



Supporting Ontario's Independent
Businesses For Over 30 Years!

NEW DEALS!

OCTOBER 06 - OCTOBER 17, 2025

Independently Owned Proudly Canadian! 🍁

AD #21



ORDER NOW!



McCain Superfries

12/454g - 12/650g

\$3.39

69176 - Sweet Potato Plank Cut
69193 - 5 Minute Shoestring With
Sea Salt
69191 - Extra Crispy Spicy
69192 - Straight Cut With Sea Salt

Fries

12/650g

66101 - Masala

Potato Bites

12/550g

66120 - Chili Garlic

Case Price - \$40.68



KFI Cooking Sauces

12/375ml

\$3.88

43457 - Butter Chicken
43458 - Tikka Masala

Case Price - \$46.50



Derlea Seasoning

12/125g

\$1.50

34357 - Minced Garlic

Case Price - \$18.00

12/120g

\$1.95

34360 - Minced Ginger

Case Price - \$23.40



Mina Halal Chicken Fz

8/600g

\$6.27

59643 - Chicken Nuggets Fz

Case Price - \$50.18

8/600g

\$6.46

59644 - Chicken Strips Fz

Case Price - \$51.66



Heinz Juice

12/1.36L

\$2.08

24612 - Tomato

Case Price - \$24.99



Becel Margarine (Tub)

24/427g

\$3.99

60301 - Original

60303 - Vegan

60304 - With Olive Oil

Case Price - \$95.84



Gullon Maria Cookies

10/600g

\$2.90

75652 - Original

Case Price - \$28.99



Oasis Orange Juice NFC

8/1.5L

\$4.50

21245 - No Pulp

21243 - With Pulp

Case Price - \$35.99

SALE PRICES IN EFFECT OCTOBER 06 - OCTOBER 17, 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!

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



Bai Beverage

12/530ml

\$2.58

28182 - Malawi Mango

28184 - Molokai Coconut

28185 - Zambia Zing Cherry

28186 - Kula Watermelon

91886 - Raspberry Lemon Lime

Case Price - \$30.99



C4 Energy Drink

12/473ml

\$2.67

91880 - Hawaiian Punch

91882 - Superhuman Frzn Bombsicle

91884 - Strawberry Watermelon Ice

91885 - Grape Popsicle

Case Price - \$31.99



NEW!

Electrolit Electrolyte Beverage

12/625ml

\$2.33

88831 - ZERO - Berry Blast

88832 - Blue Raspberry

88833 - Strawberry Kiwi

88834 - ZERO - Lemon Breeze

Case Price - \$27.99



Budweiser Zero Non Alcoholic Beer

4/6x355ml

\$10.00

24036 - 0.0% Alcohol

Case Price - \$39.99



Corona Cero Non Alcohol Beer - 0.0% Alcohol

4/6x330ml

\$10.50

24000 - Bottle

Case Price - \$41.99



2/12x355ml

\$21.00

24001 - Can

Case Price - \$41.99



Busch NA Brew Beer

12/355ml

\$0.67

24090 - Non Alcohol (Can)

Case Price - \$7.99



Mott's Fruitsations Cups

12/6x104g

\$3.00

36450 - Apple

36451 - Unsweetened Applesauce

Case Price - \$36.00



Mott's Fruitsations Applesauce

12/620ml

\$2.38

73213 - Sweet

73214 - Unsweetened

Case Price - \$28.50



Mott's Clamato Juice

8/1.89L

\$4.37

24726 - The Original

24727 - Extra Spicy

Case Price - \$34.99



Garden Cocktail

8/1.89L

\$4.25

24713 - Original

Case Price - \$33.99



Snapple Beverage (PET)

