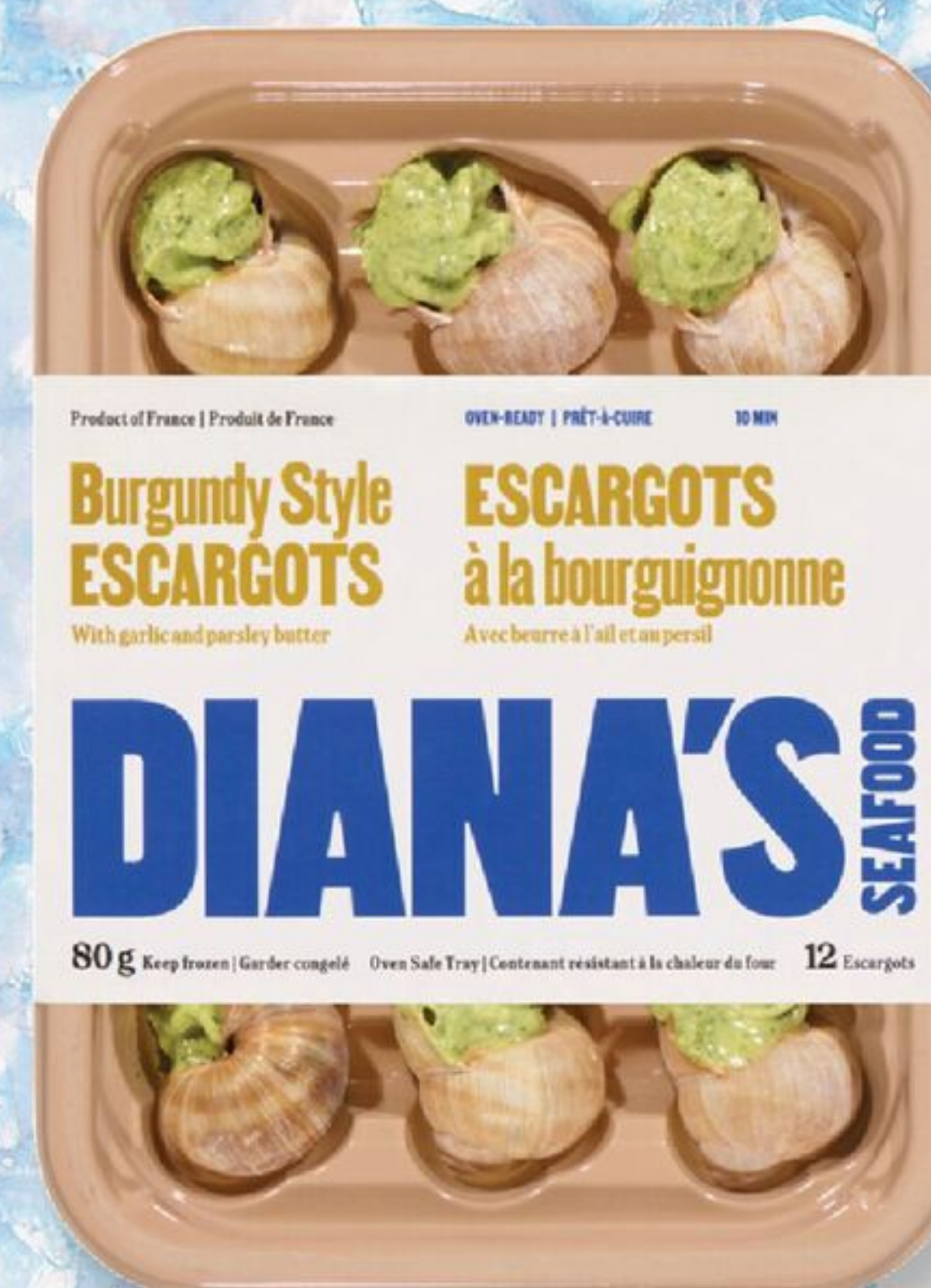
Seafood



12⁹⁹ 907 g
PC® PEI mussels in sauce
selected varieties, frozen
20838559_EA/20838560_EA



19⁹⁹ 454 g
Triple Crown
Black Tiger
easy peel shrimp
13/15 per lb,
frozen
21003780_EA



