

Sale Dates: Sept 8th - October 3rd, 2025



Supporting Ontario's Independent Businesses For Over 30 Years!



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FALL INTO SAVINGS!



Aylmer Gluten Free Soup

24/284ml

\$1.00

72266 - Cream of Mushroom
27212 - Cream of Chicken

Case Price - \$24.00



Primo Soup

12/540ml

\$2.25

32701 - Hearty Lentil
32702 - Hearty Chicken
32703 - Medley Chicken Rice
32704 - Beef Barley
32700 - Savoury Minestrone

Case Price - \$27.00



Campbell's Soup RTS

12/515ml

\$2.75

32248 - Herbed Chicken with Rice
32249 - Italian Wedding
32250 - Classic Chicken Noodle

Case Price - \$33.00



Campbell's Ready To Use Broth

12/900ml

\$2.15

32034 - Tetra Chicken
32035 - 30% Less Sodium
32039 - Tetra Vegetable
32040 - Tetra Beef
32181 - No Salt Chicken
32182 - No Salt Beef
32183 - No Salt Vegetable

Case Price - \$25.75



Campbell's Soup

12/284ml

\$1.15

32090 - Tomato
32091 - Vegetable
32092 - Chicken Noodle
32093 - Cream of Mushroom

Case Price - \$13.85

Campbell's Chunky Soup

12/515ml

\$2.90

32242 - Beef
32243 - Prime Rib & Vegetable
32244 - Pepper Steak & Potato
32245 - Baked Potato With Bacon
32246 - Vegetable Beef
32247 - Chicken Vegetable Pot Pie
32221 - Chicken With Rice
32240 - Chicken Noodle
32241 - New England Clam Chowder

Case Price - \$34.75

Chunky Chili

12/425g

\$3.25

30130 - Homestyle
30132 - Hot & Spicy
30131 - Steak

Case Price - \$39.00



Lipton Soup

16/338g

\$3.25

32905 - Chicken Noodle 4Pk
Case Price - \$52.00



Knorr Soup Mix

16/113g

\$3.50

72936 - Onion
Case Price - \$56.00



SALE PRICES IN EFFECT SEPTEMBER 08 - OCTOBER 03, 2025

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.





Habitant Soup

24/796ml

\$3.25

- 32308 - Canadian Pea
- 32310 - Pea & Smoked Ham
- 32312 - Garden Vegetable

Case Price - \$78.00



Mr Noodles Cup

12/64g

\$1.00

- 33328 - Thai Flavour
- 33338 - Beef
- 33339 - Chicken
- 33347 - Vegetable
- 33349 - Spicy Chicken

Case Price - \$11.95



Mr Noodle (Instant)

24/85g

\$0.39

- 33320 - Beef
- 33321 - Chicken
- 33322 - Spicy Beef
- 33324 - Vegetable
- 33330 - Spicy Chicken
- 33331 - Oriental

Case Price - \$9.25



Italpasta Egg Noodles

12/340g

\$1.65

- 23147 - Medium
- 23148 - Broad
- 27276 - Extra Broad

Case Price - \$19.75



Soup (Box)

12/450g

\$1.50

- 23115 - Baby Shells (Box)
- 23116 - Acini Di Pepe (Box)
- 23117 - Pasta Orzo (Box)
- 23178 - Alphabets (Box)

Case Price - \$18.00



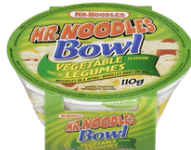
Knorr Soup

12/40g - 12/83g

\$1.96

- 32844 - Vegetable
- 32838 - Onion
- 32810 - Chicken Noodle
- 32816 - Cream Of Mushroom
- 32817 - Cream Of Vegetable
- 32820 - Cream Of Leek
- 32832 - Minestrone

Case Price - \$23.50



Mr Noodles Big Bowl

12/110g

\$1.45

- 33340 - Spicy Chicken
- 33341 - Vegetable
- 33342 - Chicken
- 33343 - Beef

Case Price - \$17.40



Alessi Soup Mix

6/6oz

\$3.00

- 27307 - Sicilian Lentil
- 27308 - Tuscan White Bean
- 27309 - Chicken Flavoured Noodle

