



**CJR**  
WHOLESALE GROCERS



INDEPENDENTLY OWNED  
PROUDLY CANADIAN

AD # 18

SALE DATES: AUGUST 26TH-SEPTEMBER 6TH, 2024

ORDER NOW →  
CJRWHOLESALE.COM



SUPPORTING ONTARIO'S INDEPENDENT BUSINESSES FOR OVER 30 YEARS!



**Crave Frozen Meals**

12/200g - 12/300g

**\$3.99**

- 96861 - Bacon Egg Scramble with Cheddar Cheese
- 96863 - Cheesy Loaded Potatoes Angus Beef & Bacon
- 96834 - White Cheddar Mac & Cheese with Bacon
- 96862 - Crave Buffalo Chicken Macaroni & Cheese

**Case Price - \$47.88**



**Poppi Drink**

12/355ml

**\$2.17**

- 23031 - Classic Cola
- 23032 - Doc Pop
- 23033 - Strawberry Lemon
- 23034 - Orange Soda

**Case Price - \$25.99**



**OKF Farmer's Aloe Vera Drink**

12/1.5L

**\$2.50**

- 22751 - Original
- 22752 - Mango
- 22753 - Pineapple

**Case Price - \$29.99**



**Maple Leaf Natural Selection**

8/150g - 8/175g

**\$4.31**

- 63543 - Shaved Roast Beef
- 63564 - Hickory Smoked Turkey
- 63565 - Shaved Italian Style Ham

**Case Price - \$34.44**



12/125g - 12/150g

- 63513 - 3 Ing Oven Roasted Turkey
- 63514 - 5 Ing Smoked Black Forest Ham

- 63536 - Dry Cure Genoa Salami
- 63537 - Dry Cure Hot Genoa Salami

**Case Price - \$51.67**

12/175g

**\$4.48**

- 59495 - Baked Ham
- 59496 - Honey Ham
- 63580 - Black Forest Ham
- 63581 - O.R. Turkey Breast
- 63582 - O.R. Chicken Breast

**Case Price - \$53.72**

6/250g

**\$4.82**

- 63535 - Pepperoni

**Case Price - \$28.91**



**Natura Beverage**

12/946ml

**\$1.75**

**Barista Almond**

- 22281 - Original
- 22282 - Vanilla
- 22283 - Chocolate
- 22284 - Almond & Coconut Unsweetened

**Organic Soy**

- 22287 - Soy Cappuccino
- 22288 - Soy Unsweetened

**Organic Oat**

- 22285 - GF Unsweetened Original

**Organic Rice**

- 74601 - Fortified Rice Beverage - Original

**Case Price - \$20.99**



**Clover Leaf Canned Skipjack Tuna**

24/170g

**\$1.63**

- 29574 - Flaked Light
- 29576 - Chunk Light
- 29577 - Flaked Low Sodium

**Case Price - \$39.00**



**Flow Naturally Alkaline Spring Water**

12/1L

**\$1.58**

- 21940 - Original
- 21944 - Organic Strawberry+Rose
- 21945 - Organic Peach+Blueberry

**Case Price - \$18.99**



**Kellogg's Raisin Bran**

12/425g

**\$4.99**

- 72260 - Original

**Case Price - \$59.90**



SALE PRICES IN EFFECT AUGUST 26TH - SEPTEMBER 6TH, 2024

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



**Two Bears Latte**  
6/207ml  
**\$2.50**  
14144 - Dairy Vanilla  
14145 - Dairy Mocha  
14146 - Dairy Salted Caramel  
14140 - Chai Tea Latte With Oat Milk  
14141 - Black Coffee Frothed Latte Oat Milk  
14142 - Vanilla Coffee Frothed Latte  
14143 - Salted Caramel Coffee Frothed Latte  
**Case Price - \$14.99**



**Peroni Nastro Azzurro Beer 0.0%**  
4/6x330ml  
**\$9.50**  
20306 - Glass Bottle  
20307 - Cans  
**Case Price - \$37.99**



**Ice River Green Bottle**  
1/15L  
**\$4.49**  
74560 - Distilled Water  
74100 - Natural Spring Water  
**Unit Price - \$4.49**  
24/500ml  
**\$2.99**  
74109 - Spring Water  
**Case Price - \$2.99**



