

FRESH SAVINGS FOR THE WEEK OF THURSDAY OCTOBER 1ST TO SUNDAY OCTOBER 11TH, 2026.

Longo's 70
SINCE 1956

YOUR THANKSGIVING TABLE STARTS HERE



• GRAIN-FED
• FREE-RUN

Longo's Fresh Raised Without Antibiotics Whole Turkey 6.59/kg **2⁹⁹ /LB** **SAVE \$1/LB**

Longo's Fresh Conventional Whole Turkey 6.15/kg **2⁷⁹ /LB** **SAVE \$1/LB**

Cut from Canada AAA Grade Striploin Grilling Steak 41.87/kg

SAVE OVER 25%

\$18.99/LB

SAVE \$8/LB

AGED FOR A MINIMUM OF 21 DAYS!

AGED 21 DAYS CANADA AAA



4⁹⁹ Häagen-Dazs Ice Cream 414-450mL tub or Novelties 3 pack selected varieties **SAVE AT LEAST \$2**



2⁰⁰ \$6 Lay's Potato Chips or Smartfood Popcorn 150-235g pkg Individual \$3.49 selected varieties **SAVE AT LEAST \$2.98 ON 2**



2⁹⁹ /LB Fresh Brussels Sprouts Product of Canada 6.59/kg



Fresh Canadian Atlantic Salmon Side 28.64/kg **12⁹⁹ /LB** **SAVE \$5/LB**



Canadian Brie L'Extra Single or Double Crème \$3/100g **40% OFF**

FRESH DELI CUT



Christie Cookies or Crackers 100-290g pkg selected varieties **2⁹⁹** **SAVE AT LEAST \$1.30**



Bertolli Extra Virgin Olive Oil Rich Taste or Extra Light 2L PET **19⁹⁹** **SAVE AT LEAST \$8**

THIS WEEK MEMBERS SAVE OVER \$25

See online flyer for more deals.

THANK YOU REWARDS MEMBER PRICING



The Little Potato Company Fresh Little Mini Potatoes Yellows, Reds, Trios or Fingerlings Product of Canada 680g pkg **2⁹⁹** **SAVE \$2** NON-MEMBER \$4.99



Longo's Frozen Fruit 300-600g pkg selected varieties **3⁹⁹** **SAVE \$2** NON-MEMBER \$5.99



Longo's Fresh Family Size Lasagna or Pasta al Forno 2.27-2.4kg pkg selected varieties **25⁹⁹** **SAVE \$7** NON-MEMBER \$32.99



Fresh Seedless Red Grapes Product of U.S.A. 6.59/kg **2⁹⁹ /LB**



4⁹⁹ Black Diamond Cheese Bar, Shreds or Cheestrings 168-400g pkg selected varieties **SAVE AT LEAST \$2**

HAPPY THANKSGIVING FROM OUR FAMILY TO YOURS!

ALL STORES CLOSED OCTOBER 12, 2026.

SEE LONGOS.COM FOR STORE HOURS.

FRESH MARKET PICKS

OCTOBER 1st-7th
While Supplies Last



\$4.99

Longo's Fresh
Yellow Flesh Potatoes
Product of Canada
10lb bag
Canada No. 1



10LB
BAG



NOW
IN-STORE

St. Jacob's Fresh Sour
Cabbage Head
Product of Ontario
each
Canada No. 1

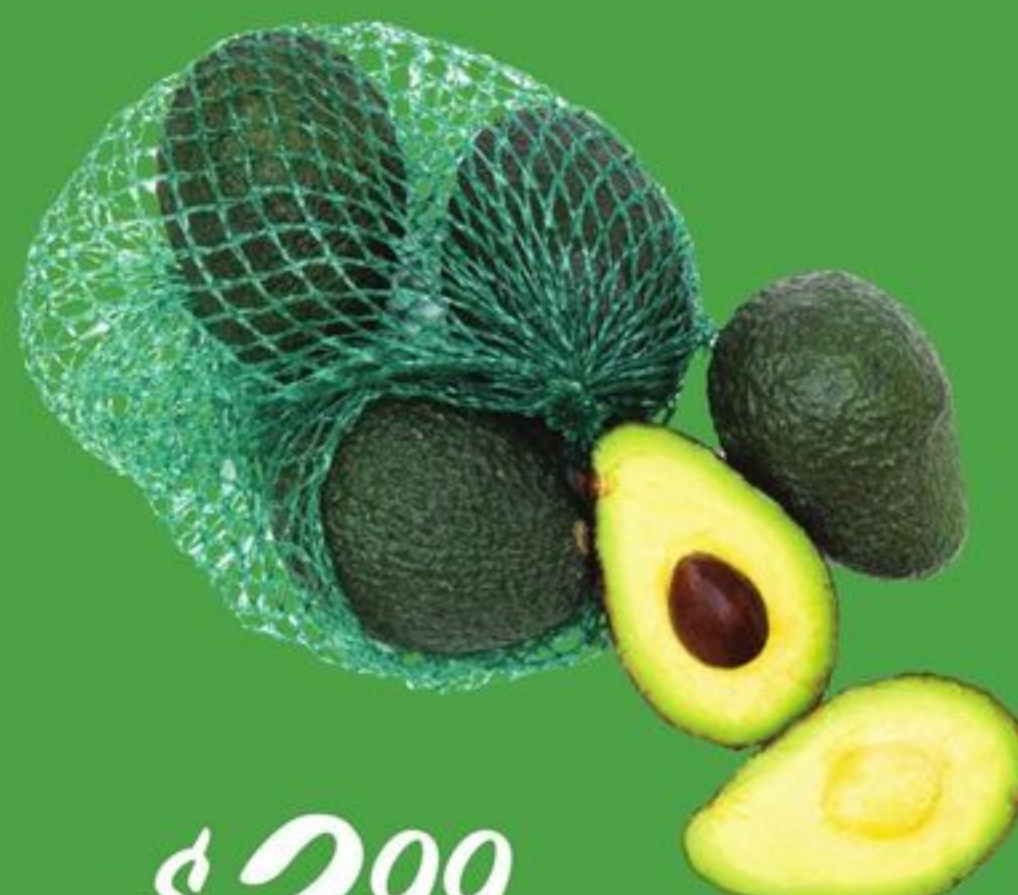


2 LB
PKG

\$7.99 Fresh Strawberries
Product of U.S.A.
2lb pkg
No. 1 Grade



\$2.49/lb Fresh Honeycrisp Apples
Product of Ontario
5.49/kg
Canada Extra Fancy



\$3.99 Fresh Bagged Avocados
Product of Mexico



\$1.99 each Fresh Endive
or Escarole
Product of Ontario



\$14.99 case Fresh Cactus Pears
Product of Mexico



\$3.99 each Fresh Seedless Mini Bambino Melons
Product of Mexico



\$2.49/lb Fresh SweetTango Apples
Product of U.S.A.
5.49/kg
Extra Fancy Grade



2 FOR \$5 Fresh Campari Tomatoes
Product of Mexico
454g pkg
No. 1 Grade

Hurry! Here for a Limited time.



