



**CJR**  
WHOLESALE GROCERS

INDEPENDENTLY OWNED  
PROUDLY CANADIAN

**AD # 25**

**SALE DATES:** DECEMBER 4TH-22ND, 2023

**ORDER NOW**  
CJRWHOLESALE.COM



**SUPPORTING ONTARIO'S INDEPENDENT BUSINESSES FOR OVER 30 YEARS!**



**Furlanis Texas Toast**

8/638g

**\$3.69**

73945 - Garlic  
10180 - 16 Thick Slices  
73946 - Garlic Parmesan

**Case Price - \$29.52**



**McCain Deep'n'Delicious Cake**

6/510g

**\$5.29**

64064 - Chocolate  
64066 - Vanilla  
64070 - Marble  
64071 - Cookies and Cream

**Case Price - \$31.74**



**Janes Pub Style Chicken**

6/700g

**\$7.99**

66575 - Nuggets Fully Cooked  
66576 - Breast Strips Fully Cooked  
66577 - Fries Fully Cooked  
66578 - Burger Fully Cooked

**Case Price - \$47.94**



**Classico Sauce**

12/218ml - 12/650ml

**PESTO**

**\$3.50**

31436 - Basil  
31442 - Sundried Tomato

**PASTA**

28680 - Rosee Di Lombardia  
31437 - Di Roma Alfredo  
31440 - Alfredo & Roasted Garlic  
31462 - Spicy Tomato Parmesan  
31423 - Di Napoli Tomato & Basil  
31425 - Di Campania Sweet Basil Marinara  
31429 - Di Parma Four Cheese  
31431 - Spicy Red Pepper  
31432 - Roasted Portobello Mushroom  
31433 - Bolognese  
31434 - Di Sorrento Roasted Garlic & Onion  
31435 - Di Milano Vodka  
31445 - Fire Roasted Tomato Garlic  
31448 - Di Firenze Florentine Spinach and Cheese  
31449 - Di Liguria Tomato Alfredo  
31457 - Italian Sausage Pepper Onion  
31458 - Tuscan Style Olive Garlic

**Case Price - \$42.00**



**Kraft Macaroni & Cheese**

12/200g

**\$1.00**

13101 - Original  
**Case Price - \$11.95**



**Heinz Ketchup**

12/1L

**\$4.75**

43014 - Squeeze  
**Case Price - \$57.00**



**Palmolive Dish Liquid**

9/828ml

**\$2.15**

72434 - Orange  
72435 - Original  
46583 - Lemon

**Case Price - \$19.35**



**Cashmere Bathroom Tissue**

6/12 = 24 Rolls

**\$8.00**

51055 - 12 = 24 Rolls

**Case Price - \$48.00**



**SALE PRICES IN EFFECT DECEMBER 4-22, 2023**

Some illustrations in this flyer are for design purposes only and may not represent items featured. Unintentional errors may occur. We reserve the right to limit quantities and to correct any errors. Minimum shipment restrictions may apply.



# BEVERAGE



## Eska Natural Spring Water

12/500ml

**\$0.25**

24415 - Case of 12 bottles, 500mL each

Case Price - **\$2.99**



24/500ml

**\$0.21**

74091 - Case of 24 bottles, 500mL each

Case Price - **\$4.99**



12/1.5L

**\$0.67**

24417 - Case of 12 bottles, 1.5mL each

Case Price - **\$7.99**



## Eska Sparkling Spring Water

12/500ml

**\$0.42**

70071 - Lemon  
70072 - Regular

Case Price - **\$4.99**



## Eska Water

4/4L

**\$1.37**

24422 - Natural Spring water  
24423 - Demineralized Water

Case Price - **\$5.49**



## Fiji Natural Artesian Water

6/6x330ml

**\$5.50**

24401 - 6pk 330mL bottles

Case Price - **\$32.99**

24/500ml

**\$1.08**

24400 - Case of 24 bottles, 500mL each

Case Price - **\$25.99**



12/1L

**\$2.00**

24402 - Case of 12 bottles 1L each

Case Price - **\$23.99**

12/700ml

**\$1.67**

24403 - Case of 12 bottles 700mL each

Case Price - **\$19.99**



12/1.5L

**\$2.33**

24404 - Case of 12 bottles 1.5L each

Case Price - **\$27.99**



## Snapple Iced Tea

12/473ml

**\$1.00**

22542 - Peach Tea

22545 - Lemon

22547 - Kiwi Strawberry

22548 - Lemonade

22549 - Mango Madness

22555 - Zero Sugar Lemon

Case Price - **\$11.99**



12/945ml

**\$2.00**

22560 - Peach Tea

22561 - Lemon Tea

22562 - Kiwi Strawberry

Case Price - **\$23.99**

## Natura Non Dairy Beverages

12/946ml

### BARISTA ALMOND

**\$1.83**

22281 - Original

22282 - Vanilla

22283 - Chocolate

22284 - Almond & Coconut Unsweetened

### ORGANIC UNSWEETENED

### OAT \*GLUTEN FREE

22285 - Original

22286 - Vanilla

### ORGANIC SOY

22287 - Cappuccino

22288 - Unsweetened

Case Price - **\$21.99**



## Action Alkaline Water

12/L

**\$1.58**

76297 - Water Alkaline

Case Price - **\$18.99**

# BEVERAGE



**Motts Clamato Juice**  
8/1.89L

**\$4.00**

24726 - Original  
24727 - Extra Spicy  
24728 - The Works

12/945ml

**\$2.67**

24721 - Original

**Case Price - \$31.99**



**Bai Antioxidant Drink**

12/530ml

**\$2.33**

28182 - Malawi Mango  
28185 - Antioxidant Infusion Zambia Bing Cherry  
28184 - Molokai Coconut  
28186 - Antioxidant Infusion Kula Watermelon