**Grolsch Non Alcohol Beer - 0.0%**  
6/4x500ml  
**\$5.83**  
24046 - Original  
**Case Price - \$34.99**  
6/4x500ml  
**\$6.33**  
24047 - Lemon Radler  
**Case Price - \$37.99**



**Vita Coco Coconut Water**  
12/500ml  
**\$1.58**  
67026 - Pineapple  
67027 - Pure Coconut  
67035 - with Pressed Coconut  
**Case Price - \$18.99**



**OKF Farmers Aloe Vera Drink**  
20/500ml  
**\$1.15**  
22755 - Mango  
22756 - Pineapple  
22758 - Pomegranate  
22759 - Strawberry  
22754 - Original  
22757 - Watermelon  
**Case Price - \$22.99**



**Asahi Super Dry Beer - 0.0% Alcohol**  
4/6x330ml  
**\$9.50**  
20338 - Can  
**Case Price - \$37.99**



**Cove Zero Sugar Soda**  
12/355ml  
**\$1.50**  
88811 - Orange  
88812 - Grape  
88813 - Lemon Lime  
**Case Price - \$17.99**

# BEVERAGE



**Flow Alkaline Water**  
12/500ml  
**\$1.08**  
21930 - Organic Strawberry Rose Water  
21934 - Spring Water  
21935 - Organic Cucumber Mint Flavoured Water  
**Case Price - \$12.99**



**Vitamin Infused Water**  
12/500ml  
**\$1.83**  
21942 - Citrus  
21943 - Elderberry  
21941 - Cherry  
**Case Price - \$21.99**



**Red Bull - Energy Drink**  
24/250ml  
**\$1.75**  
24350 - Original  
**Case Price - \$41.99**  
24/355ml  
**\$2.42**  
73665 - Original  
**Case Price - \$57.99**  
12/473ml  
**\$3.33**  
73666 - Original  
**Case Price - \$39.99**



**Sunny Delight**  
12/500ml  
**\$1.00**  
63326 - Tangy Original  
73039 - Smooth California  
**Case Price - \$11.99**  
8/1.18L  
**\$1.75**  
63333 - Tangy Original  
63332 - Smooth California  
**Case Price - \$13.99**



**Cabana Drink**  
12/591ml  
**\$2.42**  
22212 - Original Lemonade  
22213 - Mango Lemonade  
**Case Price - \$28.99**

# FRONT SHOP CONFECTIONERY



**Mr John's Plantain Chips**  
15/200g  
**\$3.47**  
76289 - Caribbean Style Spicy  
76290 - Caribbean Style  
**Case Price - \$51.99**



**Planters In Shell Peanuts**  
24/200g  
**\$1.50**  
40044 - Roasted With Salt  
**Case Price - \$35.99**



**Jiffy Pop**  
12/127g  
**\$2.58**  
74181 - Butter  
**Case Price - \$30.99**



**Beaver Peanuts**  
12/190g  
**\$2.08**  
40046 - Mixed Nuts 80% Peanuts Tin  
**Case Price - \$24.99**  
12/200g  
**\$1.83**  
40047 - Roasted Peanuts with Salt  
**Case Price - \$21.99**

# FRONT SHOP CONFECTIONERY



## Quaker Granola Bars Chewy

12/120g  
**\$2.25**

70907 - Chocolate Chip  
70908 - S'mores Bars  
**Case Price - \$26.99**

## Dippers

12/150g - 12/156g  
**\$2.25**

04860 - Peanut Butter Blast  
70802 - Chocolate Chip  
70803 - Caramel Nut  
**Case Price - \$26.99**

