



2/\$7

**Fresh
Blackberries
or Raspberries**
170 g. Product of U.S.A.



12⁹⁹ lb
28.64/kg

**Beef Striploin
Grilling Steak**
Boneless. Cut From
Canada AA or Higher.



Compliments Wieners
Select Varieties. 450 g.

1⁹⁹
Each



Compliments Deli Salads
Select Varieties. 426 - 454 g.

4⁴⁹
Each



Pepsi 12 Pack Soft Drinks
Select Varieties. 12 x 355 mL. ♻️

7⁶⁹



Broccoli Bunches
Product of Canada.

2⁹⁹
Each



Gay Lea Butter
Select Varieties. 454 g.

4⁹⁹



**Nestle Ice Cream
or Novelties**
Select Varieties. Ice Cream
or Frozen Dessert 1.5 Litre.
Novelties 330 - 650 mL. Frozen.



5⁹⁹



**Dr. Oetker
Giuseppe Pizza**
Select Varieties. Thin or
Rising Crust 439 - 785 g.
Rip'n Share 480 g. Frozen.

4⁹⁴



**Scotties Facial Tissue
or Spongetowels**
Select Varieties.
Scotties 81's - 126's. 6's.
Spongetowel 3 Roll.

6⁹⁹



Sale Prices in Effect
SEPTEMBER 2026

thu	fri	sat	sun	mon	tues	wed
3	4	5	6	7	8	9

Advertised prices do not include any applicable taxes or deposits. ♻️ This symbol denotes *Plus deposit and/or environmental levies where applicable.*

pg1_w19_CF2

grocery



**Pearl Milling Company
Pancake Mix**
Or Syrup 710 mL. Select
Varieties. Pancake Mix 905 g.

3⁹⁹



**Del Monte Family
Size Fruit Bowls**
Select Varieties. 16's.
1.71 - 1.8 Litre.

11⁹⁹



Compliments Jam
Or Jelly and Marmalade.
Select Varieties. 500 mL.

BUY
CANADIAN

4⁹⁹



Club House Extracts
Select Varieties. 43 mL.
Excludes Pure Vanilla.

3¹⁹



**Compliments
Evaporated Milk**
Regular or Partly Skimmed.
354 mL.

BUY
CANADIAN

2²⁹



**Maple Leaf
Vienna Sausage**
113 g.

BUY
CANADIAN

1⁹⁹



**Holiday
Luncheon Meat**
340 g.

2/\$7



Compliments Pasta
Select Varieties. 900 g.

BUY
CANADIAN

2/\$5



**Hunt's Thick & Rich
Pasta Sauce**
Or Tomato Sauce.
Select Varieties. 680 mL.

2⁶⁹



French's Mustard
Select Varieties.
Yellow 550 mL.
Specialty 325 mL.

3²⁹



**Best Buy
Cream Filled Cookies**
Select Varieties. 600 g.

BUY
CANADIAN

4⁹⁹



**Pepperidge Farms
Goldfish Crackers**
Select Varieties. 156 - 227 g.

2/\$6



**Miss Vickie's
Potato Chips**
Select Varieties. 190 - 200 g.

2/\$9



**Old Dutch Restaurant
Tortilla Chips or Salsa**
Select Varieties.
275 - 295 g. Arriba or
Dutch Crunch 200 - 235 g.
Salsa 430 mL.

BUY
CANADIAN

2/\$8⁵⁰



Compliments Juice
Or Punch. Select Varieties.
1 Litre.

BUY
CANADIAN

1⁹⁹

bakery



Compliments Muffins
Select Varieties. 400 - 440 g.

BUY
CANADIAN

6⁹⁹



**School Safe
Mini Loaves**
Select Varieties. 280 g.

3⁹⁹



**Compliments
Brioche Loaf**
Original or Chocolate Chip.
500 g.

BUY
CANADIAN

5⁹⁹



Folgers Coffee
Select Varieties. 272 g.

9⁹⁹



**Monster, Full Throttle,
NOS, Bang or Reign
Energy Drinks**
Select Varieties.
355 - 473 mL.

2⁹⁹

deli



**Reser's Main Street
Bistro Side Dishes**
Select Varieties. 482 - 680 g.

6⁴⁹
Each



**Mini Babybel or
Laughing Cow Cheese**
Select Varieties. 102 - 140 g.

BUY
CANADIAN

4⁹⁹
Each



**Compliments Roast
Turkey Breast**
Or Smoked. Sliced or Shaved.

BUY
CANADIAN

2⁹⁹
100 g



**Maxwell House
Coffee**
Select Varieties.
631 - 900 g.

20⁹⁹



**Coca-Cola 1 Litre
Soft Drinks**
Select Varieties.

2/\$4⁵⁰

snacks



Storck Toffifee
123 g.

2/\$7



Compliments Peel'n Pop Gummy Candy
Mango or Banana. 160 g.