12/473ml

\$1.00

22542 - Peach Tea

22545 - Lemon Iced Tea

22547 - Kiwi Strawberry

22548 - Lemonade

22549 - Mango Madness

22555 - Zero Sug Lemon Tea

Case Price - \$11.99



Beck's Non Alcoholic Beer

4/6x330ml

\$11.25

24042 - 0.0% Alcohol

Case Price - \$44.99



Realemon Juice

12/945ml

\$2.60

21450 - Lemon

Case Price - \$31.25

BEVERAGE



Del Monte Nectar

4/8x200ml

\$3.62

16624 - Peach

16622 - Guava

16623 - Mango

Case Price - \$14.49

12/960ml

\$1.92

73063 - Mango

73064 - Peach

73069 - Pear

73089 - Guava

16616 - Passion Fruit

22966 - Pineapple

Case Price - \$22.99



Del Monte On Ice Refreshing Beverage

6/1.89L

\$3.00

22973 - Peach Lychee

22974 - Strawberry Dragon Fruit

Case Price - \$17.99



Del Monte Juice

8/1.6L

\$3.00

16825 - Morning Sunshine Orange

72174 - Pineapple Breeze

72175 - Pineapple & Orange

72177 - Guava & Mango Blend

Case Price - \$23.99



Rubicon Juice

12/1L

\$2.17

22247 - Mango

22248 - Guava

22249 - Lychee

22250 - Pomegranate

22253 - Passionfruit

22254 - Soursop Guanabana

22264 - Pineapple Coconut

Case Price - \$25.99



Exotic

12/1L

\$2.75

22266 - Mango Dragon Fruit

22267 - Pomegranate Sour Cherry

Case Price - \$32.99



Coconut Water

8/1L

\$3.62

22255 - Organic

Case Price - \$28.99

12/330ml

\$1.75

22263 - Organic NAS

Case Price - \$20.99





**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



**Sunny Delight
Beverage**
12/500ml

\$1.08

63326 - Tangy Original
73039 - Smooth California

Case Price - \$12.99



8/1.89L

\$3.25

63334 - Smooth
63335 - Tangy
63336 - Orange Strawberry

Case Price - \$25.99



**Maison Perrier
Sparkling Water**
12/1L

\$1.92

70051 - Forever Pineapple
70052 - Forever Grapefruit
70053 - Forever Strawberry

Case Price - \$22.99

6/1L

24487 - Regular
24489 - Forever Lemon
24490 - Infinitum Lime

Case Price - \$11.49



Kool Aid Jammers
4/10x180ml

\$3.75

22820 - Cherry
22821 - Grape
22822 - Tropical Punch
22824 - Kiwi Strawberry
22825 - Blue Raspberry
22823 - Orange

Case Price - \$14.99



**Rougemont
Apple Juice**
6/2L

\$3.33

20023 - Mellow
20024 - McIntosh

Case Price - \$19.99



Oasis Juice
24/300ml

\$0.96

21261 - 100% Orange Juice from Concentrate

Case Price - \$22.99
24/300ml



\$0.83

21262 - Apple Juice from Concentrate

Case Price - \$19.99



**5 Hour Energy
Extra Strength Drink**
12/57ml

\$2.92

91812 - Grape
91813 - Berry

Case Price - \$34.99



**Cwench Sports
Hydration Drink**
12/500ml

\$2.00

13722 - Berry Crush
13723 - Blue Raspberry
13724 - Cherry Lime
13725 - Tropical Flow
13726 - Rainbow Swirl

Case Price - \$23.99



Eska Water

12/500ml

\$0.27

24415 - Natural Spring Water

Case Price - \$3.29



Naya Spring Water

24/600ml

\$0.21

24443 - Bottle

Case Price - \$4.99

12/1.5L

\$0.58

24432 - Bottle

Case Price - \$6.99



Flow Naturally Alkaline Spring Water

12/1L

\$1.58

21940 - Spring Water

Case Price - \$18.99

12/500ml

\$1.00

21930 - Organic Strawberry and Rose

21934 - Spring Water

Case Price - \$11.99



Asahi Alcohol Free 0.0% Beer

4/6x330ml

\$9.25

20338 - Super Dry (Can)

Case Price - \$36.99



Sleeman Zero Non Alcohol Beer

4/6x355ml

\$8.75

24070 - Electrolytes & Coconut Water

Case Price - \$34.99



Fiji - Natural Artesian Water

24/500ml

\$1.21

24400 - Natural

Case Price - \$28.99

12/1.5L

\$2.50

24404 - Natural

Case Price - \$29.99



Ice River Green Bottle

1/15L

\$4.49

74100 - Natural Spring Water
74560 - Distilled Water

Unit Price - \$4.49



Grolsch - 0.0% Alcohol

6/4x500ml

\$5.50

24046 - Non Alcohol Beer

Case Price - \$32.99



6/4x500ml

\$6.00

24047 - Lemon Radler Non Alcohol Beer

Case Price - \$35.99



Peroni Nastro Azzurro Beer 0.0%

4/6x330ml

\$9.25

20307 - Cans

20306 - Glass Bottle

Case Price - \$36.99

FRONT SHOP CONFECTIONERY



Frankie's Organic Clouds

12/120g - 12/140g

\$2.33

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 - \$27.99



Kettle Potato Chips

12/198g

\$3.17

71305 - Backyard BBQ
71306 - Parmesan Garlic
71310 - Sea Salt
71311 - New York Cheddar
71312 - Sea Salt & Vinegar
71313 - Honey Dijon
71325 - Jalapeno
71326 - Yogurt & Green Onion