## Made Good Snacks Mornings Soft Baked Oat Bars

6/5x30g  
**\$3.17**

10517 - Blueberry Flavour  
10518 - Chocolate Chip  
**Case Price - \$18.99**

## Crunchy Cookies

6/200g  
**\$3.83**

10581 - Vanilla  
10582 - Chocolate Chip  
**Case Price - \$22.99**

6/100g - 6/132g  
**\$3.00**

10500 - Chocolate Banana minis  
10501 - Chocolate Banana Organic Soft Baked Mini Cookies  
10506 - Chocolate Chip Organic Crispy Squares  
10503 - Granola Minis - Chocolate Chip (Pouch)  
10504 - Strawberry Mini - Pouch  
10505 - Vanilla Organic Crispy Squares  
10509 - Granola Bars - Cookies & Creme  
10510 - Mixed Berry Organic Granola Bars  
10511 - Organic Drizzled Granola Bars Birthday Cake  
10512 - Organic Star Puffed Cracker Cheddar  
10513 - Organic Drizzled Granola Bars Cookie Crumble  
10515 - Strawberry Organic Granola Bars  
10519 - Crunchy Oat Bites - Vanilla Drizzled  
10583 - Chocolate Chip  
**Case Price - \$17.99**

## Clif Bar

12/68g  
**\$1.58**

75789 - Peanut Butter Banana Dark Chocolate  
73359 - Chocolate Chip  
73356 - White Chocolate Macadamia  
73354 - Crunchy Peanut Butter  
73327 - Chocolate Almond Fudge  
**Case Price - \$18.99**

## Clif Builders

12/68g  
**\$1.83**

74614 - Chocolate Peanut Butter  
74615 - Chocolate  
74616 - Chocolate Mint  
**Case Price - \$21.99**

## Clif Nut Butter

12/50g  
**\$1.83**

74628 - Chocolate Peanut Butter  
**Case Price - \$21.99**



## Good To Go Snack

6/40g  
**\$1.50**

88011 - Chocolate Chip Blondies  
88012 - Double Chocolate Chip Brownies  
**Case Price - \$8.99**



## Calbee Harvest Snaps

12/71g - 12/94g  
**\$2.33**

80400 - Crunchy Loops Kick N BBQ  
80401 - Crunchy Loops Sour Cream & Onion  
74841 - Tomato Basil  
04766 - Original  
04767 - Black Pepper  
04768 - Caesar  
**Case Price - \$27.99**



## Lucky Elephant

24/135g  
**\$2.67**

24791 - Butter Caramel Popcorn  
**Case Price - \$63.99**

24/60g  
**\$1.96**

24792 - Cotton Candy  
**Case Price - \$46.99**



# FRONT SHOP CONFECTIONERY



**Frankie's Organic Clouds**  
12/113g - 12/140g

**\$2.25**

80700 - White Cheddar Puffs  
80701 - Jalapeno Puffs  
80702 - Plant Based Puffs - Vegan Cheddar  
80703 - Sweet Potato Fries - Churro  
80704 - BBQ Puffs

**Case Price - \$26.99**



**Aero Minis**

12/98g

**\$1.50**

65057 - Cello Bag  
**Case Price - \$17.99**



**Banana Brownies**

12/250g

**\$3.83**

76013 - One Ingredient Banana Snack  
**Case Price - \$45.99**

## DISPLAYER



**Quaker Crispy Minis Mixed Shipper**

96/90g-100g

**\$2.40**

04884 -  
48 - Cheddar Rice Chips  
24 - Ketchup Rice Chips  
24 - Magic Masala

**Case Price - \$230.40**



**Nestle Innovation Tablet Prepack 158Ct**

158/Assorted

**\$2.00**

40404 -  
12 - AERO Truffle Tiramisu 105g  
16 - AERO Milk Tablet Activation 97g  
16 - AERO Truffle Chocolate Mousse 105g  
12 - AERO Truffle Black Forest Cake 105g  
14 - KIT KAT Classic Tablet 120g  
12 - AERO Truffle Brownie 105g  
8 - KITKAT Saltd Goey Carml Tblet 112g  
8 - AERO Truffle Nanaimo Bar 105g  
12 - KITKAT Cookie Dgh Tablt 111g  
16 - CRUNCH Milk Chocolate 100g  
16 - CRUNCH Cookie Chocolate RA 100g  
16 - Aero Truffle Salted Caramel 105g

**Case Price - \$315.99**



**Melinda's Hot Sauce Displayer**

36/355ml

**\$6.00**

43499 -  
9 Black Truffle,  
9 Habanero Honey Mustard,  
9 Ghost Pepper Wing,  
9 Fire Roasted Garlic and Habanero

