



CJR
WHOLESALE GROCERS

Supporting Ontario's Independent
Businesses For Over 30 Years!

NEW DEALS!

FEBRUARY 10 - 21, 2025

Independently Owned Proudly Canadian!



ORDER NOW!



Healthy Choice Steamers Simply

8/259g - 8/283g

\$4.00

65111 - Chicken Broccoli Alfredo
65113 - Chicken Veg Stir Fry
65112 - Meatball Mannara

Gourmet

8/269g - 8/292g

65957 - Beef Merlot
65951 - Red Pepper Chicken Alfredo

Case Price - \$32.00



Hungryman XL Bowls

8/369g - 8/397g

\$4.00

65754 - Nashville Style Hot Fried
Chicken Cutlet

Case Price - \$32.00



OKF Farmers Aloe Vera Drink

12/1.5L

\$2.67

22752 - Mango
22753 - Pineapple
22751 - Original

Case Price - \$31.99

20/500ml

\$1.15

22755 - Mango
22756 - Pineapple
22757 - Watermelon
22758 - Pomegranate
22759 - Strawberry
22754 - Original

Case Price - \$22.99



Dawn Ultra Dish Soap

10/473ml

\$2.70

46501 - Antibacterial Orange
46502 - Original

Case Price - \$27.00



Natura Beverage

12/946ml

\$1.92

Barista Almond

22281 - Original
22282 - Vanilla
22284 - Almond & Coconut
Unsweetened

Organic Soy

22288 - Soy Unsweetened

Organic Oat GF

22285 - Unsweetened Original Oat

Organic Rice

74601 - Fortified Rice Beverage -
Original

Case Price - \$22.99



Heinz Ketchup

12/750ml - 12/1L

\$4.88

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

Case Price - \$58.50



Classico Pesto Sauce

12/218ml

\$3.75

31436 - Basil

Pasta Sauce

12/410ml

28680 - Rosee Di Lombardia
31437 - Di Roma Alfredo
31440 - Alfredo & Roasted Garlic
31462 - Spicy Tomato Parmesan

12/600ml - 12/650ml

31423 - Di Napoli Tomato & Basil
31425 - Di Campania Sweet Basil
Marinara
31429 - Di Parma Four Cheese
31431 - Spicy Red Pepper
31432 - Roasted Portobello Mushroom
31433 - Bolognese
31434 - Di Sorrento Roasted Garlic &
Onion
31435 - Di Milano Vodka
31445 - Fire Roasted Tomato Garlic
31448 - Di Firenze Florentine Spinach
and Cheese
31449 - Di Liguria Tomato Alfredo
31457 - Italian Sausage Pepper Onion

Case Price - \$45.00

SALE PRICES IN EFFECT FEBRUARY 10 - 21, 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.






PF Chang's Cooking Sauce
6/350ml
\$3.50

41396 - Sesame
41397 - Kung Pao
41398 - Sweet Chili
41399 - Teriyaki
Case Price - \$21.00



Pam Cooking Spray
12/141g - 12/170g
\$4.25

40219 - Air Fryer
40221 - With Olive Oil
40220 - Original
Case Price - \$51.00



Slim Jim Meat Sticks
24/27.5g
\$1.29

13761 - Original
13762 - Mild
13763 - Hot AF
Case Price - \$30.99



Bigs Sunflower Seeds
8/140g
\$2.87

13741 - Dill Pickle
13742 - Salted & Roasted Original
13743 - Taco Supreme
Case Price - \$22.99




Snack Pack Pudding
12/4x99g
\$1.75

36521 - Butterscotch
36522 - Chocolate
36534 - Vanilla
36536 - Tapioca
36551 - Vanilla NSA
36552 - Chocolate NSA
Case Price - \$21.00