Case Price - \$37.99



Terra Chips

12/141g

\$4.00

04510 - Original Low Sodium
04511 - Mediterranean
04513 - Sweet Potato NSA
04508 - Sour Cream & Onion
04507 - Sweet Potato Sea Salt
04514 - Sweets & Beets

Case Price - \$47.99



Planters

12/200g

\$4.42

40042 - Planters Deluxe Mixed Nuts
40% Cashews Roasted with Salt

Case Price - \$52.99

12/600g

\$5.75

40045 - Dry Roasted Peanuts

Case Price - \$68.99

Peanuts In Shell

24/200g

\$1.50

40044 - Roasted With Salt

Case Price - \$35.99

24/400g

\$2.33

40043 - Roasted No Salt

Case Price - \$55.99



Snyder's of Hanover Pretzel Pieces

12/240g

\$2.67

89181 - Cheddar Cheese
89183 - Hot Buffalo Wing
89184 - Honey Mustard & Onion

Pretzels

89182 - Mini

Case Price - \$31.99



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



Popeye Candy

48/16g

\$0.29

75097 - Sticks

Case Price - \$13.99



Quaker Crispy Minis Gluten Free

\$2.58

12/100g

04862 - Chips Bbq

04864 - Ketchup

04868 - Cheddar Cheese

04870 - Sour Cream & Onion

04853 - Butter Popcorn

04866 - Sweet Chili

04873 - Dill Crunchy

04876 - All Dressed Rice Chips

Case Price - \$30.99



Werther's Original

12/170g

\$3.75

74323 - Caramel Popcorn

Case Price - \$44.99



Toffifee Candy Box

12/123g

\$2.83

75233 - Candy Box

Case Price - \$33.99



\$2 Surprise Bag

24/75g

\$1.42

75095 - Surprise Bag

Case Price - \$33.99



Zaini Chocolate

24/20g

\$1.42

74649 - NHL Eggs

Case Price - \$33.99



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



Ricola Cough Drops (Peg Bags)

8/75g

\$2.50

82303 - Honey Lemon Echinacea
82304 - Mountain Herb
82305 - The Original Natural Herb
82307 - Extra Strength Icy Menthol
82308 - Cherry Honey

Case Price - \$19.99

Box

10/45g

\$2.40

82309 - Low Sugar - Berry Medley
82310 - NSA - Lemon MInt
82311 - Glacier Peppermint

Case Price - \$23.99



Junior Mints

12/113g

\$2.25

74630 - Family Size

Case Price - \$26.99



Tic Tac T60 Mints

12/29g

\$1.50

75275 - Fresh Mint
75274 - Orange

Case Price - \$17.99



Kinder Bueno Chocolate

12/97g

\$3.25

10284 - Mini

Case Price - \$38.99



Ferrero Rocher

6/259g - 6/300g

\$14.50

71465 - Pralines Ferrero Rocher Collection T24

71464 - Ferrero Rocher T24 Diamond Box

Case Price - \$86.99

8/125g

\$8.00

74574 - Grand Rocher

Case Price - \$63.99

24/100g

\$6.29

75298 - Kinder Surprise Maxi

Case Price - \$150.99



Dubble Bubble

24/66g

\$0.75

75070 - Assorted Gum balls

Case Price - \$17.99



Tootsie Roll Pops

48/17g

\$0.27

75075 - Assorted

Case Price - \$12.99



Pur Mints

12/30g

\$1.58

82111 - Peppermint

82112 - Tangerine Tango

82113 - Spearmint

Case Price - \$18.99

Pur Gum

12/9pc

\$1.17

82114 - Bubble Gum

82115 - Spearmint

82116 - Peppermint

Case Price - \$13.99



DISPLAYERS



Werther's Original Displayer

48/170g

\$3.40

75208 - Caramel Popcorn Displayer

Case Price - \$162.99



Reese's Big Cup Skinny Tower

144/Assorted

\$1.70

28897 - Reeses BC S Tower

32 - Reese PB Big Cup 79g

48 - REESE PEANUT BUTTER CUPS

BIG CUP W/

64 - REESE'S PEANUT BUTTER CUPS W/REESE'