**Case Price - \$216.00**

# GROCERY



## 7 Days Croissant

6/75g

**\$1.33**

66951 - With Cocoa Cream Filling  
66952 - With Vanilla Cream Filling  
66953 - Double Croissant Vanilla Strawberry Filling

**Case Price - \$7.99**



## Starbucks Cold Brew

6/946ml

**\$6.83**

25100 - Concentrate  
**Case Price - \$40.99**



## Motts Clamato Rimmer

12/200g

**\$2.67**

24793 - The Original  
**Case Price - \$31.99**



## French's Ketchup

12/750ml

**\$3.25**

43220 - UpsideDown  
63401 - Low Sodium  
63403 - No Sugar Added  
12/1L

43219 - Squeeze  
**Case Price - \$39.00**



## Bull's Eye BBQ Sauce

10/425ml

**\$3.30**

28524 - Chicken N Rib  
28527 - Bold Original  
28530 - BBQ Hickory

**Case Price - \$33.00**



## Quaker Cereal

12/350g - 12/450g

**\$3.00**

74331 - Cap'n Crunch  
72258 - Life Original

**Case Price - \$35.99**



## Harvest Crunch Cereal

16/400g - 16/510g

**\$3.42**

10701 - Light and Crisp Honey Nut  
10702 - Raisin and Almond  
10703 - Original

**Case Price - \$54.75**



## Kellogg's Cereal

12/500g

**\$5.50**

10015 - Bran Buds Psyllium  
**Case Price - \$65.99**

10/340g

**\$5.30**

10036 - Corn Flakes  
**Case Price - \$52.99**

12/575g

**\$4.33**

10040 - Corn Flake Crumbs  
**Case Price - \$51.99**



## Mini Wheats

12/460g

**\$5.33**

10038 - Original  
10043 - Brown Sugar Flavour  
**Case Price - \$63.99**

12/435g

**\$4.50**

72390 - Special K - Original  
**Case Price - \$53.99**

10/340g

**\$5.40**

70749 - Rice Krispies  
**Case Price - \$53.99**

14/400g

**\$4.43**

10078 - Vector Cereal  
**Case Price - \$61.99**



## Capri Oil

4/3L

**\$8.50**

40106 - Vegetable  
**Case Price - \$34.00**

**\$8.75**

40107 - Canola Oil  
**Case Price - \$35.00**

# GROCERY



**Select Olive Oil**  
6/750ml  
**\$12.25**  
40084 - Organic Extra Virgin  
Case Price - **\$73.50**



**Spam Luncheon Meat**  
12/340g  
**\$4.00**  
30530 - Original  
72586 - Lite  
75354 - Low Sodium  
Case Price - **\$48.00**



**Moresh Olive Oil**  
6/500ml  
**\$6.50**  
40058 - Extra Virgin  
Case Price - **\$39.00**



**Cloverleaf**  
48/213g  
**\$3.00**  
29130 - Pink Salmon  
Case Price - **\$144.00**



**Old El Paso Tortillas**  
18/334g  
**\$2.50**  
13518 - Soft Large  
Case Price - **\$45.00**



**Sunmaid Raisins**  
12/500g  
**\$4.25**  
18244 - Natural California  
Case Price - **\$51.00**  
**Sunmaid Prunes**  
8/250g  
**\$3.00**  
18243 - Pitted  
Case Price - **\$24.00**



**Heinz Beans**  
24/398ml  
**\$2.00**  
25718 - In Tomato Sauce  
25728 - Deep Browned In tomato Sauce & Pork  
25720 - Maple Style  
25738 - Deep Browned In Tomato Sauce  
25748 - Deep Browned Molasses & Pork  
28104 - Tomato Sauce & Pork  
28674 - British Style  
**Pasta**  
31177 - Alphagetti  
31183 - Zoodles  
Case Price - **\$48.00**



**Classico Pasta Sauce**  
12/410ml - 12/650ml  
**\$3.75**  
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  
31433 - Bolognese  
31434 - Di Sorrento Roasted Garlic & Onion  
31432 - Roasted Portobello Mushroom  
31445 - Fire Roasted Tomato Garlic  
31448 - Di Firenze Florentine Spinach and Cheese  
31449 - Di Liguria Tomato Alfredo  
31458 - Tuscan Style Olive Garlic  
31435 - Di Milano Vodka  
31457 - Italian Sausage Pepper Onion  
Case Price - **\$45.00**



