



Supporting Ontario's Independent
Businesses For Over 30 Years!

NEW DEALS!

OCTOBER 20 - OCTOBER 31, 2025

Independently Owned Proudly Canadian! 🍁

AD #22



ORDER NOW!



Furlani Texas Toast

8/638g

\$3.53

73945 - Garlic

73946 - Garlic Parmesan

Case Price - \$28.20



Janes Fish

6/450g - 6/510g

\$6.71

24645 - English Style

24646 - Beer Battered Burgers

24647 - Pub Style Fillets

24648 - Breaded Sticks

24649 - Tempura Battered

Case Price - \$40.23



NEW!

Hidden Valley Dressing

6/473ml

\$3.75

28210 - The Original Ranch

28211 - The Original Ranch Light

Case Price - \$22.50



Smart Sweets Candy

12/50g

\$2.67

89101 - Sweet Fish

89103 - Peach Rings

89105 - Cola Gummies

89106 - Sourmelon Bites

89104 - Gummy Worms

Case Price - \$31.99

14/50g

\$2.67

89114 - Tropical Sours

Case Price - \$37.39

14/45g

\$2.93

89115 - Caramels

Case Price - \$40.99



Los Cantores Tortilla Chips

12/325g

\$2.83

74134 - Original

74140 - Lime

Organic

12/280g - 12/325g

74148 - Chipotle

74166 - Nacho Cheese

Case Price - \$33.99



Cwench Sports Hydration Drink

12/500ml

\$1.92

13722 - Berry Crush

13723 - Blue Raspberry

13724 - Cherry Lime

13726 - Rainbow Swirl

13725 - Tropical Flow

Case Price - \$22.99

SALE PRICES IN EFFECT OCTOBER 20 - OCTOBER 31, 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.





Aylmer Tomatoes

24/796ml

\$2.25

- 27206 - Whole
- 27207 - Diced
- 75818 - Crushed
- 75716 - Diced No Salt

Case Price - \$54.00



Chef Boyardee

24/418g - 24/425g

\$2.25

- 31008 - Beefaroni
- 31018 - Beef Ravioli
- 31105 - Spaghetti & Meatballs
- 31022 - Mini Ravioli

Case Price - \$54.00



Pam Cooking Spray

12/141g - 12/170g

\$4.75

- 40219 - Air Fryer
- 40221 - With Olive Oil
- 40220 - Original

Case Price - \$57.00



Hunt's

48/156ml

\$1.13

- 27110 - Tomato Paste

Case Price - \$54.00



Slim Jim Meat Sticks

24/27.5g

\$1.33

- 13761 - Original
- 13762 - Mild
- 13763 - Hot AF

Case Price - \$31.99



VH Dipping Sauce

12/341ml

\$3.10

- 43592 - Sweet & Sour
- 43593 - Plum
- 43563 - Sweet Thai Chili

Case Price - \$37.25



Angies Boom Chicka Pop

12/64g

\$1.83

71064 - Sweet & Salty Kettle Corn

Case Price - \$21.99

8/136g - 8/198g

\$3.87

71063 - Sweet & Salty Kettle Corn

71062 - Sea Salt Popcorn

Case Price - \$30.99

12/170g

\$4.00

71066 - Sweet Chili Puffs

71067 - White Cheddar Puffs

Case Price - \$47.99



Orville Redenbacher Popcorn RTE

12/150g - 12/220g

\$3.67

70679 - Sweet & Salty Kettlecorn

70680 - Movie Theatre Butter

Case Price - \$43.99

12/850g

\$4.67

70670 - Popping Corn

Case Price - \$55.99

Orville Popcorn Pop Up Bowl

6/420g - 6/492g

\$5.50

70681 - Butter

70683 - Smart Pop

74173 - Extra Butter

Case Price - \$32.99

Mini Pack (3)

12/246g

\$3.00

70671 - Extra Buttery

70672 - Buttery

Case Price - \$35.99



Jiffy Pop Popping Corn

12/127g

\$2.58

74181 - Original

Case Price - \$30.99

BEVERAGE



Fruite Drink

6/2L

\$1.83

21970 - Peach

21972 - Grape

21976 - Fruit Punch

21978 - Lemonade

21979 - Raspberry Lemonade

21977 - Iced Tea

21986 - Berry Freeze Limited Edition

Case Price - \$10.99



Del Monte

6/1.36L

\$5.33

22972 - Prune Nectar

Case Price - \$31.99



Allen's Juice / Beverage (Tetra)

