



Supporting Ontario's Independent
Businesses For Over 30 Years!

NEW DEALS!

SEPTEMBER 22- OCTOBER 03, 2025

Independently Owned Proudly Canadian! 🍁

AD #20



ORDER NOW!



Crave Frozen Meals

12/200g - 12/312g

\$3.99

- 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 - \$47.88



Arizona Tea

12/960ml

\$1.75

- 20034 - Ginseng and Honey Green Tea
- 20035 - Lemon Iced Tea
- 20039 - Zero Cal Ginseng and Honey
- 20041 - Raspberry Iced Tea
- 20044 - Peach Flavour

Case Price - \$20.99



Alessi Risotto

6/8oz

\$3.00

- 27302 - Milanese Style with Saffron
- 27303 - Funghi
- 27304 - Pomodoro

Alessi Farro

6/199g

- 27321 - With Porcini Mushrooms
- 27322 - Beets & Spinach
- 27323 - Butternut Squash & Kale
- 27324 - Four Cheese

Case Price - \$18.00



Snowcrest Frozen Fruit

12/400g - 12/600g

\$3.99

- 20318 - Fruit Medley
- 20319 - Sliced Strawberry
- 20712 - Sliced Peaches
- 20713 - Strawberries & Bananas
- 20714 - Cultivated Blueberries
- 20715 - Mango Chunks
- 20716 - Raspberries

Case Price - \$47.88



Nestle Chocolate 25Ct

20/182g - 20/250g

\$6.75

- 65063 - Aero Mini Bars
- 65061 - Smarties Mini Boxes
- 88905 - Assorted Minis

Case Price - \$134.99



Maynards Halloween 24Ct

36/300g

\$5.00

- 75816 - Assorted Candy

Case Price - \$179.99

SALE PRICES IN EFFECT SEPTEMBER 22 - 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.





NEW!

Electrolit Electrolyte Beverage

12/625ml

\$2.58

- 88831 - ZERO - Berry Blast
- 88832 - Blue Raspberry
- 88833 - Strawberry Kiwi
- 88834 - ZERO - Lemon Breeze

Case Price - \$30.99



NEW!

Nestea Iced Tea

8/1.89L

\$3.44

24200 - Lemon (Bottle)

Case Price - \$27.49



12/341ml

\$0.75

24201 - Lemon (Can)

Case Price - \$8.99

12/473ml

\$2.33

24202 - Raspberry (Bottle)

24203 - Lemon (Bottle)

Case Price - \$27.99

4/10x200ml

\$4.37

24204 - Peach (Tetra)

24205 - Lemon (Tetra)

Case Price - \$17.49



NEW!

Busch NA Brew Beer

12/355ml

\$0.79

24090 - Non Alcohol (Can)

Case Price - \$9.49

BEVERAGE



Oasis Juice

12/960 ml

\$1.75

22950 - Exotic Mango
22954 - Tropical Passion
22951 - Hydrafruit Tropical Fruits
73161 - Pure Breakfast
73169 - Apple Juice from Concentrate
73170 - Apple Grape
73172 - Pineapple Banana Orange
73903 - 10 Vegetable Cocktail
74936 - Hydrafruit Watermelon - Apple
21266 - Strawberry Banana
21267 - Blueberry Pomegranate

Case Price - \$20.99



(Tetra)

4/8x200ml

\$3.50

21263 - Apple Juice Concentrate
21256 - Pure Orange Breakfast
21257 - Tropical Passion
21255 - Exotic Mango Juice