7⁹⁹ 80 g
Diana's
escargots
frozen
21666038_EA

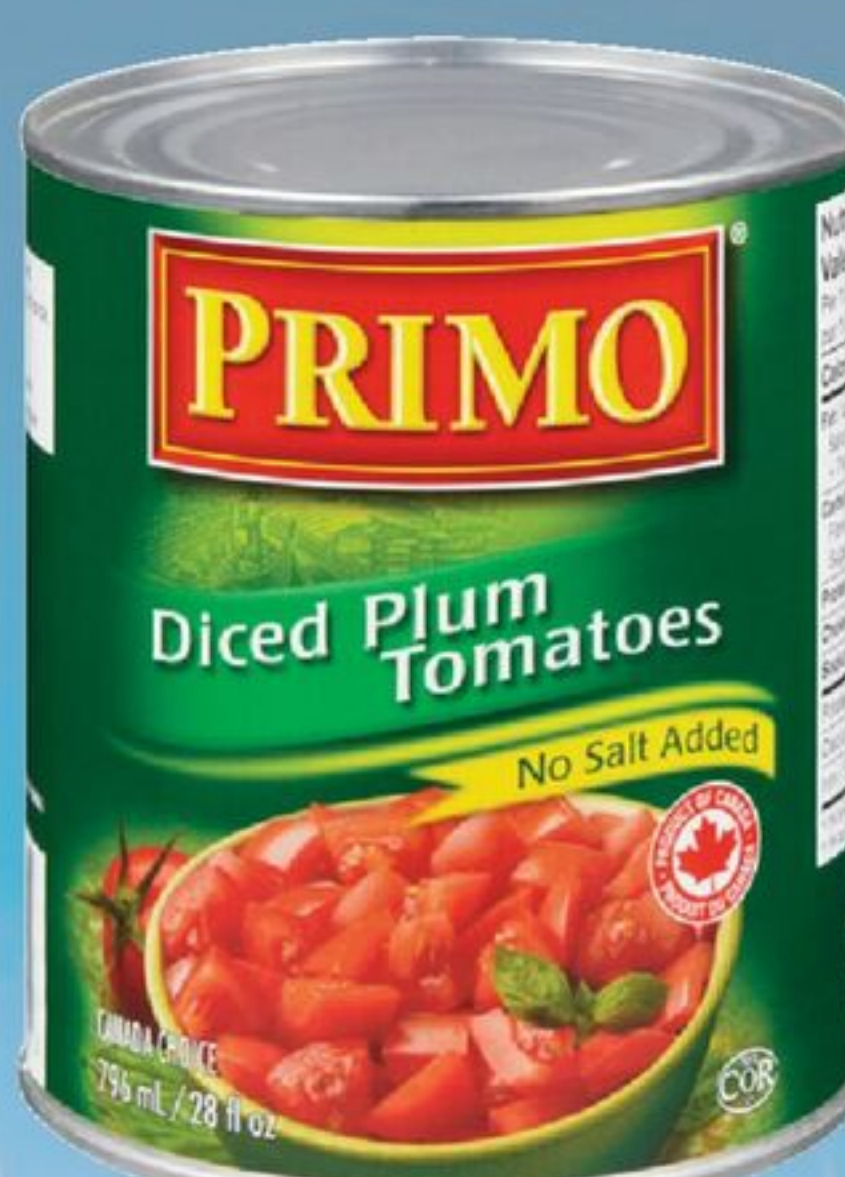


5⁹⁹ 750 g
Ferma large sardines
frozen
20092762_EA



2.79
Primo Pasta Sauce
Selected Varieties (680 mL)





1.99
Primo Diced No Salt Added
Tomatoes (796 mL)



1.29
Primo Pasta
Selected Varieties (454 g)



1.59
Primo No Salt Added
Chick Peas (540 mL)



13.99
Primo Extra Virgin
Olive Oil (1 L)



2.79
Primo Passata
Imported from Italy (680 mL)



2.79
Primo Lasagna (500 g)



CANADIAN CRAFTED SINCE 1890



5.99
Schneiders® RedHots® Wieners
375g

Frank's RedHot® is a registered trademark of The French's Food Company, LLC, licensed to Maple Leaf Foods Inc.



4.99
Schneiders® Juicy Jumbos® Wieners
375g-450g



6.99 Schneiders® Bacon
375g



4.99 Schneiders® Smoked Sausages
375g



5.99 Schneiders® Blue Ribbon® Bologna
375g



5.99 Maple Leaf® Natural Top Dogs®
375g



6.99 Maple Leaf® Natural Bacon
375g



Optimum™

\$5 value

Earn 5,000 pts

when you spend \$30 on participating Mina® products



Zabeeha by Hand



NEW



ALWAYS ZABEEHA BY HAND.

*Must be a registered PC Optimum™ member and scan to earn 5,000 PC Optimum points when spending \$30 on Mina participating products. The offer is valid from July 16 to August 19, 2026, at the closing time of participating stores. The offer is available at participating Fortino's stores in Ontario and online at <https://www.fortinos.ca/en/pc-express>. PC Optimum™ is a trademark of Loblaw Inc., used under license. Product availability varies by store.