NEW!
8/6pk
\$3.00

36523 - Cinnabon
Case Price - \$24.00



Angies Boom Chicka Pop
12/35g - 12/64g
\$1.75

71061 - Sea Salt Popcorn
71064 - Sweet & Salty Kettle Corn
Case Price - \$20.99



8/136g - 8/198g
\$3.75

71063 - Sweet & Salty Kettle Corn
71062 - Sea Salt Popcorn
Case Price - \$29.99

12/170g
\$3.67

71066 - Sweet Chili Puffs
71067 - White Cheddar Puffs
Case Price - \$43.99



Orville Redenbacher Popcorn RTE
12/150g - 12/220g
\$3.50

70679 - Sweet & Salty Kettlecorn
70680 - Movie Theatre Butter
Case Price - \$41.99



12/850g
\$4.42

70670 - Popping Corn
Case Price - \$52.99

Orville Popcorn Pop Up Bowl
6/420g - 6/492g
\$5.17

70681 - Butter
70683 - Smart Pop
74173 - Extra Butter
Case Price - \$30.99



Mini Pack (3)
12/246g
\$3.00

70671 - Extra Buttery
70672 - Buttery
Case Price - \$35.99



Aylmer Tomatoes

24/796ml

\$2.00

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

Case Price - \$48.00



Chef Boyardee

24/418g - 24/425g

\$2.10

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

Case Price - \$50.50

BEVERAGE



Poppi Soda

12/355ml

\$2.25

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

Case Price - \$26.99



ZOA

Zero Sugar Energy Drink

12/355ml

\$1.75

- 91800 - Wild Orange
- 91802 - Cherry Limeade
- 91803 - Tropical Punch
- 91805 - Zero Sugar Frosted Grape

Case Price - \$20.99



Bai Antioxidant Infusion

12/530ml

\$2.42

- 28182 - Malawi Mango
- 28184 - Molokai Coconut
- 28185 - Zambia Bing Cherry
- 28186 - Kula Watermelon

Case Price - \$28.99



Sunny Delight

4/3.78L

\$5.25

- 63330 - California Smooth

Case Price - \$20.99



Arizona Tea

4/8x200ml

\$3.50

- 20038 - Ginseng and Honey Green
- 20040 - Lemon Iced Tea

Case Price - \$13.99



Becks Non Alcoholic Beer

4/6x330ml

\$10.00

- 24042 - 0.0% Alcohol

Case Price - \$39.99



Corona Sunbrew Non Alcoholic Beer

4/6x330ml

\$10.00

- 24000 - Bottle

Case Price - \$39.99



- 2/12x355ml

Case Price - \$39.99



Fiji Water

6/6x330ml

\$6.00

24481 - 6 pack

Case Price - \$23.99

12/1L

\$2.25

24402 - Natural

Case Price - \$26.99

12/700ml

\$2.00

24403 - Natural

Case Price - \$23.99



Vita Coco Coconut Water

12/500ml

\$1.67

67026 - Pineapple

67027 - Pure Coconut

67035 - with Pressed Coconut

Case Price - \$19.99



Eska

12/500ml

\$0.25

24415 - Natural Spring Water

Case Price - \$2.99

FRONT SHOP CONFECTIONERY



Made Good

6/100g - 6/132g

\$3.00

10500 - Chocolate Banana minis

10501 - Chocolate Banana Organic Soft Baked Mini Cookies

10503 - Granola Minis Chocolate Chip (Pouch)

10505 - Vanilla Organic Crispy Squares

10506 - Chocolate Chip 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 - \$17.99

