



Supporting Ontario's Independent
Businesses For Over 30 Years!

NEW DEALS!

AUGUST 25- SEPT 05, 2025

Independently Owned Proudly Canadian! 🍁



ORDER NOW!



Kiju Organic Juice

8/4x200ml

\$2.62

- 82010 - Tropical
- 82009 - Pomegranate Cherry
- 82002 - Orange Mango
- 82001 - Grape Apple
- 82000 - Apple

Case Price - \$20.99



Betty Crocker DunkAroos Vanilla Cookies

6/168g

\$3.50

- 07724 - Rainbow Frosting
- 07725 - Chocolate Frosting

Case Price - \$20.99



Promise Gluten Free Tortillas

12/168g

\$4.99

- 82412 - Original Tortillas 4 Pack

Case Price - \$59.88



Buns

6/260g - 6/280g

\$4.99

- 82415 - Brioche Hamburger Buns 4 Pack
- 82414 - Brioche Hotdog Bun 4 Pack

Case Price - \$29.94



5/280g

\$3.99

- 82422 - Mult Seed Bagels 4 Pack

Case Price - \$19.95



6/260g

\$4.75

- 82420 - Soft White Rolls 4 Pack

Case Price - \$28.50



Quaker Chewy Bars

12/120g

\$2.50

- 70907 - Chocolate Chip
- 70908 - S'mores Bars

Dipps Granola Bars

12/150g - 12/156g

- 04860 - Peanut Butter Blast
- 70802 - Chocolate Chip
- 70803 - Caramel Nut

Case Price - \$29.99



Kraft Peanut Butter

12/750g - 12/1kg

\$6.00

- 28305 - Smooth
- 28302 - Crunchy
- 28308 - All Natural

Case Price - \$72.00



Lunchmate Kit

12/90g - 12/120g

\$1.99

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

Case Price - \$23.86



Schneiders Mini Charcuterie Kit

12/75g

\$1.99

- 59432 - Italian Dry Salami
- 59434 - Red Wine Salami
- 59728 - Spicy Calabrese Salami
- 60879 - Smoked Ham
- 63979 - Genoa Salami
- 63980 - Turkey Breast

Case Price - \$23.86

SALE PRICES IN EFFECT AUGUST 25 - SEPT 05, 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.






Keebler Townhouse
12/260g - 12/391g
\$3.00
10028 - Original
10030 - Flip Slides
Case Price - \$35.99



Kellogg's Nutri Grain Bars
12/295g
\$3.00
70760 - Apple Cinnamon
70763 - Strawberry



Pringles Potato Chips
12/37g - 12/39g
\$0.83
71320 - Original
71322 - Sour Cream & Onion
71337 - BBQ
Case Price - \$9.99
Grab and Go
12/67g - 12/68g
\$1.17
71383 - Original
71384 - Sour Cream & Onion
71386 - Salt & Vinegar
Case Price - \$13.99



Pop Tarts
12/384g
04468 - Chocolate Chip
04471 - Frosted Strawberry



Rice Krispies Square Bars
12/176g
70750 - Regular
Case Price - \$35.99



Pringles Mingles Puffed Snacks
6/155g
\$4.00
76611 - Dill Pickle & Ranch
76612 - Sharp White Cheddar & Ranch
76613 - Cheddar & Sour Cream
Case Price - \$23.99



Cheez It Snap'd Crackers
6/213g
\$3.00
28584 - Parmesan Ranch Flavour
28585 - Double Cheese Flavour
Case Price - \$17.99