Stock Up On Everyday Care



\$7⁴⁹ Each
AVEENO®
baby needs
227/236 mL



\$8⁹⁹ Each
LISTERINE®
mouthwash, 1 L
selected varieties



\$11⁹⁹ Each
LISTERINE®
clinical
mouthwash
500 mL



\$12⁹⁹ Each
AVEENO®
body wash
532 mL



\$11⁹⁹ Each
OGX® hair care
50-385 mL
selected varieties



\$8⁹⁹ Each
AVEENO®
lotion
97-227 mL
selected varieties



\$12⁹⁹ Each
LUBRIDERM®
lotion
710 mL
selected varieties



\$6⁹⁹ Each
BAND-AID®
50-80's
selected varieties



\$12⁹⁹ Each
TYLENOL®
or **MOTRIN®**
18-120's
selected varieties



\$19⁹⁹ Each
TYLENOL®
40-200's
selected varieties



\$13⁹⁹ Each
POLYSPORIN®
30 g
selected varieties



\$24⁹⁹ Each
IMODIUM®
or **PEPCID® AC**
20-60's
selected varieties



\$37⁹⁹ Each
NICORETTE®
or **NICODERM®**
quick mist, patch or gum,
selected varieties
and sizes



up to
15% OFF
ROGAINE®
selected varieties
and sizes

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



Endless variety,
Crafted with love:
Baby Gourmet Goodness.



21123961_EA, 20625551002_EA, 20653107002_EA, 20368074001_EA, 20368074009_EA, 21596918_EA

Poise® Depend®

STAY
PROTECTED
IN THE
MOMENT



\$18⁹⁹ EACH
DEPEND® Underwear or
POISE® Pads
Selected Types

® Registered Trademark and Trademark of Kimberly-Clark Worldwide, Inc. © KCWW.



KREMALICIOUS YOUR CRAVING



\$5.99 KREMA YOGURT
650 G

21693265_EA / 21587006_EA / 21693264_EA
21693247_EA / 20588372001_EA / 20588372002_EA

Prepared in Canada

DAIRY FARMERS OF CANADA QUALITY MILK

10,000^{pts}

That's like \$10 in points.

for every \$100 spent on any combination of O4A Ultimate Choice and O4A Love, Canada gift cards

ONE GIFT
ULTIMATE CHOICE



ZERO FEES!



One4all

ONLINE EXCHANGE REQUIRED | GIFT CARD

Offer valid in-store only July 30-Aug 5. Subject to availability; selection may vary by region and store. Please check your local store for availability. We reserve the right to limit quantities. See gift card for details, terms & conditions. Offer applies to every \$100 spent on O4A Ultimate Choice and O4A Love, Canada gift cards in a single transaction. Cannot be combined with any other gift card offers. Not valid on prior purchases. PC Optimum points cannot be redeemed toward the purchase of gift cards. Must be a registered PC Optimum member. All trademarks are the property of their respective owners.

Love, Canada



AIR CANADA Tim Hortons la Vie en Rose

Reitmans Roots Mark's GARAGE

BP simons SKIP SPORTCHEK ALDI

One4all

ONLINE EXCHANGE REQUIRED | GIFT CARD



goodprotein[®]

S'mores All-in-One Shake

Make it a protein iced latte!

Pour a shot of espresso over ice.

In a separate glass, mix 1 scoop of **S'mores All-in-One Shake** with 1 cup plant-based milk.

Pour the shake over the iced coffee and mix. Enjoy!



21765044

Good FAT SO Good

PROUDLY
MADE IN
CANADA

Crunchy Salted Caramel 500g
21314277

Classic 500g
21314270

Maple 500g
21402980

SNACKS FOR HOWEVER YOU SUMMER!

NEW!

KETTLE
— BRAND —

3.99

Kettle® Brand Potato Chips
156 g - 198 g
selected varieties
21722407_EA, 21722539_EA

© 2026 Campbell Company of Canada

snack a little smarter

060410056202_EA 060410056189_EA 060410056226_EA

\$4.99

PopCorners® popped-corn chips
(142 g, any flavour)

CANADIAN SUMMER Starter Pack

**REFRESHING
ENERGY DRINKS**

PEACASA
Sea Salt
Chips

benny
nourishing energy
immunity
yberba mate & adaptogens
elderberry yuzu
sparkling plant-based energy

**CRISPY
PROTEIN CHIPS**

GET HOOKED ON THE GOOD STUFF

Big on Flavour
Better for you Soda

\$6.99

Get



Addicted



REMEDY SODALY
4X355ML
21734587_C04