**Case Price - \$27.99**



**Heineken  
Non Alcohol Beer**

4/6x330ml

**\$10.50**

75781 - Cans  
75782 - Bottles  
**Case Price - \$41.99**



**Molson Coors Edge  
Non Alcohol Beer**

4/6x355ml

**\$7.25**

24065 - Can  
**Case Price - \$28.99**



12/473ml

**\$1.67**

24066 - Can  
**Case Price - \$19.99**



**Becks  
Non Alcoholic Beer**

4/6x330ml

**\$9.75**

24042 - 0%  
**Case Price - \$38.99**



**Budweiser Zero  
Non Alcoholic Beer**

4/6x355ml

**\$9.25**

24036 - Can  
**Case Price - \$36.99**



12/355ml

**\$1.33**

24037 - Cans  
**Case Price - \$15.99**



**Atypique  
Non Alcoholic Beer Can**

12/355ml

**\$2.33**

24096 - Spiced Rum & Cola  
24097 - Amaretto Sour  
24098 - Gin & Tonic  
24099 - Mojito

**Case Price - \$27.99**



**Molson Exel Beer**  
12/355ml

**\$0.58**

75704 - Non Alcohol Lager  
**Case Price - \$6.99**

# FRONT SHOP CONFECTIONERY



## Ferrero Rocher Chocolate

12/3pack

**\$1.42**

73667 - 3 Pack

Case Price - **\$16.99**



16/3pack

**\$1.42**

71405 - 3 Pack

Case Price - **\$22.69**



12/32g

**\$1.42**

10282 - Collection - 3 Pack

Case Price - **\$16.99**



## Zaini Chocolate Eggs

24/20g

**\$1.33**

74649 - NHL

Case Price - **\$31.99**



## Slim Jim Meat Snack

24/27.5g

**\$1.25**

13761 - Original

13762 - Mild

13763 - Hot AF

Case Price - **\$29.99**



## Kinder Bueno Chocolate

20/43g

**\$1.40**

71414 - Bar

Case Price - **\$27.99**



## Orville Popcorn

12/150g - 12/200g

**\$3.33**

70679 - Sweet & Salty Kettlecorn

70680 - Movie Theatre Butter

Case Price - **\$39.99**



## POP UP BOWL

6/420g - 6/492g

**\$5.00**

74173 - Extra Butter

70681 - Butter Popcorn

70683 - Smart Pop

Case Price - **\$29.99**



## MINI PACKS

12/124 g - 12/170g

**\$2.83**

70677 - Mini 4 Pack Butter

70678 - Mini 4 Pack Smart Popcorn

Case Price - **\$33.99**



## POPPING CORN

12/850g

**\$4.33**

70670 - Popping Corn

Case Price - **\$51.99**



## BigS Seeds

8/140g

**\$2.87**

13741 - Dill Pickle

13742 - Salted & Roasted Original

13743 - Taco Supreme

Case Price - **\$22.99**



## Angies Boom Chicka Pop Popcorn

8/136g - 8/198g

**\$3.75**

71062 - Sea Salt

71063 - Sweet & Salty Kettle Corn

Case Price - **\$29.99**



## Angies Boom Chicka Pop Popcorn

12/35g - 12/64g

**\$1.75**

71061 - Sea Salt

71064 - Sweet & Salty Kettle Corn

Case Price - **\$20.99**



# FRONT SHOP CONFECTIONERY



## Turbana Plantain Chips

12/200g

**\$2.25**

76269 - Lightly Salted

**Case Price - \$26.99**



## Lucky Elephant Snacks

### COTTON CANDY

24/60g

**\$1.92**

24792 - Cotton Candy

**Case Price - \$45.99**



## Planters Nuts

12/200g

### ROASTER CASHEWS

**\$5.00**

40040 - Salt

40041 - No Salt

40048 - Lightly Salt

**Case Price - \$59.99**



## POPCORN

24/135g

**\$2.67**

24791 - Butter Caramel

**Case Price - \$63.99**



12/200g

## DELUXE MIXED NUTS

**\$4.33**

40042 - 40% Cashews Roasted with Salt

**Case Price - \$51.99**



## Airheads Candy Singles

36/15g

**\$0.17**

74904 - Cherry

74905 - Watermelon

74906 - White Mystery

74907 - Blue Raspberry

**Case Price - \$5.99**



## Werther's Candy

14/135g

**\$2.36**

74315 - Original

**Case Price - \$32.99**

12/128g

### CARAMELS

74317 - Original

74319 - Soft Creme

**Case Price - \$28.35**



## Made Good Snacks

6/100g - 6/142g

**\$3.17**

10500 - Chocolate Banana minis

10503 - Chocolate Chip Mini Pouch

10504 - Strawberry Mini Pouch

10502 - Chocolate Chip Organic Pouch

10514 - Vanilla Organic Pouch

10505 - Vanilla Organic Crispy Squares

10506 - Chocolate Chip Organic Crispy Squares

10501 - Chocolate Banana Organic Soft Baked

10509 - Cookies & Creme Organic Granola Bars

10510 - Mixed Berry Organic Granola Bars

10515 - Strawberry Organic Granola Bars