Good To Go

6/40g

\$1.50

88011 - Blondies Chocolate Chip

88012 - Brownies Double Chocolate Chip

Case Price - \$8.99

Crunchy Cookies

6/200g

\$3.67

10581 - Vanilla

10582 - Chocolate Chip

Case Price - \$21.99



Planters Cocktail Peanuts

12/200g

\$1.92

40039 - Salted

Case Price - \$22.99

Cashews Roasted

12/200g

\$5.17

40041 - No Salt

40040 - with Salt

40048 - Lightly Salted

Case Price - \$61.99



Quaker Chewy Granola Bars

12/120g

\$2.50

70907 - Chocolate Chip

70908 - Smores Bars

Dipps

12/150g - 12/156g

04860 - Peanut Butter Blast

70802 - Chocolate Chip

70803 - Caramel Nut

Case Price - \$29.99





Snack Factory - Pretzel Crisps

12/200g

\$3.58

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

Case Price - \$42.99



Merci Finest Chocolate

18/200g

\$4.78

75236 - Assortment of European

Case Price - \$85.99



Werthers

12/50g

\$0.83

72300 - Original Rolls

Case Price - \$9.99



Pur Mints

12/30g

\$1.58

- 82111 - Peppermint
- 82112 - Tangerine Tango
- 82113 - Spearmint

Case Price - \$18.99



Pur Gum

12/9pc

\$1.17

- 82114 - Bubble Gum
- 82115 - Spearmint
- 82116 - Peppermint

Case Price - \$13.99



Toffifee Candy Box

12/123g

\$2.50

75233 - Candy Box

Case Price - \$29.99



Haribo Candy

12/170g - 12/175g

\$2.25

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

Case Price - \$26.99



Lenny & Larry Complete Cookie

12/113g

\$2.25

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

Case Price - \$26.99



Jolly Ranchers

12/182g

\$2.40

75473 - Sour

Case Price - \$28.80

10/182g

- 55300 - Misfit Gummies
- 55302 - Misfit Gummies Sour

Case Price - \$23.99



Maynards Candy

18/60g - 18/64g

\$1.17

- 75800 - Swedish Berries
- 75802 - Cherry Blasters
- 75804 - Fuzzy Peach
- 75811 - Sour Patch Kids

Case Price - \$20.99



Hershey's Chocolate Family Bar

12/108g - 12/120g

\$2.50

- 73130 - Reese Peanut Butter
- 75499 - Cookies N Creme

Case Price - \$29.99



14/90g - 14/100g

- 73131 - Milk Chocolate
- 75489 - Almond
- 75492 - Milk Chocolate with Skor
- 75497 - Birthday Cake
- 75498 - Cookies N Cream Graham Clusters

Case Price - \$34.99



Halls Lozenges

20/9pc

\$1.20

- 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 - \$23.99

DISPLAYERS



Hershey's

160 Assorted

\$2.44

- 75404 - Assorted Family Bar Prepack
- 28 - Hershey Almond Family Bar 100g
- 28 - Hershey Milk Family Bar 100g
- 28 - HERSHEY MILK CHOCOLATE SKOR FAMILY
- 24 - Reese PB Family Bar 120g
- 14 - HERSHEY BIRTHDAY CAKE FAMILY BAR
- 14 - HERSHEY COOKIES'N'CRÈME 2-IN-1 GRAH
- 24 - COOKIES 'N' CREME FAMILY BAR

Case Price - \$389.99



Halls Variety Floor Display

240/Assorted

\$1.10

75813 - Displayer Breakdown:

- 40 - Extra Strong
- 100 - Cherry
- 60 - Honey Lemon
- 40 - Vitamin C Citrus

Case Price - \$263.99



Jolly Ranchers

100 Assorted

\$2.30

55303 - Jolly R & Twizzlers Prepack

- 10 - TWIZZLER GUMMIES ORANGE CREAM POP
- 10 - TWIZZLER GUMMIES STRAWBERRY
- 20 - JOLLY RANCHER GUMMIES ASSORTED FRUIT
- 20 - JOLLY RANCHER GUMMIES SOUR ASSORTED
- 20 - JOLLY RANCHER GUMMIES SOUR ORIGINAL
- 20 - JOLLY RANCHER GUMMIES ORIGINAL ASSOR