Hydrafruit Juice

21258 - Strawb Kiwi
21253 - Strawberry Banana
74938 - Watermelon - Apple Juice

Case Price - \$13.99



Black River Juice

12/300ml

\$2.00

89804 - Pure Red Grapefruit
89805 - Pure Orange
89806 - Apple + Mango

Case Price - \$23.99

6/1L

\$5.00

89800 - Apple + Mango
89803 - Bartlett Pear With Vitamin C

Case Price - \$29.99

\$6.00

89801 - Pure Black Cherry
89802 - Pure Tart Cherry

Case Price - \$35.99

\$7.50

89807 - Pure Cranberry
89809 - Organic Concord Grape Juice

Case Price - \$44.99

\$3.83

89808 - Classic Lemonade

Case Price - \$22.99



Arizona Tea

4/8x200ml

\$3.50

20038 - Ginseng & Honey
20040 - Lemon Flavour

Case Price - \$13.99

4/3.78L

\$4.25

20046 - Lemon Flavour

Case Price - \$16.99



Sunny Delight Juice

4/3.78L

\$5.00

63330 - California Smooth

Case Price - \$19.99



Allen's Apple Juice

6/1.89L

\$3.08

75859 - Mellow (Low Acid)
72227 - Original

Cocktail

20053 - Cranberry Raspberry
20051 - Cranberry
20052 - Cranberry Diet

Case Price - \$18.49



Sibilla Spring Water

12/750ml

\$1.83

21991 - Sparkling
21992 - Still

Case Price - \$21.99



San Pellegrino Carbonated Water

12/750ml

\$2.08

24540 - Mineral Water

Case Price - \$24.99



4/6x330ml

\$1.08

24551 - Limonata

24552 - Arancia Fico D'India

24553 - Pompelmo

24554 - Aranciata

24555 - Aranciata Rossa

24558 - Pomegranate & Orange

Case Price - \$25.99



Naya Natural Spring Water

12/500ml

\$0.25

24434 - Spring Water

Case Price - \$2.99

12/1L

\$0.50

24433 - Spring Water

Case Price - \$5.99



Eska Water

4/4L

\$1.75

24422 - Natural Spring Water

24423 - Demineralized Water

Case Price - \$6.99

15/330ml

\$0.20

24418 - Natural Spring Water

Case Price - \$2.99

FRONT SHOP CONFECTIONERY



Planters Cocktail Peanuts

12/200g

\$2.00

40039 - Salted

Case Price - \$23.99

Cashews Roasted

12/200g

\$5.00

40041 - No Salt

40040 - with Salt

40048 - Lightly Salted

Case Price - \$59.99



Poppa Corn

35/100g

\$1.80

05123 - Movie Style Popcorn

Case Price - \$62.99



Lucky Elephant Popcorn

24/135g

\$2.67

24791 - Butter Caramel

Case Price - \$63.99

Cotton Candy

24/60g

\$1.96

24792 - Original

Case Price - \$46.99



Jolly Rancher Candy (Peg Bag)

10/182g

\$2.40

55300 - Misfits Gummies
55302 - Misfits Gummies Sours

Case Price - \$23.99

12/182g

75473 - Sour

Case Price - \$28.80



Betty Crocker DunkAroos Vanilla Cookies

6/168g

\$3.50

07724 - Rainbow Frosting
07725 - Chocolate Frosting

Case Price - \$20.99



Sun-Rype Good Bites Snack

8/150g

\$2.75

05926 - Coconut Lemon
05928 - Chocolate Macaroon

Case Price - \$21.99



Hershey's

48/46g

\$1.08

72904 - Reese Peanut Butter Cup

Case Price - \$51.85



36/39g

91153 - York - Milk Chocolate Covered Peppermint Pattie

Case Price - \$38.89



36/43g - 36/45g

72902 - Almond

72912 - Milk

72917 - Cookies N Cream

Case Price - \$38.89



24/43g - 24/58g



73105 - Oh Henry Single

73106 - Oh Henry Peanut Butter

73107 - Eatmore Single

73140 - Reese Minis Peanut Butter Cup

Case Price - \$25.95



18/39g - 18/51g

72314 - Glosette Peanut

72315 - Glosette Almond

72317 - Glosette Raisins

72913 - Skor Buttery Toffee Crunch

72964 - Reese Pieces

55307 - Reeses + Nougat Bar

Case Price - \$19.45



20/42g

72155 - Reese Sticks

Case Price - \$21.60



Twizzlers Candy

24/75g - 24/90g

\$1.00

76130 - Strawberry

76138 - Cherry Nibs

Case Price - \$23.99





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 - Variety Pack

Case Price - \$29.99



Halls Lozenges

20/9pc

\$1.45

74025 - Black Cherry Sugar Free
74027 - Defence Vitamin C Citrus
74028 - Cherry
74030 - Coolmint
74031 - Extra Strong Menthol Sugar Free
74034 - Honey Lemon
74036 - Regular
74038 - Extra Strong

