



Supporting Ontario's Independent  
Businesses For Over 30 Years!

# NEW DEALS!

NOVEMBER 03 - NOVEMBER 14, 2025

Independently Owned Proudly Canadian! 🍁



ORDER NOW!



## Kinder Chocolate Surprise

24/100g

**\$5.67**

71451 - Christmas Pink

## Maxi Surprise

24/100g

75298 - Original

**Case Price - \$135.99**

15/150g

**\$12.00**

71454 - Classic Christmas

**Case Price - \$179.99**

## Kinder Mini Friends

15/122g

**\$4.87**

71455 - Milk Chocolate Christmas

**Case Price - \$72.99**



## 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**



## Ferrero Rocher

8/125g

**\$8.00**

74574 - Grand

**Case Price - \$63.99**



## Earth's Own Beverage

12/946ml

**\$3.00**

70799 - Oat Nog

**Case Price - \$35.99**



## Kellogg's Keebler Townhouse Crackers

12/260g - 12/391g

**\$3.00**

10030 - Flip Sides

10028 - Original

**Case Price - \$35.99**



## Pizzeria Libretto

10/470g

**\$7.99**

31491 - Margherita

**Case Price - \$79.90**

10/480g

**\$8.49**

31492 - Vegan Margherita

**Case Price - \$84.90**

10/395g - 10/495g

**\$9.49**

31493 - Funghi

31494 - Pepperoni

**Case Price - \$94.90**



## Moresh Olive Oil

6/1L

**\$13.00**

40059 - Extra Virgin

**Case Price - \$78.00**

**SALE PRICES IN EFFECT NOVEMBER 03 - NOVEMBER 14, 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.





**Tropicana Tropics (NSA)**

8/1.53L

**\$4.25**

63282 - Orange Peach Mango  
63284 - Orange Strawberry Banana

**Case Price - \$33.99**



**Tropicana Refreshers  
Fruit Drink**

6/1.36L

**\$4.33**

75426 - Pineapple Mango  
75427 - Strawberry Peach  
75428 - Blackberry Blueberry  
75429 - Watermelon  
75430 - Lemonade Classic

**Case Price - \$25.99**



**Tropicana  
Orange Juice**

6/1.36L

**\$5.17**

63201 - 50 With Some Pulp  
63229 - Lower Sugar 50 - No Pulp

**Pure Premium (NSA)**

63290 - 100% Orange Juice - Some Pulp  
63291 - 100% Orange Juice - Lots of Pulp  
63285 - Red Grapefruit

**Case Price - \$30.99**



**Tropicana  
100% Orange Juice (NSA)**

12/325ml

**\$1.67**

63296 - Some Pulp  
63295 - No Pulp

**From Concentrate**

63298 - Grape  
63509 - Apple

**Fruit Drink**

63297 - Lemonade

**Case Price - \$19.99**



**Pure Leaf Tea**

6/1.75L

**\$4.33**

73485 - Lemon Iced

**Case Price - \$25.99**



**Starbucks Beverage**

8/1.18L

**\$7.37**

75594 - Vanilla Latte  
75596 - Iced Espresso Caramel Macchiato

**Case Price - \$58.99**

**\$6.25**

75595 - Cold Brew Unsweetened

**Case Price - \$49.99**

**Iced Coffee**

8/1.42L

**\$6.25**

75597 - Blonde Roast  
75598 - Medium Roast

**Case Price - \$49.99**

# BEVERAGE



## Gosling's Ginger Beer

24/355ml

**\$0.96**

23095 - All Natural

**Case Price - \$22.99**

## Oasis Juice Hydrafruit

12/960 ml

**\$1.75**

22951 - Tropical Fruits  
74936 - Watermelon - Apple  
21266 - Strawberry Banana  
21267 - Blueberry Pomegranate

### Juice

22950 - Exotic Mango  
73161 - Pure Breakfast  
73169 - Apple Juice from Concentrate  
73170 - Apple Grape

### Classic

22954 - 100% Tropical Passion Juice  
73172 - Pineapple Banana Orange

### Cocktail

73903 - 10 Vegetable

**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**

## 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**



## Black River Juice

12/300ml

**\$2.00**

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

**Case Price - \$23.99**

6/1L

**\$4.83**

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

**Case Price - \$28.99**

**\$5.83**

89801 - Pure Black Cherry  
89802 - Pure Tart Cherry

**Case Price - \$34.99**

**\$7.67**

89807 - Pure Cranberry  
89809 - Organic Concord Grape Juice

**Case Price - \$45.99**

**\$3.67**

89808 - Classic Lemonade

**Case Price - \$21.99**



## Sunny Delight Juice

8/1.18L

**\$1.62**

63332 - Smooth  
63333 - Tangy

**Case Price - \$12.99**





### Arizona Tea

4/3.78L

**\$4.50**

20046 - Lemon Flavour

**Case Price - \$17.99**

24/680ml

**\$1.04**

22652 - Peach

22653 - Raspberry

22654 - Lemon

22655 - Ginseng & Honey

22656 - Arnold Palmer Half & Half Lemonade

**100% All Natural**

22657 - Fruit Punch

22658 - Mucho Mango

22659 - Kiwi Strawberry

**Case Price - \$24.99**



### Two Bears Beverages

6/207ml

**\$2.25**

14140 - Chai Tea Latte With Oat Milk  
14141 - Black Coffee Frothed Latte Oat Milk