12/1L

\$1.50

22800 - Apple Juice from Concentrate+Vitamin C Added NSA
75858 - Cranberry Cocktail
20007 - Limonade
72226 - Fruit Juice
72228 - Peach Cocktail

Case Price - \$17.99



Juice Boxes

4/8x200ml

\$2.87

22860 - Apple from Concentrate+Vitamin C Added NSA
22862 - Fruit Punch
22864 - Strawberry Banana
20001 - Grape Cocktail
22865 - Peach
20002 - Lemonade

Case Price - \$11.49



Sparkling Ice Flavoured Water

12/503ml

\$1.08

74437 - Strawberry Kiwi
74438 - Orange Mango
76221 - Peach Nectarine
74440 - Black Raspberry
88803 - Coconut Pineapple
74463 - Black Cherry
88804 - Strawberry Watermelon

Case Price - \$12.99



Vita Coco Coconut Water

12/500ml

\$1.75

67026 - Pineapple
67027 - Pure Coconut
67035 - with Pressed Coconut

Case Price - \$20.99

6/4X330ml

\$5.17

67036 - Original

Case Price - \$30.99



Poppi Soda

12/355ml

\$2.17

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

Case Price - \$25.99



Ice River Green Bottled Water

4/4L

\$1.07

72392 - Spring
72404 - Distilled

Case Price - \$4.29



Eska Water

24/500ml

\$0.21

74091 - Natural Spring

Case Price - \$4.99



V8 Vegetable Cocktail

8/6X156ml

\$3.50

24750 - Original

Case Price - \$27.99



Ocean Spray Juice

8/1.77 L

\$4.87

21195 - Cranberry 100%

Case Price - \$38.99

Cocktail

8/1.89 L

\$4.50

21205 - Cranberry

75569 - Diet Cranberry

75570 - Cranberry Raspberry

Case Price - \$35.99

FRONT SHOP CONFECTIONERY



Hershey's Chocolate King Size

16/79g

\$1.75

28883 - Reese's Big Cup With Chocolate Lava

Case Price - \$27.99



24/75g - 24/85g

72288 - Eatmore

72290 - Reese Sticks

73120 - Oh Henry

Case Price - \$41.99



18/73g

75409 - Cookies N Cream

Case Price - \$31.49



Ferrero Rocher

6/259g - 6/300g

\$15.00

71465 - Pralines Collection T24

71464 - T24 Diamond Box

Case Price - \$89.99





Quaker Chewy Granola Bars

12/120g

\$2.42

70907 - Chocolate Chip
70908 - S'mores Bars

Dipps

12/150g - 12/156g

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

Case Price - \$28.99



Gatorade Protein Bars

12/80g

\$2.75

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

Case Price - \$32.99



ONE Brands Protein Bars

12/60g

\$2.50

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

Case Price - \$29.99



Pringles Potato Chips

14/131g - 14/156g

\$2.45

71343 - Original
71344 - Lightly Salted
71345 - Sour Cream and Onion
71346 - BBQ
71347 - Cheddar Cheese
71348 - Salt and Vinegar
71381 - Buffalo Ranch
76604 - Street Taco
76605 - Chili & Lime
76603 - Mexican Street Corn
76608 - Sweet Chili Sauce Flavour

Case Price - \$34.30

12/102g

\$2.79

76606 - Hot & Spicy Flavour
76607 - Desi Masala Tadka

Case Price - \$33.49



Natures 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 - 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





**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



**Beaver
Roasted & Salted Nuts**
12/190g

\$2.33

40046 - Mixed 80% Peanuts (Tin)