Case Price - \$18.00





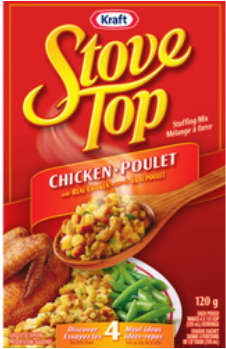
Club House Seasoning

12/31g - 12/45g

\$0.60

- 58112 - Yorkshire Pudding Mix
- 58113 - Poutine Sauce Mix
- 58114 - 4 Peppercorn Sauce Mix
- 58115 - Cheese Sauce

Case Price - \$7.20



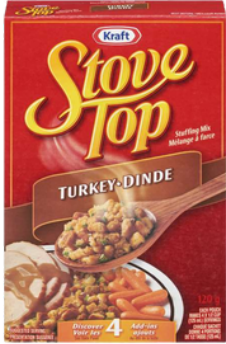
Stove Top Stuffing Mix

12/120g

\$1.60

- 06407 - Chicken
- 06410 - Turkey

Case Price - \$19.25



Club House Gravy Mix

18/21g - 18/25g

\$0.60

- 58142 - Brown
- 58143 - Mushroom
- 58144 - Pork
- 58145 - Turkey
- 58146 - Chicken
- 58147 - Onion
- 58148 - Brown 25% Less Salt
- 58149 - Chicken 25% Less Salt
- 58150 - Turkey 25% Less Salt

Case Price - \$10.80



Fleischmann's Yeast

12/113g

\$3.90

- 05128 - Traditional
- 06011 - Quick Rise

Case Price - \$46.75

Yeast (Envelopes)

20/3x8g

\$1.50

- 05126 - Quick Rise
- 05127 - Traditional

Case Price - \$30.00



Franco American Gravy

24/284ml

\$1.25

- 09504 - Beef
- 09506 - Chicken
- 09526 - Mushroom
- 09510 - Turkey

Case Price - \$30.00



Ocean Spray Cranberry Sauce

24/348ml

\$2.30

- 38904 - Whole Berry
- 38908 - Jellied

Case Price - \$55.25





**McCain Classic
Pizza Pockets**

16/300g

\$3.30

64068 - Pepperoni

64067 - 3 Cheese

Case Price - \$52.80



**Green Giant
Vegetables**

16/750g

\$3.29

68402 - Peaches & Cream

68404 - Mixed Vegetables

68406 - Summer Sweet Peas

72087 - Sweetlets

68400 - Niblets

Case Price - \$52.67



Valley Selection

12/400g - 12/500g

72254 - Asian Blend

72089 - California Mix

72253 - Japanese Mix

68401 - Cut Broccoli

Case Price - \$39.48



**McCain
Regular Fries**

12/800g

\$2.29

64073 - Shoestring

64074 - Crinkle Cut

64075 - Straight Cut

Case Price - \$27.48



Superfries

12/454g - 12/650g

\$3.39

69176 - Sweet Potato Plank Cut

69193 - 5 Minute Shoestring With

Sea Salt

69191 - Extra Crispy Spicy

69192 - Straight Cut With Sea Salt

Case Price - \$40.68

Breakfast

12/800g

\$2.29

69189 - Hashbrowns

Case Price - \$27.48



**Green Giant Canned
Vegetables**

12/341ml - 12/398ml

\$1.60

26132 - Sweet Corn No Salt & Sugar

26728 - Summer Sweet Peas Less Salt

72985 - Peas & Carrots

Case Price - \$19.25

24/341ml - 12/398ml

26126 - Niblets Kernel Corn

26133 - Peaches & Cream Corn

25320 - Cut Green Beans

26125 - Cream Style Corn

Case Price - \$38.50





**Black Diamond
Shredded Cheese**

12/320g

\$5.69

60971 - Cheddar Old
60963 - Mozzarella Cheddar
60962 - Pizza Mozzarella

Unit Price - \$68.28



Akropolis

40/140g

\$1.49

20341 - Spinach Swirl
Case Price - \$59.60



**Swiss Chalet Chicken
Pot Pie**

9/470g

\$5.69

57902 - Chicken Pot Pie 2 Pack
Case Price - \$51.21



**Cracker Barrel
Natural Cheese Slice**

12/220g - 12/240g

\$4.75

60491 - Swiss
60492 - Havarti
28521 - Marble
60490 - Medium

Case Price - \$57.00



Nemfood Spring Rolls

20/300g

\$2.99

66065 - Vegetable
66066 - Chicken
Case Price - \$59.80



**Premium Plus
Christie Crackers**

12/450g

\$4.25

04233 - Salted
04234 - Unsalted

Case Price - \$50.99



**Borek Frozen Meals
BITES**

18/454g

\$3.75

64244 - Ricotta & Feta Cheese
42006 - Spinach & Cheese
Case Price - \$67.55



18/454g

\$4.59

64245 - Ground Beef & Spices
Case Price - \$82.62



NEW!