14142 - Vanilla Coffee Frothed Latte  
14143 - Salted Caramel Coffee Frothed Latte

14144 - Dairy Vanilla Latte

14145 - Dairy Mocha Latte

14146 - Dairy Salted Caramel Latte

**Case Price - \$13.49**



### Protein Latte

12/250ml

14147 - Double Chocolate

14148 - Vanilla

**Case Price - \$26.99**



### 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**

4/8x200ml

**\$3.50**

20038 - Ginseng and Honey Green

20040 - Lemon Iced Tea

**Case Price - \$13.99**



### Naya Water

24/330ml

**\$0.25**

74057 - Spring

**Case Price - \$5.99**

12/500ml

24434 - Spring

**Case Price - \$2.99**



### Ice River Green Bottle

12/500ml

**\$0.17**

70090 - Natural Spring Water

**Case Price - \$1.99**

# FRONT SHOP CONFECTIONERY



### 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**



### 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**



### Sensible Portions Garden Veggie Straws

12/120g - 12/142g

**\$2.50**

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

### Chips

- 05508 - Garden Veggie Chips

**Case Price - \$29.99**



### Pringles Mingles Puffed Snacks

6/155g

**\$4.00**

- 76611 - Dill Pickle & Ranch
- 76612 - Sharp White Cheddar & Ranch
- 76613 - Cheddar & Sour Cream

**Case Price - \$23.99**



### Potato Chips

12/37g - 12/39g

**\$0.83**

- 71320 - Original
- 71322 - Sour Cream & Onion
- 71337 - BBQ

**Case Price - \$9.99**



### Grab and Go

12/67g - 12/68g

**\$1.17**

- 71383 - Original
- 71384 - Sour Cream & Onion
- 71386 - Salt & Vinegar

**Case Price - \$13.99**



### Sensible Portions Pita Bites

12/142g

**\$3.00**

- 05513 - Garlic'n Chive
- 05514 - Original Sea Salt

**Case Price - \$35.99**



### 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**



### Planters Cocktail Peanuts

12/200g

**\$2.00**

- 40039 - Salted

**Case Price - \$23.99**



### Sun-Rype Good Bites Snacks

8/150g

**\$2.62**

- 05926 - Coconut Lemon
- 05928 - Chocolate Macaroon

**Case Price - \$20.99**



### 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**



### 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**



### Made Good

6/100g - 6/132g

**\$2.83**

- 10500 - Chocolate Banana Minis
- 10501 - Chocolate Banana Organic Soft Baked Mini Cookies
- 10503 - Granola Minis Chocolate Chip (Pouch)
- 10505 - Vanilla Organic Crispy Squares
- 10509 - Granola Bars Cookies & Creme
- 10510 - Mixed Berry Organic Granola Bars
- 10511 - Drizzled Granola Bars Birthday Cake
- 10512 - Star Puffed Cracker Cheddar
- 10513 - Drizzled Granola Bars Cookie Crumble
- 10515 - Strawberry Organic Granola Bars
- 10519 - Crunchy Oat Bites - Vanilla Drizzled
- 10583 - Granola Bars - Chocolate Chip
- 10504 - Strawberry Mini (Pouch)