Case Price - \$28.99



Ferrero Rocher

6/259g - 6/300g

\$14.50

71465 - Pralines Ferrero Rocher Collection T24
71464 - Ferrero Rocher T24 Diamond Box

Case Price - \$86.99



Natures Valley Granola Bar Sweet & Salty

12/192g - 12/210g

\$3.00

71049 - Cashew
71047 - Peanut
71048 - Almond
71001 - Dark Chocolate
71005 - Salted Caramel Chocolate

Crunchy

12/210g - 12/230g

71043 - Oats N Dark Chocolate
71002 - Roasted Almond
71003 - Oats N Honey

Lunch Box

12/130g

71044 - Double Chocolate
71045 - Chocolate Chip Peanut

Trail Mix

12/175g

71040 - Fruit and Nut

Case Price - \$35.99



Haribo Candy

12/170g - 12/175g

\$2.25

98095 - Happy Cola
98096 - Stamix
98097 - Tangfastics
98098 - Twin Snakes
98099 - Goldbears
98272 - Sour Kicks
98273 - Rainbow Strips
98275 - Tropifruitti
98094 - Peaches

Case Price - \$26.99

DISPLAYERS



Excel Assortment 96ct

96/Assorted

\$1.12

96088 - Counter Displayer
24 - EXCEL SPEARMINT SINGLES 12 PELLET
24 - EXCEL PEPPERMINT SINGLES 12 STICK
24 - EXCEL POLAR ICE SINGLES 12 PELLETS
24 - EXCEL WHITE BUBBLEMINT

Case Price - \$107.99



Excel Refresher Assorted Prepack 90Ct

90/Assorted

\$4.44

96089 - Bottle
24 - EXCEL REFRESHERS STRAWBERRY 40CT
24 - EXC RFRS TROP 40PC AF
24 - EXCEL SPEARMINT 60pc BOTTLE
18 - PEPPERMINT 60pc BOTTLE

Case Price - \$399.99



Mars Mixed Chocolate Singles 228 Ct

228/Assorted

\$1.32

28337 - Prepack
96 - MARS SINGLE 52 GR
36 - TWIX CARAMEL RIGHT SIZE SINGLE
72 - SNICKERS BAR 52G
24 - M&M'S PEANUT

Case Price - \$299.99



Hershey's Assorted 240Ct

240/Assorted

\$1.05

75495 - Assorted Singles Prepack
36 - Hershey Almond 43g 36/8
96 - Reese Peanut Butter Cups 46g
36 - Hershey Cookies n Cream 43g 36/8
72 - Oh Henry Single Bar 58g

Case Price - \$251.99

GROCERY



Betty Crocker Sides

12/141g - 12/215g

\$2.40

Scalloped Potatoes

72938 - Au Gratin
26570 - Scalloped Potatoes

Mashed Potatoes

26560 - Homestyle
26562 - Butter & Herb
72939 - Roasted Garlic

Case Price - \$28.75



Hamburger Helper

12/170g - 12/220g

\$2.50

72385 - Three Cheese Manicotti
72384 - Beef Noodle
72587 - Lasagna

Tuna Helper

12/233g

07720 - Creamy Noodles

Case Price - \$30.00



Quaker Instant Oatmeal RTS

12/232g - 12/344g

\$3.00

10722 - 3 Flavor Variety Pack
10723 - Regular
10724 - Maple Brown Sugar
10725 - Apple Cinnamon
10726 - Peaches Cream
04880 - Apples & Cinnamon Lightly Sweetened

