



Supporting Ontario's Independent
Businesses For Over 30 Years!

NEW DEALS!

SEPTEMBER 08- SEPTEMBER 19, 2025

Independently Owned Proudly Canadian! 🍁

AD #19



ORDER NOW!



Calbee Harvest Snaps

12/71g - 12/94g

\$2.33

04766 - Original
04767 - Black Pepper
04768 - Caesar
04790 - White Cheddar
74841 - Tomato Basil

Crunchy Loops

80400 - Kick N BBQ
80401 - Sour Cream & Onion

Case Price - \$27.99



Annie's Dry Packaged - Organic

12/170g

\$2.25

07756 - Shells with White Cheddar
07755 - Classic Mac and Cheese
07757 - Shells with Real Aged Cheddar

Case Price - \$27.00



GlutenFree Rice Pasta

12/170g

\$2.50

07760 - White Cheddar
07761 - Cheddar Mac and Cheese

Case Price - \$30.00



Allen's Beverage

12/1L

\$1.50

22800 - Apple Orchard Blend
75858 - Cranberry Cocktail
20007 - Limonade
72226 - Fruit Punch
72228 - Peach

Case Price - \$17.99



Dose Energy Shot

6/4x60ml

\$8.49

91897 - Ginger & Turmeric - Extra Strength
91898 - Ginger Lime Guayusa
91899 - Ginger & Turmeric

Case Price - \$50.94



Maple Leaf Natural Selection

8/175g

63564 - Hickory Smoked Turkey
63565 - 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



Kraft - Peanut Butter

12/500g

\$3.75

37504 - Smooth
37505 - Crunchy

Case Price - \$45.00



Authentic Asia

12/258g - 12/350g

\$3.99

59002 - Shrimp Wonton Soup with Noodles
59000 - Thai Green Curry Chicken With Jasmine Rice

Case Price - \$47.88

SALE PRICES IN EFFECT SEPTEMBER 08 - SEPT 19, 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.





Pepperidge Farms Goldfish Crisps

14/177g

\$2.50

04681 - Sour Cream & Onion
04682 - Cheddar

Case Price - \$34.99



Goldfish

12/180g - 12/200g

\$2.67

04685 - Blasted Xtreme Cheddar
04693 - Cheddar Colours
72086 - Original

Case Price - \$31.99

24/200g

72689 - Cheddar

Case Price - \$64.10



V8 Vegetable Juice

8/1.89L

\$3.87

24748 - Original

Case Price - \$30.99

Vegetable Cocktail

24/340ml

\$1.12

24736 - Original (Can)

Case Price - \$26.99



8/6X156ml

\$3.75

24750 - Original

Case Price - \$29.99



Prego Pasta Sauce

12/645ml

\$3.00

31464 - Original
31465 - Spicy Marinara
31466 - Three Cheese
31470 - Mushroom & Green Pepper
31472 - Tomato Onion & Garlic

Case Price - \$36.00



Pepperidge Farms Cookies

12/198g - 12/213g

\$3.42

72925 - Monaco Double Chocolate
72926 - Monaco Mint Chocolate
72927 - Sausalito - Chocolate Chunks

Case Price - \$40.99



BACK TO SCHOOL SNACKING, MADE BETTER



**PROUDLY
CANADIAN**
OWNED AND MADE



Dare Cookies Ultimate Creme

12/290g - 12/300g

\$2.75

75711 - Chocolate Fudge
75712 - Lemon
75714 - Maple
75713 - Coconut

Case Price - \$32.99



Dare Whippet

12/250g

\$3.25

04292 - Original

Case Price - \$38.99



Dare Wagon Wheels Cookies

12/315g

\$2.83

75725 - Original

Case Price - \$33.99



Viva Puffs Cookies

12/300g

\$2.58

74727 - Raspberry

Case Price - \$30.99



Breton Crackers

12/200g

\$2.58

04355 - Original
04715 - Garden Vegetable
04359 - Cracked Pepper Olive Oil
74717 - Multigrain
04356 - Reduced Salt & Fat

