



Supporting Ontario's Independent  
Businesses For Over 30 Years!

# NEW DEALS!

NOVEMBER 17 - NOVEMBER 28, 2025

Independently Owned Proudly Canadian! 🍁

AD #24



ORDER NOW!



## Black Diamond Shredded Cheese

12/320g

**\$5.69**

60971 - Cheddar Old  
60963 - Mozzarella Cheddar  
60962 - Pizza Mozzarella

**Unit Price - \$68.28**



## Johnsonville Sausages

12/500g

**\$4.99**

66701 - Hot Italian  
66702 - Mild Italian

**Case Price - \$59.88**

## Breakfast

12/375g

**\$4.49**

66704 - Original  
66705 - Maple

**Case Price - \$53.88**



## Ocean Jewel Shrimp

10/284g

**\$6.59**

64636 - Ring with Sauce 19-22Ct

**Case Price - \$65.90**

## Pacific White Shrimp

10/340g

**\$6.29**

64632 - Raw Easy Peel (31/40)

**Case Price - \$62.90**

10/340g

**\$6.99**

64631 - Cooked (31/40)

**Case Price - \$69.90**



## Janes Fish

6/450g - 6/510g

**\$6.55**

24645 - English Style  
24646 - Beer Battered Burgers  
24647 - Pub Style Fillets  
24648 - Breaded Sticks  
24649 - Tempura Battered

**Case Price - \$39.30**



## Nestle Quality Street

6/220g

**\$9.17**

88909 - Carton

**Case Price - \$54.99**



## The Original Turtles

16/150g

**\$7.50**

10297 - Classic Gift Box

**Case Price - \$119.99**



## Toblerone Chocolate

10/360g

**\$15.00**

73504 - Milk

**Case Price - \$149.99**

20/100g

**\$3.00**

73519 - Milk

**Case Price - \$59.99**

**SALE PRICES IN EFFECT NOVEMBER 17 - NOVEMBER 28, 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.



# BEVERAGE



## Natura Beverage

12/946ml

**\$2.33**

## Barista Almond

22281 - Original

22282 - Vanilla

22284 - Coconut Unsweetened

## Organic Fortified Soy

22288 - Unsweetened

## Organic Oat

22285 - GF Unsweetened Original

## Organic Fortified Rice

74601 - Original

**Case Price - \$27.99**



## C4 Energy Drink

12/473ml

**\$2.58**

91882 - Superhuman Frzn Bombicle

91884 - Strawberry Watermelon Ice

91885 - Grape Popsicle

**Case Price - \$30.99**



## Earth's Own Oat Milk

12/946ml

**\$2.49**

## Oat

70708 - Original

70709 - Vanilla

70707 - Chocolate

## Oat Zero Sugar GF Unsweetened

70739 - Original

70740 - Vanilla

**Case Price - \$29.88**

12/946ml

**\$3.99**

70798 - Barista Oat

**Case Price - \$47.86**



## Nestea Iced Tea

8/1.89L

**\$3.44**

24200 - Lemon (Bottle)

**Case Price - \$27.49**

12/473ml

**\$2.33**

24202 - Raspberry (Bottle)

24203 - Lemon (Bottle)

**Case Price - \$27.99**



## 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**

4/6x330ml

**\$6.00**

24481 - 6 pack

**Case Price - \$23.99**

12/1L

**\$2.17**

24402 - Natural

**Case Price - \$25.99**



## Ice River Green Bottled Water

24/500ml

**\$3.49**

74109 - Natural Spring

**Unit Price - \$3.49**





### Sibilla Spring Water

12/750ml

**\$1.92**

21991 - Sparkling  
21992 - Still

**Case Price - \$22.99**



### Del Monte Nectar

4/8x200ml

**\$3.75**

16624 - Peach  
16622 - Guava  
16623 - Mango

**Case Price - \$14.99**

12/960ml

**\$1.92**

73063 - Mango  
73064 - Peach  
73069 - Pear  
73089 - Guava  
16616 - Passion Fruit  
22966 - Pineapple