Case Price - \$35.99



Cream of Wheat 3 Minutes

12/800g

\$3.25

04891 - Original

Case Price - \$39.00



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 - Honey Nut 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



Spam Luncheon Meat

12/340g

\$4.00

30530 - Original

72586 - Lite

75354 - Low Sodium

Case Price - \$48.00



Rice Up Popped Brown Rice Chips

12/120g

\$2.00

71295 - Pizza

71296 - Cheese

71297 - BBQ

71298 - Sour Cream & Onion

Case Price - \$23.99



Rice Up Brown Rice Cakes

12/120g

\$1.67

71206 - Himalayan Salt

71207 - Quinoa & Chai

71208 - 7 Super Seeds

Case Price - \$19.99



Tim Tam Cookies

24/175g - 24/200g

\$3.79

04261 - Caramel

04262 - Original

04263 - Dark Chocolate

04264 - Double Coat

Case Price - \$90.99



Brunswick Seafood Snacks

18/100g

\$1.60

29420 - Kippered

29421 - Hot Sauce

Case Price - \$28.75

Sardines

18/106g

\$1.75

29405 - In Tomato Sauce

29411 - With Hot Peppers

29403 - In Soya Oil

29409 - In Spring Water

Case Price - \$31.50





Mr Goudas

1/8kg

\$18.00

11155 - Parboiled Rice

Unit Price - \$18.00



Tilda Basmati Rice

1/4.5kg

\$15.25

11152 - Original

Unit Price - \$15.25



Terra Delyssa Organic Pitted Dates

12/340g

\$3.75

17974 - Deglet Noor

Case Price - \$45.00



Old El Paso Thick n Chunky Salsa

12/650ml

\$4.15

13530 - Mild

13531 - Medium

13532 - Hot

Case Price - \$49.75



Sprague Organic Canned Legumes

6/398ml

\$1.40

97561 - Chickpeas

97562 - Black Beans

97563 - Red Kidney Beans

Case Price - \$8.40



Carnation Evaporated Milk

48/354ml

\$1.90

05004 - Can

Case Price - \$91.00

24/354ml

\$2.13

05007 - 2%

Case Price - \$51.00



Bakers

12/170g

\$5.00

28161 - White Chocolate

Case Price - \$60.00



Redpath

10/2kg

\$3.25

09203 - Sugar

Case Price - \$32.50



Flour Five Roses

10/2.5kg

\$5.25

09104 - All Purpose

73588 - Whole Wheat

Robin Hood

09123 - Unbleached

09124 - All Purpose

Case Price - \$52.50





Billy Bee Honey

12/375g

\$5.75

37005 - Squeeze Bear

Case Price - \$69.00



Certo

36/57g

\$1.90

28206 - Crystals

Case Price - \$68.25



Mutti Pasta Sauce

6/660ml

\$5.75

63072 - Marinara

63073 - Basil

63074 - Parmigiano Reggiano

Case Price - \$34.50



Jif Peanut Butter

8/1kg

\$6.00

38633 - Creamy

38634 - Crunchy

Case Price - \$48.00



McIlhenny Tabasco Sauce

12/57ml

\$2.25

43578 - Original

75960 - Chipotle

Case Price - \$27.00

12/142ml

\$5.00

43579 - Original

Case Price - \$60.00



Smucker's Jam

12/250ml

\$3.25

38615 - Strawberry

38617 - Orange Marmalade

73977 - Pure Blueberry

Case Price - \$39.00



Briggs Vinegar

12/473ml

\$3.75

42122 - Apple Cider

Case Price - \$45.00

12/946ml

\$5.75

42112 - Organic Apple Cider

Case Price - \$69.00



Heinz Condiments

12/375ml

\$2.50

43010 - Tomato Ketchup Squeeze

Case Price - \$30.00



HP Sauce

12/400ml

\$4.00

43429 - Original Squeezable

Case Price - \$48.00



Select Organic Olive Oil

6/750ml

\$9.50

40084 - Extra Virgin

Case Price - \$57.00



Nescafe Instant Coffee(Tin)