3⁴⁹



Compliments Pop'n Crunch Freeze Dried Candy
Select Varieties. 68 - 100 g.

5⁴⁹



Twizzlers or Nibs Licorice
Select Varieties. 311 - 454 g.
Jolly Rancher Ropes 283 g.

3⁷⁹



Lindt Swiss Classic Chocolate Bars
Select Varieties. 100 g.

2/\$10

chilled & frozen



Tropicana Juice Blends or Pure Leaf Beverages
Selected Varieties.
1.36 - 1.75 Litre.

4⁹⁹



Imperial Margarine
400 g.

3⁴⁹



Liberté Greek Yogourt
Select Varieties. 650 - 750 g.

6⁹⁹



Simply Orange Juice
Select Varieties. 2.25 Litre.

9⁹⁹



Kraft Philadelphia Dips
Select Varieties. 340 g.

4⁴⁹



McCain Deep 'n Delicious Cake
Select Varieties. 510 g.
Frozen.

6⁴⁹



Compliments Sour Cream
Select Varieties. 250 mL.

1⁹⁹ BUY CANADIAN



Red Baron Pizza
Select Varieties. 584 - 665 g.
Frozen.

4⁴⁹



McCain French Fries
Shoestring, Crinkle Cut or Regular. 1.5 kg. Frozen.

4⁴⁹



Swanson Meat Pies
Select Varieties. 200 g. Frozen.

1⁷⁹



Compliments Frozen Vegetables
Select Varieties. 500 - 750 g.
Frozen.

3⁹⁹ BUY CANADIAN



Marc Angelo Sausages
Select Varieties. 375 - 675 g.
Frozen.

8⁹⁹



Wong Wing Entrees
Or Spring Rolls. Select Varieties. 360 - 680 g. Frozen.

6⁶⁹



Compliments Meat Lasagna
2.27 kg. Frozen.

16⁹⁹ BUY CANADIAN



Compliments Naturally Simple Fish Fillets
Basa or Tilapia. 400 g. Frozen.

5⁹⁹

household & pet



Cashmere Bathroom Tissue
Select Varieties. 2 ply 12 Roll or Ultra Triple 8 Roll.

6⁹⁹



Glad Cling Wrap
60 Metres.

3⁹⁹ BUY CANADIAN



Gain, Downy or Bounce Laundry Products
Select Varieties. Detergent 1.24 - 1.31 Litre. Flings 310 g. Dryer Sheets 40's - 80's. Scent Boosters 141 - 150 g.

6⁹⁹



Hefty Eco Save Plates or Cutlery
Select Varieties. Plates 20's - 40's. Cutlery 75's.

4⁹⁹



Compliments Scoopable Cat Litter
Regular or Multicat. 7 kg.

7⁹⁹ BUY CANADIAN

produce



Compliments Petite Potatoes

Red or White. 680 g.
Product of Canada.

4⁹⁹
Each



Mini Seedless Watermelon

Product of U.S.A.

6⁹⁹
Each



Red or Green Seedless Grapes

Product of U.S.A.

3⁹⁹lb
8.80/kg



Yellow Onions or Compliments Carrots

Product of Canada. 3 lb/1.36 kg.



3⁴⁹
Each



Compliments Mini Cucumbers or Grape Tomatoes

Cucumbers 6's. Grape Tomatoes 283 g.
Product of Canada/Mexico.

2/\$6



Cauliflower

Product of Canada.



4⁹⁹
Each



Hot House Beefsteak Tomatoes

Product of Canada.



2⁹⁹lb
6.59/kg

meat



Fresh Pork Loin Center Cut Roast or Chops

Boneless.
Butterfly or Regular Cut.

3⁴⁹lb
7.69/kg



Fresh Chicken Legs

Back Attached.



3⁵⁹lb
7.91/kg



Fresh Pork Side Ribs



4⁴⁹lb
9.90/kg



Sunrise Beef Burgers

500 g. Frozen.

9⁹⁹
Each



Johnsonville Ground Sausage

Or Breakfast Sausages. Select Varieties.
250 - 375 g.

5⁹⁹
Each



Schneiders Bacon

Select Varieties. 375 g.



6⁹⁹
Each



Schneiders Pepperettes

Select Varieties. 60 g.



2⁴⁹
Each



Dempster's Hot Dog and Hamburger Buns

White or Seeded. 8's. 360 g.



2⁹⁹



Old Dutch Potato Chips

Select Varieties.
220 g. Ridgies 200 g.



2/\$7⁵⁰



Armstrong Cheese

Select Varieties.
Shredded 300 - 320 g.
Blocks 400 g.
Saputo Mozzarellissima 500 g.



5⁴⁹



Big 8 Soft Drinks

Select Varieties. 2 Litre. ♻️



2/\$4



Kellogg's Jumbo Cereal

Select Varieties.
700 g - 1.05 kg.