### Mornings Soft Baked Oat Bars

6/5x30g

- 10518 - Chocolate Chip
- 10517 - Blueberry Flavour

**Case Price - \$16.99**

10/30g

**\$0.70**

- 10523 - Blueberry
- 10524 - Chocolate Chip

**Case Price - \$6.99**

### Snackers Organic Sweet Potato

6/142g

**\$3.83**

- 10521 - Sea Salt & Vinegar
- 10522 - Chili Lime

**Case Price - \$22.99**

### Crunchy Cookies

6/200g

**\$3.33**

- 10581 - Vanilla
- 10582 - Chocolate Chip

**Case Price - \$19.99**



### Werther's Candy

14/135g

**\$2.33**

74315 - Original

**Case Price - \$32.65**

12/128g

74317 - Original Caramel

74319 - Soft Creme Caramel

**Case Price - \$27.99**

12/170g

**\$3.75**

74323 - Caramel Popcorn

**Case Price - \$44.99**

12/50g

**\$0.83**

72300 - Original Rolls

**Case Price - \$9.99**



### Quest

#### Protein Bars

12/50-60g

**\$3.42**

04490 - Dipped Choc Chip Cookie Dough

04480 - Choc Chip Cookie Dough

04485 - Cookies & Cream

04486 - Birthday Cake

04488 - Oatmeal Choc Chip

**Case Price - \$40.99**



### Butter Cups

12/42g

**\$4.00**

04489 - Peanut

**Case Price - \$47.99**



### Tortilla Style Protein Chips

8/32g

**\$3.25**

04491 - Nacho Cheese

04492 - Loaded Taco

04493 - Chili Lime

04494 - Spicy Sweet Chili

**Case Price - \$25.99**





**Ferrero Rocher Chocolate**

12/3pack

**\$1.58**

73667 - 3 Pack

**Case Price - \$18.99**

16/3pack

71405 - 3 Pack

**Case Price - \$25.29**

12/32g

10282 - Collection - 3 Pack

**Case Price - \$18.99**



**Merci Finest Chocolate**

18/200g

**\$5.50**

75236 - Assortment of European

**Case Price - \$98.99**



**Gummy Rush (Peg Bags)**

12/90g

**\$0.96**

25096 - Atomic Peaches

25097 - Gummy Bears

25098 - Cola Bottles

25099 - Sour Party Mix

**Case Price - \$11.49**



**Haribo Candy**

12/170g - 12/175g

**\$2.25**

98273 - Rainbow Strips

98095 - Happy Cola

98096 - Stamix

98097 - Tangfastics

98098 - Twin Snakes

98099 - Goldbears

98272 - Sour Kicks

98275 - Tropifruitti

**Case Price - \$26.99**



**Nestle Quality Street**

10/160g

**\$7.30**

88908 - Share Bag

**Case Price - \$72.99**

6/220g

**\$9.33**

88909 - Carton

**Case Price - \$55.99**



**The Original Turtles**

16/150g

**\$7.50**

10297 - Classic Gift Box

**Case Price - \$119.99**



**Toffifee Candy Box**

12/123g

**\$2.83**

75233 - Candy Box

**Case Price - \$33.99**

**DISPLAYERS**



**Werther's Original Displayer**

48/170g

**\$3.35**

75208 - Caramel Popcorn Displayer

**Case Price - \$160.99**



**Reese's Peanut Butter Cups Displayer**

108/119g

**\$2.38**

28899 - Super King Size

**Case Price - \$256.99**



### Hershey's Assorted King Size Prepack

176/Assorted

**\$1.68**

75496 - Assorted Display  
32 x Peanut Butter Big Cup 79g 16/9  
48 x Reese PBC 62g  
48 x REESE'S PEANUT BUTTER CUPS W/REESE'  
48 x Oh Henry 2pc 85g

**Case Price - \$294.99**



### Nestle Assorted Singles Prepack

324ct/42-50g

**\$0.80**

75421 - Core 5  
114 - KIT KAT 4F 4(48X45G) PROMO  
60 - AERO Milk NHL 42g  
54 - COFFEE CRISP 50g  
48 - SMARTIES NHL 45g  
48 - KITKAT CHUNKY Milk 49g

**Case Price - \$259.20**



### Excel Refresher Assorted Prepack

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**



### Hershey's Assorted Singles Prepack

240/Assorted

**\$1.01**

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 - \$242.99**



### Mars Mixed Chocolate Singles 228 Ct

228/Assorted

**\$1.24**

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

**Case Price - \$281.99**



### Reese's Big Cup Skinny Tower

144/Assorted

**\$1.69**

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 - \$243.99**



### Maynards Variety Display

105/150g - 154g

**\$2.17**

76326 - ICE POP BG VARIETY 105CT  
24 - SOUR PATCH KIDS EXTREME 150G  
49 - SPK ICE POP MIX 150G  
32 - MAYNARDS VERY BERRY 154G

**Case Price - \$227.99**



### Skittles Gummies Sour Display

96/Assorted

**\$2.71**

75138 - Skittles Gummies Sour Assortment  
24 - SK GMS ORG PGPK 164G AF  
24 - SKITTLES GUMMIES SOUR PEG 130G AF  
24 - SKITTLES SOURS PEG PACK Canada 140G - RSU  
24 - SKITTLES ORIGINAL PEG PACK CANADA 170G - RSU