12/95g

\$3.00

14525 - Rich

Case Price - \$35.99



Mazola Oil

12/1.18L

\$5.00

40022 - Corn

40029 - Canola

40033 - Vegetable

Case Price - \$60.00



Club House Organic Spice Bag

12/10g - 12/57g

\$1.40

58195 - Ground Turmeric

58197 - Crushed Red Pepper

58196 - Cayenne Pepper

58198 - Ground Garlic Powder

58202 - Paprika

58200 - Ground Cumin

58201 - Oregano Leaves

58204 - Thyme Leaves

58205 - Basil Leaves

58206 - Ground Black Pepper

58207 - Ground Coriander

58208 - Ground Ginger

58213 - Onion Powder

58214 - Italian Seasoning

58215 - Curry Powder

58216 - Chili Powder

58217 - Dill Weed

58199 - Ground Cinnamon

58203 - Rosemary Leaves

Case Price - \$16.75

GENERAL MERCHANDISE



Tide Liquid Laundry Detergent

4/3.9L

\$24.00

96107 - CW Clean 100L- Iris Bouquet

96108 - Free & Gentle

96109 - Original

96110 - HE 100 Load - Original

Case Price - \$96.00



Gain Flings! Laundry Detergent

6/16ct

\$5.25

46376 - Original

46377 - Moonlight Breeze

Case Price - \$31.50





Charmin Bathroom Tissue

8/4=16 rolls

\$3.95

51146 - Ultra Soft 4=16 Rolls

Case Price - \$31.60



Bounty Paper Towel

6/2=6

\$6.50

46930 - SAS 2=6 Roll

Case Price - \$39.00



Resolve Carpet Stain Remover

6/650ml

\$5.00

46711 - Original

Case Price - \$30.00



Paws Poop N' Scoop Bags

6/60ct

\$1.00

20498 - 100% Biodegradable Bags

Case Price - \$6.00



Palmolive Dish Liquid

9/828ml

\$2.15

46583 - Lemon

72434 - Orange

72435 - Original

Case Price - \$19.35

PET FOOD



NCA Dog Food

6/1.6kg - 6/1.8kg

\$4.67

35573 - Salmon & Pea All Life Stages

Case Price - \$27.99

\$4.50

35572 - Chicken & Brown Rice

Case Price - \$26.99

4/2.27kg

\$7.75

35574 - Turkey & Rabbit Grain Free All Life Stages

Case Price - \$30.99



NCA Cat Food

6/1.5kg

\$4.50

35569 - Hairball & Weight Control - Chicken & Brown Rice

Case Price - \$26.99

\$5.00

35570 - Salmon & Pea All Life Stages

Case Price - \$29.99

6/1.4kg

\$6.00

35571 - Turkey & Rabbit Grain Free All Life Stages

Case Price - \$35.99



Whiskas Dry Cat Food

5/2kg

\$9.40

35280 - Seafood Selections- Salmon Shrimp

Case Price - \$46.99

6/1.5kg

\$8.67

73570 - Hairball Control Dry With Real Chicken

Case Price - \$51.99



Whiskas Temptations

12/85g

\$1.50

35545 - Hearty Beef

35546 - Savoury Salmon

35547 - Tasty Chicken

35550 - Seafood Medley Flavour

72532 - Tuna Flavour

Case Price - \$17.99



Pedigree Vitality Dry Dog Food

5/2kg

\$8.60

35288 - Original Roasted Chicken

Case Price - \$42.99



Cesar Wet Dog Food

24/100g

\$1.62

35691 - Beef

35694 - Filet Mignon

35696 - Turkey

Case Price - \$38.99

HEALTH & BEAUTY



Vaseline Lotion

6/295ml

\$6.50

72459 - Dry Skin Lotion

74812 - Intensive Care - Aloe Vera

Case Price - \$39.00



Tylenol

6/24 pack

\$4.00

90900 - Regular Strength 325mg eZ

90903 - Extra Strength 500mg

Case Price - \$24.00



Gillette Shaving Gel

6/198g

\$3.50

93135 - Sensitive Skin

93136 - Moisturizing

Case Price - \$21.00