OCT. 1
-
OCT. 5

\$3.99

Fresh Raspberries
Product of U.S.A.
6oz pkg

6OZ
PKG



Longo's Fresh Porchetta Roast
13.21/kg

5⁹⁹
/LB

SAVE \$2/LB



Longo's Fresh Tri-Coloured Peppers
Product of Ontario or Mexico
3 pack

5⁹⁹



Longo's Frozen Cooked Pacific White Shrimp Ring with Cocktail Sauce
312g pkg

8⁹⁹

SAVE \$2



Longo's Mini Brioche Buns
480g pkg

4⁴⁹

SAVE \$1



Fresh Broccoli Crowns
Product of Canada or U.S.A.
6.59/kg

2⁹⁹
/LB



Fresh Carrots or Onions
Product of Canada
2lb bag

2⁹⁹



Campbell's Broth 900mL tetra or Concentrated Broth 250mL tetra selected varieties

1⁹⁹

SAVE \$1



Dempster's Sandwich Bread 675g pkg, Dempster's Bagels 5-6 pack, Dempster's or Tia Rosa Tortillas 5-7", Dempster's Hamburger or Hot Dogs 6-8 pack or Hostess Craze Snack Cakes 6-8 pack selected varieties

2⁹⁹

SAVE AT LEAST 80¢



Italpasta Pasta 900g pkg or Artisan Pasta 450g pkg selected varieties

1⁹⁹

SAVE \$1.50



Lavazza Ground Coffee Qualità Rossa or Crema e Gusto 250g pkg

4⁹⁹

SAVE AT LEAST \$3



LOW PRICE LOCKDOWN



Gray Ridge Large White Eggs
12 pack

3⁹⁹



Beatrice Milk 1%, 2% or skim
4L bag

6⁴⁹



Longo's Essentials Bread
675g pkg

2²⁹



Oikos or Liberté Greek Yogourt
4x100g pkg

3⁹⁹

WE'VE LOCKED DOWN PRICES ON EVERYDAY ITEMS.

Longo's

For online flyer, store hours and store locations, visit us at Longos.com or call 1-800-9-Longos



@LongosMarkets

We reserve the right to limit quantities. We are diligent in proofing our flyers but unintentional errors in copy or image may occur. We reserve the right to correct any errors. Some images are for illustration purposes only. Savings refer to Longo's regular prices. Prices vary by location.

ZONE 1



FRESH SAVINGS FOR THE WEEK OF THURSDAY OCTOBER 1ST TO SUNDAY OCTOBER 11TH, 2026.

BRING HOME THANKSGIVING



Longo's Black Forest
or Honey Maple
Smoked Mini Ham
750g pkg

14⁹⁹

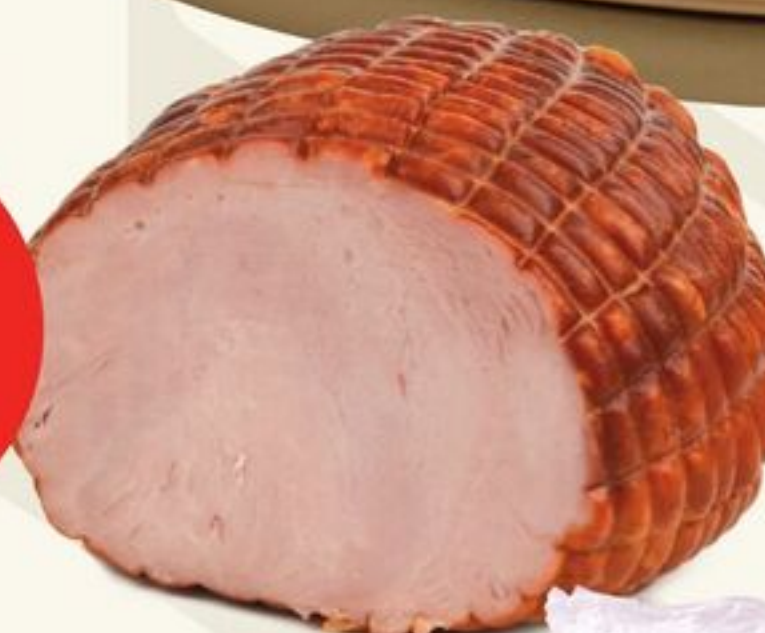


Longo's Honey
Glazed Spiral Ham
Half or Quarter
15.41/kg

6⁹⁹
/LB
SAVE \$2/LB



**TRY
WITH**
Longo's Dijon
Mustard
260mL bottle



Longo's Black Forest or
Honey Maple Smoked Ham

1⁹⁹
/100G

Ocean Spray
Cranberry Sauce
348mL can
selected varieties

2⁴⁹
**SAVE AT
LEAST 50¢**



MEET THE FARMER
Hayter's Farm
LOCATION
Dashwood, Ontario
**WHY THEY ARE
OUR PARTNER**

The Hayter family has proudly
run a small, hands-on turkey
farm for more than 70 years.
Their turkeys are locally raised
and roam free in spacious
surroundings. The result?
Turkeys that deliver incredible
taste and nutrition.



2⁷⁹
/LB
SAVE \$1/LB

Hayter's Farm Frozen
Whole Turkey
6.15/kg



ORGANIC
**TRY
WITH**
Longo's Fresh
Organic Herbs
20g pkg
\$2.99
**EARN
50 POINTS**

Club House Gravy
or Seasoning Mix
20-47g pkg
Individual \$1.99
selected varieties

4⁹⁹
**SAVE AT LEAST
\$2.96 ON 4**



Longo's Fresh
White or Yellow
Parisienne Potatoes
907g pkg
selected varieties

4⁹⁹

**EARN
100 POINTS**



Longo's Fresh White or
Brown Whole Mushrooms
Product of Ontario
680g pkg

7⁹⁹

**EARN
50 POINTS**



Longo's Fresh Cubed
or Cut Vegetables
400-500g pkg
selected varieties

4⁹⁹

**EARN
100 POINTS**



3⁹⁹ Fresh Rainbow
Nante Carrots
Product of Canada
454g pkg

Fresh Honeyglow
Pineapple
Product of
Costa Rica

5⁹⁹



Cored
600g pkg
\$6.99



The Keg Caesar Mix
1.89L bottle
4⁴⁹
SAVE \$1

Yorkshire Valley
Farms Fresh or Frozen
Whole Turkey
13.21/kg

5⁹⁹
/LB



Fresh Orange or
White Pie Pumpkins
Product of Ontario

2⁹⁹
FOR \$5



Fresh Harvest or
Fairytale Pumpkin
Product of Ontario
each

FROM
4⁹⁹



ORGANIC

2⁹⁹
/LB
Fresh Organic
Honeynut Squash
Product of Ontario
6.59/kg



MEET THE FARMER
Boot's Farms
LOCATION
Scotland, Ontario
WHY THEY ARE
OUR PARTNER

Boot's Farms is a family run
business providing healthy
food for future generations.
We are proudly partnered with
them to bring you a variety
of fresh, local produce like
squash, leeks and more!