**Cholula Hot Sauce**  
12/150ml  
**\$3.25**  
43485 - Chipotle  
43486 - Sweet Habanero  
43487 - Original  
Case Price - **\$39.00**



**Heinz Yellow Mustard**  
12/375ml  
**\$1.10**  
02023 - Original  
Case Price - **\$13.20**

# GROCERY



**Sunny Fruit Pitted Dates**  
18/250g  
**\$3.75**  
17977 - Organic Deglet Nour  
Case Price - **\$67.50**



**Winston House**  
6/4L  
**\$2.16**  
42137 - White Vinegar  
Case Price - **\$12.95**



**Sugar Twin**  
12/100Pk  
**\$3.25**  
19005 - Original  
Case Price - **\$39.00**



**Smucker's Jam**  
12/500ml  
**\$5.25**  
38515 - Pure Grape Jelly  
38618 - Orange Marmalade  
38619 - Strawberry  
38620 - Apricot  
Case Price - **\$63.00**



**All Purpose Flour**  
12/1Kg  
**\$2.15**  
09102 - Five Roses White  
74291 - Robin Hood  
Case Price - **\$25.75**

# PET FOOD



**Milkbone Dog Snack**  
12/450g  
**\$2.92**  
35946 - Flavoured Snack Small Dog  
Case Price - **\$34.99**


12/113g  
**\$2.00**  
35949 - Chicken Drumstix  
Case Price - **\$23.99**



**Dipped Dog Treats**  
4/340g  
**\$5.00**  
35944 - Peanut Butter  
35945 - Vanilla Yogurt  
Case Price - **\$19.99**



# GENERAL MERCHANDISE



**Bounce - Fabric Softener Sheets**  
 15/15ct  
**\$1.20**  
 46932 - Outdoor Fresh  
**Case Price - \$18.00**



**Cascade Platinum Plus Dishwashing PODS**  
 6/6ct  
**\$3.00**  
 46432 - 6ct Fresh Scent  
**Case Price - \$18.00**



**Mr Clean**  
 6/473ml  
**\$5.00**  
 46681 - Clean Freak Spring Fresh  
 46682 - Clean Freak Lemon Zest  
**Case Price - \$30.00**




**Gain Flings**  
 6/16ct  
**\$5.50**  
 46376 - Original  
 46377 - Moonlight Breeze  
 46315 - Island Fresh  
**Case Price - \$33.00**



**Gain + Aroma Boost Liquid Laundry Detergent**  
 6/739ml  
**\$3.00**  
 96127 - Original  
**Case Price - \$18.00**



**Tide Liquid Laundry Detergent**  
 4/3.9L  
**\$23.50**  
 96107 - CW Clean 100L- Iris Bouquet  
 96108 - Free & Gentle  
 96109 - Original  
 96110 - HE 100 Load - Original  
**Case Price - \$94.00**



**Cashmere Bathroom Tissue**  
 6/12=24  
**\$9.00**  
 51055 - 12=24 242SH  
**Case Price - \$54.00**



**Royale Tiger Paper Towel**  
 8/3=5roll  
**\$3.00**  
 51079 - 8/3=5roll  
**Case Price - \$24.00**



**Lysol Cleaner**  
 9/1.2L  
**\$3.25**  
 46651 - Lavender Breeze - Multi Surface  
 52850 - Lemon - Multi Purpose  
 52851 - Orange Scent - Multi Surface  
**Case Price - \$29.25**

# HEALTH & BEAUTY




**Lady Speed Stick Invisible**  
 6/45g  
**\$2.50**  
 73941 - Cool Fresh  
 74613 - Powder Fresh  
**Case Price - \$15.00**



**Ivory Bar Soap**  
 24/3x90g  
**\$2.58**  
 47395 - Original  
**Case Price - \$62.00**



**Mennen Speedstick Deodorant**  
 6/70g  
**\$2.50**  
 73940 - Original  
 74612 - Ocean Surf  
**Case Price - \$15.00**