Martin's Potato Rolls

7/425g

\$4.05

65012 - 12 Slider

Case Price - \$28.35

8/425g

\$3.85

65013 - 8 Long

Case Price - \$30.80

8/425g

\$4.00

65014 - 24 Party

Case Price - \$32.01

9/425g

\$3.55

65017 - 8 Sandwich

Case Price - \$31.95

5/723g

\$6.45

65011 - 4" Burger Buns

Case Price - \$32.25

Martin's Big Seeded Hamburger Rolls

6/510g

\$4.55

65015 - 8 Large

Case Price - \$27.30

Martin's Potato Bread

8/510g

\$3.85

65016 - Sandwich

Case Price - \$30.80



Donut Time

24/250g

\$1.25

97995 - Glazed Donut

Case Price - \$30.01



McCain Deep n Delicious Cake

6/510g

\$4.99

64064 - Chocolate

64066 - Vanilla

64070 - Marble

64071 - Cookies & Cream

Case Price - \$29.94



Pillsbury Crescent Rolls

12/226g

\$1.99

62910 - Original

Case Price - \$23.88

Chocolate Chip Cookie Dough

12/468g

\$2.99

62925 - Chub

Case Price - \$35.88



Tenderflake

12/255g - 12/397g

\$3.65

64252 - Regular Tart Shells

64253 - Deep Dish Pie Shells

64251 - Puff Pastry

Case Price - \$43.80



Kraft CoolWhip
24/1L
\$3.51
67004 - Whipped Topping
Case Price - \$84.35



Elite Cake
12/85g
\$1.15
64145 - Cherry Cheesecake Cup
64148 - Black Forest Cup
64149 - Chocolate Caramel Mousse Cup
64177 - Tiramisu Single Serve Cup
Case Price - \$13.80



CT Bakery Mini Donuts
15/288g - 15/366g
\$3.05
98206 - Chocolate Boston Cream
98208 - Caramel Crunch
98207 - Cookies & Cream
Case Price - \$45.75



Authentic Portuguese Custard Tarts
60/75g
\$0.89
04747 - Portuguese Style
Case Price - \$53.40
10/450g
\$5.49
04776 - Portuguese Style
Case Price - \$54.90



Kings Pastry Coffee Cake
4/750g
\$8.99
64224 - Chocolate
64225 - Cinnamon
64241 - Wildberry
64242 - Lemon Poppy Seed
Case Price - \$35.96



Schaaf Loaf
12/390g
\$3.05
64209 - Lemon
64210 - Marble
64211 - Golden
64212 - Banana
Case Price - \$36.60
Mini 6 Pack
8/400g
64202 - Marble
Case Price - \$24.40



Elite Sweets 6" Cake

4/700g

\$9.99

64101 - Decadent Chocolate
64102 - Vanilla Mascarpone
64144 - Chocolate Caramel

Case Price - \$39.96



Apple Valley Unbaked Pie 8 in

6/680g

\$4.49

98159 - Apple

Baked Pie 8 in

6/600g - 6/620g

98154 - Apple
98156 - Pumpkin

Case Price - \$26.94



6/678g

\$4.99

98102 - Apple Crisp

Case Price - \$29.94



Promise Gluten Free Muffins

6/240g

\$3.75

82416 - Blueberry
82417 - Chocolate Chip

Case Price - \$22.50

Promise Gluten Free Cake

4/320g

82407 - Chocolate Fudge
82408 - Lemon Drizzle

Case Price - \$15.00



Nabob Coffee

6/340g

\$8.67

28540 - Bold Full City Dark
28542 - Sumatra
28543 - Breakfast Blend
28544 - 1896 Tradition Decaf

Case Price - \$51.99



Maxwell House Ground Coffee

6/864g

\$18.00

72688 - Original Roast

Case Price - \$107.99



Celestial Tea

12/20bags

\$3.17

15228 - Peppermint
15223 - Variety Pack
15224- Lemon Zinger
15220 - Sleepy Time

Case Price - \$37.99