Bites

04358 - Original
04357 - Veggie

GF With Flax

12/135g

74719 - Original

Case Price - \$30.99



Grissol Melba Toast

12/200g

\$2.58

04700 - Plain
04704 - Sesame

Case Price - \$30.99

Croustons Classic Style

12/135g

\$1.67

50069 - Creamy Caesar
50070 - Garden Herb

Restaurant Style

50071 - Garlic & Herb
50072 - Caesar

Case Price - \$19.99

Crispy Baguettes

12/120g

\$2.58

04784 - Olive Oil and Sea Salt

Case Price - \$30.99



Dare Veggie Crisps

12/100g

\$2.83

04288 - Zesty Ranch
04256 - Spicy Chipotle Cheddar

Case Price - \$33.99



Vinta Crackers

12/225g

\$2.58

04353 - Original
04354 - Rosemary Olive Oil

Case Price - \$30.99



Dare Bear Paws Soft Cookies

12/168g - 12/240g

\$3.17

75706 - Banana Bread
75707 - Brownie
75705 - Chocolate Chip
04285 - Birthday Cake

Case Price - \$37.99



Dare Real Fruit Gummies

9/180g

\$2.00

50061 - Fruit Medley
50062 - Fruit Tropical
50063 - Sours
50058 - Superfruits
50057 - Minis - Medley
Case Price - \$17.99

Dare Sour

8/200g

\$2.00

50056 - Juicee Bears (Peg Bag)
Case Price - \$15.99

BEVERAGE



Ice River Green Bottled Water

4/4L

\$1.07

72392 - Spring
72404 - Distilled

Case Price - \$4.29

24/500ml

\$3.29

74109 - Spring

Unit Price - \$3.29



Vita Coco Water

12/1L

\$3.25

67021 - Pure Coconut with Pineapple
67022 - Pure Coconut Water
67034 - Coconut with Pressed Coconut

Case Price - \$38.99



Del Monte Nectar

6/1.36L

\$5.33

22972 - Prune Nectar

Case Price - \$31.99



Natura Beverage

12/946ml

\$2.25

Barista Almond

22281 - Original
22282 - Vanilla
22284 - Coconut Unsweetened

Organic Soy

22288 - Unsweetened

Organic Oat

22285 - GF Unsweetened Original

Organic Rice

74601 - Original

Case Price - \$27.00



Essentia Water

24/591ml

\$1.62

20079 - Hydration Water
Case Price - \$38.99

12/1L

\$2.00

20080 - Hydration Water
Case Price - \$23.99



Grolsch - 0.0% Alcohol 6/4x500ml

\$5.50

24046 - Non Alcohol Beer

Case Price - \$32.99

6/4x500ml

\$6.00

24047 - Radler Non Alcohol Beer

Case Price - \$35.99



Asahi Alcohol Free (Can)

4/6x330ml

\$9.25

20338 - Super Dry Beer 0.0%

Case Price - \$36.99



Peroni Nastro Azzurro

4/6x330ml

\$9.25

20307 - Beer 0.0% - Cans

20306 - Beer 0.0% - Glass Bottle

Case Price - \$36.99



Gosling's Ginger Beer

24/355ml

\$0.96

23095 - All Natural

Case Price - \$22.99

FRONT SHOP CONFECTIONERY



Los Cantores Tortilla Chips

12/325g - 12/360g

\$2.83

74134 - Original

74140 - Lime

Organic

12/280g - 12/325g

74148 - Chipotle

74166 - Nacho Cheese

Case Price - \$33.99



NEW!

Pringles Potato Chips

12/102g

\$3.17

76606 - Hot & Spicy

76607 - Desi Masala Tadka

Case Price - \$37.99

14/131g

76608 - Sweet Chili Sauce Flavour

Case Price - \$44.39



Sensible Portions Pita Bites

12/142g

\$3.00

05513 - Garlic'n Chive

05514 - Original Sea Salt

Case Price - \$35.99



Family's Best Potato Chips

18/130g

\$1.00

71361 - Original

71362 - Wavy

71364 - Sour Cream & Onion

71365 - Cheddar & Sour Cream

71366 - Bacon

71367 - Ketchup

71363 - BBQ

Case Price - \$17.99



Sensible Portions Garden Veggie Straws

12/120g - 12/142g

\$2.50

71250 - Sea Salt
05510 - Cheddar
05512 - Screaming Hots
05515 - Sour Cream & Onion
05516 - Zesty Ranch