10511 - Drizzled Granola Bars Birthday Cake

10513 - Drizzled Granola Bars Cookie Crumble

10512 - Organic Star Puffed Cracker Cheddar

**Case Price - \$18.99**



## Mentos Candy Rolls

20/37g

**\$0.70**

71081 - Grape

75361 - Fruit

75360 - Mint

74932 - Rainbow

**Case Price - \$13.99**

# GROCERY



## Kellogg's Cereal

12/320g - 12/345g

**\$5.00**

10060 - Corn Pops

10061 - Froot Loops

Case Price - **\$59.99**

16/425g

10063 - Frosted Flakes

Case Price - **\$79.99**



## Kellogg's Pop Tarts

12/384g

**\$3.25**

04469 - Frosted Chocolate Fudge

04468 - Chocolate Chip

04470 - Frosted S'mores

04471 - Frosted Strawberry

04472 - Frosted Raspberry

Case Price - **\$38.99**



## Kellogg's Rice Krispies Squares

12/176g

**\$3.25**

70750 - Regular

Case Price - **\$38.99**



## Kellogg's Nutri Grain Bars

12/295g

**\$3.50**

70760 - Apple Cinn

70763 - Cereal Bar Strawberry

Case Price - **\$41.99**



## Nutella Hazelnut Spread

15/725g

**\$6.80**

37605 - Hazelnut Spread

Case Price - **\$102.00**



## Terra Delyssa Dates

12/340g

**\$3.00**

17974 - Organic Pitted Dates Deglet Noor

Case Price - **\$36.00**



## Stove Top Stuffing Mix

12/120g

**\$1.50**

06407 - Chicken

06410 - Turkey

Case Price - **\$18.00**



## Sun-Maid Prunes

8/250g

**\$2.75**

18243 - Pitted Prunes

Case Price - **\$22.00**



## Club House Seasoning

12/25g - 12/47g

**\$0.70**

58112 - Yorkshire Pudding Mix

58113 - Poutine Sauce Mix

58114 - 4 Peppercorn Sauce Mix

58115 - Cheese Sauce

58139 - Poutine Gravy Mix 25%

58120 - Chili Seasoning Hot and Spicy

58121 - Beef and Broccoli Stir Fry

58122 - Shepherds Pie

58123 - Super Burger

58124 - Taco

58125 - Oriental Stir Fry

58126 - Chili

58127 - Sloppy Joe

58128 - Meat Marinade

58129 - Beef Stew

58130 - Meatloaf

58131 - Spaghetti Sauce

58133 - Mesquite Marinade

58138 - Taco

Case Price - **\$8.40**



## Knorr Sidekicks Pasta

8/120g - 8/137g

**\$1.80**

73980 - Creamy Bacon Carbonara

13317 - Sour Cream & Chive

13321 - Creamy Parmesan

13325 - Creamy Garlic Rafaelo

13311 - Butter & Herb

72381 - Chicken

13320 - Fettuccine Alfredo

Case Price - **\$14.40**

# GROCERY



**ACE Crackers**  
15/125g  
**\$3.40**  
04725 - Grated Parmesan Crostino  
**Case Price - \$50.99**

15/150g  
**\$4.00**  
04721 - Mini Crisps Aged Cheddar  
**Case Price - \$59.99**

15/180g  
**\$3.47**  
04723 - Mini Crisps Roasted Garlic  
**Case Price - \$51.99**

15/125g  
**\$2.93**  
04726 - Roasted Garlic Crostino  
**Case Price - \$43.99**



**Rice Up Crackers**  
12/120g  
**\$2.08**  
71299 - Wasabi  
71297 - BBQ  
71298 - Sour Cream & Onion  
71296 - Cheese  
71295 - Pizza  
**Case Price - \$24.99**



**Riceworks Rice Snacks**  
12/155g  
**\$2.83**  
71280 - Sea Salt  
71281 - WILD Sea Salt & Black Sesame  
71283 - Wild Black Japonica  
71286 - Sweet Chilli  
**Case Price - \$33.99**



**Nutella & GO Snack**  
48/52g  
**\$1.37**  
37601 - Breadsticks  
**Case Price - \$65.99**



**Annas Cookies**  
12/150g  
**\$2.92**  
75654 - Ginger Thins  
75653 - Almond Thins  
**Case Price - \$34.99**



**Lotus Cookies**  
10/250g  
**\$2.90**  
75651 - Biscoff  
**Case Price - \$28.99**



**Bakers Chocolate**  
12/300g  
**CHIPS**  
**\$2.75**

28146 - Milk Chocolate  
28173 - Semi Sweet  
**Case Price - \$33.00**

12/170g  
**SQUARES**

**\$4.25**  
28161 - White  
28365 - Premium Dark Chocolate  
**Case Price - \$51.00**

24/255g  
28155 - Semi Sweet  
28158 - Unsweetened  
**Case Price - \$102.00**



**Gullon Cookies**  
10/600g  
**\$2.90**  
75652 - Maria Cookies  
**Case Price - \$28.99**



**7 Days Croissant**  
6/75g  
**\$1.33**  
66951 - Cocoa Cream  
66952 - Vanilla Cream  
66953 - Vanilla Strawberry  
**Case Price - \$7.99**

