



2/\$7

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



19⁹⁹ lb
44.07/kg

Frozen Beef
T-Bone
Grilling Steak
Cut From Canada AA
or Higher.



BUY
CANADIAN

1⁹⁹
Each

Compliments Wieners
Select Varieties. 450 g.



Compliments Deli Salads
Select Varieties. 426 - 454 g.

4⁴⁹
Each



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

7⁶⁹



BUY
CANADIAN

2⁹⁹
Each

Broccoli Bunches
Product of Canada.



BUY
CANADIAN

4⁹⁹

Gay Lea Butter
Select Varieties. 454 g.



BUY
CANADIAN

5⁹⁹

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



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



See our Insert for **MORE SAVINGS!**

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_CF2NFM

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.

4⁹⁹



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

3¹⁹



Compliments Evaporated Milk
Regular or Partly Skimmed. 354 mL.

2²⁹



Maple Leaf Vienna Sausage
113 g.

1⁹⁹



Holiday Luncheon Meat
340 g.

2/\$7



Compliments Pasta
Select Varieties. 900 g.

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.

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.

2/\$8⁵⁰



Compliments Juice
Or Punch. Select Varieties. 1 Litre.

1⁹⁹

bakery



Compliments Muffins
Select Varieties. 400 - 440 g.

6⁹⁹



School Safe Mini Loaves
Select Varieties. 280 g.

3⁹⁹



Compliments Brioche Loaf
Original or Chocolate Chip. 500 g.

5⁹⁹



Folgers Coffee
Select Varieties. 272 g.

9⁹⁹



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

2⁹⁹

deli



McSweeney's Original Pep'n Cheddies
150 g.

6⁴⁹ Each



Mini Babybel 2 Go Cheese
Or Laughing Cow Cheese Dippers. Select Varieties. 35 - 40 g.

1⁸⁹ Each



Compliments Roast Turkey Breast
Sliced or Shaved.

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



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



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



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



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

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.

3⁹⁹
lb 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.

2⁹⁹
lb 6.59/kg

meat



**Frozen Pork
Loin Chops**
Boneless.

4⁴⁹
lb 9.90/kg



Pinehill Chicken Wings
2 kg. Frozen.

26⁹⁹
Each



Frozen Pork Butt Roast
Bone In.

4⁴⁹
lb 9.90/kg



Sunrise Beef Burgers
500 g. Frozen.

9⁹⁹
Each



Larsen Ham Slices
Boneless. 375 g.

7²⁹
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 Wieners
Select Varieties, 375 g.

BUY
CANADIAN

4²⁹
Each



**Maple Lodge Farms or
Zabiha Halal Chicken
Wieners**
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



Sparkling Ice Water
Select Varieties. 503 mL. ☼

2/\$3



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

4⁹⁹



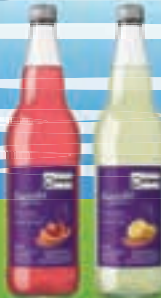
**Coors Edge
Non Alcoholic Beer**
12 x 355 mL. ☼

16⁹⁹



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

4⁹⁹



Panache Italian Soda
Select Varieties. 750 mL. ☼

2⁹⁹



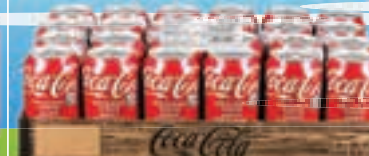
Coca-Cola Mini Cans
Select Varieties.
6 x 222 mL. ☼

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

**LOW
WEEK
Essentials**





5.99
Each



499



16⁹⁹



1199



5.99
Each



1099

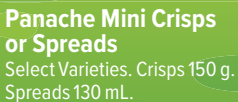


1499



**BUY
CANADIAN**

899

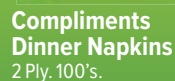


BUY
CANADIAN
C49

649



199



499



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