Case Price - \$229.99

GROCERY



Folgers Coffee

6/108g

\$7.33

14015 - Lively Colombian K Cups

Case Price - \$43.99



6/816g

\$15.00

14035 - Classic Roast Regular

Case Price - \$90.00



Nabob Coffee

6/340g

\$7.67

28543 - Breakfast Blend

28544 - 1896 Tradition Decaf

28542 - Sumatra

Case Price - \$45.99



Tassimo Coffee

5/263g

\$7.20

28857 - Cappuccino

Case Price - \$35.99



Tim Tam Cookies

24/175g - 24/200g

\$3.87

04261 - Caramel

04262 - Original

04263 - Dark Chocolate

04264 - Double Coat

Case Price - \$92.99



Maxwell House Instant Coffee

12/150g

\$5.83

14527 - Original Roast

Case Price - \$69.99



Nutella & GO

48/52g

\$1.57

37601 - Breadstick T12x4
Case Price - **\$75.49**



Quaker Cereal

12/350g - 12/450g

\$3.50

74331 - Cap'n Crunch
72258 - Life Original
Case Price - **\$41.99**



Kraft Peanut Butter

12/750g - 12/1kg

\$6.50

28308 - All Natural
28302 - Crunchy
28305 - Smooth
Case Price - **\$78.00**



Dare Bear Paws Cookies

12/240g

\$2.96

75706 - Banana Bread
75707 - Brownie
20641 - Rainbow Chip
75705 - Chocolate Chip
Case Price - **\$35.49**



Viva Puffs Cookies

12/300g

\$2.50

74727 - Raspberry
Case Price - **\$29.99**



Dare Wagon Wheels Cookies

12/315g

\$2.83

75725 - Original
Case Price - **\$33.99**



Simple Pleasures

12/310g

\$2.58

74740 - Digestive Cookie
Case Price - **\$30.99**



Pepperidge Farms Goldfish Crisps

14/177g

\$2.75

04681 - Sour Cream & Onion
04682 - Cheddar
Case Price - **\$38.49**



Goldfish

12/180g - 12/200g

\$2.75

04685 - Blasted Xtreme Cheddar
04693 - Cheddar Colours
72086 - Original

Case Price - **\$32.99**



\$2.75

72689 - Cheddar
Case Price - **\$65.99**



Riceworks

12/155g

\$3.58

71280 - Sea Salt
71281 - WILD Sea Salt & Black Sesame
71285 - Avocado Ranch
71286 - Sweet Chili
Case Price - **\$42.99**



Tang Crystals

20/276g

\$2.05

23700 - Orange
23704 - Raspberry
23705 - Grape
Case Price - **\$40.99**



Dare Whippet

12/250g

\$3.00

04292 - Original
Case Price - **\$35.99**

Sticks

12/250g

\$3.00

04282 - Coconut
Case Price - **\$35.99**



Dare Ultimate Creme Cookies

12/290g-12/300g

\$3.17

75711 - Chocolate Fudge
75712 - Lemon
75714 - Maple

Case Price - **\$37.99**



McVities Digestive Biscuits

12/300g - 12/400g

\$3.75

04086 - Dark Chocolate
04087 - Original
31051 - Milk Chocolate

Case Price - \$44.99

While Quantities Last



Jello Instant Pudding

24/40g

\$1.13

28221 - Fat Free Chocolate

Case Price - \$27.00



Hamburger Helper

12/170g - 12/220g

\$1.87

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



Tuna Helper

12/233g

07720 - Creamy Noodles
Case Price - \$22.45



Agromonte Pasta Sauce

6/560ml

\$7.00

90231 - Marinara
90232 - Roasted Garlic
90233 - Ricotta Cheese

Case Price - \$42.00



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



Kraft Miracle Whip

12/890ml

\$5.50

41006 - Regular
Case Price - \$66.00



ReaLemon Juice

12/440ml

\$1.91

21451 - Lemon
21453 - Lime

Case Price - \$22.95



Annie's Organic Mac and Cheese

12/170g

\$2.25

07755 - Classic
07756 - Shells With White Cheddar
07757 - Shells With Real Aged Cheddar