MAPLE LEAF



Real food for real families



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 Chicken Wings Fz

8/615g

\$7.19

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

Case Price - \$57.48



Swift Frozen Pie

24/190g

\$1.48

59597 - Beef
59596 - Chicken
59598 - Turkey

Case Price - \$35.42



Ezee Sub

12/350g

\$5.33

59680 - Original Sauce

Case Price - \$63.96



Schneiders Mini Charcuterie Kit

12/75g

\$2.36

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

Case Price - \$28.29



Maple Leaf Natural

6/250g

\$5.71

59762 - Shredded Chicken
59779 - Sliced Chicken Breast
63534 - BBQ Shred Chicken

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

59440 - Schneiders Cajun Turkey Breast 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



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



Schneiders Meat

8/150g - 8/175g

\$4.95

60892 - Black Forest Ham

60894 - Herb Turkey Breast

60895 - Maple Ham

Case Price - \$39.61

12/150g

\$4.94

60891 - Summer Sausage

60893 - German Salami

Case Price - \$59.29



Schneiders Bologna

12/375g

\$5.91

59401 - All Beef

Case Price - \$70.97

12/500g

\$5.68

59464 - Dutch Treet

59466 - Blue Ribbon Thick-Slice

59467 - Blue Ribbon Thin-Slice

63596 - Blue Ribbon

Case Price - \$68.14





Schneiders Smokies Sausages

8/900g

\$11.33

59448 - Sharp Cheddar
59449 - Original Recipe

Case Price - \$90.61



Schneiders Hot Rod

10/160g

\$4.83

59437 - Snack Packs

Case Price - \$48.28



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



Natrel Milk Lactose Free

1/1L

\$2.99

02024 - Skim
02063 - 1%
02068 - 2%

Unit Price - \$2.99

1/4L

\$10.49

01028 - 2%

Unit Price - \$10.49



Natrel Fine Milk Carton

1/2L

\$5.19

02027 - 2%
02029 - 1%

Unit Price - \$5.19

Bagged

1/4L

\$7.99

01011 - Filtered - 2%

Unit Price - \$7.99



Parag All Natural Yogurt

6/650g

\$1.88

19103 - 3%

19104 - 2%

Case Price - \$11.29



Sealtest Cream

1/473ml

\$2.29

03001 - 5% Light

03007 - 10% Half Half

Unit Price - \$2.29



Lactantia Milk

6/1.5L

\$4.00

01083 - Pf 2% Bottle

Unit Price - \$23.99



Québon Cream

1/1L

\$7.49

03022 - 35% Ultra Cook Crm

Case Price - \$7.49



Del Monte Orange Juice (NSA)

6/2.5L

\$6.00

16620 - Morning Sunshine - No Pulp

16619 - Morning Sunshine - With Pulp

16621 - Pineapple Orange

Case Price - \$35.99



Cloverleaf Crab Delectables

12/227g

\$2.55

63060 - Leg Style

63062 - Flake Style

Lobster

63065 - Flake Style

Case Price - \$30.61



Renee's Salad Dressing

6/350ml - 6/355ml

\$3.75

63377 - Balsamic Vinaigrettes

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

63477 - Poppy Seed Regular

With Onion

63450 - Vinaigrette - Ravin Raspberry

Case Price - \$22.50

12/355ml

63370 - Caesar

63372 - Caesar Half Fat

63442 - Mighty Caesar

Case Price - \$45.00



Becel Margarine (Tub)

12/850g

\$7.69

60317 - Vegan

75469 - Olive Oil

60302 - Original

Case Price - \$92.28



Imperial Margarine (Tub)