Case Price - \$27.99



12/200g

\$1.83

40047 - Peanuts - Roasted Salted

Case Price - \$21.99



**Airheads Singles
Candy**
36/15g

\$0.17

74904 - Cherry
74905 - Watermelon
74906 - White Mystery
74907 - Blue Raspberry

Case Price - \$5.99



Mentos Rolls Candy
20/37g

\$0.75

74932 - Rainbow Rolls
75360 - Mint Roll
75361 - Fruit Roll
71081 - Grape Rolls

Case Price - \$14.99



Clif Bar

12/68g

\$1.67

75789 - Peanut Butter Banana
Dark Chocolate
73354 - Crunchy Peanut Butter
73327 - Chocolate Almond
73359 - Chocolate Chip
73356 - White Chocolate
Macadamia

Case Price - \$19.99



12/50g

\$2.00

74628 - Nut Butter Chocolate
Peanut Butter

Case Price - \$23.99



Clif Builders

12/68g

\$2.00

74614 - Chocolate Peanut Butter
74615 - Chocolate
74616 - Chocolate Mint

Case Price - \$23.99



**Lenny & Larry's
The Complete Cookie**

12/113g

\$2.00

10525 - White Chocolate Macadamia
10526 - Double Chocolate
10527 - Chocolate Chip
10528 - Peanut Butter Chocolate Chip

Case Price - \$23.99



**Betty Crocker
Dunkaroos
Vanilla Cookies**

6/168g

\$3.50

07724 - Rainbow Frosting
07725 - Chocolate Frosting

Case Price - \$20.99



GROCERY



McCafe Premium Coffee

6/875g

\$25.50

28688 - Medium Dark Roast

Case Price - \$152.99



Premium Medium Dark Rainforest Roast

6/12Ct

\$10.00

28691 - K-Cup

Case Price - \$59.99



Premium Instant Coffee

12/100g

\$9.25

28696 - Dark Roast

28697 - Medium Roast

Case Price - \$110.99



Nescafe Instant Coffee(Box)

6/16x9g

\$6.67

14526 - Simply Creamy

6/18x19g - 6/18x19.5g

14578 - Sweet Creamy Original

14568 - Sweet & Creamy French Vanilla

Case Price - \$39.99



Red Rose Tea

12/36ct

\$3.00

15052 - Orange Pekoe

Case Price - \$35.99



12/72Ct

\$5.00

15055 - Orange Pekoe

Case Price - \$59.99



Carr's Table Water Crackers

12/125g

\$2.75

04085 - Table Water Cracked Pepper

49128 - Bite Size

Case Price - \$32.99



Cheez-It Crackers

12/191g - 12/200g

\$2.58

28589 - Sharp White Cheddar

28586 - Zesty Cheddar Ranch

28588 - Original

28587 - Extra Cheesy

Case Price - \$30.99



Riceworks Gourmet Rice Snacks

12/155g

\$3.50

71280 - Sea Salt

71281 - WILD Sea Salt & Black Sesame

71285 - Avocado Ranch

71286 - Sweet Chili

Case Price - \$41.99



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 - 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



Pepperidge Farms Goldfish Crisps

14/177g

\$2.57

04681 - Sour Cream & Onion

04682 - Cheddar

Case Price - \$35.99

Goldfish

12/180g - 12/200g

\$2.75

04685 - Blasted Xtreme Cheddar

04693 - Cheddar Colours

72086 - Original

Case Price - \$32.99

24/200g

\$2.75

72689 - Cheddar

Case Price - \$65.99



Stove Top Stuffing Mix

12/120g

\$1.60

06407 - Chicken

06410 - Turkey

Case Price - \$19.25

Kraft Peanut Butter

12/750g - 12/1kg

\$6.00

28308 - All Natural

28302 - Crunchy

28305 - Smooth

Case Price - \$72.00



Dole Pineapple In Pineapple Juice

24/398ml

\$2.00

20911 - Chunks

20912 - Tidbits

Case Price - \$48.00



Natural Honey Farms

12/750g

\$7.00

73680 - Pure Natural Honey

Case Price - \$84.00



Crosby's Fancy Molasses

24/300g

\$1.63

37202 - Gluten Free

Case Price - \$39.00



Terra Delyssa Olive Oil

6/500ml
\$6.25
40081 - Extra Virgin
Case Price - \$37.50

6/1L
\$10.50
40082 - Extra Virgin
Case Price - \$63.00



Betty Crocker Super Moist Cake Mix

12/375g - 12/404g
\$2.00
72393 - Rainbow Bit
07708 - White
07712 - Chocolate Fudge
07714 - Golden Vanilla
07707 - French Vanilla
07710 - Devils Food
07717 - Cherry Chip
07719 - Lemon