**Case Price - \$22.99**



### Aeras Water

12/750ml

**\$2.00**

15190 - Still  
15189 - Sparkling

**Case Price - \$23.99**



12/330ml

**\$1.25**

15196 - Sparkling  
15197 - Still

**Case Price - \$14.99**



### Rougemont Apple Juice

6/2L

**\$3.33**

20023 - Mellow  
20024 - McIntosh

**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**



### Oasis Juice

24/300ml

**\$1.00**

21261 - 100% Orange Juice from Concentrate

**Case Price - \$23.99**



24/300ml

**\$0.83**

21262 - Apple Juice from Concentrate

**Case Price - \$19.99**

# FRONT SHOP CONFECTIONERY



## Kind Dipped Clusters

8/113g

**\$3.75**

75556 - Dark Chocolate Vanilla

Cashew

75557 - Dark Chocolate Almond

Butter

**Case Price - \$29.99**

**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

72530 - Almond & Coconut

**Case Price - \$14.99**

12/50g

**\$1.67**

76098 - Crunchy Peanut Butter

76099 - Dark Chocolate Nut

**Case Price - \$19.99**

**Protein+ Bars**

12/62g

**\$1.92**

76085 - Peanuts & Dark Chocolate

76086 - Peanuts Salted Caramel

**Case Price - \$22.99**

**Healthy Grains Clusters**

6/312g

**\$4.33**

74277 - Peanut Butter

74279 - Oats & Honey

**Granola Bars**

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**



## 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

71043 - Oats N Dark Chocolate

**Lunch Box**

12/130g

71044 - Double Chocolate

71045 - Chocolate Chip Peanut

**Trail Mix**

12/175g

71040 - Fruit and Nut

**Case Price - \$35.99**



## Frankie's Organic Clouds

12/120g - 12/140g

**\$2.17**

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 - \$25.99**





## Family's Best Potato Chips

18/130g

**\$1.06**

71361 - Original  
71362 - Wavy  
71364 - Sour Cream & Onion  
71365 - Cheddar & Sour Cream  
71366 - Bacon  
71367 - Ketchup  
71363 - BBQ

**Case Price - \$18.99**



## Poppa Corn

35/100g

**\$1.80**

05123 - Movie Style Popcorn

**Case Price - \$62.99**



## Planters Roasted Cashews

12/200g

**\$5.25**

40041 - No Salt  
40040 - with Salt  
40048 - Lightly Salted

**Case Price - \$62.99**



## Kinder Chocolate

15/150g

**\$12.00**

71454 - Classic Christmas

**Case Price - \$179.99**



## Junior Mints

12/113g

**\$2.33**

74630 - Family Size

**Case Price - \$27.99**



## Snack Factory - Pretzel Crisps

12/200g

**\$3.42**

71327 - Original  
71328 - Garlic Parmesan  
71329 - Everything  
71500 - Buffalo Wing

**Case Price - \$40.99**



## 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**



## 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**



**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**



**Betty Crocker  
DunkAroos  
Vanilla Cookies**

6/168g

**\$3.50**

07724 - Rainbow Frosting  
07725 - Chocolate Frosting

**Case Price - \$20.99**



**Popeye Candy**

48/16g

**\$0.29**

75097 - Sticks

**Case Price - \$13.99**



**Tootsie Roll Pops**

48/17g

**\$0.27**

75075 - Assorted Flavours

**Case Price - \$12.99**



**Dubble Bubble**

24/66g

**\$0.75**

75070 - Assorted Gum Balls

**Case Price - \$17.99**



**Zaini Chocolate**

24/20g

**\$1.46**

74649 - NHL Eggs

**Case Price - \$34.99**



**\$2 Surprise Bag**

24/75g

**\$1.42**

75095 - Surprise Bag

**Case Price - \$33.99**





## Weirdly Delicious Freeze Dried Candy

12/100g

**\$5.50**

- 70304 - Sour Puffs
- 70305 - Original Puffs
- 70306 - Berry Puffs
- 70307 - Tropical Puffs

**Case Price - \$65.99**

12/34g

**\$2.00**

- 70300 - Original Puffs
- 70301 - Berry Puffs
- 70302 - Sour Puffs
- 70303 - Tropical Puffs