Longo's Fresh
Apple Cider
Product of Ontario
2L bottle

5⁹⁹



Longo's Fresh Tart
Cherry Cider
Product of Ontario
1L bottle

4⁹⁹



1⁴⁹
/LB
Fresh Squash
Product of Ontario
assorted varieties
3.29/kg



Fresh Green, Red or
Savoy Cabbage
Product of Ontario
2.18/kg

99¢
/LB



Longo's Homestyle
Gravy for Turkey
680mL jar

5⁹⁹

THANK YOU
EARN 50 POINTS



5⁹⁹

THANK YOU
EARN 50 POINTS

Longo's Homestyle
Cranberry Sauce
400g tub

Longo's
Pumpkin Pie
900g pkg

10⁹⁹
SAVE \$1



Longo's Half Pie Pumpkin
450g pkg
\$6.99

THANK YOU
EARN 200 POINTS



8⁹⁷

SAVE \$1

Longo's Pumpkin
Spice Coffee Cake
750g pkg

BEST SERVED
WARM!



6⁹⁹

SAVE \$1

Longo's Pecan
Sticky Buns
4 pack, 256g pkg

Demetres
Premium Ice Cream
500mL tub
selected varieties

7⁹⁹

SAVE \$2



Longo's Three Fruit
Bread or Potato
Scallion Bread
375-453g pkg

FROM
4⁹⁹

THANK YOU
EARN 200 POINTS



FRESH PRODUCE

MUST TRY

IN-STORE TASTING, OCTOBER 3, 4, 10 & 11 10:30AM-4PM

Derlea Chili Onion Crunch
230g jar

4⁹⁹
SAVE \$1



- Versatile blend of toasted onions, garlic and chili oil that turns everyday meals into signature dishes.
- Best with sautéed vegetables, stir-fried vegetables, pizza or rice bowls; anything to get the crunch on!



6⁹⁹
Sunset Fresh Wild Wonder Gourmet Medley Tomatoes
Product of Canada, U.S.A. or Mexico
1.5lb pkg



Goodleaf Farms
Fresh Salad Blends
Product of Ontario
113g pkg
Individual \$4.99
selected varieties

2 FOR \$8



Fresh Cantaloupe
Product of U.S.A.
each

4⁹⁹



Fresh Sweet Potatoes
Product of U.S.A.
5.49/kg

2⁴⁹
/LB



Fresh Peaches
Product of U.S.A.
8.80/kg

3⁹⁹
/LB



Longo's Fresh Clementines
Product of South Africa
or Argentina
2lb pkg

5⁹⁹



Fresh Lemons
Product of South Africa
2lb pkg

3⁹⁹



Fresh Celery
Product of Canada
each

1⁹⁹



Fresh Cranberries
Product of Canada or U.S.A.
340g pkg

2⁹⁹



14⁹⁹ Fresh Black Figs
Product of Greece
tray



MEAT



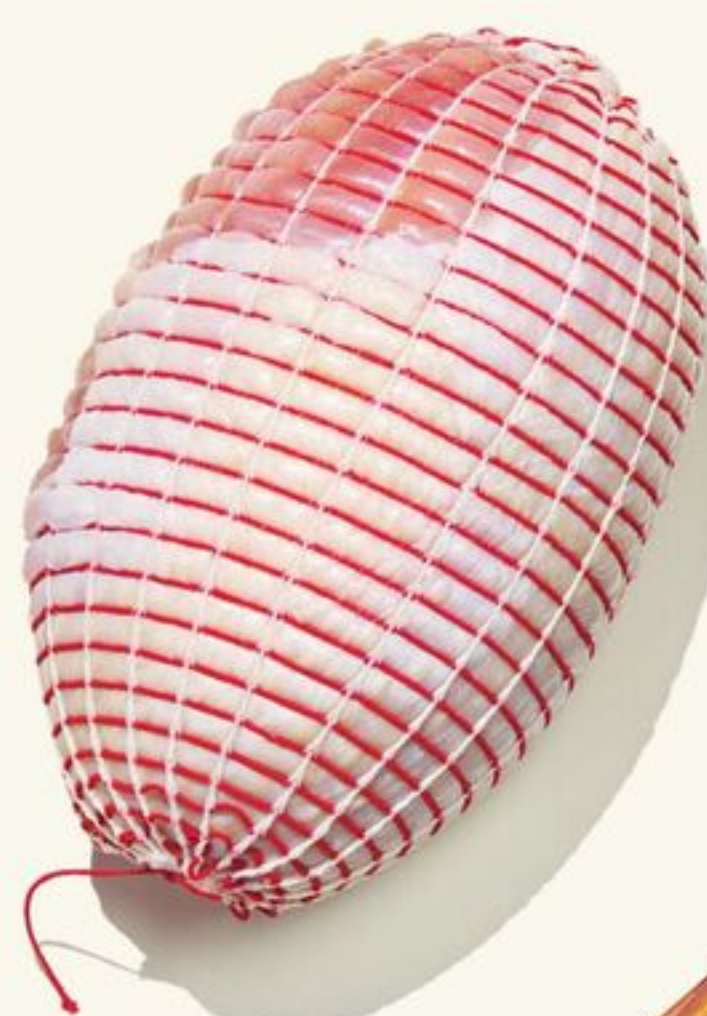
Schneiders
Bone-in Ham
8.80/kg

3⁹⁹
/LB
SAVE \$1/LB



Fresh Turkey Boneless
Breast Roast
19.82/kg

8⁹⁹
/LB
SAVE \$3/LB



FRESH MADE IN-STORE.



ORGANIC

**TRY
WITH**

Longo's Fresh
Organic Herbs
20g pkg
\$2.99

EARN
50 POINTS



Butterball or Hayter's Farm
Frozen Turkey Roasts
1.2-1.5kg pkg

22⁹⁹
SAVE \$5



8⁹⁹
/LB
SAVE \$3/LB



5⁹⁹
/LB
SAVE \$1/LB

Frozen or Previously
Frozen Cornish Hens
13.21/kg



4⁹⁹
/LB
SAVE \$1/LB

Fresh Ontario
Whole Duck
11.00/kg



Valenca Frozen
Quail
780g pkg

12⁹⁹
SAVE \$2



5⁹⁹
/LB
SAVE \$2/LB

Longo's Honey Glazed
Semi Boneless Ham
13.21/kg



Fresh Whole
Butterball Turkey
8.80/kg
3⁹⁹
/LB
SAVE \$1/LB



GREAT FOR STUFFING!