**Case Price - \$259.99**



### Excel Gum Assortment Display

90/60ct

**\$4.44**

96078 - Excel Gum Assortment 90ct (Bottle)  
30 - EXCEL SPEARMINT 60pc BOTTLE  
18 - EXCEL POLAR ICE 60p BOTTLE  
24 - EXCEL WHITE BUBBLEMINT 60pc BOTTLE  
18 - PEPPERMINT 60pc BOTTLE

**Case Price - \$399.99**



### M&M's Peanut Butter Mix Peg Display

96/95g-100g

**\$2.77**

15676 - M&M's Peanut Butter Mix Peg Prepack 96ct  
24 - M&M'S MC PGPK 100G - RSU  
48 - M&M'S PN PGPK 100G AF - RSU  
24 - M&M's PB Mega 95G CA - RSU

**Case Price - \$265.99**

# GROCERY



## Cheez It Snap'd Crackers

6/213g

**\$3.00**

28584 - Parmesan Ranch Flavour  
28585 - Double Cheese Flavour

**Case Price - \$17.99**



## Tazo Tea Bags

6/20ct

**\$4.17**

15175 - Green Ginger  
15176 - Awake English Breakfast  
15177 - Organic Chai  
15178 - Zen

**Case Price - \$24.99**



## Dare Breton Crackers

12/200g

**\$2.58**

04355 - Original  
04715 - Garden Vegetable  
04359 - Cracked Pepper Olive Oil  
74717 - Multigrain

## Simple Goodness

12/180g

82502 - Sea Salt & Olive Oil

## Bites

04358 - Original  
04357 - Veggie

## GF With Flax

12/135g

74719 - Original

**Case Price - \$30.99**



## McCafé

## Premium Instant Coffee

12/100g

**\$9.25**

28696 - Dark Roast  
28697 - Medium Roast

**Case Price - \$110.99**



## Kellogg's

## Nutri Grain Bars

12/295g

**\$3.00**

70760 - Apple Cinnamon  
70763 - Strawberry

## Pop Tarts

12/384g

04468 - Chocolate Chip  
04471 - Frosted Strawberry

## Rice Krispies Square Bars

12/176g

70750 - Regular

**Case Price - \$35.99**



## Dare Vinta Crackers

12/225g

**\$2.58**

04353 - Original  
04354 - Rosemary Olive Oil

**Case Price - \$30.99**



## Dare Veggie Crisps

12/100g

**\$2.67**

04288 - Zesty Ranch  
04256 - Spicy Chipotle Cheddar

**Case Price - \$31.99**



## Dare Bear Paws Soft Cookies

12/168g - 12/240g

**\$3.25**

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

**Case Price - \$38.99**



While  
Quantities  
Last



### Christie Chips Ahoy Chewy Tenders

12/281g

**\$3.92**

04246 - Stranger Things

**Case Price - \$46.99**

### Dare Wagon Wheels Cookies

12/315g

**\$2.75**

75725 - Original

**Case Price - \$32.99**



### Breaktime Cookies

12/250g

**\$1.25**

80202 - Ginger

80203 - Chocolate Chip

80200 - Coconut

80201 - Oatmeal

**Case Price - \$14.99**



### Viva Puffs Cookies

12/300g

**\$2.50**

74727 - Raspberry

**Case Price - \$29.99**



### Sun-Maid California Sun-Dried Raisins

12/196g

**\$2.65**

74076 - Mini Packs 14 Ct

12/6x30g

18245 - 6 Pack

**Case Price - \$31.75**



### Tim Tam Cookies

24/175g - 24/200g

**\$3.79**

04261 - Caramel

04262 - Original

04263 - Dark Chocolate

04264 - Double Coat

**Case Price - \$90.99**



### Quaker Harvest Crunch Granola Cereal

16/400g - 16/510g

**\$3.81**

10701 - Light & Crisp Honey Nut

10702 - Raisin and Almond

10703 - Original

**Case Price - \$60.99**



### Quaker Cereal

12/350g - 12/450g

**\$3.50**

74331 - Cap'n Crunch

72258 - Life Original

**Case Price - \$41.99**

### Quaker Instant Oatmeal

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**





### Heinz Tomato Ketchup

12/375ml

**\$2.40**

43010 - Squeeze

**Case Price - \$28.75**



### 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**



### Nutella Spread

15/375g

**\$4.00**

37604 - Hazelnut With Cocoa

**Case Price - \$60.00**



### Diana Sauce

10/500ml

**\$3.00**

43419 - Gourmet Western Smokehouse  
43420 - Gourmet Maple  
43422 - Spicy  
43423 - Chicken and Ribs  
43424 - Original  
43425 - Honey Garlic