BEVERAGE



Eska Water

24/500ml

\$0.20

74091 - Natural Spring Water

Case Price - \$4.69



Ice River Green Bottle

12/500ml

\$0.17

70090 - Natural Spring Green Bt

Case Price - \$1.99



Aeras Water

12/750ml

\$2.00

15190 - Still

15189 - Sparkling

Case Price - \$23.99

12/330ml

\$1.17

15196 - Sparkling

15197 - Still

Case Price - \$13.99



Heineken - Non Alcohol Beer - 0.0%

4/6x330ml

\$10.50

75781 - Cans

75782 - Bottles

Case Price - \$41.99



Fiji - Natural Artesian Water

24/500ml

\$1.21

24400 - Natural

Case Price - \$28.99

12/1L

\$2.17

24402 - Natural

Case Price - \$25.99

12/1.5L

\$2.50

24404 - Natural

Case Price - \$29.99



4/6x330ml

\$6.25

24481 - Natural

Case Price - \$24.99



Non Alcoholic Beer Coors Edge 0.5%

4/6x355ml

\$7.25

24065 - Cans

Case Price - \$28.99

12/12x473ml

\$1.67

24066 - Tall Can

Case Price - \$19.99



Molson Exel - 0.5%

12/12x355ml

\$0.71

75704 - Can

Case Price - \$8.49





Rubicon Classic Juice

12/1L

\$2.00

22247 - Mango
 22248 - Guava
 22249 - Lychee
 22250 - Pomegranate
 22253 - Passionfruit
 22254 - Soursop Guanabana
 22264 - Classic Pineapple
 Coconut
 22269 - Dragon Fruit

Case Price - \$23.99



NEW!



Exotic (NSA) 100% Juice

12/1L

\$2.58

22266 - Mango Dragon Fruit
 22267 - Pomegranate Sour Cherry

Case Price - \$30.99



Juice Drink

8/4x200ml

\$2.12

22256 - Mango
Case Price - \$16.99



Coconut Water

8/1L

\$3.50

22255 - Organic
Case Price - \$27.99

12/330ml

\$1.58

22263 - Organic
Case Price - \$18.99



NEW!

Organic Coconut Non Dairy Beverage

8/1L

\$3.62

22268 - Original
Case Price - \$28.99



Arizona Tea

4/8x200ml

\$3.50

20038 - Ginseng & Honey Green
 20040 - Lemon Flavour Iced

Case Price - \$13.99



Rougemont Apple Juice

6/2L

\$3.33

20023 - Mellow
 20024 - McIntosh

Case Price - \$19.99



Kisko Kids Freezies

30/18x20ml

\$1.20

76225 - Simulated Flavours

Case Price - \$35.99



Mr Freeze - Freezies

80/150ml

\$0.27

76224 - Jumbo

Case Price - \$21.99



Earth's Own Milk

12/946ml

\$2.49

Oat

70708 - Original
 70709 - Vanilla
 70707 - Chocolate

Oat Zero Sugar GF Unsweetened

70739 - Original

70740 - Vanilla

Case Price - \$29.88

12/946ml

\$3.99

70798 - Barista Oat

Case Price - \$47.86



FRONT SHOP CONFECTIONERY



Kind Dipped Clusters

8/113g

\$3.75

75556 - Dark Chocolate Vanilla Cashew

75557 - Dark Chocolate Almond Butter

Case Price - \$29.99

Kind Bars

12/40g

\$1.25

72510 - Almond Mint Dark Chocolate

72526 - Dark Chocolate Cherry Cashew

72528 - Almond Peanut Butter & Dark Chocolate

74274 - Dark Chocolate Nuts & Sea Salt

74275 - Caramel Almond & Sea Salt

72533 - Almond Cranberry

Case Price - \$14.99

12/50g

\$1.67

76098 - Crunchy Peanut Butter

76099 - Dark Chocolate Nut

Case Price - \$19.99

Healthy Grains Clusters

6/312g

\$4.33

74277 - Peanut Butter

74279 - Oats & Honey

75560 - Oats & Dark Chocolate

75561 - Cinnamon Oat With Flax Seeds

Case Price - \$25.99

Breakfast Bars

5/200g

\$3.60

75553 - Peanut Butter

75554 - Almond Butter

75555 - Dark Chocolate Cocoa

Case Price - \$17.99

Healthy Grains Granola Bars

8/175g

\$3.75

74755 - Oats & Honey Toasted Coconut

75558 - Dark Chocolate Chunk

75559 - Dark Chocolate Peanut Butter

Case Price - \$29.99



Larabar

16/45g - 16/48g

\$1.31

74244 - Peanut Butter Chocolate Chip

74242 - Cashew

74243 - Chocolate Brownie

Case Price - \$20.99



Nature Valley Granola Bars Sweet & Salty

12/192g - 12/210g

\$3.00

71049 - Cashew

71047 - Peanut

71048 - Almond

71001 - Dark Chocolate

71005 - Salted Caramel Chocolate

Crunchy

12/210g

71043 - Oats N Dark Chocolate

12/230g

71002 - Roasted Almond

71003 - Oats N Honey

Lunch Box (Peanut Free)