Chips

05508 - Garden Veggie Chips

Case Price - \$29.99



Gatorade Protein Bars

12/80g

\$2.75

22400 - Chocolate Chip
22401 - Chocolate Caramel
22402 - Chocolate Peanut Butter

Case Price - \$32.99



Fisherman's Friend

16/22pc

\$1.81

74827 - Orange Spice
74870 - Honey Lemon
74874 - Cherry
74881 - Extra Strong

Case Price - \$28.99



24/22pc

74872 - Regular
74873 - Mint

Case Price - \$43.45



Frankie's Organic Clouds

12/120g - 12/140g

\$2.25

80700 - White Cheddar Puffs
80701 - Jalapeno Puffs
80704 - BBQ Puffs

Plant Based Puffs

12/113g

80702 - Vegan Cheddar

Sweet Potato Fries

12/113g

80703 - Churro

Case Price - \$26.99



ONE Brands Protein Bars

12/60g

\$2.58

05181 - Birthday Cake
05180 - Maple Glazed Donut
05182 - Peanut Butter Cup
05184 - Choc Chip Cookie Dough
05185 - Blueberry Cobbler
05175 - Reeses Peanut Butter
05176 - Hershey's Cookies N Creme

Case Price - \$30.99

GROCERY



Tang Drink Mix

6/2.2kg

\$7.00

23701 - Crystal Orange

Case Price - \$41.99

20/276g

\$2.20

23705 - Grape
23704 - Raspberry
23700 - Orange

Case Price - \$43.99



Van Holten's Pickles

12/225ml

\$1.79

44911 - Dill
44912 - Hot
44913 - Warheads Sour

Case Price - \$21.49



Post Cereal

12/365g - 12/400g

\$3.25

72352 - Honeycomb
72355 - Sugar Crisp

12/425g

72354 - Shredded Wheat Big Biscuit
12354 - Raisin Bran

Shreddies

12/440g

15704 - Honey
15705 - Original

Honey Bunches of Oats

12/311g - 12/340g

15710 - with Real Strawberries
15709 - Honey Roasted
15708 - with Almond

Case Price - \$38.99

14/340g

15252 - Chips Ahoy

Case Price - \$45.50

10/283g

15715 - Oreo Puffs

Case Price - \$32.49



Kellogg's Cereal

14/400g

\$5.21

10078 - Vector Cereal

Case Price - \$72.99

10/525g

\$5.00

10042 - All Bran Original

Case Price - \$49.99

12/460g

\$5.00

10043 - Mini Wheats Brown Sugar
10038 - Mini Wheats Original

Case Price - \$59.99

10/340g

\$4.40

70749 - Rice Krispies
10036 - Corn Flakes

Case Price - \$43.99

12/300g - 12/320g

\$4.40

10060 - Corn Pops
10061 - Froot Loops

12/350g

10056 - Frosted Flakes Strawberry
Milkshake

Case Price - \$52.79

18/355g

10052 - Frosted Flakes Original

Case Price - \$79.20



Kellogg's Crumbs

12/575g

\$4.25

10040 - Corn Flake

Case Price - \$50.99



Old El Paso

18/334g

\$2.50

13518 - Soft Tortillas Large

Case Price - \$45.00



Italpasta

12/227g

\$1.90

73596 - Italian Style Bread Crumbs

Case Price - \$22.75

12/680g

\$3.25

73597 - Italian Style Bread Crumbs

Case Price - \$39.00



Italpasta Gluten Free

12/340g

\$2.75

23135 - Spaghetti

23136 - Penne Rigate

23137 - Fusilli

Case Price - \$33.00



Club House Salads N Dips

12/28g - 12/42g

\$1.00

58220 - Ranch

58221 - French Onion

58222 - Italian

58227 - Dressing & Dip Mix - Country Herb

Case Price - \$12.00



Mutti