Case Price - \$244.99

GROCERY



Tim Hortons Coffee - (Bag)

6/300g

\$10.00

74998 - Decaf

74999 - Original

75000 - Dark Roast

74997 - Whole Bean

Case Price - \$59.99



Hot Chocolate - (Can)

12/500g

\$4.92

74995 - Original

Case Price - \$58.99

K - Cups 12 CT

6/126g

\$11.00

75008 - Original

75011 - Dark Roast

Case Price - \$65.99



Tassimo Coffee

5/263g

\$7.80

28857 - Cappuccino

Case Price - \$38.99



5/126g

\$7.60

14587 - Maxwell House Blend

Case Price - \$37.99



Grissol Melba Toast

12/200g

\$2.50

04700 - Plain

04704 - Sesame

Case Price - \$29.99



Croutons Classic Style

12/135g

\$1.75

50069 - Creamy Caesar

50070 - Garden Herb

Restaurant Style

50071 - Garlic & Herb

50072 - Caesar

Case Price - \$20.99



Quaker Oats

12/900g - 12/1kg

\$3.00

10671 - Quick

10681 - Large Flake

10691 - One Minute

Case Price - \$35.99



Mutti

12/156ml

\$2.50

12188 - Tomato Paste

Case Price - \$30.00



Kraft Dinner Mac & Cheese

35/200g

\$1.15

13100 - Original

Case Price - \$40.25



Italpasta

12/900g

\$1.66

12158 - Spaghetti

12159 - Linguine

12160 - Elbow

12161 - Rotini

12162 - Penne Rigate

12163 - Rigatoni

12168 - Spaghettini

12169 - Fusilli

12170 - Fettuccine

12171 - Traditional Orzo

12172 - Vermicelli

12180 - Scoobie Doo

23157 - Small Shells

23158 - Large Shells

23177 - Penne Lisce

27233 - Bucatini

27272 - Acini Di Pepe

27274 - Pennine Rigate

27275 - Bocconcini

27279 - Capellini

72777 - Baby Shells

Case Price - \$19.95



Classico Pesto Sauce

12/218ml

\$3.75

31436 - Basil

Pasta Sauce

12/410ml

28680 - Rosee Di Lombardia

31437 - Di Roma Alfredo

31440 - Alfredo & Roasted Garlic

31462 - Spicy Tomato Parmesan

12/600ml

31423 - Di Napoli Tomato & Basil

31425 - Di Campania Sweet Basil

Marinara

31429 - Di Parma Four Cheese

31431 - Spicy Red Pepper

31432 - Roasted Portobello Mushroom

31433 - Bolognese

31434 - Di Sorrento Roasted Garlic & Onion

31435 - Di Milano Vodka

31445 - Fire Roasted Tomato Garlic

31449 - Di Liguria Tomato Alfredo

31457 - Italian Sausage Pepper Onion

Case Price - \$45.00



Dare Whippet

12/250g

\$3.33

04292 - Original

Case Price - \$39.99



Ultimate Creme Cookies

12/290g-12/300g

\$2.79

75711 - Chocolate Fudge

75712 - Lemon

75714 - Maple

75713 - Coconut

Case Price - \$33.49



Dare Breaktime

12/250g

\$1.29

80202 - Ginger

80203 - Chocolate Chip

80200 - Coconut

80201 - Oatmeal

Case Price - \$15.49



Heinz Canned Beans/Pasta

24/398ml

\$1.75

25718 - In Tomato Sauce

25728 - Deep Browned In Tomato Sauce & Pork

25738 - Deep Browned In Tomato Sauce

25748 - Deep Browned In Molasses & Pork

28104 - Tomato Sauce & Pork

28674 - British Style

25720 - Maple Style

31177 - Alphagetti

31183 - Zoodles

Case Price - \$42.00



Swanson RTS Broth

24/412ml

\$1.10