8⁹⁹

Items may not be available at all locations. Sale valid while supplies last. We reserve the right to limit quantities. Items may differ from illustrations; some images are serving suggestions. Prices exclude GST/HST. Limits apply per household, per visit.
We strive for accuracy but reserve the right to correct errors via in-store notices. Sale prices valid on dates shown on the front page.

LONG WEEKEND Essentials

Sale Prices in Effect September 3 - 9, 2026



Larsen Wiensers
Select Varieties, 375 g.

BUY
CANADIAN
4²⁹
Each



**Maple Lodge Farms or
Zabiha Halal Chicken
Wiensers**
Select Varieties, 450 g.

BUY
CANADIAN
2²⁹
Each



Cracker Barrel Cheese Slices
Select Varieties, 200 - 240 g.

BUY
CANADIAN
4⁹⁹



Compliments Ice Cream
Select Varieties, 1.5 Litre, Frozen.

BUY
CANADIAN
4⁹⁹



Compliments Snacks
Select Varieties, 120 g.

BUY
CANADIAN
2/\$3



**Compliments
Microwave Popcorn**
Select Varieties, 240 - 282 g.

2/\$5



**Compliments
Exceptional Chocolate
Chip Cookies**
280 g.

4⁹⁹



Compliments Candy
Select Varieties. 700 - 750 g.

5⁹⁹



**Compliments
Chocolate Covered Nuts**
Select Varieties. 350 - 400 g.

8⁴⁹



Fruite Beverages
Select Varieties. 2 Litre. ☼

2⁹⁹

**LOW
WEEK
Essentials**



Sparkling Ice Water
Select Varieties. 503 mL. ☼

2/\$3



Ocean Spray 100% Juice
Or Juice Blends. Select Varieties.
1.77 - 1.89 Litre. ☼

4⁹⁹



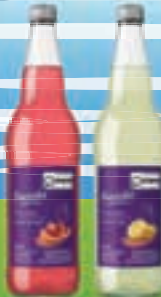
**Coors Edge
Non Alcoholic Beer**
12 x 355 mL. ☼

16⁹⁹



**Compliments
Dry Roasted Peanuts**
Select Varieties. 700 g.

4⁹⁹



Panache Italian Soda
Select Varieties. 750 mL. ☼

2⁹⁹



Coca-Cola Mini Cans
Select Varieties.
6 x 222 mL. ☼

4⁹⁹



**AHA Sparkling
Water Beverage**
Select Varieties.
12 x 355 mL. ☼

7⁴⁹



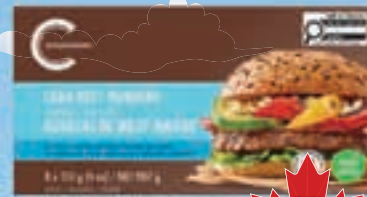
**Coca-Cola 24 Pack
Soft Drinks**
Select Varieties.
24 x 355 mL. ☼

17⁹⁹





5.99
Each



1199



5.99
Each

1099



1499



BUY
CANADIAN
899



BUY
CANADIAN
649



199

6⁹⁹

EASY DINNERS START HERE



Kraft Dinner
Ramen 95 - 97
\$2.99
Each /
Any Variety



Heinz
Beans or Pasta 398 mL
\$1.66
Each /
Any Variety



Kraft Dinner
Protein Macaroni
& Cheese 175 g
\$1.99
Each /
Any Variety



Kraft
Salad Dressings 425 mL
\$2.99
Each /
Any Variety



Kraft Dinner Macaroni
& Cheese 156 - 200 g
Kraft Pasta Salad 200 g
Kraft Dinner Macaroni
& Cheese Snack Cups 58 g
\$1.66
Each /
Any Variety



Heinz Ketchup 750 mL - 1 L
Miracle Whip Spread
650 - 890 mL
Kraft Mayo
Real Mayonnaise 890 mL
\$5.49
Each /
Any Variety



Bull's-Eye BBQ Sauce
425 mL
Diana Sauce & Marinade
375 - 500 mL
\$3.29
Each /
Any Variety



*Based on the 2026 BrandSpark® Canadian Trust Study
Kraft Singles Process
Cheese Product 410 g
Philadelphia Cream
Cheese Product 227 - 250 g
\$3.99
Each /
Any Variety

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LONG WEEKEND Essentials



Cadbury Single
Chocolate Bars
Select Varieties. 33 - 50 g.
3/\$5



Cadbury
Family Bars
Select Varieties. 80 - 105 g.
2/\$7



Maynards Candy
Select Varieties.
135 - 154 g.
2/\$6



Christie Cookies
Select Varieties.
224 - 270 g.
3.79



Christie Crackers
Select Varieties.
175 - 200 g.
2/\$6



Christie Crispers
or Bits & Bites
Select Varieties. 145 g.
2/\$6