**Case Price - \$23.99**



## Sun-Rype Good Bites

8/150g

**\$2.62**

- 05926 - Coconut Lemon
- 05928 - Chocolate Macaroon

**Case Price - \$20.99**



## Fruit to Go Bites

10/112g

**\$3.60**

- 05906 - Sour Watermelon
- 05905 - Sour Peach
- 05904 - Apple Strawberry

**Case Price - \$35.99**

## Fruit Snack

12/210g

**\$5.00**

- 05907 - Fun Flavours

**Case Price - \$59.99**



## 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**

# DISPLAYERS



## Melinda's Hot Sauce Displayer

36/355ml

**\$6.25**

- 43499 - Hot Sauce Displayer
- 9 - Black Truffle,
- 9 - Habanero Honey Mustard,
- 9 - Ghost Pepper Wing,
- 9 - Fire Roasted Garlic and Habanero

**Case Price - \$225.00**





## Nestle Assorted Singles Core 5 Prepack

324/42-50g

**\$0.83**

75421 -  
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 - \$270.00**



## Skittles Gummies Sour Assortment Displayer

96/Assorted

**\$2.71**

75138 -  
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**

# GROCERY



## General Mills Cereals

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 - Honeynut Cheerios

**Case Price - \$33.99**

## Presweet Cereals

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**



## Post Cereal

12/365g - 12/400g

**\$3.10**

72355 - Sugar Crisp  
72352 - Honeycomb

12/425g

72354 - Shredded Wheat Big Biscuit  
12354 - Raisin Bran

## Shreddies

12/440g

15704 - Honey  
15705 - Original

## Honey Bunches of Oats

12/311g - 12/340g

15710 - with Real Strawberries

15709 - Honey Roasted

15708 - with Almond

**Case Price - \$37.20**

14/340g

15252 - Chips Ahoy

**Case Price - \$43.40**

10/283g

15715 - Oreo Puffs

**Case Price - \$31.00**





### Want Want Hot Kid Rice Krispies

20/100g

**\$1.85**

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

**Case Price - \$36.99**



### Want Want Super Slim Rice Krispies Crackers

12/100g

**\$2.50**

92227 - Sea Salt  
92228 - Multigrain  
92229 - Black Sesame

**Case Price - \$29.99**



### Dare Whippet

12/250g

**\$3.42**

04292 - Original

**Case Price - \$40.99**



### Ultimate Creme Cookies

12/290g-12/300g

**\$2.75**

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

**Case Price - \$32.99**



### Gullon Maria Cookies

10/600g

**\$2.90**

75652 - Original

**Case Price - \$28.99**



### 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

**\$1.58**

71206 - Himalayan Salt  
71207 - Quinoa & Chai  
71208 - 7 Super Seeds

**Case Price - \$18.99**



### Tang Drink Mix

6/2.2kg

**\$7.33**

23701 - Crystal Orange

**Case Price - \$43.99**



### Nabob Coffee

6/340g

**\$8.83**

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

**Case Price - \$52.99**



### Nabob Tassimo Coffee

5/263g

**\$7.80**

28857 - Cappuccino

**Case Price - \$38.99**



### Grissol Melba Toast

12/200g

**\$2.58**

04700 - Plain  
04704 - Sesame

**Case Price - \$30.99**  
**Crispy Baguettes**

12/120g

**\$2.58**

04784 - Olive Oil and Sea Salt

**Case Price - \$30.99**

### Croutons Classic Style

12/135g

**\$1.75**

50069 - Creamy Caesar  
50070 - Garden Herb

### Restaurant Style

50071 - Garlic & Herb  
50072 - Caesar

**Case Price - \$20.99**



### Lotus Biscoff

10/250g

**\$2.90**

75651 - Cookies

**Case Price - \$28.99**



### Annas Cookies

12/150g

**\$3.00**

75654 - Ginger Thins  
75653 - Almond Thins

**Case Price - \$35.99**



### Yonca Sunflower Oil

4/3L

**\$9.75**

86011 - Sunflower Oil

**Case Price - \$39.00**



### Bella Del Sol High Oleic Sunflower Oil

6/750ml

**\$5.50**

40117 - Garlic Infused  
40118 - Lemon Infused Squeeze  
40119 - Rosemary Infused Squeeze  
40121 - Chili Infused Squeeze