12/130g

71044 - Double Chocolate

71045 - Chocolate Chip Peanut

Trail Mix

12/175g

71040 - Fruit and Nut

Case Price - \$35.99

Soft Baked Muffin Bars

6/175g

\$3.50

71008 - Apple Cinnamon

71009 - Blueberry

Case Price - \$20.99





Push Pop Candy

18/31g

\$1.44

75080 - Jumbo

Case Price - \$25.99



Push Pop Candy

36/34g

\$0.89

75082 - Original Twisted & Mystery Flavors

Case Price - \$31.99



Big Mouth Candy

12/23g

\$2.08

75086 - Spray

Case Price - \$24.99



Triple Power Push Pop

16/34g

\$2.12

75083 - Fruit Candy

Case Price - \$33.99



Baby Bottle Pops

18/31g

\$1.61

75078 - Baby Bottle Pops

Case Price - \$28.99



Juicy Drop Pop

12/26g

\$2.08

75076 - Candy

Case Price - \$24.99



Beaver Roasted Salted Mix Nuts

12/190g

\$2.42

40046 - 80% Peanuts (Tin)

Case Price - \$28.99



12/200g

\$1.83

40047 - Roasted Salted

Case Price - \$21.99



Planters Deluxe Salted Mixed Nuts

12/200g

\$4.58

40042 - 40% Cashews Roasted with Salt

Case Price - \$54.99



\$2 Surprise Bag

24/75g

\$1.46

75095 - Surprise Bag

Case Price - \$34.99



Dubble Bubble Candy

24/66g

\$0.79

75070 - Assorted Gum Balls

Case Price - \$18.99



Jolly Rancher Candy (Peg Bag)

10/182g

\$2.40

55300 - Misfits Gummies

55302 - Misfits Gummies Sours

Case Price - \$23.99

12/182g

75473 - Sour Original

Case Price - \$28.80



Twizzlers Candy

24/75g - 24/90g

\$1.00

76130 - Strawberry

76138 - Cherry Nibs

Case Price - \$23.99



Ricola Cough Drops (Peg Bags)

8/75g

\$3.00

82303 - Honey Lemon Echinacea

82304 - Mountain Herb

82305 - The Original Natural Herb

82307 - Extra Strength Icy Menthol

82308 - Cherry Honey

Case Price - \$23.99

Box

10/45g

\$2.00

82309 - Low Sugar - Berry Medley

82310 - NSA - Lemon Mint

82311 - Glacier Peppermint

Case Price - \$19.99



Betty Crocker Fruit Snacks Fruit By The Foot

12/128g

\$3.00

71117 - Berry

71118 - Variety Pack

71123 - Starburst

Case Price - \$35.99

Fruit Roll Ups

10/141g

\$3.00

71120 - Tropical Tie Dye

71121 - Blastin Berry

07701 - Jolly Rancher

Case Price - \$29.99

Gushers

10/138g

\$3.00

07709 - Grape

71119 - Strawberry Splash

Case Price - \$29.99



GROCERY



Cap'n Crunch Cereal

12/350g

\$3.50

74331 - Original

Case Price - \$41.99



Quaker Life Whole Grain Cereal

12/450g

\$3.50

72258 - Original

Case Price - \$41.99



Harvest Crunch Granola Cereal

16/400g - 16/510g

\$3.75

10701 - Light & Crisp Honey Nut

10702 - Raisin and Almond

10703 - Original

Case Price - \$59.99



Nescafe Instant Coffee(Tin)

12/95g

\$3.00

14525 - Rich

Case Price - \$35.99



(Box)