5⁹⁹
/LB
SAVE \$1/LB

Longo's Pork
Sausage Meat
13.21/kg



ORGANIC
7⁹⁹
SAVE \$1

duBreton Organic
Ground Pork
454g pkg



Longo's Air-Chilled,
Grain-Fed, Fresh
Whole Chicken
8.80/kg
3⁹⁹
/LB
SAVE \$1/LB

SEAFOOD



Fresh Wild Caught
Pacific Snapper Fillet
Product of Canada
22.02/kg

9⁹⁹
/LB
SAVE \$1/LB



FLOWN
IN
FRESH



Fresh Whole European
Bream or Bass
Product of Greece
28.64/kg

12⁹⁹
/LB
SAVE \$2/LB



FLOWN
IN
FRESH

**SHRIMP
DELICIOUS**



19⁹⁹
SAVE \$5
Longo's Frozen Cooked
Black Tiger Shrimp Ring
With Cocktail Sauce
480g pkg

ORGANIC

Longo's Frozen Organic
Cooked Black Tiger
Shrimp Ring
340g pkg

16⁹⁹
SAVE \$3

Longo's Frozen Pacific
Cooked Shrimp Ring
425g pkg
JUMBO

14⁹⁹
SAVE \$2



6⁹⁹
SAVE \$1
Canadian Cove Fresh
Cultivated Mussels
907g pkg



Longo's Frozen Wild
Caught Sole Fillets
340g pkg
7⁹⁹
SAVE \$1



19⁹⁹
SAVE AT LEAST \$2
Sardo Seafood Antipasto
or Marinated Shrimp
750-800g pkg
selected varieties



Chelsea Frozen
Silverside Smelts
454g pkg
6⁹⁹
SAVE \$3



24⁹⁹
SAVE \$4
Norwegian Fjord
Frozen Smoked
Steelhead Salmon
400g pkg



4 PACK!



24⁹⁹
SAVE \$4
Rock Harbour Frozen
Canadian Lobster Tails
3oz x 4 tails
340g pkg

Longo's Frozen
Bacon Wrapped
Scallops or Marinated
Garlic & Herbs
Butterfly Shrimp
340g pkg

12⁹⁹
SAVE \$2



16⁹⁹
SAVE \$2
Longo's Frozen Breaded
or Battered Fish
500-600g pkg
selected varieties

Longo's Frozen
Cooked Black
Tiger Shrimp
454g pkg
16-20ct cooked
13-15 raw easy peel

19⁹⁹
SAVE AT LEAST \$3



7⁹⁹
SAVE AT LEAST \$1
Longo's Frozen Breaded
Calamari Rings or Beer
Battered Tempura Shrimp
340-500g pkg
selected varieties

Fresh fish is subject to availability.

FRESH SAVINGS FOR THE WEEK OF THURSDAY OCTOBER 1ST TO SUNDAY OCTOBER 11TH, 2026.



THANK YOU REWARDS MEMBER PRICING

Scan your registered Thank You Rewards card and receive exclusive members only pricing on select products in-store.



NOT A MEMBER? NOT A PROBLEM!

Sign up to become a member and earn 500 Bonus Points when you opt in to receive emails and exclusive offers. Scan the QR code or visit Longos.com/thank-you-rewards

THIS WEEK MEMBERS SAVE OVER

\$25

Longo's Extra Lean Ground Chicken or Turkey
454g pkg
selected varieties

5⁹⁹

SAVE \$1.50

NON-MEMBER
\$7.49



Longo's Frozen Tempura Shrimp or Coconut Breaded Shrimp
500g pkg

10⁹⁹

SAVE \$2

NON-MEMBER
\$12.99



Tre Stelle Ricotta
400-475g tub
selected varieties

6⁹⁹

SAVE \$3

NON-MEMBER
\$9.99



8⁹⁹

SAVE \$1

NON-MEMBER
\$9.99

Wonderful Shelled Pistachios
170g pkg
selected varieties



14⁹⁹

SAVE \$3

NON-MEMBER
\$17.99

Longo's Butternut Squash Arancini with Dipping Sauce
6 pack
HEAT AND SERVE



Tre Stelle Mozzarella Cheese
3x250g pkg

13⁹⁹

SAVE \$4

NON-MEMBER
\$17.99



Lavazza Nespresso Pods
10ct
selected varieties

5⁹⁹

SAVE \$2.50

NON-MEMBER
\$8.49



8⁴⁹

SAVE AT LEAST \$1

NON-MEMBER
\$9.49

Coca-Cola Beverages
12x355mL pkg
selected varieties





Produce is our passion!



Fresh Navel Oranges
Product of Australia

Fresh Blood Oranges
Product of Australia

Fresh Cara Cara Oranges
Product of Australia



Fresh Chestnuts
Product of Italy



Fresh Artichokes
Product of U.S.A.



Fresh Ontario
Lamb Loin Chops
41.87/kg

18⁹⁹
/LB
SAVE \$7/LB



13⁹⁹
/LB
SAVE \$5/LB

Fresh Ontario
Lamb Shoulder Chops
30.84/kg



Taylor Farms Fresh
Power Chopped Salad Kit
Caesar, Southwest or
Green Goddess
309g pkg
selected varieties



4⁹⁹
8x100g pkg
selected varieties
SAVE AT LEAST \$1

Activia Yogourt
8x100g pkg
selected varieties



Silk Beverage
1.75-1.89L carton
selected varieties

3⁹⁹
SAVE AT LEAST \$1.50



3⁴⁹
425mL bottle
selected varieties
SAVE \$1.50

Kraft Salad Dressing
425mL bottle
selected varieties



Crave Frozen Entrees
284-320g pkg
selected varieties

5⁹⁹
SAVE \$1

2010s

AFTER 60, WE HIT 30!



LONGO'S OPENS A FLAGSHIP STORE

at Maple Leaf Square, where groceries meet game nights (and unfortunately no cups yet) for Leafs fans.

2010



RAPTORS WIN THEIR FIRST NBA CHAMPIONSHIP,

and nearly two million people flood downtown for the parade, right next to Longo's Maple Leaf Square.



LONGO'S LAUNCHES
THE CURATO LINE,
bringing fine imported authentic
flavours from Italy and Curato-d
for our Guests!

2019



2015

LONGO'S BEGINS OFFERING WINE IN STORES.

A perfect pairing if you ask us!



2017



LONGO'S OPENS ITS 30TH STORE,

marking steady growth across
the GTA.



JOSÉ BAUTISTA'S BAT FLIP

becomes Canadian
baseball folklore, no
doubt about it!

2016



THE TRAGICALLY HIP'S FAREWELL CONCERT

unites the nation as the band
plays their last show.

THE STORY CONTINUES...

Stay tuned for our next 70th insert for
more Longo's and Canadian history.