**Colgate Toothpaste**  
 6/120ml  
**\$3.00**  
 94218 - Total Clean Mint  
 94219 - Total Whitening  
**Case Price - \$18.00**

# MAPLE LEAF



## Schneiders Juicy Jumbos

12/450g

**\$4.98**

59451 - Hot Spicy

Case Price - **\$59.74**

24/375g - 24/450g

63598 - 100% Beef

59452 - Original

Case Price - **\$119.55**



## Schneiders Bacon

32/375g

**\$4.90**

60832 - Salt Reduced

60833 - Regular Sliced

Case Price - **\$156.67**

## Smoked Bacon - Thick Cut

12/375g

60843 - Hickory

60844 - Hardwood Maple

Case Price - **\$58.85**



## Schneiders Naturally Hardwood Smoked Sausages

12/375g

**\$4.84**

59455 - Oktoberfest

59458 - Spicy Sicilian

59459 - Savoury Garlic & Honey

63517 - Spicy 3 Cheese Jalapeno

63587 - Classic Recipe

72432 - Classic Cheddar

Case Price - **\$58.06**



## Schneiders Weiners

12/375g

**\$3.38**

63520 - Regular Cheddar

Case Price - **\$40.59**



24/375g

**\$3.39**

63548 - Red Hots

Case Price - **\$81.43**



12/375g

59457 - Regular

Case Price - **\$40.72**

12/375g

**\$4.86**

59456 - All Beef

Case Price - **\$58.31**

## Footlong Wieners

12/375g

**\$4.98**

63518 - Stadium Size

Case Price - **\$59.78**



## Prime Chicken Rwa Fz

8/560g - 8/581g

**\$7.62**

77835 - Nuggets

77834 - Strips

63547 - Popcorn

77836 - Burgers

Case Price - **\$60.95**

# MAPLE LEAF



## Schneders Pepperettes

16/300g - 16/375g

**\$7.17**

- 59421 - Turkey
- 59422 - Original
- 59672 - Hot Pepperoni
- 63546 - Beef

**Case Price - \$114.64**

18/300g

- 59403 - Honey Garlic
- 59404 - Pepperoni
- 59416 - European
- 63522 - Hot European

**Case Price - \$128.97**



## Maple Leaf Natural

6/250g

**\$5.59**

- 59762 - Shredded Chicken
- 59777 - Diced Ham
- 59779 - Sliced Chicken Breast
- 63534 - Bbq Shred Chicken

**Case Price - \$33.52**



## Lunchmate Stacker Kit

12/90g - 12/120g

**\$2.07**

- 59476 - Hot Dogs
- 59477 - Mini Burger
- 59479 - Nacho Cheese
- 59683 - Pizza Pepperoni
- 59684 - 2 Cheese Pizza
- 59739 - Ham
- 59740 - Summer Sausage
- 59741 - Turkey
- 59742 - Kielbassa
- 59743 - Bologna

**Case Price - \$24.85**



## Schneders Deli Meat

4/2.4kg

**\$19.73/kg**

59534 - Smoked Turkey Breast Half

2/3kg

**\$19.73/kg**

59662 - Oven Roasted Turkey Breast

4/2.4kg

**\$19.73/kg**

59663 - Lifestyle F/F Ckd Turkey Br Half

4/2.4kg

**\$15.92/kg**

63978 - Olde Fashioned Half Ham



## Schneders Sausages

12/375g

**\$3.84**

- 59474 - Sausage Rounds Fz
- Case Price - \$46.02**

24/375g

**\$3.85**

- 59583 - Sch Mini Sizzlers
- 59565 - Oktoberfest Sausage Fz

**Case Price - \$92.32**

# REFRIGERATION



## Dip a Chip French Onion

18/227g  
**\$1.49**

74572 - European Style  
**Case Price - \$26.82**



## Vitale

8/100g

**\$3.99**

77802 - Calabrese Salami  
**Case Price - \$31.92**

**\$4.69**

76072 - Prosciutto Crudo  
 76071 - Antipasto Italiano  
**Case Price - \$37.50**