6/16x9g

\$4.00

14526 - Simply Creamy

6/18/19g - 6/18/19.5g

14578 - Sweet Creamy Original

14568 - Sweet & Creamy French Vanilla

Case Price - \$23.99



Nescafe Instant Coffee

6/100g

\$6.00

75454 - Gold Signature Jar

75455 - Gold Dark Roast Signature Jar

Case Price - \$35.99



General Mills Cereal

14/350g

\$3.40

10230 - Cheerios

Case Price - \$47.59

12/317g

10248 - Strawberry Banana Cheerios

Case Price - \$40.79

10/342g - 10/430g

10224 - Multi Grain Cheerios

10225 - Honeynut Cheerios

Case Price - \$33.99

Presweet Cereal

12/300g - 12/380g

\$3.40

10216 - Nesquik

10223 - French Toast Crunch

10226 - Lucky Charms

10227 - Cinnamon Toast Crunch

10228 - Golden Grahams

10229 - Reese Puffs

10249 - CinnaGraham Toast Crunch

10290 - Cinnamon Toast Crunch Rolls

Case Price - \$40.79

Rice Chex GF

10/340g

\$3.90

10255 - Rice Chex Gluten Free

Case Price - \$38.99



Oatmeal Crisp

10/399g - 10/437g

\$3.90

10245 - Triple Berry

10244 - Maple Nut

10246 - Almond

Case Price - \$38.99



Kraft Dinner Mac & Cheese

35/200g

\$1.10

13100 - Original

Case Price - \$38.50

10/58g

\$1.40

28350 - 3 Cheese

13126 - Original (CP)

Case Price - \$14.00



Italpasta

20/450g

\$1.00

23122 - Rotini
23123 - Penne Rigate
23125 - Fusilli
23126 - Scoobi Do Cello Bag
23160 - Elbow Bag

Case Price - \$20.00



24/450g

23175 - Fettuccine
23176 - Spaghetti
23179 - Spaghettini
Case Price - \$24.00

Artisan

12/450g

\$1.50

23182 - Penne Rigate
23183 - Fusilli
23185 - Gemelli
16238 - Cavatelli
16239 - Radiatori

Case Price - \$18.00

20/450g

23180 - Spaghetti
23181 - Spaghettini
Case Price - \$30.00

12/450g

\$1.75

16237 - Orecchiette
16240 - Mezzi Rigatoni

Case Price - \$21.00



Knorr Sidekicks Pasta

8/121g - 8/150g

\$1.25

15061 - Buffalo Chicken Flavour
15062 - Chicken Broccoli
15063 - Mexican Rice

Case Price - \$10.00



Stove Top Stuffing Mix

12/120g

\$1.60

06407 - Chicken
06410 - Turkey

Case Price - \$19.25



HP Sauce

12/400ml

\$4.15

43429 - Original Squeezable

Case Price - \$49.75



Hellmann's Mayonnaise

12/340ml

\$4.25

41151 - Squeeze - Real
41152 - Garlic Aioli
41369 - Sauce Style - Chipotle
41381 - Squeeze - Spicy

Case Price - \$51.00



Unico Canned Legumes

24/540ml

\$1.60

25610 - Black Beans
25616 - Chick Peas
25618 - Red Kidney Beans
25621 - Bean Medley
25624 - Lentils

Case Price - \$38.50



Old El Paso Dinner Kit

10/250g - 10/340g

\$3.50

13515 - Stand & Stuff Taco
13534 - Hard & Soft

Case Price - \$35.00



12/250g - 12/510g

13508 - Soft Tacobake
13512 - Hard Taco
13524 - Burrito
13509 - Fajita
13533 - Soft Taco

Case Price - \$42.00



Carnation Sterilized Cream (Can)