70 YEARS OF FAMILY STANDARDS

70 YEARS OF FAMILY STANDARDS



Quaker
-ESTD 1877-

Quaker Crispy Minis Rice Chips or Rice Cakes 90-100g pkg or Quaker Chewy or Dipps Granola Bars 120-156g pkg selected varieties

2⁹⁹
SAVE AT LEAST 80¢

Quaker Instant Oatmeal 168-344g pkg selected varieties

3⁹⁹
SAVE AT LEAST \$1.50



Molisana
IMPORTS

Vita Sana Gnocchi Giglio 1kg pkg

4⁴⁹
SAVE \$1.50

Gioia Savoiardi Lady Fingers 400g pkg

3⁹⁹
SAVE \$1



NEW **OBSESSION**

Hazelnut Choco

Cookie Streusel

Pistachio Choco

7⁹⁹
SAVE \$2

The Crownie Obsession Dessert Bars 210g pkg selected varieties



MADE GOOD

ORGANIC

Made Good Organic Soft Baked Cookie Bites, Crispy Squares, Chewy Granola Bars or Crispy Squares 120-175g pkg selected varieties

2⁹⁹
SAVE AT LEAST \$2.50



BOULANGERIE
ACE
BAKERY

Ace Bakery White Baguette 350g pkg

3⁹⁹
EARN 200 POINTS



SEACORE
SEAFOOD INC.

Ocean Prime Frozen Raw Argentina Shrimp 11-15ct • 454g pkg

11⁹⁹
SAVE \$3

Wilder Pasteurized Crab Meat 454g can

19⁹⁹
SAVE \$3

FRESH SAVINGS FOR THE WEEK OF THURSDAY OCTOBER 1ST TO SUNDAY OCTOBER 11TH, 2026.



Fresh Golden
Delicious Apples
Product of U.S.A.



Fresh Red
d'Anjou Pears
Product of U.S.A.



Fresh Granny
Smith Apples
Product of U.S.A.



Fresh Green
d'Anjou Pears
Product of U.S.A.



Fresh Rapini
Product of U.S.A.



Fresh Fennel
Product of U.S.A.



Fall Waterfall Orchid
selected varieties

34⁹⁹



**MARTORI
FARMS**



Fresh Emerald
Crisp Melon
Product of U.S.A.



Fresh Santa Claus Melon
Product of U.S.A.



Fresh Avocados
Product of Mexico



Fresh Figs
Product of Greece



Fresh Granadilla
Product of Ecuador or Colombia

**LOCALLY
GROWN!**

ufd



United Floral
Distributors
5 Stem Dahlia
assorted varieties

9⁹⁹

DELI



Longo's Curato Italian Entertaining Tray or Longo's Curato Antipasto Tray
225g pkg

17⁹⁹

THANK YOU EARN 300 POINTS



Longo's Curato Sliced Deli Meats
100-150g pkg

FROM 6⁹⁹

THANK YOU EARN 200 POINTS



Longo's Curato Gorgonzola or Taleggio Cheese
200g pkg or Longo's Curato Fresh Cheese
100-125g tub

FROM 9⁹⁹

SAVE \$1



AGED 14 MONTHS!

Longo's Curato Prosciutto di Parma

5⁹⁹
/100G



Longo's Curato Italian Cheese
Freshly cut or grated Parmigiano Reggiano, Grana Padano or Pecorino Romano Cheese

FROM 4⁴⁹
/100G

THANK YOU EARN 150 POINTS PER PURCHASE



FRESH DELI CUT

Locatelli Pecorino Romano Cheese

5⁹⁹
/100G



Longo's Curato Gran Riserva Hard Ripened Italian Cheese
average weight 500g

3⁴⁹
/100G

Longo's Curato Gran Riserva Hard Ripened Italian Cheese made in the style of Parmigiano Reggiano. Fragrant and delicate in flavour and aged a minimum of 10 months making it great for snacking or cooking.



Villani Salametti
Available in Calabrian Pepper, Fennel, Truffle or Barolo Wine

5⁹⁹
/100G

VILLANI SALAMETTI
ITALIAN CRAFTSMANSHIP, AUTHENTIC FLAVOUR.



Boursin Cheese or Boursin Cuisine
150-220g pkg

6⁹⁹



Beemster Pumpkin Spice Cheese

4⁹⁹
/100G



Deli Served or Packaged Fresh Olives or Antipasto

2⁹⁹
/100G



Mediterranean Selections Olives or Antipasto

3⁹⁹
/100G



Avonlea Clothbound Cheddar or Blue Moo Cheese

6⁹⁹
/100G



Castello Havarti, Cheddar or Gouda Cheese
200g pkg
selected varieties

FROM 7⁹⁹



Longo's Oven Roasted or Smoked Turkey
selected varieties

3⁴⁹
/100G



Mastro Charcuterie Trio or Gran Piatto
100-200g pkg
selected varieties

FROM 7⁹⁹

FRESH SAVINGS FOR THE WEEK OF THURSDAY OCTOBER 1ST TO SUNDAY OCTOBER 11TH, 2026.

KITCHEN

SOUPS & CHILI

PLANT-BASED CHILI



849
SAVE 50¢

Longo's Soups, Chili or Tomato Lobster Bisque 700mL tub selected varieties

TUSCAN SAUSAGE KALE

LOBSTER TOMATO BISQUE

Rich, satisfying and ready in minutes, our locally made heat-and-serve soups and chili are the perfect mealtime solution. Enjoy on their own, as a starter or poured over rice or pasta for a comforting twist.



PIZZA OF THE MONTH

OCTOBER
MEATBALL, ROASTED PEPPER & RAPINI PINSA

Pinsa crust topped with tomato sauce, mozzarella cheese, Longo's meatballs, steamed rapini and roasted peppers.

Dinner is served! Pick up authentic, stone-baked pizza that's been prepared right in-store with only the finest ingredients.



WHOLE
26⁹⁹

SLICE
4⁹⁹

Mediterranean Blend - Radicchio, Escarole and Endive
Red Leaf Blend - Red and Green Leaf
Romaine or Garden
Salad Blend - Iceberg and/or Boston and Romaine

FROM
1⁸⁹
/100G



EARN
20 POINTS/100G

SALADS FOR EVERY OCCASION.

- PREPARED FRESH IN-STORE DAILY
- PAIR WITH LONGO'S SALAD DRESSINGS



LONGO'S PASTA ENTRÉES



21⁹⁹

Longo's Pasta Entrées Heat and Eat - Serves 2-4 908g pkg selected varieties



EARN
250 POINTS



LONGO'S HOMESTYLE MEATBALLS IN SAUCE AND CHEESE.

Longo's authentic meatballs! Made with 100% Certified Angus Beef and freshly grated Romano cheese! Homestyle recipe from our family to yours!

FROM
11⁹⁹
SAVE \$1



FULLY COOKED.
HEAT AND EAT.



Also available: Longo's veal or chicken cutlets with or without sauce and cheese.

BAKERY

CAKE of the MONTH

Moist vanilla cake filled with pumpkin cream cheese icing and speculoos cookie crumbs.

8" Pumpkin Cream Cheese Speculoos Cake

29⁹⁹

THANK YOU EARN 300 POINTS



LONGO'S BUTTERCREAM CAKES AND CUPCAKES AVAILABLE IN VANILLA AND CHOCOLATE

Longo's Buttercream 1/4 Slab Single Layer Cake

22⁹⁹

SAVE \$2



Longo's Buttercream 8" Cake

19⁹⁹

SAVE \$2



6⁹⁹

SAVE \$1

Longo's Buttercream Cupcakes 6 pack

Designs vary per location.