**Case Price - \$33.00**



### Terra Delyssa Olive Oil

6/500ml

**\$6.50**

40083 - Organic Extra Virgin

**Case Price - \$39.00**



### Aylmer Gluten Free Soup

24/284ml

**\$1.00**

72266 - Cream of Mushroom  
27212 - Cream of Chicken

**Case Price - \$24.00**

24/284ml

**\$0.90**

27211 - Tomato Soup

**Case Price - \$21.50**





### Kraft Mayo

12/890ml

**\$4.75**

28443 - Real Mayonnaise

**Case Price - \$57.00**



### Heinz Mustard

12/380ml

**\$2.00**

24607 - Yellow Squeeze

**Case Price - \$24.00**



### Green Giant Canned Vegetables

12/341ml - 12/398ml

**\$1.60**

26132 - Sweet Corn No Salt & Sugar

26728 - Summer Sweet Peas Less Salt

72985 - Peas & Carrots

**Case Price - \$19.20**



24/341ml - 12/398ml

26126 - Niblets Kernel Corn

26133 - Peaches & Cream Corn

25320 - Cut Green Beans

26726 - Sweetlet Peas

26125 - Cream Style Corn

**Case Price - \$38.40**



### Prego Pasta Sauce

12/645ml

**\$3.00**

31464 - Original

31465 - Spicy Marinara

31466 - Three Cheese

31470 - Mushroom & Green Pepper

31472 - Tomato Onion & Garlic

**Case Price - \$36.00**



### Primo Soup

12/540ml

**\$2.25**

32701 - Hearty Lentil

32702 - Hearty Chicken

32703 - Medley Chick Rice

32704 - Beef Barley

32700 - Savoury Minestrone

**Case Price - \$27.00**



### Stove Top Stuffing Mix

12/120g

**\$1.60**

06407 - Chicken

06410 - Turkey

**Case Price - \$19.25**



### Braggs Vinegar

12/946ml

**\$5.75**

42112 - Organic Apple Cider

**Case Price - \$69.00**



### KFI Cooking Sauces

12/375ml

**\$3.75**

43457 - Butter Chicken

43458 - Tikka Masala

**Case Price - \$45.00**



### Cedarvale

12/250ml

**\$2.25**

43475 - Horseradish Regular

43480 - Seafood Sauce

**Case Price - \$27.00**

**\$2.50**

43477 - Horseradish Extra Hot

**Case Price - \$30.00**



### Italpasta Artisan

12/450g

**\$1.50**

23182 - Penne Rigate  
23183 - Fusilli  
23185 - Gemelli  
16238 - Cavatelli  
16239 - Radiatori

**Case Price - \$18.00**



20/450g

23180 - Spaghetti  
23181 - Spaghettini

**Case Price - \$30.00**



12/450g

**\$1.75**

16237 - Orecchiette  
16240 - Mezzi Rigatoni

**Case Price - \$21.00**



### Minute Rice

12/700g

**\$4.25**

11211 - Long Grain

**Case Price - \$51.00**



### Jif Peanut Butter

12/500g

**\$3.75**

38636 - Creamy  
38635 - Crunchy

**Case Price - \$45.00**



### Rice A Roni Rice

12/177g - 12/227g

**\$1.15**

74328 - Fried  
74326 - Spanish  
74330 - Chicken Flavored

**Case Price - \$13.80**



### Sunmaid Dried Fruit

8/250g

**\$3.00**

18243 - Pitted Prunes

**Case Price - \$24.00**



### All Purpose Flour

12/1Kg

**\$2.15**

09102 - Five Roses - White  
74291 - Robin Hood

**Case Price - \$25.75**



### Smucker's Jam

12/250ml

**\$3.00**

38615 - Strawberry  
38617 - Orange Marmalade  
73977 - Pure Blueberry

**Case Price - \$36.00**



### Kraft Jet-Puff Marshmallows

12/400g

**\$2.50**

28335 - White  
28336 - Minis  
28333 - Jumbo

**Case Price - \$30.00**



### Baker's Chocolate

24/225g

**\$4.00**

28155 - Semi Sweet  
28158 - Unsweetened

**Case Price - \$96.00**



# GENERAL MERCHANDISE



## Scotties Facial Tissue

24/60ct

**\$1.70**

51449 - Toronto Maple Leafs Cubes

**Case Price - \$40.75**



## Table Accents Coffee Cup with Lid

24/12oz

**\$2.00**

51991 - Triple Wall Insulated

**Case Price - \$48.00**



## Tide Liquid Laundry Detergent

6/1.24L

**\$9.50**

96180 - Original (32 Loads)