Case Price - \$27.00

\$2.50

07760 - Rice Pasta And White Cheddar
07761 - Rice Pasta Cheddar

Case Price - \$30.00



Italpasta
20/450g
\$1.10
23122 - Rotini
23123 - Penne Rigate
23125 - Fusilli
23126 - Scoobi Do Cello Bag
23160 - Elbow Bag
Case Price - \$22.00

24/450g
23175 - Fettuccine
23176 - Spaghetti
23179 - Spaghettini
Case Price - \$26.50

Artisan
12/450g
\$1.50
23182 - Penne Rigate
23183 - Fusilli
23185 - Gemelli
Case Price - \$18.00

20/450g
23180 - Spaghetti
23181 - Spaghettini
Case Price - \$30.00



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



Knorr Soup
12/40g - 12/83g
\$1.75
32844 - Vegetable
32838 - Onion
32810 - Chicken Noodle
32816 - Cream Of Mushroom
32817 - Cream Of Vegetable
32820 - Cream Of Leek
32832 - Minestrone
Case Price - \$20.95

16/113g
\$3.25
72936 - Onion Mix
Case Price - \$52.00



All Purpose Flour
12/2.5kg
\$5.25
09104 - Five Roses
09124 - Robin Hood


Whole Wheat Flour
73588 - Five Roses

Unbleached Flour
09123 - Robin Hood
Case Price - \$52.50



Lipton Soup
16/338g
\$3.20
32905 - Chicken Noodle 4Pk
Case Price - \$51.20

PET FOOD



Friskies Dry Cat Food
6/1.42kg - 6/1.5kg
\$5.50
35541 - 7 Favourite
35593 - Chef's Blend
Case Price - \$32.99



Beneful Dry Dog Food
6/1.6kg - 6/1.8kg
\$7.50
35969 - IncrediBits Real Beef - Small Dogs
35977 - Originals with Real Chicken
Case Price - \$44.99



Friskies Wet Cat Food

24/156g
\$1.00

- 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 - \$23.99**



Meow Mix Dry Cat Food

6/500g
\$3.50

- 35532 - Original Choice
- Case Price - \$20.99**

4/1.42kg
\$7.50

- 35534 - Original Choice
- Case Price - \$29.99**



Milkbone Dog Treats

12/113g
\$2.00

- 35948 - Soft & Chew Beef Steak
 - 35949 - Dog Snack Chicken Drumstix
 - 75828 - Soft & Chewy Steak & Cheese
- Case Price - \$23.99**



12/900g
\$4.42

- 75830 - Large Biscuits For Dogs
- Case Price - \$52.99**



12/450g
\$2.83

- 35946 - Flavoured Snack Small Dog
- Case Price - \$33.99**

GENERAL MERCHANDISE



Mr Clean Multi Surface Disinfectant

9/680ml
\$2.33

- 46692 - Meadows & Rain
 - 46693 - Summer Citrus
- Case Price - \$21.00**



Irish Spring Body Wash

4/591ml
\$4.50

- 70555 - Aloe Mist
 - 70551 - 5 IN 1
 - 70553 - Moisture Blast
 - 70595 - Original Clean
 - 70554 - Mountain Chill
- Case Price - \$18.00**

Soap Bars

18/3pk
\$3.00

- 70594 - Original Clean
- Case Price - \$54.00**



Oral B Dental Floss

6/54yd
\$1.50

- 94253 - Waxed
- Case Price - \$9.00**

6/55yd
\$2.67

- 94255 - Complete Satin Floss - Mint
- Case Price - \$16.00**



Tide Liquid Laundry Detergent

4/3.9L
\$24.00

- 96107 - CW Clean 100L- Iris Bouquet
 - 96108 - Free & Gentle
 - 96109 - Original
 - 96110 - HE 100 Load - Original
- Case Price - \$96.00**