12/850g

\$5.99

60310 - Non Hydrogenated

Case Price - \$71.88



Shivani's Paneer

20/300g

\$3.99

58311 - Malai

Case Price - \$79.80

FREEZER



Chef Bombay Meal

8/240g - 8/350g

\$3.99

65842 - Mini Butter Chicken Naanpanadas
65840 - Vegetable Pakoras with Tamarind Sauce
65838 - Butter Chicken
65841 - Chicken Tikka Masala with Basmati Rice

Case Price - \$31.92



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



Deep Flatbread

24/300g - 24/383g

\$2.75

76700 - Garlic Naan
76703 - Paneer Paratha
76701 - Tandoori Naan
76702 - Aloo Paratha (Potato)

Case Price - \$66.00



Butcher's Selection Stampede Pork Back Ribs

12/680g

\$6.99

66524 - Texas BBQ FC

Case Price - \$83.88



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



Apna Taste Frozen Meals

10/10ct

\$4.49

63992 - Samosa - Spinach & Cheese Medium

Case Price - \$44.90



10/500g

\$3.49

63995 - Samosa - Potatoes & Peas Large

63996 - Samosa - Potatoes & Peas 10 Medium

Case Price - \$34.90



10/660g

\$4.49

63998 - Samosa - Potatoes & Peas

Case Price - \$44.90



10/850g

\$6.99

63993 - Pistachio Rasmalai

Case Price - \$69.90



\$3.99

63994 - Gulab Jamun

Case Price - \$39.90



Promise Gluten Free

12/168g

\$4.99

82412 - Original Tortillas 4 Pack

Case Price - \$59.88



5/280g

\$3.99

82422 - Mult Seed Bagels 4 Pack

Case Price - \$19.95



6/260g

\$4.54

82420 - Soft White Rolls 4 Pack

Case Price - \$27.24



Stonefire Flatbreads Mini Naan

14/200g

\$1.59

98011 - 4 Pack Original

Case Price - \$22.26



14/200g

\$1.89

98104 - Garlic

Case Price - \$26.46

Naan

18/250g

\$1.49

98000 - Original

Case Price - \$26.82



\$1.69

98100 - Roasted Garlic

Case Price - \$30.42

10/400g

\$2.10

98103 - Artisan

Case Price - \$21.00



Watson Ridge Chicken

6/800g

\$4.99

43518 - Strips

43519 - Nuggets

43596 - Popcorn

43597 - Burgers

Case Price - \$29.94



Cheemo Perogies

10/907g

\$2.49

64816 - Potato Bacon Romano
Cheese

64817 - Potato Cheddar Cheese

64818 - 3 Cheese Wht Chd,
Swiss, Moz

64819 - Ukrainian Style
Roasted Garlic

Case Price - \$24.90



6/2kg

\$4.69

64824 - Potato & Cheddar Cheese

Case Price - \$28.14



Billio Non Dairy Dessert

8/1L

\$7.10

94111 - Dark Chocolate

94112 - Raspberry Cranberry Hibiscus

94113 - Mango

Case Price - \$56.80



Pillsbury Pizza Pops

12/380g

\$3.10

66151 - Three Cheese

66153 - Pepperoni & Bacon

66154 - Deluxe

66155 - Pepperoni

Case Price - \$37.20



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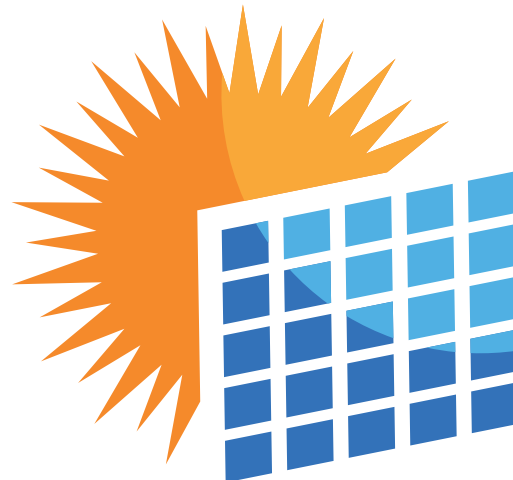


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