Longo's 8" Assorted Fruit Tart or 8" Frutta Di Bosco Tart

27⁹⁹

SAVE \$2

MADE IN-STORE.



PROUDLY MADE IN BRITISH COLUMBIA!



21⁹⁹

SAVE \$5

Sugarplum Desserts 8" Assorted Cheesecakes Fabulous four and cheesecake duo



Longo's CURATO PRODUCT OF ITALY

Curato Dessert selected varieties



4⁴⁹



Longo's Walnut Batard or Longo's Cinnamon Raisin Batard 575g pkg

3⁹⁹

SAVE \$1



BAKED IN-STORE.



6 FOR \$9

SAVE 99¢ ON 6

Longo's Authentic Portuguese Custard Tarts Individual \$1.50



Longo's Traditional or Cream Cheese Icing Cinnamon Rolls 9 pack, 550g pkg selected varieties

5⁹⁹

SAVE \$1



BAKED IN-STORE.



Longo's Corn Bread or Hot Jalapeño Corn Bread 400g pkg Individual \$4.49

2 FOR \$8



Longo's Bake at Home Artisan Garlic Bread or Cheese & Garlic Bread 265-310g pkg

3⁹⁹ SAVE AT LEAST 50¢

FRESH FALL FLORALS

CREATED IN STORE BY
OUR FLORAL EXPERTS.



Assorted
Thanksgiving Bouquets
FROM
\$30



Fresh Sunflower
Arrangement
19⁹⁹



Field Flower
Bouquet
assorted varieties
\$20



Hummingbird
Petite Posy
assorted varieties
\$30



Infinity Circle Orchid
assorted varieties
39⁹⁹
SAVE \$5



Fall Dish Garden
assorted varieties
29⁹⁹



6" European Inspired
Giftable Dish Garden
assorted varieties
34⁹⁹



Autumn Harvest
Dried Bouquets
assorted varieties
22⁹⁹



5" Brighton Stripe
Blooming Plant
Ceramic Container
assorted varieties
12⁹⁹



LOCALLY GROWN

2^{OR} \$14
Fresh Cut Sunflowers
5 Stem Bunch
Individual \$7.99
selected varieties



9" Blooming
Plants in Becca
Woven Container
assorted varieties
19⁹⁹



Longo's Premium
Local Tulips
Soil Grown
15 Stems
assorted varieties
14⁹⁹



SAVE AT LEAST 30%
Hester and Cook
Fall Table Accessories
select styles

ENTERTAINING MADE EASY

Discover our unique assortment of fresh, curated platters and trays for your next gathering.



GRAZING DELIGHTS SHOWSTOPPER

60 pieces

A selection of our favourite appetizers. Selection includes our award-winning Longo's Tahini Filled Falafel Bites, crispy vegetable spring rolls, mini rice balls, beef empanadas, tempura shrimp, breaded coconut shrimp and a trio of dips.



LONGO'S FOCACCIA SHOWSTOPPER

24 pieces

Longo's Curato products including Onion Rosemary & Tomato Olives Focaccia, Spinata Romana Salami, Prosciutto di Parma, Coppa Piacentina DOP, Mortadella, plus Longo's Mild Muffuletta, Longo's Provolone Cheese Slices and stuffed peppers.



LONGO'S CURATO CHARCUTERIE SHOWSTOPPER

Serves 8-10 people

A selection of Longo's Curato Prosciutto di Parma, Mortadella, Spinata Romana Salami, Prosciutto Cotto, Parmigiano Reggiano, Provolone, Mozzarella di Bufala, Taralli, Italian olives and roasted tomatoes.



SOFT CHEESE SELECTION

Serves 8-10 people

A selection of soft, decadent cheeses featuring Boursin, St. Paulin, Sauvagine and Longo's Triple Cream Brie. Served with a selection of fresh and dried fruit, nuts and Longo's Rustic Crisps.

KAZOKU SUSHI PLATTER

53 pieces • Serves up to 6

\$35

THANK YOU EARN 350 POINTS



California Roll (18pc),
Spicy California Roll (18pc),
Vegetable California Roll (9pc),
Cucumber Hosomaki (8pc).
Includes wasabi, ginger
and soy sauce.

MADE FRESH
IN-STORE DAILY.



Longo's Veggie
Tray with Ranch
or Hummus Dip
1.9kg pkg

19.99

THANK YOU EARN 200 POINTS

MADE
FRESH
IN-STORE
DAILY.



Longo's Fruit Medley Tray
2.3kg pkg

25.99

THANK YOU EARN 250 POINTS

ORDER ON
LONGOS.COM



DECADENT DELIGHT SQUARES

Delightful little bites of some of our decadent treats. Killer Brownies® and mini squares.

Serves 25-30 people



SWEET CREATIONS

Finish things off with these decadent mini pastries made with velvety cream.

Regular serves 10-15 people
Large serves 20-25 people

TASTE OF EUROPE

Enjoy a taste of Europe from Portuguese tarts and French imported pastries to Italian sliced desserts.

Serves 8-10 people



MADE IN-STORE.

Longo's Cubed
Cheese Board
450g pkg

11.99



MADE IN-STORE.

Longo's Specialty
Cheese Board
480g pkg

15.99



For ordering information, visit [Longos.com/catering](https://www.longos.com/catering) or call 1-800-9Longos (1-800-956-6467).

GROCERY



Lindt
LINDOR

Give the gift of bliss

5⁹⁹ Lindt Excellence Bar
50-100g pkg
selected varieties
SAVE \$1

9⁹⁹ Lindt Lindor Chocolate Bag
150g pkg
selected varieties
SAVE \$3



Kellogg's Cereal
306-510g pkg
selected varieties

3⁹⁹
SAVE AT LEAST \$2



LaCroix
NATURALLY LIME ESSENCED
SPARKLING WATER BEVERAGE

4⁹⁹ La Croix Sparkling Water
8x355mL cans
selected varieties
SAVE \$1.50



LeClerc Cookies
240g pkg
selected varieties

3⁹⁹
SAVE \$1



Carr's Crackers
125-150g pkg
selected varieties

2⁹⁹
SAVE \$1.50



Lotus Biscoff Biscuits 250g pkg or
Sandwich Cookies 150g pkg

2⁹⁹
SAVE UP TO \$1.80



ORGANIC
Longo's Organic
Young Jackfruit in Brine
400g can
Individual \$1.99

2^{OR} \$3
SAVE UP TO \$3.98 ON 2



Green Giant
Vegetables
341-398mL can
Individual \$1.99
selected varieties

3^{OR} \$5
SAVE AT LEAST 97¢ ON 3



200 g
merci
Finest Selection

7⁹⁹ Merci Chocolate Box
200g pkg
SAVE \$2



Que Pasa
Organic
Tortilla Chips
350g pkg
selected varieties

3⁹⁹
SAVE \$1



Old El Paso
Seasoning
24g pkg
Individual \$1.49
selected varieties

4^{OR} \$5
SAVE \$4.96 ON 4



Ben's Original
Protein Granola
300g pkg
selected varieties

8⁹⁹ Ben's Original Converted
White or Whole
Grain Brown
2.2kg pkg
SAVE \$2



Longo's
Protein Granola
300g pkg
selected varieties

5⁹⁹
SAVE \$1



Charmin Bath Tissue
8=24 rolls or
Bounty Paper Towels
3=6 rolls
selected varieties