8/70g

**\$2.99**

77804 - Prosciutto Crudo  
 77805 - Salame Milano  
**Case Price - \$23.90**

8/200g

**\$7.49**

77800 - Antipasto Italiano Club Pack  
**Case Price - \$59.92**



## Tonica Kombucha

12/355ml  
**\$2.75**

55053 - Luminous Peach  
 55054 - Golden Lime  
 55055 - Grapefruit Glow  
 55062 - Lemonade Twist  
 55064 - Pineapple Sparkle  
 55050 - Mango Shine  
 55051 - Crisp Ginger  
 55052 - Blueberry Spark  
**Case Price - \$32.99**



## Low Sugar Cans

12/355ml  
**\$2.33**

55068 - Lime Lust  
 55075 - Grapefruit Fizz  
 55076 - Berry Bounce  
 55077 - Ginger Twist Organic  
**Case Price - \$27.99**



6/1.1L  
**\$5.83**

55056 - Crisp Ginger  
 55057 - Blueberry Spark  
 55058 - Luminous Peach  
 55059 - Golden Lime  
 55060 - Grapefruit Glow  
 55061 - Lemonade Twist  
**Case Price - \$34.99**



## Cracker Barrel Natural Cheese Slice

12/220g - 12/240g

**\$4.99**

60491 - Swiss  
 28521 - Marble  
**Case Price - \$59.88**

# REFRIGERATION



## Danone Danino Drinkable Yogurt

8/6x93ml

**\$3.95**

01200 - Vanilla  
01201 - Strawberry Banana  
01202 - Raspberry  
01203 - Strawberry

**Case Price - \$31.60**



## Lactantia UltraPur No Sugar Added - Bottle 1/1.5L

**\$4.99**

03500 - 2% Milk  
03503 - 3% Milk

**Unit Price - \$4.99**

**\$4.99**

03501 - 1% Chocolate Milk  
**Unit Price - \$4.99**



## Sealtest Milk

1/473ml

**\$1.35**

02016 - 1% Chocolate

**Unit Price - \$1.35**



## Black Diamond Cheese Slices

12/410g

**\$3.99**

60960 - Mozzarella  
60961 - Swiss

**Case Price - \$47.88**

24/410g

60967 - Cheddar

60968 - Light Cheddar

**Case Price - \$95.76**



## Pillsbury Dough

12/226g

**\$1.99**

62910 - Original Crescents

**Case Price - \$23.88**

12/468g

**\$2.99**

62925 - Chocolate Chip Cookie

**Case Price - \$35.88**



## Kraft Cheese

24/410g

**\$5.49**

61513 - Singles (22)

**Case Price - \$131.76**

# FREEZER



**Cool Whip**  
24/1 L  
**\$3.49**  
67004 - Topping  
**Case Price - \$83.76**



**Johnsonville Sausage**  
12/500g  
**\$4.49**  
66702 - Mild Italian  
66701 - Hot Italian  
66721 - Sweet & Spicy BBQ  
**Case Price - \$53.88**



**Authentic Asia**  
12/258g - 12/350g  
**\$3.99**  
59000 - Thai Green Curry Chicken  
With Jasmine Rice  
59002 - Shrimp Wonton Soup with  
Noodles  
**Case Price - \$47.88**



**Cardinal Roadhouse Burger**  
6/906g  
**\$9.99**  
66545 - 1/3 Pound Beef  
**Case Price - \$59.94**



6/8x113g  
**\$10.99**



66535 - Veggie  
6x6x170g  
66544 - Angus Beef  
**Case Price - \$65.94**



6/6x142g  
**\$8.99**  
66530 - Chicken Burger  
**Case Price - \$53.94**



8/605g  
**\$9.99**  
66558 - Fully Cooked Back Rib in  
BBQ Sauce  
**Case Price - \$79.92**



**Furlani's Texas Toast**  
8/638g  
**\$3.49**  
73945 - Garlic  
73946 - Garlic Parmesan  
**Case Price - \$27.92**



12/326g  
74883 - Stuffed Breadsticks Mozzarella  
**Case Price - \$41.88**



**Kellogg's Eggo Thick & Fluffy Waffles**  
8/330g  
**\$3.49**  
64050 - Original  
64055 - Cinnamon Brown Sugar  
64056 - Blueberry  
**Case Price - \$27.92**