Cashmere Bathroom Tissue
6/12=24
\$8.00
51055 - 12=24 242SH
Case Price - \$48.00



Sponge Towel Ultra Pro
8/3dr
\$7.50
51838 - Paper Towel 3=6 Roll
Case Price - \$60.00



Real food for real families



Greenfield Bacon
12/375g
\$6.06
63562 - Cdn RWA
Case Price - \$72.69



Schneiders Wieners
12/375g
\$5.36
59456 - All Beef
Case Price - \$64.33
24/450g
\$6.91
59541 - BBQ size Beef
Case Price - \$165.80



Greenfield Wieners
12/375g
\$6.05
59504 - Cdn Rwa
Case Price - \$72.57



Schneiders Pepperettes
20/60g
\$1.69
59502 - Original Dry
60816 - Pepperoni
60817 - Hot Pepperoni
Case Price - \$33.83



Lunchmate Kit
12/90g - 12/120g
\$2.13
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 - \$25.58



Schneiders Breaded Chicken
6/600g
\$7.81
60874 - Cajun Chicken Bites
60875 - Original Chicken Bites
60876 - Spicy Chicken Tenders
60877 - Original Crispy Chicken Tenders
Case Price - \$46.86



Schneiders Deli Ham

12/700g

\$10.87

59461 - Original 1/2
59460 - Fat Free & Less Sodium Half
Case Price - \$130.38



Schneiders Frozen Meat Pies

12/400g

\$3.74

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

12/330g

63519 - Quiche

Case Price - \$44.90



Maple Leaf Original

12/600g

\$10.31

59640 - Smoked Ham
Case Price - \$123.74



Tenderflake

36/454g

\$3.91

59612 - Lard
Case Price - \$140.59



Schneiders Salami

2/800g

\$19.27/kg

59555 - Dry Cured German Salami
2/930g

\$19.37/kg

59690 - Salsa Salami



Bittner

4/2.4kg

\$20.41/kg

59664 - Oven Roasted Turkey
Half Pc

REFRIGERATION



Kraft Cheez Whiz

12/450g

\$5.75

61216 - Original
Unit Price - \$69.00



Cloverleaf Delectables

12/227g

\$2.99

63062 - Crab Flakes
63065 - Lobster Flake
63060 - Crab Legs

Case Price - \$35.88



Fruite Drink

8/1.54L

\$2.50

21917 - Lemonade
21918 - Orange
21919 - Grape
21985 - Lemon Iced Tea
Case Price - \$19.99



Oasis Juice

6/2.5L

\$6.00

63205 - No Pulp
63206 - With Pulp

Case Price - \$35.99



Arizona Iced Tea

8/1.54L

\$3.62

20042 - Lemonade Half Half
20043 - Ginseng and Honey Green Tea
Case Price - \$28.99



Jello Ready to Eat
 6/356g - 6/452g
\$3.49
 28809 - Nsa Strawberry
 28812 - Nsa Lemon Lime
 28815 - Orange
 28818 - Blueberry
 28821 - Nsa Chocolate
 28180 - Oreo
Case Price - \$20.94



Natrel Fine Milk
 1/1L
\$2.69
 02028 - 2%
 02030 - 1%
 02032 - Skim
Unit Price - \$2.69



Natrel Fine Filtered Milk (Bag)
 1/4L
\$7.85
 01011 - 2%
Unit Price - \$7.85



Astro Original Plain Balkan Yogurt
 6/750g
\$3.33
 09039 - 3.2%
 09040 - 2%
 09042 - 0%
Case Price - \$19.99



Philadelphia Cream Cheese
 24/250g
\$3.99
 62208 - Original
Unit Price - \$95.76



Soft
 12/227g
 28719 - Strawberry
 62212 - Light
 62214 - Plain
 62217 - Herb/Garlic
 62219 - Salmon
Whipped
 12/227g
 62301 - Plain
 28779 - Chive
Unit Price - \$47.88