73068 - Chicken

Case Price - \$26.50



Nabob Coffee

6/340g

\$8.50

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

Case Price - \$50.99



Voortman Cookies Wafers

12/300g

\$2.00

99500 - Vanilla
99501 - Chocolate
99502 - Strawberry



Turnover

99503 - Raspberry
99504 - Blueberry
99505 - Strawberry

Case Price - \$23.99



Bakers Chocolate

24/225g

\$4.00

28155 - Semi Sweet
28158 - Unsweetened

Case Price - \$96.00



McVities Digestive Biscuits

12/300g - 12/400g

\$4.25

04086 - Dark Chocolate
04087 - Original
31051 - Milk Chocolate

Case Price - \$50.99



Annas Cookies

12/150g

\$2.83

75654 - Ginger Thins
75653 - Almond Thins

Case Price - \$33.99



Nutella & GO

48/52g

\$1.58

37601 - Breadstick T12x4

Case Price - \$75.99



Kraft Cheez Whiz

12/450g

\$5.25

61216 - Original

Unit Price - \$63.00



Lotus Biscoff

10/250g

\$2.90

75651 - Biscoff

Case Price - \$28.99



Sugar Twin

12/100Pk

\$3.25

19005 - Original

Case Price - \$39.00



Betty Crocker Brownie Mix

12/550g

\$2.75

07730 - Frosted

Case Price - \$33.00



Heinz Ketchup

12/750ml - 12/1L

\$4.88

28110 - Squeeze
28464 - Low Sodium
28677 - No Sugar Added
43014 - Squeeze

Case Price - \$58.50



McIlhenny Tabasco Sauce

12/57ml

\$2.25

43578 - Original
75960 - Chipotle

Case Price - \$27.00



Cholula Hot Sauce

12/150ml

\$3.50

43487 - Original

Case Price - \$42.00



Allens Vinegar

12/500ml

\$1.08

42106 - Pure White

Case Price - \$12.95



Club House Seasoning

12/25g - 12/47g

\$0.75

58120 - Chili Hot and Spicy
58121 - Beef and Broccoli Stir Fry
58122 - Shepherd's Pie Mix
58123 - Super Burger Mix
58124 - Taco
58125 - Oriental Stir Fry
58126 - Chili Mix
58127 - Sloppy Joe
58128 - Meat Marinade
58129 - Beef Stew
58130 - Meatloaf
58131 - Spaghetti Mix
58133 - Mesquite Marinade
58138 - Taco Seas Mix 25% Less Salt
Gluten Free

Case Price - \$9.00



Braggs Condiment

12/473ml

\$4.00

42123 - Savoury Liquid Seasoning
Gluten Free

Case Price - \$48.00



Bertolli Vinegar

12/500ml

\$2.75

42100 - White Wine
42102 - Red Wine

Case Price - \$33.00

12/500ml

\$4.00

42153 - Balsamic of Modena
42154 - White Balsamic

Case Price - \$48.00



Mazola Oil

6/2.84L

\$9.00

40025 - Corn
40026 - Canola
73129 - Vegetable

Case Price - \$54.00



Terra Delyssa

6/500ml

\$6.00

40064 - Extra Virgin Olive Oil
(Squeezable)

Case Price - \$36.00

GENERAL MERCHANDISE



Febreze Air Freshener

6/250g

\$3.20

46990 - Air Gain Island
46991 - Mediterranean Lavender
93824 - Sky Linen
46976 - With Downy - April Fresh

Air Mist

46977 - Heavy Duty Crisp Clean
46978 - Moonlight Breeze+Gain
46979 - Hawaiian Aloha

Case Price - \$19.75



Tide Liquid Laundry Detergent

4/3.9L

\$25.00

96107 - CW Clean 100L- Iris Bouquet
96108 - Free & Gentle
96109 - Original
96110 - HE 100 Load - Original