48/170ml

\$3.20

15523 - Thick

Case Price - \$153.50



Mutti Polpa Tomatoes

12/400g

\$1.65

12189 - Finely Chopped

Case Price - \$19.75



Maple Leaf Canned Meats

24/113g

\$1.83

30001 - Vienna Sausage

Case Price - \$43.80



24/156g

\$2.21

30007 - Flakes of Ham

Case Price - \$53.07



\$2.29

30008 - Flakes of Ham Less Salt

30009 - Flakes of Chicken

30010 - Flakes of Turkey

30011 - Flakes of Turkey Less Salt

Case Price - \$55.04



Bakers Chocolate

24/225g

\$4.00

28155 - Semi Sweet

28158 - Unsweetened

Case Price - \$96.00



12/170g

\$4.75

28365 - Premium - Dark Chocolate

Case Price - \$57.00



Kraft Spread

6/375g

\$2.75

37626 - Hazelnut

Case Price - \$16.50



Natural Honey Farms

12/750g

\$7.00

73680 - Pure Natural Honey

Case Price - \$84.00



Sun-Maid Dried Fruit

8/250g

\$3.00

18243 - Pitted Prunes

Case Price - \$24.00

12/500g

\$4.25

18244 - Natural California Raisins

Case Price - \$51.00



Del Monte Canned Fruit

12/398ml

\$2.65

16810 - Very Cherry Mixed Fruit

16615 - Fruit Cocktail

16815 - Fruit Cocktail NSA

16817 - Peach Slices NSA

16914 - Pear Halves

Case Price - \$31.75



6/4x112.5ml

\$4.13

36442 - Orchard Diced Peaches

36444 - Very Cherry Fruit

Case Price - \$24.75



Smucker's Jam

12/500ml

\$5.50

38515 - Pure Grape Jelly

38618 - Orange Marmalade

38619 - Strawberry

38620 - Apricot

Case Price - \$66.00

12/500ml

\$6.50

38621 - Raspberry

Case Price - \$78.00



Billy Bee Honey

12/500g

\$6.50

37006 - Squeeze Beehive

Case Price - \$78.00



Jif Peanut Butter

12/500g

\$4.25

38636 - Creamy

38635 - Crunchy

Case Price - \$51.00

GENERAL MERCHANDISE



Alcan Foil Wrap

24/12"X25'

\$2.00

53203 - The Strong One

Case Price - \$48.00



Ziploc Sandwich Bags

12/90ct

\$5.00

73239 - Grip N Seal

Case Price - \$60.00



Cashmere Bathroom Tissue

24/4roll

\$1.50

51043 - 4Roll

Case Price - \$36.00



Fleecy Liquid Fabric Softener

6/1.36L

\$4.50

46856 - Fresh Air

46857 - Calm

Case Price - \$27.00



6/80ct

\$4.25

46858 - Dryer Sheets Fresh Air

Case Price - \$25.50



Cascade Complete Dishwashing Pods

5/15ct

\$6.00

46434 - Fresh Scent

Case Price - \$30.00



Gain Detergent Liquid Laundry

6/1.36L

\$6.25

46317 - Island Fresh 32 Load

46318 - Gain+Arma Boost - Original

32 Load

46375 - Moonlight Breeze

46378 - Waterfall Delight

Case Price - \$37.50



Effeclean Cleaner

6/946ml

\$3.25

49035 - Glass & Mirror- Fragrance Free

49037 - Bathroom- Ginger Lime

Case Price - \$19.50



All Purpose

12/946ml

\$3.00

49036 -Morning Breeze

Case Price - \$36.00



Pine-Sol Disinfectant

8/1.41L

\$4.50

46621 - Lavender Clean

46622 - Spring Blossom

46623 - Regular

Case Price - \$36.00

NEW!



Drano MAX GEL

12/900ml

\$5.00

73197 - Clog Remover

Case Price - \$60.00



Lysol Cleaner All Purpose

12/650ml

\$3.00

46647 - Trigger Lemon

46652 - Apple Blossoms

Case Price - \$36.00



Bounty Paper Towel

6/2=6

\$6.25

46930 - SAS 2=6 Roll

Case Price - \$37.50

HEALTH & BEAUTY



Listerine Antiseptic Mouthwash

6/250ml

\$3.25

92511 - Cool Mint
92512 - Fresh Burst

Case Price - \$19.50



Irish Spring Soap Bars

18/3pk

\$3.00

70594 - Original Clean

Case Price - \$54.00



Irish Spring Body Wash

4/591ml

\$4.50

70551 - 5 in 1
70553 - Moisture Blast
70554 - Mountain Chill
70555 - Aloe Mist
70595 - Original Clean
70596 - Saharan Dawn
70597 - Icelandic Night