Case Price - \$24.00



Betty Crocker Frosting

12/340g - 12/450g
\$2.00
07750 - Whipped Fluffy White
07753 - Cream Cheese
07754 - Creamy Deluxe Chocolate
07752 - French Vanilla

Case Price - \$24.00



Italpasta

12/375g - 12/500g
\$1.90
12173 - Oven Ready Lasagne
12153 - Lasagne Regular
Case Price - \$22.75

12/225g - 12/340g
\$2.40
23127 - Manicotti
23129 - Oven Ready Cannelloni
23128 - Jumbo Shells
Case Price - \$28.75



Lea & Perrins Condiments

12/142ml
\$2.05
43428 - Worcestershire Sauce
Case Price - \$24.60

12/284ml
\$4.00
28338 - Worcestershire Sauce
Case Price - \$48.00



Unico Oil

4/3L
\$9.00
40092 - Vegetable Oil
Case Price - \$36.00



Canned Tuna

48/198g
\$2.00
29662 - Solid Light
Case Price - \$96.00



Bertolli Olive Oil

12/1L
\$16.75
40327 - Rich Extra Virgin
Case Price - \$201.00

Olive Oil Spray

12/155ml
\$4.00
73678 - 100% Extra Virgin
Case Price - \$48.00



Knorr Sidekicks Pasta

8/121g - 8/150g
\$1.09
15061 - Buffalo Chicken Flavour
15062 - Chicken Broccoli
15063 - Mexican Rice
Case Price - \$8.75



Mutti Polpa Tomatoes

12/400g

\$1.65

12189 - Finely Chopped

Case Price - \$19.75



Kraft Dinner Mac & Cheese

35/200g

\$1.15

13100 - Original

Case Price - \$40.25



Ginger Goat Hot Sauce

12/148ml

\$5.75

90100 - Harvest Heat

90101 - Peaches N Scream

90102 - The Original Goat

90103 - HopT Sauce

90104 - We Got The Beets

Case Price - \$69.00



Bravo Pasta Sauce

12/680ml

\$2.25

28128 - Original

Case Price - \$27.00



Allen's Vinegar

12/1L

\$1.40

42155 - Pure White

Case Price - \$16.75



Frank's RedHot Thick Sauce

6/354ml

\$2.75

43447 - Original

43448 - Buffalo Ranch

Case Price - \$16.50

Frank's RedHot Sauce

12/354ml

\$2.75

43440 - Original

43442 - Buffalo Wing

Case Price - \$33.00

GENERAL MERCHANDISE



Cascades Tuff Paper Towel

24/2roll

\$1.20

51472 - 2 Rolls

Case Price - \$28.90



Febreze Air Freshener Plug In

6/2ct

\$6.50

46975 - Lilac

Case Price - \$39.00



Cascades Fluff

6/8roll

\$4.50

51470 - Ultra Bathroom Tissue 8=16

Case Price - \$27.00



Tidy Cats Light Weight Litter

3/2.72kg

\$12.00

35278 - Instant Action
35223 - Free & Clean
35277 - Glade Clear Springs
Case Price - \$35.99



Arm & Hammer

12/700g

\$3.50

49046 - Carpet Fresh Pet Odours
Case Price - \$42.00

HEALTH & BEAUTY



Tylenol

6/24 pack

\$4.00

90900 - Regular Strength 325mg eZ
Case Price - \$24.00



Children's Tylenol

6/100ml

\$7.25

90906 - Liquid Grape
90909 - Dye Free Berry Liquid
Case Price - \$43.50



NeoCitran

1/10ct

\$10.95

74061 - Cold & Sore Throat
74063 - Extra Strength Cold & Sinus
Unit Price - \$10.95



PET FOOD



Purina Beggin' Dog Snack

6/170g

\$3.00

73547 - Bacon & Beef Flavour
73545 - Bacon Flavour
Case Price - \$17.99



Purina Friskies Party Mix Crunch

6/170g

\$2.33

35355 - Liver Turkey
35354 - Gourmet Naturals
35356 - Ocean Shrimp Crab Tuna
Case Price - \$13.99