96181 - HE Original (32 Loads)

**Case Price - \$57.00**



## Fleecy Liquid Fabric Softener

6/1.36L

**\$4.75**

46856 - Fresh Air

46857 - Calm

**Case Price - \$28.50**



## Mr. Clean Clean Freak

6/473ml

**\$5.00**

46682 - Lemon Zest

**Case Price - \$30.00**



## Charmin Bathroom Tissue

8/4=16 rolls

**\$3.88**

51146 - Ultra Soft 4=16 Rolls

**Case Price - \$31.00**



## Palmolive Dish Liquid

9/828ml

**\$2.15**

46583 - Lemon

72434 - Orange

72435 - Original

**Case Price - \$19.39**



## Lysol

### Toilet Bowl Cleaner

9/710ml

**\$3.25**

46648 - Power

50141 - with Bleach

**Case Price - \$29.25**



## Disinfectant Wipes

12/35ct

**\$2.75**

50148 - Spring Waterfall

50145 - Citrus

**Case Price - \$33.00**



## Disinfectant Spray

12/350g

**\$5.00**

50146 - Crisp Linen

50138 - Mango & Hibiscus

**Case Price - \$60.00**



## Comet Cleaning

24/400g

**\$1.30**

77040 - With Bleach

**Case Price - \$31.25**



## Bounty Paper Towel

6/2=5

**\$5.50**

46927 - SAS

**Unit Price - \$33.00**

# HEALTH & BEAUTY



## Herbal Essences Hair Gel

3/170g  
**\$4.75**

92611 - Curl Scrunching

**Case Price - \$14.25**



## Pepto-Bismol

6/24ct

**\$6.00**

75768 - Chewable Tablets Original

**Case Price - \$36.00**



## Crest Toothpaste

24/100ml

**\$1.35**

93825 - Regular

93839 - Tartar Control - Fresh Mint

**Case Price - \$32.50**



## Trojan Condoms

6/3pk

**\$2.00**

95007 - Naked Sensations Ultra Ribbed

**Case Price - \$12.00**

**\$1.75**

95009 - Lubricated

95019 - Ultra Thin

95023 - Magnum

**Case Price - \$10.50**

# PET FOOD



## Friskies Wet Cat Food

24/156g

**\$1.04**

35348 - Pate Chef's Dinner

35352 - Pate Chicken Dinner

35364 - Shredded Ocean White Fish & Tuna

35358 - Pate Salmon Dinner

35359 - Pate Seafood Supreme

35363 - Shredded Chicken & Salmon

72277 - Shredded Chicken In Gravy

35362 - Shredded Turkey & Cheese Dinner

35360 - Pate WhiteFish Tuna Dinner

35365 - Indoor Chkn&Trky Casserol in Gravy

35366 - Indoor Saucy Seafood Bake

35351 - Chunks Chicken Dinner In Gravy

**Case Price - \$24.99**



## Beneful Dry Dog Food

6/1.6kg - 6/1.8kg

**\$7.50**

35969 - IncrediBits Real Beef - Small Dogs

35977 - Originals with Real Chicken

35969 - Originals with Real Beef

**Case Price - \$44.99**



## Friskies Dry Cat Food

6/1.42kg - 6/1.5kg

**\$5.33**

35541 - 7 Favourite

35593 - Chef's Blend

**Case Price - \$31.99**



# MAPLE LEAF



## Real food for real families



**Maple Leaf  
Bacon Natural**  
32/375g

**\$5.96**

59428 - Original  
59429 - Lazy Maple  
59430 - Salt Reduced

**Case Price - \$190.73**



**Ready Crisp**  
12/85g

**\$5.60**

59587 - Bacon Pieces

**Case Price - \$67.17**



16/65g

63570 - Bacon Slices  
59439 - Bacon Slices LS

**Case Price - \$89.56**



**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 - \$28.31**



**Maple Leaf Natural  
Pulled Pork**  
6/450g

**\$8.85**

60845 - Classic BBQ Sauce  
**Case Price - \$53.07**



**Schneiders Naturally  
Hardwood Smoked  
Sausages**  
12/375g