Canned Tomatoes

12/796ml

\$3.00

63080 - Whole Peeled

Case Price - \$36.00

6/796ml

63071 - Finely Chopped

Case Price - \$18.00



Cloverleaf Sockeye Salmon

24/213g

\$5.50

29121 - Wild Red Pacific

Case Price - \$132.00



24/213g

\$3.65

29131 - Wild Pacific

Case Price - \$87.50



Crisco Shortening

36/454g

\$3.25

40010 - All Vegetable

Case Price - \$117.00



All Purpose Flour

12/1Kg

\$2.15

09102 - Five Roses - White

74291 - Robin Hood

Case Price - \$25.75



Nutella Spread

15/725g

\$7.75

37605 - Hazelnut with Cocoa

Case Price - \$116.30



Hellmann's Mayonnaise Squeeze

12/750ml

\$5.50

41380 - Light
41378 - Olive Oil
41379 - Regular

Case Price - \$66.00



Jar

10/890ml

72184 - Olive Oil
72185 - Regular
72186 - Half Fat

Case Price - \$55.00

Hellmann's Sauce

6/325ml

\$4.75

41144 - Burger

Case Price - \$28.50

6/325ml

\$4.79

41303 - Spicy Chipotle Frites

Case Price - \$28.75



Terra Delyssa Olive Oil

6/1L

\$11.50

40082 - Extra Virgin

Case Price - \$69.00



Kraft BBQ Sauce

10/455ml

\$2.25

43516 - Sweet and Sour
72421 - Chicken & Rib
72422 - Garlic
72423 - Hickory
72424 - Original

Case Price - \$22.50



Ginger Goat Hot Sauce

12/148ml

\$5.60

90100 - Harvest Heat
90101 - Peaches N Scream
90102 - The Original Goat
90103 - HopT Sauce
90104 - We Got The Beets

Case Price - \$67.25



Heinz Tomato Ketchup

12/750ml

\$4.75

28110 - Squeeze
28464 - Low Sodium
28677 - No Sugar Added

Case Price - \$57.00

Mustard

12/380ml

\$2.15

24607 - Yellow Squeeze

Case Price - \$25.75

Kraft Salad Dressing

10/425ml

\$3.25

28320 - Asian Sesame
41054 - Golden Italian
41058 - Fat Free Italian
41067 - Peppercorn Ranch
41068 - Creamy Cucumber
41069 - Greek Feta & Oregano
41070 - Caesar with Bacon
41071 - Calorie Wise Balsamic Vinegar
41072 - Russian
41074 - Calorie Wise Poppyseed
41078 - Creamy Poppyseed
41079 - Coleslaw
41080 - Creamy Caesar
41081 - Zesty Italian
41082 - Ranchers Choice
41083 - Greek Feta & Oregano
41084 - Balsamic Vinaigrette
41085 - Raspberry Vinaigrette
41086 - Three Cheese Ranch
41087 - Sundried Tomato & Oregano
41089 - Catalina
41090 - Thousand Island
41091 - Calorie Wise Zesty Italian
41092 - Calorie Wise Ranchers Choice
41093 - Calorie Wise Creamy Caesar
41095 - French

Case Price - \$32.50





Maxwell House Instant Coffee

12/150g

\$7.00

14527 - Original Roast

Case Price - \$83.99



Liptons Green Tea

12/100ct

\$7.75

32953 - Green Tea - Classic

Case Price - \$92.99

6/72ct

32951 - Decaffeinated

32952 - Lemon Ginseng

Case Price - \$46.50



Tassimo Coffee

5/126g

\$7.40

14587 - Maxwell House Blend

Case Price - \$36.99



5/263g

\$7.80

28857 - Cappuccino

Case Price - \$38.99



Twinings Tea

6/30g - 6/40g

\$4.33

15165 - Earl Grey Tea (20ct)

15166 - English Breakfast (20ct)