Purina Cat Chow Dry Cat Food

6/1.6kg - 6/2kg

\$8.00

35524 - With Real Chicken for All Cats
35527 - Purina - Kitten Chow
35526 - Indoor with Real Chicken
Case Price - \$47.99
4/1.42kg
35523 - Naturals Indoor Chicken & Turkey
Case Price - \$31.99



Purina Dry Dog Food

6/2kg

\$6.50

35954 - Dog Chow With Real Chicken Complete Adult
35967 - Puppy Chow Optimal Smart
Case Price - \$38.99

MAPLE LEAF



Real food for real families



Mina Breakfast Grill

12/375g

\$3.68

59412 - Chicken Strips

Case Price - \$44.16



Shopsy's Wieners

24/375g

\$3.03

59758 - Regular

Case Price - \$72.82



Greenfield Wieners (RWA)

12/375g

\$6.35

59504 - Wiener

Case Price - \$76.14



Greenfield Adult Kit RWA

12/81g

\$2.36

59756 - Turkey

59755 - Ham

Case Price - \$28.29



Main Street Deli Smoked

14/250g

\$3.91

60806 - Chicken Breast

60807 - Honey Ham

60808 - Black Forest Ham

Case Price - \$54.67



Mina Halal Wieners

12/375g

\$2.28

30045 - Chicken

Case Price - \$27.31



18/675g

\$3.74

30046 - Chicken

Case Price - \$67.34



Fantino & Mondello

6/200g

\$4.21

39237 - Sliced Dry Pepperoni

Case Price - \$25.28

12/100g - 12/175g

30047 - Calabrese Salami

39231 - Vino Rosso Sliced Dry Salami

30049 - Genoa Salami

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

39232 - Diced Original Cooked Pancetta

39246 - Dry Pepperoni - Cup N Crisp

Case Price - \$50.55

12/100g

\$4.28

30048 - Prosciutto

Case Price - \$51.41





Schneiders Frozen Meat Pies

12/400g

\$3.73

59515 - Chicken and Vegetable
59731 - Original Beef
60878 - Original Chicken Pies

Case Price - \$44.77



Maple Leaf Natural Selection Shaved

6/375g

\$9.96

59508 - Turkey
59509 - Chicken

6/400g

59510 - Black Forest Ham

Case Price - \$59.78



Schneiders Pepperettes

18/300g

\$7.87

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

Case Price - \$141.70

16/375g

59421 - Turkey
59422 - Original

Case Price - \$125.95



Schneiders Frozen Sausage

12/375g

\$4.14

59474 - Rounds

Case Price - \$49.69



24/375g

\$4.15

59565 - Oktoberfest
59583 - Mini Sizzlers

Case Price - \$99.63



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

8/695g

\$8.20

77831 - Wings Fz
77832 - BBQ Wings Fz
77833 - Buffalo Wings Fz

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



Maple Leaf Canned Meats

24/113g

\$1.83

30001 - Vienna Sausage

Case Price - \$43.80



24/156g

\$2.29

30007 - Flakes of Ham
30008 - Flakes of Ham Less Salt
30009 - Flakes of Chicken
30010 - Flakes of Turkey
30011 - Flakes of Turkey Less Salt

Case Price - \$55.04



Deli Meat

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
4/2.4kg

\$20.38/kg

59664 - Bittner Oven Roasted Turkey Half Pc

REFRIGERATION



Sealtest Partly Skimmed Milk (Carton)

1/473ml

\$1.49

02016 - 1% Chocolate Partly Skimmed Milk

Unit Price - \$1.49



1/237ml

\$0.79

02017 - 1% Chocolate

Unit Price - \$0.79



Natrel Fine Filtered Milk (Bag)

1/4L

\$7.99

01011 - Filtered - 2%

Unit Price - \$7.99



Sealtest Whipping Cream

1/1L

\$6.79

03015 - 35%

Unit Price - \$6.79



Sealtest Cottage Cheese

1/500g

\$3.49

06001 - 4%

06002 - 1%

06003 - 2%

Unit Price - \$3.49



Parag All Natural Yogurt

6/650g

\$1.88

19103 - 3%

19104 - 2%

Case Price - \$11.29

I Can't Believe It's Not Butter Margarine

24/212g

\$1.59

60358 - Original

Case Price - \$38.16



Imperial Margarine

24/427g

\$3.19

60332 - Non Hydrogenated (Tub)