# GROCERY



## Hersheys Syrup

12/462ml

**\$4.00**

28894 - Caramel

**Case Price - \$48.00**

24/523ml

28895 - Chocolate

**Case Price - \$96.00**



## Nescafe Coffee Instant

12/100g

**\$5.67**

14571 - Rich Hazelnut Jar

14572 - Instant Columbian

14573 - Rich Vanilla Jar

**Case Price - \$67.99**



6/100g

**\$5.92**

75454 - Gold Signature Jar

75455 - Gold Dark Roast Signature Jar

75456 - Gold Espresso

**Case Price - \$35.49**



## Pearl Mill Syrup

12/710ml

**\$3.79**

40165 - Lite

40166 - Butter Flavour

40167 - Original

**Case Price - \$45.50**



## PANCAKE MIX

12/905g

**\$3.00**

40161 - Buttermilk

40163 - Original

**Case Price - \$36.00**



## Winston House Vinegar

6/4L

**\$2.00**

42137 - White Vinegar

**Case Price - \$12.00**



## Motts Clamato

12/200g

**RIMMER**

**\$2.67**

24793 - The Original

**Case Price - \$31.99**



## Capri Vegetable Oil

4/3L

**\$8.75**

40106 - Vegetable Oil

**Case Price - \$35.00**



## Italpasta

20/340g

**\$0.70**

23161 - Wholesome Grains Bag Rotini

**Case Price - \$14.00**



## KFI Cooking Sauce

12/375ml - 12/395ml

**\$4.00**

43457 - Butter Chicken

43458 - Tikka Masala

43465 - Vindaloo

**Case Price - \$48.00**



## Spam Canned Meat

12/340g

**\$4.00**

30530 - Luncheon Meat

72586 - Luncheon Meat Lite

75354 - Luncheon Meat Low Sodium

**Case Price - \$48.00**



# GROCERY



## Billy Bee Honey

12/375g

**\$5.75**

37005 - Squeeze Bear

**Case Price - \$69.00**



## Liptons Soup

16/338g

**\$3.00**

32905 - Chicken Noodle 4 pack

**Case Price - \$48.00**



## Sugar Twin Sweetener

12/100Pk

**\$3.25**

19005 - Original

**Case Price - \$39.00**



## Campbells Chunky Chili

12/425g

**\$2.75**

30130 - Homestyle

30131 - Steak

30132 - Hot & Spicy

**Case Price - \$33.00**



## ReaLemon

12/945ml

**\$2.50**

21450 - Realemon Juice

**Case Price - \$30.00**



## Ocean Spray Cranberry Sauce

24/348ml

**\$2.25**

38904 - Whole Berry

38908 - Jellied

**Case Price - \$54.00**



## French's Mustard

12/225ml

**\$0.83**

43210 - Squeeze

**Case Price - \$10.00**



## Sunny Fruit Mulberries

18/150g

**\$3.25**

76019 - Organic

**Case Price - \$58.50**



## Hersheys Chipits

18/200g - 18/270g

**\$3.60**

28891 - White Creme

28892 - Chips Semi Sweet

28893 - Milk Chocolate

**Case Price - \$64.75**



## All Purpose Flour

12/1Kg

**\$2.25**

09102 - Five Roses

74291 - Robin Hood

**Case Price - \$27.00**

# GENERAL MERCHANDISE



**Chef Aluminum Foil**  
50/12inX25ft

**\$1.10**

20456 - Elite Aluminum Foil  
**Case Price - \$55.00**



**Eco Laundry Detergent**

12/40ct

**\$7.00**

43161 - Living Laundry Strip Spring Scent  
**Case Price - \$84.00**



**Sponge Towel**

8/3DR

**\$7.00**

51838 - Ultra Pro Paper Towel 3=6  
**Case Price - \$56.00**



**Sunlight Dish Liquid**

8/800ml

**\$2.75**

46339 - Lemon Fresh  
**Case Price - \$22.00**



**Febreze Fabric Refresher**

8/500ml

**\$3.75**

46994 - Extra Strength  
**Case Price - \$30.00**



**Lysol Disinfecting Wipes**

6/75ct

**\$4.75**

50139 - Citrus  
50140 - Spring Waterfall  
**Case Price - \$28.50**



**Northland Firelogs**

6/3hrs

**\$3.50**

54803 - 3 Hours  
**Case Price - \$21.00**



**Live Clean Hand Soap**

6/500ml

**\$3.75**

80800 - Vanilla Peppermint  
**Case Price - \$22.50**

# PET FOOD



**Cat Chow Cat Food**

6/1.6kg - 6/2kg

**\$8.83**

35524 - With Real Chicken for All Cats  
35527 - Purina Kitten Chow  
35526 - Indoor with Real Chicken  
**Case Price - \$52.99**