Case Price - \$18.00



Gravol Ginger

6/20ct

\$7.00

73387 - Multi Symptom

Case Price - \$42.00

MAPLE LEAF



Real food for real families



Schneiders Fz Sausage

12/375g

\$3.95

59474 - Rounds

Case Price - \$47.36



24/375g

\$4.15

59565 - Oktoberfest
59583 - Mini Sizzlers

Case Price - \$99.63



Schneiders Meat

8/150g - 8/175g

\$4.94

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

Case Price - \$39.52

12/150g

60891 - Summer Sausage
60893 - German Salami

Case Price - \$59.29



Maple Leaf Bacon Natural

32/375g

\$6.15

59428 - Original
59429 - Lazy Maple
59430 - Salt Reduced

Case Price - \$196.80



12/375g

\$6.42

73634 - Original
73635 - Less Salt

Case Price - \$77.04



Ready Crisp

12/85g

\$5.75

59587 - Bacon Pieces

Case Price - \$69.00

16/65g

63570 - Bacon Slices
59439 - Bacon Slices LS

Case Price - \$92.00



Schneiders Pepperettes

16/375g

\$7.87

59421 - Turkey
59422 - Original

Case Price - \$125.95

18/300g

59403 - Honey Garlic (SO)
59404 - Pepperoni
59416 - European
63522 - Hot European

Case Price - \$141.70



Schneiders Naturally Hardwood Smoked Sausages

12/375g

\$3.95

30038 - Bacon Cheddar
59455 - Oktoberfest
59459 - Savoury Garlic & Honey
63517 - Spicy 3 Cheese Jalapeno
63587 - Classic Recipe
72432 - Classic Cheddar

Case Price - \$47.36



Maple Leaf Natural Selection

8/175g

\$4.94

63564 - Hickory Smoked Turkey
63565 - Shaved Italian Style Ham

Case Price - \$39.52

12/150g - 12/175g

63536 - Dry Cure Genoa Salami
63537 - Dry Cure Hot Genoa Salmi
59495 - Baked Ham
59496 - Honey Ham
63580 - Black Forest Ham
63581 - Oven Roasted Turkey Breast
63582 - Oven Roasted Chicken Breast

Case Price - \$59.29



Maple Leaf Natural Chicken

6/250g

\$5.71

59779 - Sliced Breast
63534 - BBQ Shred
59762 - Shredded

Case Price - \$34.26



Full Serve Deli

2/3kg

\$20.21/kg

59662 - Schneiders Oven Roasted Turkey Breast

4/2.4kg

\$20.21/kg

59534 - Schneiders Smoked Turkey Breast Half Pc
59663 - Schneiders Lifestyle F/F Ckd Turkey Br Hlf Pc

4/2.4kg

\$16.36/kg

63978 - Schneiders Olde Fashioned Half Ham

4/2.4kg

\$14.08/kg

59641 - Mere Michel Deli Ham Half Pc





Schneiders Chicken Wings Fz

8/615g

\$7.19

63983 - Extra Buttery Buffalo
63981 - Honey Garlic
60899 - Salt & Pepper
63982 - Texas BBQ

Case Price - \$57.48



Schneiders Chicken Tenders / Bites

6/600g

\$8.17

60876 - Spicy Chicken Tenders
60875 - Original Chicken Bites
60874 - Cajun Chicken Bites
60877 - Original Crispy Chicken Tenders

Case Price - \$49.02



Schneiders Wieners

24/375g

\$3.75

63548 - Red Hots

Case Price - \$90.04

12/375g

\$3.75

59457 - Regular

Case Price - \$45.02



12/375g

\$5.54

59456 - All Beef

Case Price - \$66.42



JUICY JUMBOS

12/375g - 12/450g

\$5.67

59451 - Hot Spicy

30041 - Cheddar

30042 - Three Cheese Jalapeno

Case Price - \$68.02



24/450g

59452 - Original

Case Price - \$136.04



24/375g

\$5.65

63598 - 100% Beef

Case Price - \$135.55

REFRIGERATION



Parag All Natural Yogurt

6/650g

\$1.88

19103 - 3%

19104 - 2%

Case Price - \$11.29



Sealtest Cottage Cheese

1/500g

\$3.49

06001 - 4%

06002 - 1%

06003 - 2%

Unit Price - \$3.49





Natrel Fine Milk Carton

1/2L

\$4.99

02027 - 2%
02029 - 1%

Unit Price - \$4.99



Bagged

1/4L

\$7.99

01011 - Filtered - 2%

Unit Price - \$7.99



Becel Margarine (Tub)