Case Price - \$76.56



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





Jello Refrigerated Ready To Eat Jogs

6/356g - 6/452g

\$3.11

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

Unit Price - \$18.66



Cloverleaf Delectables Crab

12/227g

\$2.55

63060 - Leg Style
63062 - Flake Style

Lobster

63065 - Flake Style

Case Price - \$30.61



Oasis Orange Juice

6/2.5L

\$7.17

63205 - No Pulp
63206 - With Pulp

Case Price - \$42.99

FREEZER



Promise Gluten Free Tortillas

12/168g

\$4.99

82412 - Original Tortillas 4 Pack
Case Price - \$59.88



Muffins

6/240g

\$3.99

82416 - Blueberry
82417 - Chocolate Chip

Case Price - \$23.94



Bagels

5/280g

\$3.99

82422 - Mult Seed 4 Pack
Case Price - \$19.95



Rolls

6/260g

\$4.99

82420 - Soft White Rolls 4 Pack
Case Price - \$29.94



Cake

4/320g

\$3.99

82407 - Chocolate Fudge
82408 - Lemon Drizzle

Case Price - \$15.96



ACE Bakery

20/350g

\$2.05

04731 - White Baguette (Parbaked)
Case Price - \$41.05



20/390g

\$1.55

04734 - Ciabatta Lunga (Parbaked)
Case Price - \$31.02



18/400g

\$1.75

04755 - Ciabatta Lunga Cluster
Case Price - \$31.50



30/275g

\$1.15

04739 - Multigrain Ciabatta Demi (Parbaked)
Case Price - \$34.50



30/225g

\$1.55

04738 - Olive Ciabatta 12in (Parbaked)
04756 - Ciabatta Red Pepper & Sundried Tomato
Case Price - \$46.50