7⁹⁹
SAVE AT LEAST \$4



Nature Clean
Laundry
Detergent Sheets
32 loads
selected varieties

7⁴⁹
SAVE AT LEAST \$1.50

DAIRY AND FROZEN

Longo's
CURATO
PRODUCT OF ITALY

Longo's Curato
Fresh Pasta
250g pkg
selected varieties

5⁹⁹
SAVE \$1



Kawartha Dairy
Ice Cream
1.5L tub
selected varieties

8⁹⁹
SAVE \$1.50



Gay Lea Real Whipped Cream
225g canister
selected varieties

3⁹⁹
SAVE AT LEAST \$1.50



10⁹⁹ Schneider's Dips
530g pkg
selected varieties
SAVE \$2



Cavendish
Premium Fries
540-750g pkg
Individual \$4.79
selected varieties

2⁹⁹
SAVE AT LEAST 58¢ ON 2



3⁹⁹ Tre Stelle
Cream Cheese Spread
200g pkg
selected varieties
SAVE AT LEAST \$1.50



Liberté
Greek Yogourt
650-750g tub
selected varieties

6⁴⁹
SAVE AT LEAST \$1.50



14⁹⁹ Longo's Frozen Chicken
Strips or Nuggets
700g pkg
SAVE \$2

Cardinal Roadhouse
Maple Whisky Ribber
Pork Cutlettes
912g pkg or
Maple Whisky
Pulled Pork
400g pkg
selected varieties

15⁹⁷
SAVE AT LEAST \$2



Schneiders
Red Hot or
Original Wieners
375g pkg
selected varieties

4⁹⁹
SAVE AT LEAST \$2



Longo's or
Summer Fresh
Dips or Hummus
200-255g pkg
Individual \$3.49
selected varieties

2⁹⁹
SAVE AT LEAST \$2.98 ON 2



The Keg Prime Rib
Beef Burgers or Sliders
852g-1.02kg pkg
selected varieties

24⁹⁹
SAVE AT LEAST \$2



Healthy Choice
Steamers
284-301g pkg
selected varieties

5⁹⁹
SAVE \$1



NIAGARA WINE JELLY COLLECTION

NEW

Longo's Wine Jellies
Flavours Included:
Chardonnay, Rose Wine
and Cabernet
3x64mL pkg

14⁹⁹



EARN
100 POINTS



Longo's Wine Jelly Collection is crafted in small batches using locally sourced Niagara wines. Each jelly showcases the unique character of the region's renowned vineyards. Perfectly paired with Longo's artisan cheeses, cured meats and gourmet crisps and crackers.



BRINGING FAMILIES
TO THE TABLE
SINCE 1956.

kanel.

NEW



12⁴⁹ Kanel La Vita è
Bella Seasoning
90g pkg

Enjoy these unique
Kanel and Longo's
70th anniversary spice
blends, perfect for
using with eggs, fries,
truffle popcorn, in
a vinaigrette, on
pasta, pizza
and more!

NEW



14⁹⁹ Kanel Summer
Black Truffle
Sea Salt
50g pkg

TASTE OF ITALY

NEW

Raise a glass to 70 years of celebration with Longo's De-Alcoholized Sparkling Rosé. Delicately bubbly and refreshingly light, this festive rosé captures the joy of special moments without the alcohol. With its soft blush hue and crisp finish, it's perfect for toasts, milestones, and everyday celebrations—honouring our past while sparkling toward the future.

Longo's Curato
Rose Dealcoholized
Sparkling Wine
750mL bottle

7⁹⁹
SAVE \$1



FALL INTO BAKING



"Check out [Longos.com](https://www.longos.com) for great baking recipe ideas like Pear Chip Blondies and many more tasty treats."

Shane
Bakery Manager, Brooklin



5⁴⁹
SAVE AT LEAST 50¢
E.D. Smith Pie Filling or Pure Pumpkin
540-796mL can
selected varieties



6⁹⁹
SAVE \$1
Duinkerken Baking Mix
322-477g pkg
selected varieties



Twinkle
Cookie Icing
228g bottle
selected varieties
4⁹⁹
SAVE \$1



8⁹⁹
SAVE \$2
Enjoy Life Chocolate Chips
255g pkg
selected varieties



Redpath Sugar
2kg pkg
2⁹⁹



Longo's Almonds or Flaked Coconut
100-250g pkg
selected varieties
3⁴⁹
SAVE AT LEAST 50¢



ORGANIC
2^{OR} \$3
SAVE UP TO \$4.98 ON 2
Longo's Organic Coconut Milk or Whipping Cream
400mL can
Individual \$1.99
selected varieties



7⁹⁹
EARN 100 POINTS
Longo's Country Churned Butter Sticks
454g pkg
selected varieties

Handfuel
Flavoured Nuts
120g pkg
Individual \$6.99
selected varieties

2^{OR} \$12



FRESH SAVINGS FOR THE WEEK OF THURSDAY OCTOBER 1ST TO SUNDAY OCTOBER 11TH, 2026.

FOOD YOU'D BE PROUD TO PASS OFF AS YOUR OWN.



HEAT
AND
SERVE



Longo's Kitchen
Entrée Side Dishes
250-500g pkg
Individual \$8.99
Serves 2-3 people
selected varieties

2 FOR \$16
SAVE \$1.98 ON 2



Longo's
Festive Turkey Pie
1kg pkg
18⁹⁹
SAVE \$1



Longo's Festive
Turkey Meal
435g pkg
Individual \$12.99
selected varieties

2 FOR \$24

THANK YOU EARN 300 POINTS



19⁹⁹ Longo's Pot Pie
970g-1kg pkg
selected varieties
FAMILY SIZE
THANK YOU EARN 300 POINTS



SAVE ON THE BRANDS YOU LOVE AT LONGO'S



KALTBACH

Kaltbach Gruyère, Truffle, Le Corsé or Creamy Swiss Cheese

FROM 5⁹⁹ /100G



Devon Cream Company Double Cream or Clotted Cream 170g jar

9⁹⁹



Villani Culatello **7⁴⁹ /100G**



Villani Pancetta or Guanciale

5⁴⁹ /100G



Bothwell Lactose Free Medium or Old White Cheddar Cheese 250g pkg

13⁹⁹

COWS Creamery 3 Year Old Cheddar Cheese 200g pkg

14⁹⁹



CANADIAN RESERVE CANADIENNE™

WILD

Refined

WILD FLAVOURS™
SAVEURS INDOMPTABLES™



NEW

Canadian Reserve Gouda Cheese 170-200g pkg selected varieties

8⁹⁹

Inspired by the Canadian wild, refined by master cheese-makers. Perfect for those who expect more from their gouda.