**Case Price - \$30.00**



### Shake 'N Bake

10/142g

**\$3.00**

06431 - Chicken  
06432 - Crispy Southern Fried Chicken

10/152g - 10/160g

06439 - Extra Crispy  
06440 - Crispy Pork

**Case Price - \$30.00**



### Kraft Peanut Butter

12/500g

**\$3.75**

37504 - Smooth  
37505 - Crunchy

**Case Price - \$45.00**



### ReaLemon Juice

12/440ml

**\$1.75**

21451 - Lemon  
21453 - Lime

**Case Price - \$21.00**



### Smucker's Jam & Jelly

12/500ml

**\$5.50**

38515 - Pure Grape Jelly  
38618 - Orange Marmalade  
38619 - Strawberry  
38620 - Apricot

**Case Price - \$66.00**

12/500ml

**\$6.25**

38621 - Raspberry

**Case Price - \$75.00**



### Jif Peanut Butter

8/1kg

**\$5.50**

38633 - Creamy  
38634 - Crunchy

**Case Price - \$44.00**



### All Purpose Flour

2/10Kg

**\$15.25**

09105 - Five Roses  
74298 - Robin Hood

**Case Price - \$30.50**



### Eagle Brand Milk

24/300ml

**\$3.75**

05060 - Sweetened Condensed Milk

**Case Price - \$90.00**



### Minute Rice

12/350g

**\$2.25**

11209 - Long Grain

**Case Price - \$27.00**



### Italpasta

20/450g

**\$1.05**

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

**Case Price - \$21.00**

24/450g

23175 - Fettuccine  
23176 - Spaghetti  
23179 - Spaghettini

**Case Price - \$25.25**



### Mutti Passata

12/680ml

**\$3.10**

12186 - Puree with Fresh Basil  
12187 - Strained Tomatoes

**Case Price - \$37.25**



### Campbell's Soup

12/284ml

**\$1.10**

32090 - Tomato  
32091 - Vegetable  
32092 - Chicken Noodle  
32093 - Cream of Mushroom

**Case Price - \$13.25**



### Chunky Chili

12/425g

**\$3.25**

30130 - Homestyle  
30132 - Hot & Spicy  
30131 - Steak

**Case Price - \$39.00**



### Kraft Dinner Mac & Cheese Microwavable Cups

10/58g

**\$1.50**

13120 - Original  
28350 - 3 Cheese

**Case Price - \$15.00**



### Old El Paso Seasoning

32/24g

**\$1.20**

13519 - Regular Taco  
13520 - Hot and Spicy Taco  
13521 - Chili  
13526 - Mild Taco  
13527 - Fajita

**Case Price - \$38.50**



### Old El Paso Dinner Kit

10/250g - 10/340g

**\$3.40**

13515 - Stand & Stuff Taco  
13534 - Hard & Soft

**Case Price - \$34.00**

12/250g - 12/510g



13508 - Soft Tacobake

13512 - Hard Taco

13524 - Burrito

13509 - Fajita

13533 - Soft Taco

**Case Price - \$40.75**



### Pam Cooking Spray

12/141g

**\$4.00**

40219 - Air Fryer

**Case Price - \$48.00**

# GENERAL MERCHANDISE



## Gain Liquid Laundry Detergent

6/1.36L

**\$6.50**

46317 - Island Fresh 32 Load  
46318 - Gain+Aroma Boost - Original  
32 Load

46375 - Moonlight Breeze

46378 - Waterfall Delight

**Case Price - \$39.00**



## Febreze Air Freshener Plug In

6/2ct

**\$6.50**

46975 - Lilac

**Case Price - \$39.00**



## Old Dutch Liquid Fabric Softener

6/1.6L

**\$2.95**

45539 - Gentle Fresh

**Case Price - \$17.70**



## Bleach

6/2.4L

**\$2.50**

45538 - Concentrated Formula

**Case Price - \$15.00**



## Laundry Detergent

6/2L

**\$2.90**

45532 - Summer Fresh

45533 - Morning Breeze

45534 - Hypoallergenic

45535 - Cold Water

**Case Price - \$17.40**



## Cascades Complete Dishwashing Pods

5/15ct

**\$5.75**

46434 - Fresh Scent

**Case Price - \$28.75**



## Dawn Ultra Platinum EZ Squeeze Dishwashing Liquid

8/535ml

**\$3.75**

46530 - Rain Scent

**Case Price - \$30.00**



## All Season Washer Fluid

4/3.78L

**\$3.75**

54908 - -40C Washer Fluid

**Case Price - \$15.00**



## Sponge Towel Ultra Pro

8/3dr

**\$5.75**

51838 - Paper Towel 3=6 Roll

**Case Price - \$46.00**



## Lysol Cleaner All Purpose

12/650ml

**\$3.00**

46647 - Lemon

46652 - Apple Blossoms

**Case Price - \$36.00**

# HEALTH & BEAUTY



## One Step

12/236ml

**\$2.90**

75966 - Original Hand Sanitizer Pump

**Case Price - \$34.75**



## Pepto Bismol Antacid

12/230ml

**\$6.00**

92019 - Cherry

**Case Price - \$72.00**



## Vicks Nyquil Cold & Flu

3/236ml

**\$8.50**

74050 - Original  
97602 - Dayquil Liquid  
97600 - Children's Berry  
97601 - Cherry