Chip Dip
 12/227g
\$2.99
 62502 - Onion
 62506 - Herb & Spice
Case Price - \$35.88



Sealtest Cream
 1/473ml
\$2.30
 03001 - 5% Light
 03007 - 10% Half Half
Unit Price - \$2.30

FREEZER



King's Pastry Coffee Cake
 4/750g
\$8.99
 64224 - Chocolate
 64225 - Cinnamon
Case Price - \$35.96



Tenderflake
 12/255g - 12/397g
\$3.49
 64252 - Regular Tart Shells
 64253 - Deep Dish Pie Shells
 64251 - Puff Pastry
Case Price - \$41.88



While Quantities Last

PF Chang's
4/624g
\$9.99

41386 - Beef & Broccoli
41387 - Chicken Lo Mein
Case Price - \$39.96



Pogo
12/300g
\$2.99

65110 - Original 4 Pack
Case Price - \$35.88



Gardein
8/255g - 8/390g
\$4.99

39050 - Seven Grain Crispy Tenders - (PP-V-K-DF)
39051 - Ultimate Beefless Ground - (V-GF-K-PP)
39053 - Crispy Chicken Mandarin Orange - (V-K-DF)
Case Price - \$39.92



While Quantities Last

Supreme Chick'n
6/415g - 6/425g
\$7.99

39054 - Wings - BBQ
39055 - Nuggets
39056 - Filets
Case Price - \$47.94



Stonefire Flatbreads Mini Naan
14/200g
\$1.59

98011 - 4 Pack Original
Case Price - \$22.26

\$1.99
98104 - Garlic
Case Price - \$27.86

Naan Rounds
12/360g

\$1.99
98106 - Original
Case Price - \$23.88

Artisan
10/400g
\$1.99
98103 - Plain
Case Price - \$19.90



McCain Superfries
12/454g - 12/650g
\$3.49

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

McCain Breakfast
12/600g
64069 - 9 Minute Breakfast Potato Patties
Case Price - \$41.88



Johnsonville Breakfast Sausage
12/375g
\$3.99

66705 - Maple Flavour
66704 - Original
Case Price - \$47.88



Promise Gluten Free Bagel

5/280g

\$3.99

82422 - Multi Seed
82411 - Plain

Case Price - \$19.97



Promise Gluten Free Tortillas

12/168g

\$4.99

82412 - Original (4 Pack)
82424 - Whole Grain (4pack)

Case Price - \$59.88



Cookin Greens Organic

8/300g

\$3.49

43651 - Chopped Spinach
43653 - Kale Butternut Squash & Quinoa
43652 - Chopped Kale

Case Price - \$27.92

12/500g

\$2.99

43654 - Tri Colour Veggie Fries
Case Price - \$35.88



Shivani's Paneer

20/300g

\$4.29

58311 - Malai

Case Price - \$85.80



Deep Flatbread

24/300g - 24/375g

\$2.75

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

Case Price - \$66.00



Cavendish Farms Hash Brown Patties

24/600g

\$2.49

69136 - Classic
69135 - Onion Flavour

Case Price - \$59.76



Cavendish Farms Fries

12/800g

\$2.49

69025 - Shoestring Cut
69026 - Crinkle Cut
69027 - Straight Cut

Case Price - \$29.88



KD Deluxe

5/340g

\$4.49

28321 - Four Cheese
28322 - Creamy Cheddar

Case Price - \$22.45



Crave Meals

12/200g - 12/312g

\$4.49

96861 - Bacon Egg Scramble with Cheddar Cheese
96863 - Cheesy Loaded Potatoes Angus Beef & Bacon

96834 - White Cheddar Mac & Cheese with Bacon
96862 - Buffalo Chicken Macaroni & Cheese

96865 - Spicy Korean Style Pork - Mac & Cheese

96866 - Sweet & Savoury Teriyaki Beef - Steak on Rice

96864 - Korean BBQ Inspired - Beef Bolognese

Case Price - \$53.88





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