15168 - Pomegranate & Raspberry

15169 - Pure Peppermint

15170 - Lemon & Ginger

15171 - Pure Camomile

15172 - Camomile Honey Vanilla

Case Price - \$92.99



Lavazza Espresso

20/250g

\$6.65

14207 - Rossa

14208 - Crema Gusto

Case Price - \$132.99



Folgers Coffee

6/272g

\$9.33

14021 - Classic Roast

Case Price - \$55.99

6/108g

\$8.67

14015 - Lively Colombian K Cups 12S

Case Price - \$51.99





Want Want Hot Kid Rice Krispies Crackers

20/100g

\$1.95

92222 - Cheese
92223 - Unsalted
92221 - Sesame
92225 - BBQ

Case Price - \$38.99



Want Want Super Slim Rice Krispies Crackers

12/100g

\$2.50

92227 - Sea Salt
92228 - Multigrain
92229 - Black Sesame

Case Price - \$29.99



Quaker Crispy Minis Rice Cakes

12/127 g - 12/185g

\$2.58

04850 - Original
04854 - White Cheddar
04883 - Apple Cinnamon

Case Price - \$30.99

GENERAL MERCHANDISE



Bounty Paper Towel

6/4=8

\$9.00

46925 - SAS 4=8 Roll 82SH

Case Price - \$54.00



Lysol Toilet Bowl Cleaner

12/100g

\$3.15

46653 - Pucks

Case Price - \$37.75



Cashmere Bathroom Tissue

9/8DR

\$5.50

51053 - 8=16 - 242 Sheets

Case Price - \$49.50



Dawn Ultra Dish Soap

10/473ml

\$2.75

46501 - Antibacterial Orange
46502 - Original
46513 - Apple Blossom

Case Price - \$27.50



Swiffer

6/5ct - 6/12ct

\$6.00

49427 - Dusting Kit Plus Handle



6/12ct

49436 - Wet Mopping Cloth Refills - Fresh Scent

Case Price - \$36.00

REFILLS

4/10pk



\$10.50

49429 - Dusters Refills Unscented

Case Price - \$42.00



8/16ct

\$5.50

49433 - Dry Sweeping Cloth Refills

Case Price - \$44.00



Tide Liquid Laundry Detergent

6/1L

\$7.50

96111 - 25 Load Original

96114 - HE 25 Load - Free & Gentle

96115 - HE 25 Load Original

96116 - Hygienic Clean Heavy 10X

Case Price - \$45.00



Tide Liquid Pods

4/42CT

\$12.75

46326 - Original

46392 - Clean Breeze

46393 - Spring Meadow

46394 - Free and Gentle

Case Price - \$51.00

PET FOOD



Purina One Cat Food

4/1.45kg

\$11.00

35561 - True Instinct Cat Grain Free Chicken

Case Price - \$43.99

6/1.8kg

35974 - Indoor Dry Cat

Case Price - \$65.99



Purina One Dog Food

6/1.81kg

\$8.50

75568 - Dog Food Lamb & Rice

35563 - One Smartblend Small Dog

Case Price - \$50.99



Milkbone Dog Treats

12/113g

\$2.00

35948 - Soft & Chew Beef Steak

35949 - Dog Snack Chicken Drumstix

75828 - Soft & Chewy Steak & Cheese

Case Price - \$23.99

12/450g

\$2.92

35946 - Flavoured Snack Small Dog

Case Price - \$34.99



Friskies Wet Cat Food

24/156g

\$1.04

35348 - Pate Chefs Dinner

35352 - Pate Chicken Dinner

35364 - Shredded Ocean White Fish & Tuna

35358 - Pate Salmon Dinner

35359 - Pate Seafood Supreme

35363 - Shredded Chicken & Salmon

72277 - Shredded Chicken In Gravy

35362 - Shredded Turkey & Cheese Dinner

35360 - Pate WhiteFish Tuna Dinner

35365 - Indoor Chkn&Trky Casserol in Gravy

35366 - Indoor Saucy Seafood Bake

35351 - Chunks Chicken Dinner In Gravy

Case Price - \$24.99



HEALTH & BEAUTY



Colgate Toothpaste
6/120ml

\$3.00

94218 - Total Clean Mint

94219 - Total Whitening

Case Price - \$18.00



Tylenol

6/10 pack

\$4.50

72187 - Cold Extra Strength Day Night

Case Price - \$27.00



Gillette Foamy Shaving Cream

6/311g

\$3.25

93124 - Regular

93130 - Sensitive Skin

Case Price - \$19.50

MAPLE LEAF