25/200g

\$1.75

04708 - Cheddar Onion Demi Baguette (Parbaked)
Case Price - \$43.75



Pretzilla Soft Pretzel Bread

12/365g

\$2.75

89151 - 4 Burger Buns

Case Price - \$33.00

15/294g

89152 - 4 Sausage Buns

Case Price - \$41.25



Watson Ridge Chicken

6/800g

\$4.99

43518 - Strips

43519 - Nuggets

43596 - Popcorn

43597 - Burgers

Case Price - \$29.94



Kellogg's Eggo Thick & Fluffy Waffles

8/330g

\$3.39

64050 - Original

64055 - Cinnamon Brown Sugar

64056 - Blueberry

Case Price - \$27.12

Protein Waffles

12/280g

\$5.69

60021 - Strawberry Blast

60022 - Chocolate Chip Brownie

Case Price - \$68.28



Stonefire Flatbreads

12/360g

\$2.29

98106 - Naan Rounds Original 12Pk

Case Price - \$27.48



12/460g

\$2.99

98105 - Artisan Thin Pizza Crust 4Pk

Case Price - \$35.88

Cavendish Farms

10/540g

\$3.19

69108 - Restaurant Style Waffle Fries

Case Price - \$31.90

12/650g - 12/750g

\$3.19

69107 - Quick Crisp Slim Steak Cut Fries

69109 - Quick Crisp Potato Tots

69010 - FlavourCrisp Spicy

Cracked Pep Straight Cut

69011 - FlavourCrisp Crispy

Straight Cut Classic

69115 - Rest Style Drive Thru Fries

Case Price - \$38.28

12/400g

\$3.79

69134 - Quick Crisp Onion Rings

Case Price - \$45.48



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





Chef Bombay Meals

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



Swiss Chalet Chicken Pot Pie

9/470g

\$5.49

57902 - Chicken Pot Pie 2 Pack

Case Price - \$49.41



Cookin Greens Organic

8/300g

\$3.33

43652 - Chopped Kale

Case Price - \$26.67

12/500g

\$3.63

43654 - Tri Colour Veggie Fries

Case Price - \$43.54



Beyond Chicken Plant-Based Breaded Tenders

8/226g

\$5.29

25696 - Original

Case Price - \$42.32



Beyond Burger Plant-Based Burgers

8/6x113g

\$14.25

25695 - Original

Case Price - \$114.00



Healthy Choice Simply

8/259g - 8/262g

\$4.75

65111 - Chicken Broccoli Alfredo

65113 - Chicken Veg Stir Fry

Case Price - \$38.00

8/283g

\$4.10

65112 - Meatball Marinara

Case Price - \$32.80

Gourmet Steamers

8/269g - 8/292g

\$3.99

65951 - Red Pepper Chicken Alfredo

65957 - Beef Merlot

65950 - Grilled Chicken Marinara

65953 - Sweet Sesame Chicken

Case Price - \$31.92



Butcher's Selection Stampede Pork Back Ribs

12/680g

\$6.99

66524 - Texas BBQ FC

Case Price - \$83.88



Hungryman XL Bowls

8/369g - 8/397g

\$3.49

65753 - Country Fried Chicken

65754 - Nashville Style Hot Fried Chicken Cutlet

Case Price - \$27.92



Marie Callender's Meal

8/333g

\$3.99

97070 - Lasagna with Meat Sauce

Case Price - \$31.92



Nanuk Salmon

30/85g

\$5.49

77610 - Smoked Pacific Coho

Case Price - \$164.70



Pogo

12/300g

\$2.99

65110 - Original 4 Pack

Case Price - \$35.88



Dr Oetker Pizza Ristorante (Thin Crust)

7/320g - 7/390g
\$4.99

66105 - Pepperoni
66104 - Mozzarella
66118 - Speciale
66109 - 4 Cheese
66108 - Mushroom
66103 - Spinach

Case Price - \$34.93

Casa Di Mama

5/395g - 5/410g
\$4.99

66111 - 3 Meat
66129 - Ultimate Pepperoni
66114 - Ultimate Hawaiian
66110 - Pizza Deluxe

Case Price - \$24.95



Red Baron Rising Crust Pizza

14/775g - 14/875g

\$5.30

90303 - Pepperoni
90304 - Supreme

Case Price - \$74.20



Suprema Pizza

6/475g - 6/520g

\$6.39

20263 - Margherita
20262 - Salame Romano
20264 - Cinque Formaggi
20261 - 'Nduja Tipo & Miele Piccante

Case Price - \$38.34



Ocean Jewel Shrimp

10/284g

\$6.59

64636 - Ring with Sauce 19-22Ct

Case Price - \$65.90

Pacific White Shrimp

10/340g

\$6.99

64631 - Cooked (31/40)

Case Price - \$69.90

10/340g

\$6.29

64632 - Raw Easy Peel (31/40)

Case Price - \$62.90



Nana Pops Bars

6/240ml

\$4.49

50421 - Chocolate Peanut Butter

50422 - Banana Bread

50423 - Strawberry Funshine

Case Price - \$26.94



Snowcrest Frozen Fruit

12/400g - 12/600g

\$4.10

20318 - Fruit Medley

20319 - Sliced Strawberry

20712 - Sliced Peaches

20713 - Strawberries & Bananas

20714 - Cultivated Blueberries

20715 - Mango Chunks

20716 - Raspberries

20711 - Berry Blend

Case Price - \$49.20

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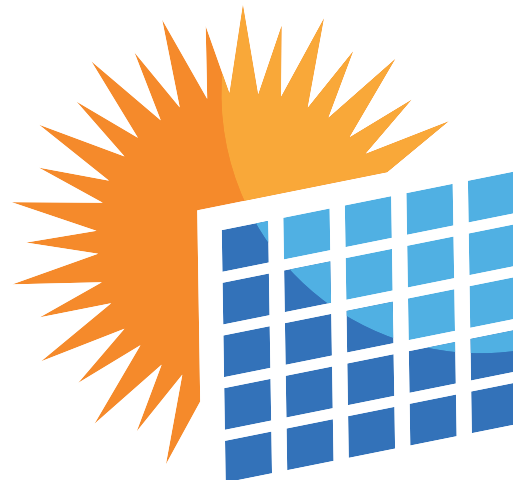


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