24/427g

\$4.00

60301 - Plant Based
60303 - Vegan
60304 - With Olive Oil

Case Price - \$95.91



Sealtest Partly Skimmed Milk

1/237ml

\$0.79

02017 - 1% Chocolate

Unit Price - \$0.79



Black Diamond Cheesestrings

16/168g

\$3.49

60558 - Cheddar
60559 - Mozzarella
60557 - Marble

Case Price - \$55.84

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



Violife 100% Dairy Free Cheese Slices

8/200g

\$4.29

20251 - Cheddar Style Vegan
20252 - Mature Cheddar Style

Creamy

20253 - Original

Shredded

20257 - Cheddar Style
20258 - Mozzarella Style

Case Price - \$34.32



Renee's Salad Dressing

6/350ml - 6/355ml

\$3.75

63377 - Balsamic Vinaigrettes
63448 - Spring Herb Italian
63449 - Mediterranean Greek
63451 - Sweet Onion Dressing
63452 - Asian Sesame Dressing
63454 - Honey Dijon Mustard
63467 - Creamy Caesar Pourable
63373 - Greek Feta
63375 - Ranch
63376 - Blue Cheese
63444 - Cucumber Dill Dressing
63445 - Poppy Seed Half Fat
63446 - Coleslaw Dressing
63447 - Southwest Ranch Dressing
63477 - Poppy Seed Regular With Onion
63450 - Ravin' Raspberry

Case Price - \$22.50

12/355g

63370 - Caesar

63372 - Caesar Half Fat

63442 - Mighty Caesar

Case Price - \$45.00



Cloverleaf Delectables Crab

12/227g

\$2.99

63060 - Leg Style
63062 - Flake Style

Lobster

63065 - Flake Style

Case Price - \$35.88



Greenhouse Organic Protein Shake

6/300ml

\$3.10

75221 - Chocolate

75222 - Vanilla

75223 - Matcha

Case Price - \$18.60



Vitale Meat

8/100g

\$4.39

22689 - Hot Spianata Salami
76069 - Spianata Romana
76070 - Salame Milano
77802 - Calabrese Salami
77811 - Salami Trio

Case Price - \$35.12



8/100g

\$4.59

76071 - Antipasto Italiano
76072 - Prosciutto Crudo
77801 - Coppa Stagionata

Case Price - \$36.72



8/200g

\$7.39

77800 - Antipasto Italiano Club Pack
77810 - Prosciutto Crudo Family Pack

Case Price - \$59.12



8/70g

\$2.99

77805 - Salame Milano

Case Price - \$23.92



8/70g

\$3.29

77804 - Prosciutto Crudo

Case Price - \$26.32

8/80g

\$5.39

77812 - Bresola (Beef)