**Real food for
real families**



**Maple Leaf Prime
RWA Chicken**

6/700g

\$8.17

30055 - Nuggets

30059 - Popcorn Chicken

30060 - Strips

30061 - Dino Nuggets

30062 - Burgers

Case Price - \$49.02



Chicken Wings Fz

8/695g

\$8.20

77831 - Honey Garlic

77832 - BBQ

77833 - Buffalo

Case Price - \$65.60



**Maple Leaf Prime RWA
Stuffed Chicken**

6/568g

\$8.17

30056 - Broccoli & Cheddar

30057 - Butter & Chive

30058 - Ham & Mozzarella

Case Price - \$49.02





Schneiders Pepperettes

20/60g

\$1.78

59502 - Orig Dry Sausage

60816 - Pepperoni

60817 - Hot Pepperoni

Case Price - \$35.67



Shopsy Wieners

24/375g

\$2.73

59758 - Regular

Case Price - \$65.44



Main Street Deli

14/250g

\$3.91

60806 - Smoked Chicken Breast

60807 - Smoked Honey Ham

60808 - Smoked Black Forest Ham

Case Price - \$54.67



Greenfield Weiners (RWA)

12/375g

\$6.15

59504 - Wiener

Case Price - \$73.80



Schneiders Wieners

24/375g

\$3.41

63548 - Red Hots

Case Price - \$81.92



Fantino & Mondello

6/200g

\$4.21

39237 - Sliced Dry Pepperoni

Case Price - \$25.28

10/175g

39233 - Dry Chorizo Sausage

39234 - Dry Salami Original

Salametti

Case Price - \$42.13

12/100g - 12/175g

30047 - Calabrese Salami

30048 - Prosciutto

30049 - Genoa Salami

39231 - Vino Rosso Sliced Dry Salami

39232 - Diced Original Cooked Pancetta

39235 - Parmigiano E Pepe Nero Glazed

Dry Salami

39236 - Pepe Nero Cooked Sliced

Capocollo

39238 - Sliced Salami Charcuterie Meat

Trio

39244 - Charcuterie Trio - Chorizo

Salami Prosciutto

39246 - Dry Pepperoni - Cup N Crisp

Case Price - \$50.55

8/175g

39243 - Thin Sliced Salametti Original

Case Price - \$33.70



JUICY JUMBOS

12/375g - 12/450g

\$3.73

59451 - Hot Spicy

30041 - Cheddar

30042 - Three Cheese Jalapeno

Case Price - \$44.77

24/450g

59452 - Original

Case Price - \$89.54

24/375g

\$5.03

63598 - 100% Beef

Case Price - \$120.79



Schneiders Smokies Sausages

8/900g

\$11.33

59448 - Sharp Cheddar

59449 - Original Recipe

Case Price - \$90.61



Schneiders Breakfast Sandwiches

8/204g - 8/288g

\$5.65

60866 - Bacon & Egg Croissant
60867 - Bacon & Egg
60868 - Back Bacon & Egg
60869 - Sausage & Egg

Case Price - \$45.18

Schneiders Egg Bites

12/224g

\$5.29

60870 - Sausage & Three Cheese
60871 - Bacon & Cheddar
60872 - Spinach Red Pepper & Parmesan
60873 - Ham & Swiss

Case Price - \$63.47



Mina Breakfast Strips

12/375g

\$3.68

59412 - Chicken

Case Price - \$44.16



Deli Meat

4/2.4kg

\$20.58/kg

59664 - Bittner Oven Roasted Turkey Half Pc



2/2.3kg

\$16.81/kg

59553 - Sch Baked Ham & Bacon Loaf



2/4kg

\$15.36/kg

59505 - Sch Coated Mock Chicken Loaf



2/3.95kg

\$14.19/kg

59506 - Sch Macaroni & Cheese Loaf



Greenfield Adult Kit RWA

12/67g - 12/81g

\$1.99

60865 - Smoked Pepperoni
60864 - Cured Salami
59756 - Turkey
59755 - Ham

Case Price - \$23.86

REFRIGERATION



Sealtest Cream

1/1L

\$3.79

03006 - 10% Cream

Unit Price - \$3.79



1/1L

\$6.79

03015 - 35% Whip Cream

Unit Price - \$6.79



Sealtest Milk

1/473ml

\$1.49

02016 - 1% Chocolate Partly Skimmed

Unit Price - \$1.49



Becel Plant Based Brick

12/454g

\$4.59

60315 - Unsalted
60316 - Salted

Case Price - \$55.08



Imperial Margarine

24/427g

\$3.29

60332 - Non Hydrogenated (Tub)