Case Price - \$100.00



Gain Flings

4/42ct

\$12.00

96128 - Moonlight Breeze
96129 - Original

Case Price - \$48.00



Cashmere Bathroom Tissue

9/8DR

\$5.75

51053 - 8=16 - 242 Sheets

Case Price - \$51.75



Dawn Ultra Dish Soap

8/982ml

\$4.50

46505 - Original

Case Price - \$36.00



Bounty Paper Towel

6/2=5

\$6.00

46927 - SAS 2=5 Roll

Case Price - \$36.00

HEALTH & BEAUTY



Vaseline Lotion

6/295ml

\$6.50

72459 - Dry Skin Lotion
74812 - Intensive Care - Aloe Vera

Case Price - \$39.00



Gravol Ginger

6/20ct

\$6.75

73387 - Multi Symptom

Case Price - \$40.50



Benylin Cold & Sinus

6/20pk

\$7.75

90410 - Day Night 24 Hour

Case Price - \$46.50

4/100ml

90401 - Extra Strength Cough and

Chest Congestion

Case Price - \$31.00



MAPLE LEAF



Real food for real families



Maple Leaf Bacon Natural

32/375g

\$6.22

59428 - Original
59429 - Lazy Maple
59430 - Salt Reduced

Case Price - \$199.10

12/375g

\$6.50

73634 - Original
73635 - Less Salt

Case Price - \$77.94

Maple Leaf Natural Selection

8/175g

\$4.94

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
63580 - Black Forest Ham
63581 - Oven Roasted Turkey Breast
63582 - Oven Roasted Chicken Breast
59495 - Baked Ham
59496 - Honey Ham

Case Price - \$59.29



Maple Leaf Top Dogs Wieners

12/375g

\$3.91

59444 - Less Salt
59447 - Original BBQ Size
63583 - Original Regular Size

Case Price - \$46.86

Maple Leaf Fully Cooked Breakfast Sausage

12/300g

\$5.47

59670 - Links
60819 - Patties

Case Price - \$65.68



Maple Leaf Meals

6/450g

\$8.85

60845 - Pulled Pork Classic BBQ Sauce

Case Price - \$53.07

Schneiders Pepperettes

20/60g

\$1.78

59502 - Orig Dry Sausage
60816 - Pepperoni
60817 - Hot Pepperoni

Case Price - \$35.67





Schneiders Breakfast Sandwiches

8/204g - 8/288g

\$5.65

60866 - Bacon & Egg Croissant
60867 - 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



Schneiders Naturally Hardwood Smoked Sausages

12/375g

\$5.69

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

Case Price - \$68.27



Lunchmate Kit

12/90g - 12/120g

\$2.36

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 - \$28.29



Mina Halal Chicken Fz

8/720g

\$8.19

59768 - Supreme Crunch Chicken Drumsticks Fz

Case Price - \$65.52

10/600g

\$8.35

59715 - Tandoori Chicken Burger Fz

Case Price - \$83.54

6/568g

\$8.38

59716 - Mozza Stuffed Chicken Fz

Case Price - \$50.25

6/600g

\$7.99

59717 - Supreme Crunch Spicy Chicken Burger Fz

59718 - Supreme Crunch Spicy Chicken Bite Fz

Case Price - \$47.91

8/552g

\$6.47

59425 - Breaded Chicken Burger Fz

Case Price - \$51.74



Deli Meat

4/1.75kg

\$20.04/kg

59520 - Sch Jumbo Summer

2/3.75kg

\$11.80/kg

59542 - Sch Blue Ribbon Bologna

REFRIGERATION



Lactantia UltraPur Milk (Bottle)

6/1.5L

\$5.17

03500 - 2% NSA
03501 - 1% Chocolate
03503 - 3% NSA

Case Price - \$30.99



Astro Original Balkan Yogourt

6/750g

\$2.99

09038 - 6% Plain
09039 - 3.2% Plain
09040 - 2% Plain

Case Price - \$17.94



Zerto Parmesan Cheese

12/140g

\$5.29

06075 - Shred Cups

Case Price - \$63.49



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



Kraft Cheese

24/410g

\$4.99

61513 - Singles (22)

Case Price - \$119.76



Celebrity Goat Milk Cheese

2/1kg

\$20.50

06077 - Original

Case Price - \$40.99

2/1kg

\$21.50

06108 - Crumbled

Case Price - \$42.99



Celebrity Goat Cheese

12/113g

\$3.00

06325 - Light
06326 - Cranberry Cinnamon

Case Price - \$35.99

12/113g

\$2.92

06328 - Mediterranean
06329 - Herb & Garlic
06330 - Plain

Case Price - \$34.99



Cracker Barrel Shredded Cheese

12/320g

\$6.49

28749 - Double Cheddar
60450 - Tex Mix
60452 - Mozzarella
60454 - Mozzarella Cheddar
60456 - 4 Cheese Italiano