**Case Price - \$25.50**



## Irish Spring Soap Bars

18/3pk

**\$3.00**

70594 - Original Clean

**Case Price - \$54.00**



## Irish Spring Body Wash

4/591ml

**\$4.50**

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

**Case Price - \$18.00**

# PET FOOD



## Cesar Wet Dog Food

24/100g

**\$1.54**

35691 - Beef  
35694 - Filet Mignon  
35696 - Turkey

**Case Price - \$36.99**



## Whiskas Wet Cat Food

24/100g

**\$1.21**

35281 - Chicken Dinner  
35282 - Tender Beef  
35285 - Savoury Salmon

**Case Price - \$28.99**



## Whiskas Dry Cat Food

5/2kg

**\$9.40**

35280 - Seafood Selections- Salmon Shrimp  
35287 - Meaty Selections- With Real Chicken

**Case Price - \$46.99**



## 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**

# MAPLE LEAF



## Real food for real families



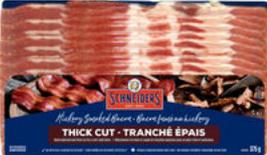
### Schneiders Bacon

32/375g

**\$6.05**

60832 - Salt Reduced  
60833 - Regular

**Case Price - \$193.60**



12/375g

**\$6.20**

60843 - Hickory Smoked Bacon - Thick Cut  
60844 - Hardwood Smoked Bacon - Thick Cut Maple

**Case Price - \$74.42**



12/100g

**\$6.15**

30044 - Hardwood Smoked Bacon - Thick Cut Fully Cooked Strips

**Case Price - \$73.80**



### Schneiders Smokies Sausages

8/900g

**\$9.82**

59449 - Original Recipe  
59448 - Cheddar Pp

**Case Price - \$78.53**



### Schneiders Juicy Jumbos

12/375g - 12/450g

**\$6.01**

30041 - Cheddar  
30042 - Three Cheese Jalapeno  
59451 - Hot & Spicy

**Case Price - \$72.07**

24/450g  
59452 - Original

**Case Price - \$144.14**



### 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 - \$28.31**



### Schneiders Wieners

12/375g

**\$4.09**

59457 - Regular

**Case Price - \$49.04**



24/375g  
63548 - Red Hots

**Case Price - \$98.15**



### Schneiders Bologna

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 Meat

8/150g - 8/175g

**\$4.94**

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

**Case Price - \$39.53**

12/150g

- 60891 - Summer Sausage
- 60893 - German Salami

**Case Price - \$59.30**



### Schneiders Hot Rod

10/160g

**\$6.01**

- 59437 - Snack Packs

**Case Price - \$60.06**



### 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**



### 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



### Swift Frozen Pie

24/190g

**\$1.48**

- 59597 - Beef
- 59596 - Chicken
- 59598 - Turkey

**Case Price - \$35.42**



### Maple Leaf Natural

6/250g

**\$5.71**

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

**Case Price - \$34.26**



### Schneiders Frozen Chicken Wings

8/615g

**\$7.19**

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

**Case Price - \$57.48**

# REFRIGERATION



## Natrel Lactose Free Milk

1/2L

**\$5.99**

02021 - 2%  
02022 - 1%  
02025 - Choc

**Unit Price - \$5.99**



## Natrel Fine Milk

1/4L

**\$8.99**

01010 - Homo

**Unit Price - \$8.99**



## İcim Cheese

24/100g

**\$1.50**

28798 - Triangle

**Case Price - \$36.00**



12/250g

**\$3.79**

28799 - Halloumi

**Case Price - \$45.45**



## Labneh

12/550g

**\$5.49**

60474 - Turkish

**Case Price - \$65.88**



## Natrel Fine Milk

1/1L

**\$2.49**

02028 - 2%  
02030 - 1%

**Unit Price - \$2.49**



## Parag All Natural Yogurt

6/650g

**\$1.89**

19103 - 3%

19104 - 2%

**Case Price - \$11.34**



## Grande Cheese

24/284g

**\$5.00**

60942 - Mozzarella Balls

**Case Price - \$119.99**



## Kraft Singles Sliced Cheese

24/410g

**\$4.99**

61513 - Original Cheddar (22)