Case Price - \$78.96



Astro Original Balkan Yogourt

6/750g

\$3.33

09038 - 6% Plain
09039 - 3.2% Plain

Case Price - \$19.99



Grande Mozzarella

24/284g

\$5.00

60942 - Mozzarella Balls

Case Price - \$119.99



Siggi's Yogurt

6/4x100g

\$4.00

01331 - 2%mf Strawberry
01332 - 2%mf Vanilla

Case Price - \$23.99



Natrel Whipped Cream

1/400g

\$6.49

03131 - Aerosol

Unit Price - \$6.49

1/225g

\$3.19

03130 - Aerosol

Unit Price - \$3.19



Natrel Fine Milk

1/4L

\$8.99

01010 - Homo

Unit Price - \$8.99

1/4L

\$7.99

01012 - 1%
01013 - Skim

Unit Price - \$7.99

1/1L

\$2.49

02028 - 2%
02030 - 1%

Unit Price - \$2.49



Natrel Lactose Free Milk

1/2L

\$5.99

02021 - 2%
02022 - 1%
02025 - Choc

Unit Price - \$5.99



Kraft Singles Sliced Cheese

24/410g

\$4.99

61513 - Original Cheddar

Unit Price - \$119.76



Philadelphia Cream Cheese

24/250g

\$3.99

62208 - Original

Case Price - \$95.76

Soft Cream Cheese

12/227g

28716 - Low Fat
28719 - Strawberry
62212 - Light
62214 - Original
62217 - Herb & Garlic
62219 - Salmon

Whipped Cream Cheese

12/227g

28779 - Chive
62301 - Original

Case Price - \$47.88



Litehouse Dip & Spread

6/340g

\$2.99

66009 - Homestyle Ranch
66010 - French Onion
66012 - Spinach Dip

Case Price - \$17.94

Litehouse Dressing & Dip (Family Size)

6/591ml

\$4.29

66006 - Chunky Blue Cheese
66007 - Caesar
66008 - Homestyle Ranch

Case Price - \$25.74





Oasis Orange Juice NFC

6/2.5L

\$6.67

63205 - No Pulp
63206 - With Pulp

Case Price - \$39.99



Sundia True Fruit

12/217ml

\$1.60

16600 - Cherry Medley
16601 - Peach
16602 - Grapefruit
16603 - Mandarin Orange

Case Price - \$19.20



Jello Refrigerated RTE Jogs

6/356g - 6/452g

\$3.11

28809 - NSA - Strawberry
28812 - NSA - Lemon Lime
28815 - SB - Orange
28818 - SB - Blueberry
28821 - NSA - Rich Milk Chocolate
28180 - SB Oreo

Unit Price - \$18.66



Balderson Cheese Aged Cheddar

10/500g

\$9.85

60616 - 1 Year

Case Price - \$98.53

\$11.95

60618 - 2 Years

Case Price - \$119.47

\$11.42

60619 - 3 Years

Case Price - \$114.23

Cheddar

16/280g

\$5.16

60665 - Medium

Case Price - \$82.62



Shivani's Paneer

20/300g

\$3.99

58311 - Malai

Case Price - \$79.80

FREEZER



Beyond Burger

8/2x113g

\$5.35

25690 - Plant Based - Original

Case Price - \$42.80



8/6x113g

\$14.59

25695 - Plant Based - Original

Case Price - \$116.70



Beyond Beef

12/340g

\$6.49

25691 - Plant Based Ground

Case Price - \$77.88



Beyond Sausage

8/400g

\$6.49

25692 - Hot Italian

25693 - Mild Italian

Case Price - \$51.91



Beyond Chicken

8/226g

\$5.35

25696 - Plant Based Breaded
Tenders - Original

Case Price - \$42.80



Janes Pub Style Chicken - Fully Cooked

6/700g

\$7.61

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

Case Price - \$45.66



Michelina's Green Box

8/255g - 8/284g

\$2.03

- 65673 - Lasagna with Meat Sauce
- 65674 - Lasagna Alfredo
- 65675 - Macaroni & Cheese
- 65670 - Fettuccine Alfredo