**Cat Chow Dry Cat Food**

4/1.42kg

**\$8.83**

35523 - Naturals Indoor Chicken & Turkey  
**Case Price - \$35.30**

# PET FOOD



**Dog Chow Dog Food**  
6/2kg

**\$7.17**

35954- With Real Chicken Complete Adult  
35967 - Purina - Puppy Chow Optimal  
Smart  
**Case Price - \$42.99**



**Tidy Cats Lightweight**  
3/2.72kg

**\$11.66**

35223 - Free & Clean  
35277 - Glade Clear Springs  
35278 - Instant Action  
**Case Price - \$34.99**

# HEALTH & BEAUTY



**Mennen Speed Stick Deodorant**

6/85g

**\$3.25**

90615 - Ocean Surf  
73939 - Original

**Case Price - \$19.50**



**Lady Speed Stick**

6/45g

**INVISIBLE**

**\$2.50**

73941 - Invisible Cool Fresh  
74613 - Powder Fresh

**Case Price - \$15.00**



**Gillette Shaving Gel**

6/198g

**\$3.50**

93135 - Sensitive Skin  
93136 - Moisturizing

**Case Price - \$21.00**



**Gillette Shaving Foam**

6/311g

**\$2.99**

93130 - Sensitive Skin  
93124 - Regular

**Case Price - \$17.95**



**Colgate Toothpaste**

6/95ml

**\$1.25**

70584 - Winterfresh  
73944 - Regular

**Case Price - \$7.50**



**Pepto Bismol Antacid**

12/230ml

**\$5.25**

92018 - Original  
92019 - Cherry

**Case Price - \$63.00**



**Dreamwater Sleep Aid**

12/74ml

**\$2.33**

35210 - Snoozeberry Sleep & Relaxation Shot

**Case Price - \$27.99**



**Visine Eye Drops**

6/15ml

**\$5.00**

92410 - Allergy  
92415 - Original

**Case Price - \$30.00**

# MAPLE LEAF

## Schneiders Bacon

32/375g

**\$4.77**

60832 - Salt Reduced  
60833 - Regular Sliced

Case Price - **\$152.64**



## Schneiders Sausages

24/375g

**\$3.84**

**MINI SIZZLERS**  
59583 - Mini Sizzlers

**OKTOBERFEST**

59565 - Oktoberfest

Case Price - **\$92.17**



## Top Dogs Wieners

12/375g

**\$3.39**

59444 - Less Salt Wieners  
63583 - Original Regular Size  
59447 - Original BBQ Size

Case Price - **\$40.71**



## Schneiders Sausage Rounds

12/375g

**\$3.84**

59474 - Rounds

Case Price - **\$46.02**



## Schneiders Charcuterie Board

5/373g

**\$11.06**

60857 - Charcuterie Board

Case Price - **\$55.30**



## Schneiders Ham

8/150g - 8/175g

**\$4.82**

60892 - Black Forest Ham  
60894 - Herb Turkey Breast  
60895 - Maple

Case Price - **\$38.57**



## Schneider's Salami

12/150g

**\$4.82**

60893 - German Salami  
60891 - Summer Sausage

Case Price - **\$57.84**



## Schneiders Blue Ribbon Bologna

12/175g

**\$2.84**

59470 - Bologna

Case Price - **\$34.07**



## Schneiders Ham

12/700g

**\$10.63**

59461 - Original 1/2 Ham

Case Price - **\$127.55**



## Maple Leaf Smoked Ham

12/600g

**\$10.11**

59640 - Original

Case Price - **\$121.28**



# MAPLE LEAF

## Deli Meats



### Schneiders Turkey Breast

4/2.4kg

59663 - Lifestyle Cooked Turkey Half Pc  
59534 - Lifestyle Smoked Turkey Breast Half Pc

**Case Price - \$19.22/kg**



2/3kg

59662 - Oven Roasted Turkey Breast

**Case Price - \$19.22/kg**



### Schneider's Ham

4/2.4kg

63978 - Olde Fashioned Half Ham (Deli)

**Case Price - \$15.41/kg**



### Grab N Snack Trays

5/450g

**\$8.20**

60850 - Sharing Tray

**Case Price - \$41.00**



### Grab N Snack Kits

12/48g

**\$1.41**

60848 - Gen Salami Almond Mntr jk  
60847 - Ham Cashews Cheddar  
60846 - Turkey Almonds White Cheddar

**Case Price - \$16.86**



### Maple Leaf Natural Chicken

6/250g

**\$5.59**

59762 - Shredded Chicken  
59779 - Sliced Chicken Breast  
59777 - Diced Ham

**Case Price - \$33.52**



### Schneider's Adult Snack Kit

12/75g - 12/80g

**\$2.77**

63979 - Genoa Salami  
63980 - Turkey  
59434 - Wine Salami  
59728 - Hot Calabrese Salami  
59729 - Kolbassa  
59432 - Dry Salami