**Michelin's Green Box**  
8/255g - 8/284g  
**\$1.75**  
65673 - Lasagna with Meat Sauce  
65674 - Lasagna Alfredo  
65675 - Macaroni & Cheese  
65670 - Fettuccine Alfredo  
**Case Price - \$14.00**



**Cavendish Farms Fries**  
12/800g  
**\$2.50**  
69025 - Shoestring Cut  
69026 - Crinkle Cut  
69027 - Straight Cut  
**Case Price - \$30.01**



**Cavendish Farms**  
10/540g  
**\$3.49**  
69108 - Restaurant Style Waffle Fries  
**Case Price - \$34.90**  
12/650g - 12/750g  
**\$3.49**  
69107 - Quick Crisp Slim Steak Cut  
Fries  
69109 - Quick Crisp Potato Tots  
69010 - FlavourCrisp Spicy Cracked  
Pep Straight Cut  
69011 - FlavourCrisp Crispy Straight  
Cut Classic  
69115 - Rest Style Drive Thru Fries  
**Case Price - \$41.88**



**Elite Cheesecake 14 Slice**  
2/10"  
**\$26.99**  
64146 - Red Velvet  
**Case Price - \$53.98**  
4/10in  
**\$23.99**  
64147 - Apple Crisp  
64281 - Plain  
64282 - Caramel Pecan  
64354 - Chocolate Swirl  
64355 - Cherry  
**Case Price - \$95.96**

# FREEZER



## Stonefire Authentic Flatbreads Naan

18/250g  
**\$1.59**  
 98000 - Original  
 98100 - Roasted Garlic  
**Case Price - \$28.62**  
 14/200g  
 98011 - Mini Naan 4 pack - Original  
**Case Price - \$22.26**  
 14/200g  
**\$1.99**  
 98104 - Mini Naan - Garlic  
**Case Price - \$27.86**  
 10/400g  
**\$2.49**  
 98103 - Artisan Flatbread  
**Case Price - \$24.90**

NEW!



## Promise Gluten Free 4-Pack Bagels

5/280g  
**\$4.49**  
 82422 - Multi Seed  
 82411 - Plain  
**Case Price - \$22.45**

## Muffins

6/240g  
**\$3.99**  
 82416 - Blueberry  
 82417 - Chocolate Chip  
**Case Price - \$23.94**

## Tortillas 4 Pack

12/168g  
**\$4.99**  
 82412 - Original  
 82424 - Whole Grain  
**Case Price - \$59.88**

8/160g - 8/248g  
**\$4.99**  
 82421 - Seeded Sandwich Thins  
 82419 - Pitas  
**Case Price - \$39.92**

6/240g - 6/260g  
**\$4.99**  
 82418 - English Muffin  
 82420 - Soft White Rolls  
**Case Price - \$29.94**



## ACE Baked Goods

30/225g  
**\$1.59**  
 04756 - Ciabatta - Red Pepper & Sundried Tomato  
**Case Price - \$47.70**  
 8/296g  
**\$2.69**  
 10406 - Brioche Gourmet Buns - Classic 4 Pack  
**Case Price - \$21.52**  
 20/265g  
**\$2.99**  
 10401 - Garlic Demi Baguette (Bake Your Own)  
**Case Price - \$59.80**



## High Liner Catch of The Day

10/350g  
**\$3.79**  
 20524 - Breded Fish Fillet Pollock  
 76003 - English Style  
 76004 - Breded Fish Fillets  
**Case Price - \$37.90**



## Righteous Dairy Free Gluten Free Sorbetto

8/473ml - 8/562ml  
**\$5.49**

50411 - Mango Pineapple  
 50412 - Raspberry Lime  
 50415 - Blueberry Limeade

## Gelato

50413 - Dark Chocolate Caramel Sea Salt  
 50414 - Sea Salted Caramel  
**Case Price - \$43.92**



## Cookin Greens

8/300g  
**\$3.65**  
 43651 - Organic Chopped Spinach  
 43653 - Organic Kale Butternut Squash & Quinoa  
**Case Price - \$29.17**  
 12/500g  
**\$3.99**  
 43599 - Chopped Spinach  
**Case Price - \$47.88**  
**\$3.65**  
 43654 - Tri Colour Veggie Fries  
**Case Price - \$43.80**



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**DELIVERING A**  
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