**\$5.70**

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

**Case Price - \$68.34**



**Maple Leaf Top Dogs  
Wieners**  
12/375g

**\$3.90**

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

**Case Price - \$46.83**



**Maple Leaf Fully  
Cooked Breakfast  
Sausage**  
12/300g

**\$5.47**

59670 - Links  
60819 - Patties

**Case Price - \$65.69**



**Schneiders Pepperettes**  
20/60g

**\$1.78**

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

**Case Price - \$35.67**



## 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**



## Mina Halal Chicken Fz

8/720g

**\$8.19**

59768 - Supreme Crunch Chicken Drumsticks Fz

**Case Price - \$65.49**

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**



## Supreme Crunch Spicy Chicken

6/600g

**\$7.99**

59717 - Burger Fz

59718 - Bite Fz

**Case Price - \$47.93**



8/552g

**\$6.47**

59425 - Breaded Chicken Burger Fz

**Case Price - \$51.73**



8/600g

**\$6.27**

59643 - Chicken Nuggets Fz

**Case Price - \$50.18**



8/600g

**\$6.46**

59644 - Chicken Strips Fz

**Case Price - \$51.66**



## Schneiders Breakfast Sandwiches

8/232g - 8/288g

**\$4.90**

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

**Case Price - \$39.20**

## Schneiders Egg Bites

12/224g

**\$4.58**

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

**Case Price - \$54.98**



## Deli Meat

4/1.75kg

**\$20.04/kg**

59520 - Sch Jumbo Summer

2/3.75kg

**\$11.80/kg**

59542 - Sch Blue Ribbon Bologna



## Tenderflake

36/454g

**\$3.98**

59612 - Lard

**Case Price - \$143.36**





# REFRIGERATION



## Sealttest Partly Skimmed Milk (Carton)

1/473ml

**\$1.49**

02016 - 1% Chocolate



**Unit Price - \$1.49**

1/237ml

**\$0.79**

02017 - 1% Chocolate

**Unit Price - \$0.79**



## Earth's Own Almond

6/1.89L

**\$2.99**

70701 - Unsweetened Original

70702 - Unsweetened Vanilla

70795 - Chocolate

**Unit Price - \$17.94**

**Oat**

6/1.75L

**\$3.29**

70705 - Chocolate

**Unit Price - \$19.74**

6/1.75L

**\$3.59**

70742 - GF & Glyphosate Free - Original

**Unit Price - \$21.54**

6/1.75L

**\$3.19**

70704 - Vanilla

70703 - Original

70738 - Zero Sugar Unsweetened Original

**Organics So Nice Almond**

6/1.75L

70792 - Original

70793 - Unsweetened Original

70794 - Unsweetened Vanilla

**Unit Price - \$19.14**



## Natrel Fine Milk (Bag)

1/4L

**\$7.99**

01011 - Filtered - 2%

01012 - 1%

01013 - Skim

**Unit Price - \$7.99**

## Carton

1/2L

**\$5.19**

02027 - 2%

02029 - 1%

**Unit Price - \$5.19**



## Quebon Cream

1/1L

**\$7.49**

03022 - 35% Ultra Cook Crm

**Unit Price - \$7.49**



## Cloverleaf Delectables

12/227g

**\$2.55**

63062 - Crab Flakes

63065 - Lobster Flake

63060 - Crab Legs

**Case Price - \$30.61**



## Astro Original Balkan Yogourt (Plain)

6/750g

**\$3.17**

09038 - 6%

09039 - 3.2%

09040 - 2%

**Case Price - \$18.99**



## Cracker Barrel Natural Cheese Slice

12/220g - 12/240g

**\$4.75**

60491 - Swiss  
60492 - Havarti  
28521 - Marble  
60490 - Medium