**Case Price - \$33.21**



# REFRIGERATED



### I Cant Believe Its Not Butter Margarine

24/212g

**\$1.69**

60358 - Original

**Case Price - \$40.56**



### Becel Margarine

12/850g

**\$7.69**

60302 - Original Plant Based Oil Tub

**Case Price - \$92.28**



### Icim Cheese

12/250g

**\$4.25**

28799 - Halloumi Cheese

**Case Price - \$51.00**



### Galbani Cheese

6/277g

**\$3.75**

60471 - Mozzarella Fresca Sliced Ball

60472 - Bocconcini

**Case Price - \$22.50**

# REFRIGERATED



## Cracker Barrel Shredded Cheese

12/320g  
**\$7.99**

- 28749 - Double Cheddar
  - 60450 - Cheese Tex Mex
  - 60452 - Mozzarella
  - 60454 - Mozzarella Cheddar
  - 60456 - Cheese Italiano
- Case Price - \$95.92**



## Burnbrae Natureggs

15/dz  
**\$4.45**

- 07006 - Large White Omega 3 Egg
- 07012 - Large Brown Omega 3 Egg

**Case Price - \$66.75**



12/500g  
**3.25**

- 07038 - Simply Egg White
- Case Price - \$39.00**



## Balderson Cheese

15/170g  
**\$4.99**

- 60608 - Smoked Gouda
- Case Price - \$74.80**



12/250g  
**\$5.25**

- 60607 - Extra Old Cheddar Cheese
- Case Price - \$63.00**



16/280g  
**\$7.19**

- 74747 - Royal Canadian Cheddar 2 Years
- Case Price - \$115.00**



**\$5.50**

- 60667 - Old Cheese
- Case Price - \$88.00**



**\$6.19**

- 74749 - Champion Cheddar Aged 1 Year
- Case Price - \$99.00**



## Vitale PROSCIUTTO CRUDO

8/100g  
**\$5.99**

- 77808 - With Truffles
- Case Price - \$47.92**



**SALAMI**  
8/100g  
**\$3.99**

- 77809 - Garlic Salami
- Case Price - \$31.92**



**\$2.99**

- 77805 - Salame Milano
- Case Price - \$23.92**

## ANTIPASTO

8/200g  
**\$7.99**

- 77800 - Italiano Club Pack
- Case Price - \$63.92**



## Silk Beverages

1/1.75L - 1/1.89L  
**\$3.29**

### SOY

- 02048 - Plain
- 02049 - Vanilla
- 02052 - Unsweetened



### TRUE ALMOND

- 02059 - Original
- 02071 - Almond Unsweetened
- 02072 - Almond Dark Chocolate
- 02089 - Almond Vanilla
- 02106 - Coconut Unsweetened
- 02120 - Almond Unsweetened Vanilla



### CASHEW

- 02208 - Cashew Unsweetened Original

### OAT YEAH!

- 02231 - Chocolate
  - 02232 - Vanilla
  - 02233 - The Original
- Case Price - \$3.29**



## Earth's Own Beverage

6/1.75L - 6/1.89L  
**SO FRESH ALMOND**  
**\$3.50**

- 70701 - Unsweetened Original
- 70702 - Unsweetened Vanilla
- 70795 - Chocolate



- SO FRESH OAT**
- 70704 - Unsweetened Original
- 70703 - Unsweetened Vanilla
- 70705 - Chocolate



### ZERO SUGAR OAT

- 70738 - Zero Sugar Original

### SO NICE ORGANIC ALMOND

- 70793 - Unsweetened
  - 70792 - Original
  - 70794 - Unsweetened Vanilla
- Case Price - \$21.00**