Case Price - \$16.27



Kellogg's Eggo Waffles

12/280g

\$3.15

- 64021 - Blueberry Flavour
- 64048 - Cinnamon Toast
- 64054 - Strawberry Flavour
- 64022 - Chocolate Chip

Case Price - \$37.80

24/280g

64020 - Original

Case Price - \$75.60

Pancakes

16/280g

64039 - Buttermilk

Case Price - \$50.40



Cavendish Farms Hash Brown Patties

12/20ct

\$4.19

- 69123 - Classic
- 69124 - Onion Flavour

Case Price - \$50.28



Cardinal Roadhouse

6/142g

\$8.99

66530 - Chicken Burger

Case Price - \$53.94



6/906g

\$10.59

66545 - 1/3 Pound Beef Burger

Case Price - \$63.51



9/907g

\$10.99

66549 - 1/4 Pound Halal Beef Burger

Case Price - \$98.91



Crafty Ramen Frozen Meals

12/500g - 12/540g

\$7.50

- 63020 - Chicken Sesame Ramen
- 63019 - Pork Miso Ramen
- 63021 - Tofu Miso Ramen

Case Price - \$90.00



High Liner Catch of the Day
10/350g
\$3.99
76003 - English Style
76004 - Breaded Fish Fillet
20524 - Breaded Fish Fillet Pollock
Case Price - \$39.90



KD Deluxe
5/340g
\$4.29
28321 - Four Cheese
28322 - Creamy Cheddar
Case Price - \$21.45



Promise Gluten Free
8/248g
\$4.99
82419 - 4 Pack Pitas
Case Price - \$39.92



6/240g
82418 - English Muffin 4 Pack
Case Price - \$29.94



5/280g
\$3.99
82411 - Plain Bagels 4 Pack
Case Price - \$19.95



Promise Bread Loaf Gluten Free
5/400g
\$4.99
82403 - Brioche
82404 - Raisin
Case Price - \$24.95



4/480g
82400 - Soft White
82401 - Quinoa & Chia
82402 - Multigrain
82423 - Wholesome Brown



Sourdough
4/400g
82405 - Seeded
82406 - Rustic White
Case Price - \$19.96



Stonefire Flatbreads
12/360g
\$2.10
98106 - Naan Rounds Original 12Pk
Case Price - \$25.20



Heinz Bagel Bites Pizza Snacks
8/198g
\$2.59
66169 - Three Cheese
66170 - Cheese & Pepperoni
Case Price - \$20.72



Sonora Tortillas Cantina
12/430g
\$1.99
73823 - Flour - Medium
73829 - Whole Wheat Flour
Tortillas - Medium
Case Price - \$23.88

12/680g
\$2.99
98511 - Whole Wheat Flour - Large
98512 - Flour - Large
Case Price - \$35.88

Mercado
15/344g
\$3.99
98505 - Keto Blend
Case Price - \$59.85

20/252g - 20/270g
98514 - Net Zero - Medium
98513 - Protein+ - Medium
Case Price - \$79.80
12/680g
98510 - Flour Jalapeno - Large
Case Price - \$47.88

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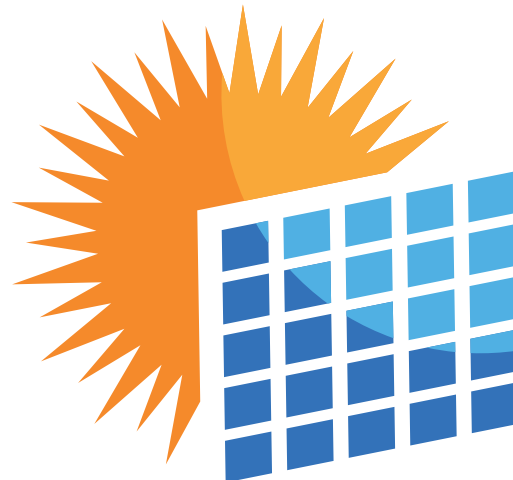


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