SAVE ON THE BRANDS YOU LOVE AT LONGO'S

Fantastic fall Savings!



Dempster's Signature
Hamburger or Sausage Buns
6-8ct,
Pull-Apart Rolls 425-475g pkg or
Vachon Snack Cakes 6ct
selected varieties

3.29
SAVE AT
LEAST \$1.50

2026277AGU

BAKE WITH FALL FAVOURITES

FOR DELICIOUS FALL RECIPES VISIT ROBINHOOD.CA

Robin Hood or Five Roses Flour 2.5kg pkg selected varieties **5.49**
SAVE AT LEAST 50¢

Eagle Brand Condensed Milk 300mL can selected varieties **4.49**
SAVE AT LEAST \$1

Apple Crisp Cheesecake

START YOUR DAY DELICIOUS

Smucker's Jam 500mL jar, Smucker's No Sugar Added Jam 310mL jar or Jiff Peanut Butter 1kg jar selected varieties **5.99**
SAVE UP TO \$2

Folgers Classic Roast Ground Coffee 864g pkg **19.99**
SAVE \$3

Savour the richness!

KREMA Olympic Crema Yogurt 650g tub selected varieties **5.49**
SAVE AT LEAST \$2.50

Black Diamond Processed Cheese Slices 410g pkg selected varieties **3.99**
SAVE AT LEAST \$1.50

Lactantia Cream 473mL-1L carton selected varieties **3.99**
SAVE AT LEAST \$1

FRESH SAVINGS FOR THE WEEK OF THURSDAY OCTOBER 1ST TO SUNDAY OCTOBER 11TH, 2026.

2-WEEK ONLINE

SAVE ON THE BRANDS YOU LOVE AT LONGO'S



2 FOR \$10
SAVE \$3.98 ON 3
Longo's Mini Phyllo Rolls
450g pkg
Individual \$5.99
selected varieties



15⁹⁹
SAVE \$2
Longo's Meatballs
Beef or Swedish
900g pkg



Cucina Arancini
Rice Balls
500g pkg
selected varieties
7⁹⁹
SAVE \$1



8⁹⁹
SAVE \$2
Longo's Frozen Sausage Rolls
576g pkg
selected varieties



Sapporo
Premium Beer
6x500mL cans
17⁹⁹
SAVE \$1



18⁹⁹
SAVE \$1
Cottage Springs
Weekender Mixed Pack
8x355mL cans



Stoneleigh
Marlborough
Sauvignon Blanc
750mL bottle
17⁹⁹
SAVE \$1



Campo Viejo
Rioja Reserva
750mL bottle
16⁹⁹
SAVE \$1



IT'S NOT JUST PASTA.



Italpasta
Artisan Pasta
450g pkg
selected varieties
1⁹⁹
SAVE 50¢



Italpasta Soup Cuts
450g pkg
selected varieties
1⁹⁹
SAVE 50¢



Mutti Pasta Sauce
660mL jar
selected varieties
9⁹⁹
SAVE \$2



2⁹⁹
SAVE UP TO \$1.30
Italpasta Lasagne, Manicotti
or Jumbo Shells
225-500g pkg
selected varieties

† Registered Trademark of Italpasta Ltd.

FRESH SAVINGS FOR THE WEEK OF THURSDAY OCTOBER 1ST TO SUNDAY OCTOBER 11TH, 2026.

SAVE ON THE BRANDS YOU LOVE AT LONGO'S

FALL FOR CAKE

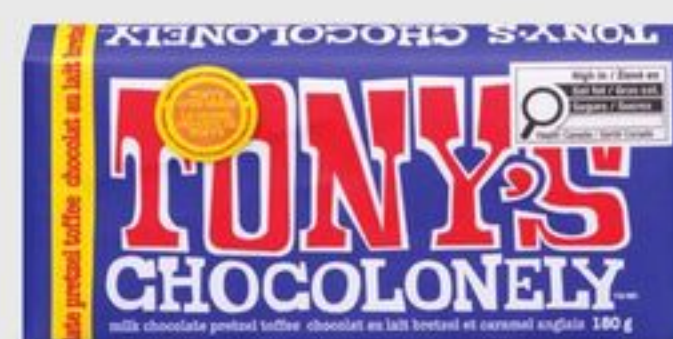
THE SEASON'S
DECADENT TREAT

Mixed Berry
Custard Bar Cake

Triple
Chocolate Tiger
Bar Cake

Original Cakerie
Bar Cake
500g pkg
selected varieties

12⁹⁹
SAVE \$2



6⁴⁹ Tony's Chocolonely Bar
180g pkg
selected varieties
SAVE \$1.50



11⁹⁹ Tony's Chocolonely
Rainbow Tasting Pack
300g pkg
SAVE \$4



Ferrero Rocher
T15 Collection or
T16 Jewel Box
156-200g pkg
selected varieties

10⁹⁹
SAVE \$2



Baci Perugina Chocolate Box
Milk or Dark
150g pkg
selected varieties

15⁹⁹
SAVE \$4

Dare

Dare Ultimate Cookies
290-300g pkg
selected varieties

3⁴⁹

SAVE AT
LEAST \$1.80



3⁴⁹ Grissol Baguette
Crisps
120g pkg
selected varieties
SAVE AT LEAST \$1



2⁹⁹ Dare Breton Crackers or
Vinta Snacks
100-225g pkg
selected varieties
SAVE AT LEAST \$1.30

BRING MORE to the table



Miss Vickie's Chips
190-200g pkg
Individual \$4.49
selected varieties

2 FOR \$8
SAVE \$1.98 ON 2



Tostito's or Staceys Chips
215-270g pkg
Individual \$4.79
selected varieties

2 FOR \$9
SAVE AT LEAST
\$1.58 ON 2



Gatorade
Sports Drinks
6x591mL pkg
selected varieties

6⁴⁹
SAVE \$1.50



2 FOR \$14
SAVE AT LEAST \$1.58 ON 2

Montellier or Bubly Sparkling Water
10x355mL or 12x355mL pkg
Individual \$7.49
selected varieties



TOGETHER WE CAN HELP FILL THE TABLE.

Until October 15th, Longo's Guests can purchase
a virtual Neighbour-in-Need bag in-store.

Breakfast Bag*
11⁹⁹



Dinner Bag*
9⁹⁹



THANK YOU FOR HELPING A NEIGHBOUR IN NEED!

*All products may not be exactly as shown. Bags purchased will go directly to local food banks.

FRESH SAVINGS FOR THE WEEK OF THURSDAY OCTOBER 1ST TO SUNDAY OCTOBER 11TH, 2026.