Case Price - \$43.12



Arizona Iced Tea

8/1.54L

\$3.62

20042 - Lemonade Half Half



Green Tea

20043 - With Ginseng & Honey

Case Price - \$28.99

FREEZER



Pretzilla Soft Pretzel Bread

12/365g

\$2.99

89151 - 4 Burger Buns

Case Price - \$35.88

15/294g

89152 - 4 Sausage Buns

Case Price - \$44.85



Furlani Bread Texas Toast

8/638g

\$3.75

73945 - Garlic

73946 - Garlic Parmesan

Case Price - \$30.00



Kellogg's Eggo Thick & Fluffy Waffles

8/330g

\$3.49

64050 - Original

64055 - Cinnamon Brown Sugar

64056 - Blueberry

Case Price - \$27.92



Eggo Protein Waffles

12/280g

\$5.99

60021 - Strawberry Blast

60022 - Chocolate Chip Brownie

Case Price - \$71.88



Stonefire Flatbreads

10/400g

\$2.10

98103 - Plain Artisan 2Pk

Case Price - \$21.00



Janes Fish

6/450g - 6/510g

\$6.99

24645 - English Style

24646 - Beer Battered Burgers

24647 - Pub Style Fillets

24648 - Breaded Sticks

24649 - Tempura Battered

Case Price - \$41.94



Nana Pops Bars

6/240ml

\$4.49

50421 - Chocolate Peanut Butter

50422 - Banana Bread

50423 - Strawberry Funshine

Case Price - \$26.94





Johnsonville Sausage

12/500g

\$5.49

66701 - Hot Italian
66702 - Mild Italian

Case Price - \$65.88



12/375g

\$4.99

66704 - Breakfast - Original
66705 - Breakfast - Maple

Case Price - \$59.88



Cardinal Roadhouse

9/6x142g

\$10.49

66547 - Sirloin Beef Burger
Case Price - \$94.41



6/6x170g

\$11.75

66544 - Angus Beef Burger

6/8x113g

66535 - Veggie Burger

Case Price - \$70.51



8/605g

\$9.49

66558 - Fully Cooked Back Rib in
BBQ Sauce

Case Price - \$75.92



Butcher's Selection Stampede Pork Back Ribs

12/680g

\$6.99

66524 - Texas BBQ FC (Fully Cooked)

Case Price - \$83.88



Watson Ridge Fully Cooked Frozen Chicken

6/800g

\$4.99

43518 - Strips
43519 - Nuggets
43596 - Popcorn
43597 - Burgers

Case Price - \$29.94



Yucatan Guacamole

6/227g

\$3.99

97011 - Spicy
97017 - Authentic
97019 - Mild

Case Price - \$23.94





Red Baron Pizza Deep Dish Singles

12/318g - 12/326g

\$3.15

90300 - 4 Cheese
90301 - Pepperoni
90302 - Supreme

Case Price - \$37.80



Thin & Crispy

16/422g - 16/447g

\$3.59

90312 - Pepperoni
90311 - 5 Cheese



Classic Crust

16/584g - 16/664g

90308 - Pepperoni
90310 - Supreme
90309 - Four Meat
90307 - 4 Cheese

Case Price - \$57.44



Rising Crust

14/740g - 14/875g

\$5.35

90305 - 4 Cheese
90303 - Pepperoni
90306 - Hawaiian
90304 - Supreme

Case Price - \$74.90



Crave Frozen Meals

12/200g - 12/312g

\$4.20

96861 - Bacon Egg Scramble with Cheddar Cheese
96863 - Cheesy Loaded Potatoes Angus Beef & Bacon
96834 - White Cheddar Mac & Cheese with Bacon
96862 - Buffalo Chicken Macaroni & Cheese
96865 - Spicy Korean Style Pork - Mac & Cheese
96866 - Sweet & Savoury Teriyaki Beef - Steak on Rice
96864 - Korean BBQ Inspired - Beef Bolognese

Case Price - \$50.40



Cheemo Perogies

10/907g

\$2.39

64816 - Potato Bacon Romano Cheese
64817 - Potato Cheddar Cheese
64818 - 3 Cheese Wht Chd, Swiss, Moz
64819 - Ukrainian Style Roasted Garlic

Case Price - \$23.90



6/2kg

\$4.59

64824 - Potato & Cheddar Cheese

Case Price - \$27.54

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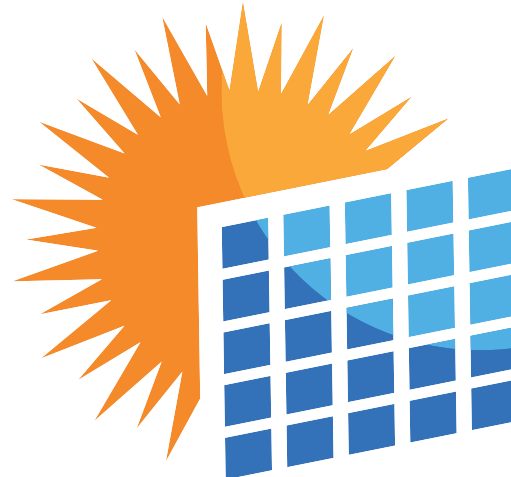


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