Case Price - \$77.88



Grande Mozzarella

24/284g

\$5.00

60942 - Mozzarella Balls

Case Price - \$119.99



Gay Lea Aerosol Whip Cream

12/225g

\$3.29

03049 - Light
03050 - Chocolate
03093 - Coconut
01129 - Pumpkin Spice Coconut

Case Price - \$39.48



Black Diamond Cheesestings

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



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



Greenhouse Organic Protein Shake

6/300ml

\$3.10

75221 - Chocolate
75222 - Vanilla
75223 - Matcha

Case Price - \$18.60



Philadelphia Cream Cheese

24/250g

\$3.99

62208 - Original

Unit Price - \$95.76

Soft

12/227g

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

Whipped

12/227g

62301 - Original
28779 - Chive

Unit Price - \$47.88

Dips

12/227g

\$2.75

62502 - Onion
62506 - Herb & Spice

Case Price - \$33.00



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





Sundia True Fruit

12/217ml

\$1.60

16600 - Cherry Medley
16601 - Peach
16602 - Grapefruit
16603 - Mandarin Orange
16604 - Pineapple

Case Price - \$19.20



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

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

12/355ml

\$2.33

55068 - Lime Lust Low Sug
55075 - Grapefruit Fizz Low Sug
55076 - Berry Bounce Low Sug
55077 - Ginger Twist Org Low Sug

Case Price - \$27.99



Oasis Juice

8/1.6L

\$3.75

JUICE NSA

63218 - 100% Juice + Vitamin C Orange Mango

HEALTH BREAK NSA

21241 - Orange Pineapple Passion Fruit Coconut
63217 - Berry & Pomegranate
25091 - Orange Carrot Mango
22953 - Concord Grape Raspberry Pomegranate

SMOOTHIE NSA

63220 - Strawberry Banana LF
63222 - Green Active
63226 - Tropical Mango LF
63236 - Berry LF

Case Price - \$29.99



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 - Bresaola (Beef)

Case Price - \$43.12



Derlea Seasoning

12/250g

\$1.60

34350 - Garlic Spread

Case Price - \$19.25



Icim Cheese

12/250g

\$3.79

28799 - Halloumi

Case Price - \$45.45



Labneh

12/550g

\$5.49

60474 - Turkish

Case Price - \$65.88

FREEZER



High Liner Fish

12/500g - 12/700g

\$7.99

20526 - Beer Battered Fillets
73320 - Crispy Breaded Fish Sticks

Case Price - \$95.88



Janes Pub Style Chicken - Fully Cooked

6/700g

\$7.61

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

Case Price - \$45.66



Johnsonville Sausage

12/500g

\$5.49

66701 - Hot Italian
66702 - Mild Italian

Case Price - \$65.88

Breakfast

12/375g

\$4.99

66704 - Original
66705 - Maple

Case Price - \$59.88



Borek Frozen Meals BITES

18/454g

\$3.75

64244 - Ricotta & Feta Cheese
42006 - Spinach & Cheese

Case Price - \$67.55



Yucatan Guacamole

6/227g

\$3.99

97011 - Spicy
97017 - Authentic
97019 - Mild

Case Price - \$23.94



Crafty Ramen Frozen Meals

12/500g - 12/540g

\$6.99

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

Case Price - \$83.88



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



Cavendish Farms Hash Brown Patties

12/20ct

\$4.00

69123 - Classic
69124 - Onion Flavour

Case Price - \$48.00



Michelina's Green Box

8/255g - 8/284g

\$1.99

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

Case Price - \$15.92



McCain Regular Fries

12/800g

\$2.29

64073 - Shoestring
64074 - Crinkle Cut
64075 - Straight Cut

Case Price - \$27.48



McCain Classic Pizza Pockets

16/300g

\$3.30

64068 - Pepperoni
64067 - 3 Cheese

Case Price - \$52.80



Breakfast

12/800g

\$2.29

69189 - Hashbrowns

Case Price - \$27.48



Heinz Bagel Bites Pizza Snacks

8/198g

\$2.59

66169 - Three Cheese
66170 - Cheese & Pepperoni

Case Price - \$20.72



KD Deluxe

5/340g

\$4.29

28321 - Four Cheese
28322 - Creamy Cheddar

Case Price - \$21.45



Red Baron Pizza Classic Crust

16/584g - 16/664g

\$3.55

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

Thin & Crispy

16/422g - 16/447g

90312 - Pepperoni
90311 - 5 Cheese

Case Price - \$56.80

Deep Dish Singles

12/318g

\$3.10

90300 - 4 Cheese

12/326g

90302 - Supreme

Case Price - \$37.20



Smuckers Uncrustables Sandwiches

8/208g - 8/232g

\$3.99

38642 - Chocolate Flavoured
Hazelnut
38641 - Peanut Butter Strawberry
38643 - Peanut Butter & Grape