**Case Price - \$119.76**



## 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**



## Shivani's Kitchen Paneer

20/300g

**\$3.89**

58311 - Malai

**Case Price - \$77.77**



## Becel Plant Based Brick

12/454g

**\$4.59**

60315 - Unsalted

60316 - Salted

**Case Price - \$55.08**



### Imperial Margarine (Tub)

12/850g

**\$5.99**

60310 - Non Hydrogenated

**Case Price - \$71.88**



### Becel Margarine (Tub)

12/850g

**\$7.61**

60317 - Vegan  
75469 - Olive Oil  
60302 - Original

**Case Price - \$91.36**



### 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**

### Low Sugar (Can)

12/355ml

**\$2.33**

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

**Case Price - \$27.99**



### Sundia True Fruit

12/217ml

**\$1.60**

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

**Case Price - \$19.20**



### Del Monte Morning Sunshine (NSA)

6/2.5L

**\$6.00**

16620 - No Pulp  
16619 - With Pulp

### Juice

16621 - Pineapple Orange

**Case Price - \$35.99**

# FREEZER



### Elite Cake

12/85g

**\$1.10**

64145 - Cherry Cheesecake Cup  
64148 - Black Forest Cup  
64149 - Chocolate Caramel Mousse Cup  
64177 - Tiramisu Single Serve Cup

**Case Price - \$13.20**



### Elite Cake Scoop n Serve

6/550g - 6/600g

**\$6.99**

64114 - Red Velvet  
64176 - Tiramisu

**Case Price - \$41.94**



### Tenderflake

12/255g - 12/397g

**\$3.65**

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

**Case Price - \$43.80**



### King's Pastry Coffee Cake

4/750g

**\$8.79**

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

**Case Price - \$35.14**



### 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**



### CT Bakery Mini Donuts

15/288g - 15/366g

**\$2.99**

- 98206 - Chocolate Boston Cream
  - 98208 - Caramel Crunch
  - 98207 - Cookies & Cream
- Case Price - \$44.85**



### 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**



### 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**



### Mini Loaves

8/400g

**\$4.00**

- 64203 - Chocolate Brown Butter
  - 64204 - Lemon
  - 64205 - Blueberry
- Case Price - \$32.00**



### Deep Flatbread

24/300g - 24/383g

**\$2.50**

- 76700 - Garlic Naan
  - 76703 - Paneer Paratha
  - 76701 - Tandoori Naan
  - 76702 - Aloo Paratha (Potato)
- Case Price - \$60.00**



### Billio Non Dairy Dessert

8/1L

**\$7.10**

- 94111 - Dark Chocolate
  - 94112 - Raspberry Cranberry Hibiscus
  - 94113 - Mango
- Case Price - \$56.80**



### Stonefire Flatbreads

12/200g

**\$2.55**

- 98012 - Naan Dippers Original
- Case Price - \$30.64**



### Kraft CoolWhip

24/1L

**\$3.51**

- 67004 - Whipped Topping
- Case Price - \$84.35**



### Promise Gluten Free

8/248g

**\$4.75**

82419 - 4 Pack Pitas

**Case Price - \$38.00**



6/240g

82418 - English Muffin 4 Pack

**Case Price - \$28.50**



5/280g

**\$3.99**

82411 - Plain Bagels 4 Pack

**Case Price - \$19.95**



### Promise Bread Loaf Gluten Free

5/400g

**\$4.75**

82403 - Brioche

82404 - Raisin

**Case Price - \$23.75**



4/480g

82400 - Soft White

82401 - Quinoa & Chia

82402 - Multigrain

82423 - Wholesome Brown

### Sourdough

4/400g

82405 - Seeded

82406 - Rustic White

**Case Price - \$19.00**



### Furlani Texas Toast

8/638g

**\$3.25**

73945 - Garlic

73946 - Garlic Parmesan

**Case Price - \$26.00**

### 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**



### Sonora Cantina Tortillas

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

**\$3.49**

98505 - Keto Blend

**Case Price - \$52.35**

12/680g

98510 - Flour Jalapeno - Large

**Case Price - \$41.88**

20/252g - 20/270g

**\$3.99**

98514 - Net Zero - Medium

98513 - Protein+ - Medium

**Case Price - \$79.80**



### McCain

### Regular Fries

12/800g

**\$2.29**

64073 - Shoestring

64074 - Crinkle Cut

64075 - Straight Cut

**Case Price - \$27.48**

### Breakfast

12/800g

**\$2.29**

69189 - Hashbrowns

**Case Price - \$27.48**





**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**



**McCain Classic Pizza Pockets**

16/300g

**\$3.30**

64068 - Pepperoni

64067 - 3 Cheese

**Case Price - \$52.80**



**Cavendish Farms Hash Brown Patties**

12/20ct

**\$4.21**

69123 - Classic

69124 - Onion Flavour

**Case Price - \$50.47**



**Ocean Jewel Shrimp**

10/284g - 10/340g

**\$6.29**

64636 - Ring with Sauce 19-22Ct

64632 - Raw Easy Peel (31/40)