**Case Price - \$57.00**



## Pillsbury Crescent Rolls

12/226g

**\$1.93**

62910 - Original

**Case Price - \$23.14**

## Pillsbury Chocolate Chip Cookie Dough

12/468g

**\$2.98**

62925 - Chub

**Case Price - \$35.79**



## Violife 100% Dairy Free Slices

8/200g

**\$4.25**

20251 - Cheddar Style Vegan  
20252 - Mature Cheddar Style

### Creamy

20253 - Original

### Shredded

20257 - Cheddar Style  
20258 - Mozzarella Style

**Case Price - \$34.00**



## 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**



## 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**



## Becel Margarine (Tub)

24/427g

**\$4.00**

60301 - Original  
60303 - Vegan  
60304 - With Olive Oil

**Case Price - \$95.91**





## Oasis Orange Juice

8/1.5L

**\$4.62**

21243 - With Pulp  
21245 - No Pulp

**Case Price - \$36.99**



## 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**



## Dose Energy Shot

6/4x60ml

**\$8.00**

91897 - Ginger & Turmeric - Extra Strength

91898 - Ginger Lime Guayusa

91899 - Ginger & Turmeric

**Case Price - \$48.00**



## 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**



# FREEZER



## Donut Time

24/250g

**\$1.19**

97995 - Glazed Donut

**Case Price - \$28.44**



## 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**



**\$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**

8/296g

**\$2.39**

10406 - Brioche Gourmet Buns Classic 4 Pack

**Case Price - \$19.11**



## Elite Cake Scoop n Serve

6/550g - 6/600g

**\$6.99**

64114 - Red Velvet  
64176 - Tiramisu

**Case Price - \$41.94**



## Elite Cake

4/6in

**\$10.50**

64193 - Bacio Domed  
64189 - Triple Choc Mousse Domed  
64198 - Tiramisu Domed

**Case Price - \$42.00**



## Furlani Bread

12/326g

**\$3.25**

74883 - Stuffed Breadsticks Mozzarella

**Case Price - \$39.00**



20/284g

**\$1.75**

06021 - Garlic Bread

**Case Price - \$35.00**



## Promise Gluten Free Muffins

6/240g

**\$3.51**

82416 - Blueberry  
82417 - Chocolate Chip

**Case Price - \$21.06**



## Cake

4/320g

82407 - Chocolate Fudge  
82408 - Lemon Drizzle

**Case Price - \$14.04**







## Stonefire Flatbreads Mini Naan

14/200g

**\$1.51**

98011 - 4 Pack Original

**Case Price - \$21.07**



14/200g

**\$1.81**

98104 - Garlic (4 Pack)

**Case Price - \$25.34**



## Naan

18/250g

**\$1.51**

98100 - Roasted Garlic (2 Pack)

**Case Price - \$27.18**

12/360g

**\$2.11**

98106 - Rounds Original (12 Pack)

**Case Price - \$25.32**



## Nanuk Salmon

30/85g

**\$5.49**

77610 - Smoked Pacific Coho

**Case Price - \$164.70**



## Butcher's Selection Stampede Pork Back Ribs

12/680g

**\$6.99**

66524 - Texas BBQ FC

**Case Price - \$83.88**



## Beyond Chicken

8/226g

**\$5.29**

25696 - Plant Based Breaded  
Tenders - Original

**Case Price - \$42.32**



## Beyond Burger

8/6x113g

**\$14.59**

25695 - Plant Based - Original

**Case Price - \$116.70**



## Swiss Chalet Chicken Pot Pie

9/470g

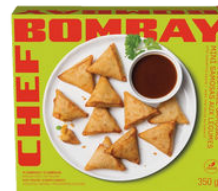
**\$5.49**

57902 - Chicken Pot Pie 2 Pack

**Case Price - \$49.41**



NEW!