6/1.75L  
**\$4.25**

- 70791 - Naked Oat Original
- Case Price - \$25.50**

# REFRIGERATED



## Bolthouse Farms Juice

6/946ml

**\$5.00**

63302 - 100% Carrot Juice

**Case Price - \$29.99**

**\$4.50**

63300 - Red Goodness

63304 - Strawberry Banana Fruit Smoothie

63307 - Berry Boost Fruit Smoothie

63345 - Perfectly Protein Mocha Cappuccino

63365 - C-Boost Smoothie

63366 - Blue Goodness Smoothie

63381 - Amazing Mango Smoothie

**Case Price - \$26.99**

6/450ml

**\$2.83**

63314 - Green Goodness

63316 - Strawberry Banana Fruit Smoothie

63605 - Berry Boost Fruit Smoothie

**Case Price - \$16.99**

6/450ml

**\$3.25**

63383 - Perfectly Protein Mocha Cappuccino

63600 - 100% Carrot Juice

**Case Price - \$19.49**



## Minute Maid Juice

6/1.54L

**\$3.33**

22810 - Fruit Punch

22811 - Mango Passion

22812 - Lemonade

22813 - Pink Lemonade

**Case Price - \$19.99**



## Simply Juice

12/340ml

**\$1.50**

63239 - Lemonade

63240 - Orange Juice

63241 - Apple Juice

63242 - Lemonade with Raspberry

63243 - Simply Peach

**Case Price - \$17.99**



6/1.54L

**\$3.50**

22900 - Lemonade

22901 - Lemonade With Raspberry

22912 - Fruit Punch

63244 - Peach

22884 - OJ with Calcium

22907 - OJ with Pulp

76092 - Orange Juice 100% Pulp Free

76093 - Apple Juice Not From Concentrate

**Case Price - \$20.99**



## Renee's Salad Dressing

6/350ml - 6/355ml

**\$3.39**

63448 - Spring Herb Italian

63449 - Mediterranean Greek

63451 - Sweet Onion

63452 - Asian Sesame

63454 - Honey Dijon Mustard

63467 - Creamy Caesar Pourable

63373 - Greek Feta

63375 - Ranch

63376 - Blue Cheese

63444 - Cucumber Dill

63445 - Poppy Seed Half Fat

63446 - Coleslaw

63447 - Southwest Ranch

**Case Price - \$20.34**

12/355ml

**\$3.39**

63370 - Caesar

63372 - Caesar Half Fat

63442 - Mighty Cesar

**Case Price - \$40.68**



## Sunny Delight

4/3.78L

**\$5.50**

63330 - California Smooth

**Case Price - \$21.99**



## Kraft Cheese

24/410g

**\$5.49**

61513 - Singles (22)

**Case Price - \$131.76**



## Pillsbury Cookies

12/468g

**\$2.99**

62925 - Chocolate Chip Cookie Chunk

**Case Price - \$35.88**



## Pillsbury Crescents

12/226g

**\$1.99**

62910 - Original

**Case Price - \$23.88**

# FREEZER



## Hungry Man Bowl Meals

8/369g - 8/397g

**\$4.39**

65754 - Nashville Style Hot Fried Chicken  
Cutlet

65753 - Country Fried Chicken

**Case Price - \$35.12**



## Gardein Freezer Meals

8/255g - 8/390g

**\$5.29**

39050 - Seven Grain Crispy Tenders

39053 - Crispy Chicken Mandarin Orange

39051 - Ultimate Beefless Ground

**Case Price - \$42.32**



## Simply Healthy Choice Freezer Meals

8/259g - 8/292g

**\$3.69**

65111 - Chicken Broccoli Alfredo

65113 - Chicken Veg Stir Fry

65957 - Gourmet Steamers Beef Merlot

65112 - Meatball Mannara

65951 - Steamers Red Pepper Chickn

Alfredo

**Case Price - \$29.52**



## Crave Freezer Meals

12/200g - 12/300g

**\$2.99**

96861 - Bacon Egg Scramble Cheddar Cheese

96863 - Loaded Potatoes Angus Beef & Bacon

96834 - White Cheddar Mac & Cheese Bacon

96862 - Buffalo Chicken Macaroni & Cheese

**Case Price - \$35.88**



## Cheemo Perogies

10/907g

**\$2.89**

64816 - Potato Bacon Romano Cheese

64817 - Potato Cheddar Cheese

64818 - 3 Cheese Wht Chd, Swiss, Moz

64819 - Ukrainian Style Roasted Garlic

**Case Price - \$28.90**



## Swiss Chalet Chicken Pot Pie

9/470g

**\$4.99**

57902 - Chicken Pot Pie 2 Pack

**Case Price - \$44.91**



## Cavendish Farms Fries

12/1kg

**\$2.79**

69002 - Classic Straight Cut

69004 - Classic Crinkle Cut

**Case Price - \$33.48**



## HASH BROWN PATTIES

24/600g

**\$2.59**

69135 - Classic Onion

69136 - Classic Org.