**Case Price - \$62.90**



**Pacific White Shrimp**

10/340g

**\$6.99**

64631 - Cooked (31/40)

**Case Price - \$69.90**



**Beyond Chicken**

8/226g

**\$5.35**

25696 - Plant Based Breaded

Tenders - Original

**Case Price - \$42.80**



**Beyond Burger**

8/6x113g

**\$14.45**

25695 - Plant Based - Original

**Case Price - \$115.60**



**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**





**Janes Pub Style Chicken - Fully Cooked**

6/700g

**\$7.61**

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

**Case Price - \$45.66**



**Yucatan Guacamole**

6/227g

**\$3.75**

- 97011 - Spicy
- 97017 - Authentic
- 97019 - Mild

**Case Price - \$22.50**



**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**



**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**



**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**



**Heinz Bagel Bites Pizza Snacks**

8/198g

**\$2.59**

- 66169 - Three Cheese
- 66170 - Cheese & Pepperoni

**Case Price - \$20.72**



**Red Baron Pizza Classic Crust**

16/584g - 16/664g

**\$3.99**

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

**Thin & Crispy**

16/422g - 16/447g

- 90312 - Pepperoni
- 90311 - 5 Cheese

**Case Price - \$63.82**

**Deep Dish Singles**

12/318g

**\$3.69**

- 90300 - 4 Cheese
- 90301 - Pepperoni

12/326g

- 90302 - Supreme

**Case Price - \$44.28**

**Rising Crust**

14/775g - 14/875g

**\$5.99**

- 90303 - Pepperoni
- 90304 - Supreme

**Case Price - \$83.84**



### Borek Frozen Meals

**BITES**  
18/454g

**\$3.59**

64244 - Ricotta & Feta Cheese  
42006 - Spinach & Cheese

**Case Price - \$64.62**



**\$4.39**

64245 - Ground Beef & Spices

**Case Price - \$79.02**



### Swiss Chalet Chicken Pot Pie

9/470g

**\$5.35**

57902 - Chicken Pot Pie 2 Pack  
**Case Price - \$48.15**



### Cookin Greens Organic

8/300g

**\$3.33**

43652 - Chopped Kale

**Case Price - \$26.66**

12/500g

**\$3.61**

43654 - Tri Colour Veggie Fries

**Case Price - \$43.33**



### Tastiez Mac & Cheese Bites

8/311g

**\$4.99**

69201 - Buffalo  
69202 - Triangles  
69203 - Jalapeno Bites - Cheesy

**Case Price - \$39.92**



### Green Giant Vegetables

16/750g

**\$3.29**

68402 - Peaches & Cream  
68404 - Mixed Vegetables  
68406 - Summer Sweet Peas  
72087 - Sweetlets  
68400 - Niblets

**Case Price - \$52.67**

### Valley Selection

12/400g - 12/500g

72254 - Asian Blend  
72089 - California Mix  
72253 - Japanese Mix  
68401 - Cut Broccoli

**Case Price - \$39.48**



### KD Deluxe

5/340g

**\$4.29**

28321 - Four Cheese  
28322 - Creamy Cheddar

**Case Price - \$21.45**



### Minute Maid Frozen Beverage

12/295 ml

**\$1.25**

67660 - Mango Punch  
67662 - Fruit Punch  
67663 - Peach Punch  
67664 - Grape Punch  
67665 - Berry Punch  
67668 - Lemonade White

**Case Price - \$15.00**

12/295 ml

**\$1.85**

67669 - Frozen Orange Juice - Original

**Case Price - \$22.20**

# AWARD WINNING COMPANY



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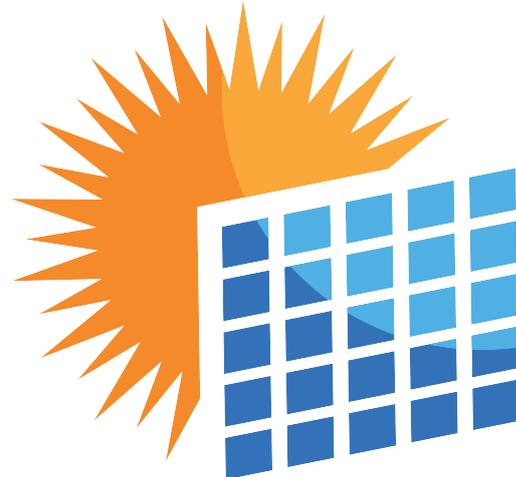


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