## Chef Bombay Meals

8/240g - 8/350g

**\$3.99**

65842 - Mini Butter Chicken

Naanpanadas

65840 - Vegetable Pakoras with

Tamarind Sauce

65844 - Mini Chicken Tikka Samosas

Tamarind Sauce

65836 - Beef Vindaloo With Basmati

Rice

65838 - Butter Chicken

65841 - Chicken Tikka Masala with

Basmati Rice

65843 - Mini Veg Samosas Tamarind

Sauce

**Case Price - \$31.92**



## Watson Ridge Chicken

6/800g

**\$4.99**

43518 - Strips

43519 - Nuggets

43596 - Popcorn

43597 - Burgers

**Case Price - \$29.94**



## Dr Oetker Pizza Ristorante (Thin Crust)

7/320g - 7/390g

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

**Case Price - \$34.93**

## Casa Di Mama

5/395g - 5/410g

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

**Case Price - \$24.95**



## 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**



## High Liner Fish

12/500g - 12/700g

**\$7.99**

- 20526 - Beer Battered Fillets
- 73320 - Crispy Breaded Fish Sticks

**Case Price - \$95.88**



## 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**



## Pillsbury Pizza Pops

12/380g

**\$2.59**

66151 - Three Cheese

66153 - Pepperoni & Bacon

66154 - Deluxe

66155 - Pepperoni

66158 - Old El Paso Taco-Beef & Cheese

**Case Price - \$31.02**



## Cheemo Perogies

10/907g

**\$2.35**

64816 - Potato Bacon Romano Cheese

64817 - Potato Cheddar Cheese

64818 - 3 Cheese Wht Chd, Swiss, Moz

64819 - Ukrainian Style Roasted Garlic

**Case Price - \$23.50**

6/2kg

**\$4.65**

64824 - Potato & Cheddar Cheese

**Case Price - \$27.90**





## Cardinal Roadhouse

9/907g

**\$10.50**

66549 - 1/4 Pound Halal Beef Burger

**Case Price - \$94.50**



## Nana Pops Bars

6/240ml

**\$4.49**

50421 - Chocolate Peanut Butter

50422 - Banana Bread

50423 - Strawberry Funshine

**Case Price - \$26.94**



## Pelmen Potato Perogies

12/500g

**\$3.10**

64838 - Cheddar Cheese

64839 - Fried Onion

64840 - Roasted Garlic And Herbs

64841 - Cheddar And Bacon

**Case Price - \$37.14**



## Snowcrest Frozen Fruit

12/400g - 12/600g

**\$4.10**

20318 - Fruit Medley

20319 - Sliced Strawberry

20711 - Berry Blend

20712 - Sliced Peaches

20713 - Strawberries & Bananas

20714 - Cultivated Blueberries

20715 - Mango Chunks

20716 - Raspberries

**Case Price - \$49.20**



## Cookin' Greens

**Organic**

8/300g

**\$3.39**

43651 - Chopped Spinach

43652 - Chopped Kale

**Case Price - \$27.12**

12/500g

**\$3.63**

43654 - Tri Colour Veggie Fries

**Case Price - \$43.54**



## Kellogg's Eggo Waffles

12/280g

**\$3.15**

64021 - Blueberry Flavour

64048 - Cinnamon Toast

64054 - Strawberry Flavour

64022 - Chocolate Chip

**Case Price - \$37.80**

24/280g

64020 - Original

**Case Price - \$75.60**

**Pancakes**

16/280g

64039 - Buttermilk

**Case Price - \$50.40**



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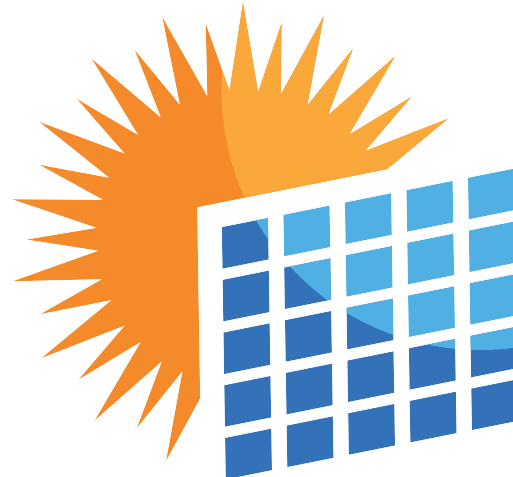


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**Distribution Center:** 5876 Coopers Rd.  
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