Case Price - \$31.92



Tenderflake

12/255g - 12/397g

\$3.65

64252 - Regular Tart Shells
64253 - Deep Dish Pie Shells
64251 - Puff Pastry

Case Price - \$43.80



Elite Sweets 6" Cake

4/700g

\$8.59

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

Case Price - \$34.36



CT Bakery Mini Donuts

15/288g - 15/366g

\$2.99

98206 - Chocolate Boston Cream
98208 - Caramel Crunch
98207 - Cookies & Cream

Case Price - \$44.85



Kraft CoolWhip

24/1L

\$3.51

67004 - Whipped Topping

Case Price - \$84.35



Schaaf Loaf

12/390g

\$3.05

64209 - Lemon
64210 - Marble
64211 - Golden
64212 - Banana

Case Price - \$36.60

Mini 6 Pack

8/400g

64202 - Marble

Case Price - \$24.40

8/400g

\$4.00

64203 - Chocolate Brown Butter
64204 - Lemon
64205 - Blueberry

Case Price - \$32.00



McCain Deep n Delicious Cake

6/510g

\$4.99

64064 - Chocolate
64066 - Vanilla
64070 - Marble
64071 - Cookies & Cream
66143 - Salted Caramel Cake

Case Price - \$29.94



Kings Pastry Coffee Cake

4/750g

\$8.79

64242 - Lemon Poppy Seed
64224 - Chocolate
64225 - Cinnamon
64241 - Wildberry

Case Price - \$35.14



Martin's Potato Rolls

7/425g

\$4.05

65012 - 12 Slider

Case Price - \$28.35

8/425g

\$3.85

65013 - 8 Long

Case Price - \$30.80

8/425g

\$4.00

65014 - 24 Party

Case Price - \$32.01

9/425g

\$3.55

65017 - 8 Sandwich

Case Price - \$31.95

5/723g

\$6.45

65011 - 4" Burger Buns

Case Price - \$32.25

Martin's Big Seeded Hamburger Rolls

6/510g

\$4.55

65015 - 8 Large

Case Price - \$27.30

Martin's Potato Bread

8/510g

\$3.85

65016 - Sandwich

Case Price - \$30.80



Furlani Bread Texas Toast

8/638g

\$3.55

73946 - Garlic Parmesan

Case Price - \$28.40

12/326g



\$3.29

74883 - Stuffed Breadsticks Mozzarella

Case Price - \$39.48

20/284g



\$1.70

06021 - Garlic Bread

Case Price - \$34.00



ACE Bakery

8/296g

\$2.39

10406 - Brioche Gourmet Buns
Classic 4 Pack

Case Price - \$19.11



Promise Gluten Free Buns

6/260g - 6/280g

\$4.99

82415 - Brioche Hamburger Buns 4
Pack

82414 - Brioche Hotdog Bun 4 Pack

Case Price - \$29.94



Pretzilla Soft Pretzel Bread

12/365g

\$2.90

89151 - 4 Burger Buns

Case Price - \$34.80

15/294g

89152 - 4 Sausage Buns

Case Price - \$43.50



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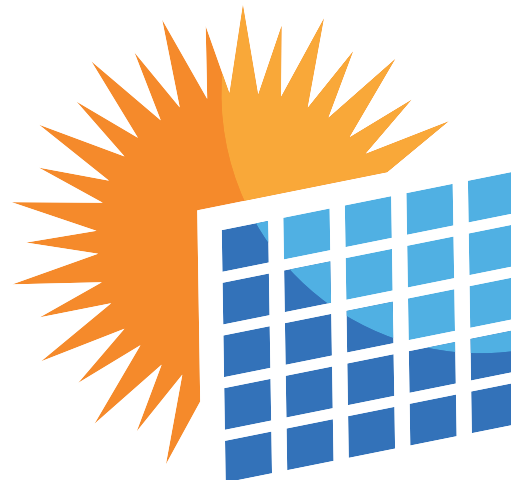


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