**Case Price - \$62.16**



## McCain Regular Fries

12/800g

**\$2.39**

64073 - Shoestring

64074 - Crinkle Cut

64075 - Straight Cut

**Case Price - \$28.68**



## McCain Breakfast Patties

12/600g

**\$3.59**

64069 - 9 Minute Breakfast Potato

**Case Price - \$43.08**



## Furlani Breadsticks

12/326g

**\$3.69**

74883 - Stuffed Mozzarella

**Case Price - \$44.28**



## Furlani Garlic Bread

20/284g

**\$1.99**

06021 - Garlic Bread

**Case Price - \$39.80**



# FREEZER

## Ocean Jewel Shrimp

10/284g

**\$5.99**

64636 - Shrimp Ring with Sauce 19-22Ct

**Case Price - \$59.90**

15/340g

64639 - Raw Easy Peel White Shrimp 31/40

**Case Price - \$89.85**

15/340g

**\$6.99**

64630 - Shrimp Bag Cooked 31- 40

**Case Price - \$104.85**



## High Liner Seafood Catch of The Day

10/350g

**\$4.40**

20524 - Breaded Fish Fillet Pollock

76003 - English Style

76004 - Breaded Fish Fillet

**Case Price - \$44.00**



## Pillsbury Pizza Pops

12/380g

**\$2.99**

66151 - Three Cheese

66153 - Pepperoni & Bacon

66154 - Deluxe

66155 - Pepperoni

**Case Price - \$35.88**



## ACE Bakery

### CIABATTA BUNS

30/225g

**\$1.59**

04738 - Olive 12in RPack

04756 - Red Pepper & Sundried Tomato

**Case Price - \$47.70**

18/400g

**\$1.75**

04755 - Lunga Cluster

**Case Price - \$31.50**

30/275g

**\$1.19**

04739 - Multigrain Demi RPack

**Case Price - \$35.70**

20/390g

**\$1.75**

04734 - Lunga RPack

**Case Price - \$35.00**

### BAGUETTES

20/350g

**\$1.99**

04731 - White Baguette Eng PBK

**Case Price - \$39.80**

25/200g

**\$1.75**

04708 - Onion Demi Baguette RPack

**Case Price - \$43.75**



## Eggo Waffles

12/280g

**\$3.39**

64021 - Blueberry

64048 - Cinnamon Toast

64054 - Strawberry Flavour

64022 - Chocolate Chip

**Case Price - \$40.68**

24/280g

64020 - Waffles Regular

**Case Price - \$81.36**

16/280g

64039 - Buttermilk Pancakes

**Case Price - \$54.24**



## Borek

18/454g

**\$3.29**

### BITES

64244 - Ricotta & Feta Cheese

**Case Price - \$49.35**

**\$3.99**

64245 - Ground Beef & Spices

**Case Price - \$71.82**

12/340g

**\$3.69**

### TWISTS

64243 - Ricotta & Feta Cheese

**Case Price - \$66.42**



# FREEZER



**Donut Time**  
24/250g  
**\$1.19**  
97995 - Glazed  
**Case Price - \$28.56**



**Tenderflake Pastries**  
12/255g - 12/397g  
**\$3.59**  
64251 - Puff Pastry  
64252 - Regular Tart Shells  
64253 - Deep Dish Pie Shells  
**Case Price - \$43.08**



**Cool Whip**  
24/1 LT  
**\$2.99**  
67004 - Topping  
**Case Price - \$71.76**



**Yucatan Guacamole**  
6/227g  
**\$3.29**  
97011 - Spicy  
97017 - Authentic  
97019 - Mild  
**Case Price - \$19.74**



**Johnsonville Italian Sausages**  
12/500g  
**\$4.69**  
66701 - Hot  
66702 - Mild  
**Case Price - \$56.28**



**Beyond Meat**  
**BEYOND BEEF**  
12/340g  
**\$5.99**  
25691 - Beyond Beef  
**Case Price - \$71.88**



**BEYOND SAUSAGE**  
8/400g  
**\$5.99**  
25692 - Hot Italian  
**Case Price - \$47.92**



**\$6.39**  
25693 - Mild Italian  
**Case Price - \$51.12**



**Elite Sweets Cakes**  
**6 INCH**  
4/700g  
**\$8.99**  
64101 - Decadent Chocolate  
64102 - Vanilla Mascarpone



**Scoop N Serve**  
6/550g - 6/600g  
**\$5.99**  
64176 - Tiramisu  
64114 - Red Velvet  
**Case Price - \$35.96**



**Kings Pastry Coffee Cakes**  
4/750g  
**\$6.39**  
64224 - Chocolate  
64225 - Cinnamon  
**Case Price - \$25.56**



**Authentic Portuguese Tarts**  
60/75g  
**\$0.90**  
04747 - Custard Tarts  
**Case Price - \$54.00**  
10/450g  
**\$5.39**  
04776 - Portuguese Style Custard Tarts  
**Case Price - \$53.90**



**Crafty Ramen**  
12/500g - 12/540g  
**\$7.99**  
63020 - Chicken Sesame  
63019 - Pork Miso  
63021 - Tofu Miso  
**Case Price - \$95.88**



**Promise Breadloaf**  
**\*Gluten Free**  
4/400g - 4/480g  
**\$5.29**  
82406 - Sourdough Rustic White  
82400 - Soft White  
82401 - Quinoa & Chia  
82402 - Multigrain  
**Case Price - \$21.16**

LIMITED QUANTITIES

# FREEZER

LIMITED QUANTITIES



**Stouffers  
FITBOWLS**  
8/256g - 8/340g  
**\$1.75**

65603 - Teriyaki Chicken



**BISTRO CRUSTINI**

65566 - BBQ Chicken  
65571 - Pepperoni  
65574 - Italian Five Cheese

**Case Price - \$14.00**



**DINER CLASSICS**

12/271g  
65556 - Meatloaf & Mashed Potatoes  
**Case Price - \$21.00**

LIMITED QUANTITIES



**Delissio  
STUFFED CRUST**  
12/634g - 12/702g  
**\$3.75**

20292 - Smoky BBQ Chicken  
20293 - 3 Meat  
**Case Price - \$45.00**



**Smuckers Uncrustables**  
8/208g - 8/232g  
**\$3.99**  
38641 - Peanut Butter Strawberry  
38642 - Chocolate Flavoured Hazelnut  
**Case Price - \$31.95**

LIMITED QUANTITIES



**Apple Valley Baked Pies  
10 INCH**  
4/1.1kg  
**\$7.99**

98172 - Lemon Meringue  
98173 - Chocolate Cream  
98174 - Coconut Cream

**Case Price - \$31.96**

**8 INCH**

6/520g - 6/680g  
**\$4.39**

98171 - Lemon Meringue  
98156 - Baked Pumpkin  
98154 - Baked Apple  
98159 - Unbaked Apple

**Case Price - \$26.34**

LIMITED QUANTITIES



**Life Cuisine  
Immune Support**  
8/270g

**\$1.75**

65601 - Three Cheese Chicken Pesto  
**Case Price - \$14.00**

LIMITED QUANTITIES



**Lean Cuisine**  
12/248g - 12/285g  
**\$1.75**

65609 - Meat Lasagna  
65614 - Grilled Chicken & Vegetables  
65610 - Thai Peanut Chicken

**Case Price - \$21.00**



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