



4.49
lb

lean ground beef
club size
bœuf haché maigre
9.90/kg



3.99
lb

chicken breasts
club size
poitrines de poulet
8.80/kg



Heat & Serve

Farmer's Market™
pot pie, quiche
or tourtiere
selected varieties, 500 g
pâté, quiche ou
tourtiere
Délices du Marché^{MC}

4.99



eggplant or zucchini
product of Mexico or
tomatoes on the vine
product of Canada
aubergine ou courgette
ou tomates sur vigne
3.28/kg

1.49
lb



red or green
seedless grapes
product of U.S.A.
raisins rouges ou
verts sans pépins
5.49/kg

2.49
lb



Kraft Singles or
Velveeta slices
selected varieties
410 g
tranches Singles
ou Velveeta Kraft

3.49

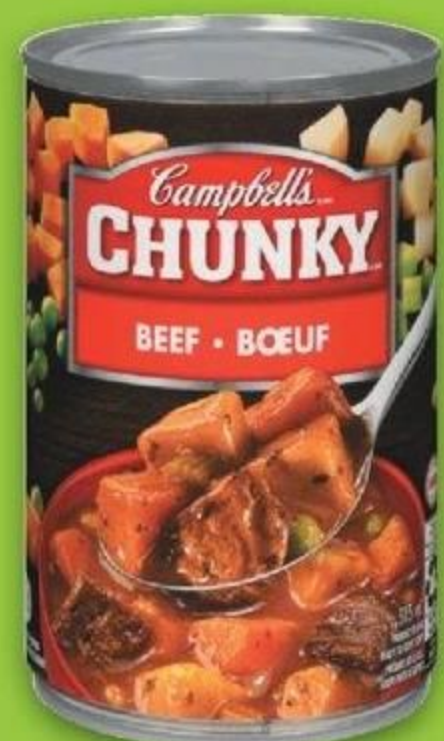


no name® chips
selected varieties
200 g
croustilles sans nom®
4/\$5
or 1.25 ea

Graves juice
selected varieties
945 mL/1 L
jus Graves
1.49



Dr. Oetker
Ristorante or
Casa di Mama pizza
selected varieties,
frozen
320-410 g
pizza Ristorante ou
Casa di Mama Dr. Oetker
3.49



Campbell's
Chunky soup
selected varieties
515 mL
soupe Chunky
Campbell's
1.99

Silk non-dairy
refrigerated
beverage
selected varieties
1.75/1.89 L
boisson non
laitière réfrigérée
Silk
3.29



1.99 VH sauce 341-355 mL
or Minute Rice 250 g
selected varieties
sauce VH ou Minute Rice

Charmin bathroom tissue
8=24 rolls, Bounty paper
towels 4=6 or Puffs Plus
lotion facial tissue
4 x 124's
selected varieties
papier hygiénique Charmin,
essuie-tout Bounty ou
mouchoirs avec lotion Puffs Plus
5.99



FROM OUR BUTCHER
DE NOTRE BOUCHER



3.99
lb

lean ground pork
club size
porc haché maigre
8.80/kg

7.99
lb

tenderized hip
or inside round
fast-fry steak*
club size
bifteck de cuisse ou d'intérieur
de ronde attendri pour sauté*
17.61/kg

12.99
lb

striploin roast or steak*
club size
rôti ou bifteck de contre-filet*
28.64/kg

DELICATESSEN
CHARCUTERIE



11.99
PC® Natural Choice®
beef, chicken or turkey
strips
selected varieties, 300/375 g
lanières de bœuf, poulet ou
dinde PC^{MD} Le choix Naturel®



4.49
no name® deli meat
selected varieties, sliced
375/500 g
charcuteries sans nom®

SEAFOOD
POISSONNERIE



9.99
PC® tempura torpedo shrimp
340 g or Maryland-style
crab cakes 170 g, frozen
PC® tempura torpedo shrimp or
Maryland-style crab cakes crevettes
en torpilles tempura ou galettes de
crabe style Maryland PC^{MD}



3.49
Green Ocean shrimp
raw 51-70 per lb or
cooked 61-90 per lb
160 g, frozen
crevettes Green Ocean
cruces ou cuites



8.49
Lou's Kitchen entrées
selected varieties
400 g
plats cuisinés Lou's Kitchen

12.99
Swiss Chalet
BBQ pork back ribs
selected varieties,
fully cooked, refrigerated
600 g
côtes de dos de porc BBQ
Swiss Chalet

7.99
Swiss Chalet or Montana's
meat pie
selected varieties, frozen
650/655 g
pâté à la viande Swiss Chalet
ou Montana's

What's for dinner?

Qu'est-ce qu'on mange ?



5.99
PC® Pub Recipe™
chicken nuggets or strips
fully cooked, frozen, 700 g
pépites ou lanières de poulet
PC^{MD} Recette du Pub^{MC}



3.99
Hungry-Man entrées
selected varieties, frozen
360-455 g
repas Hungry-Man

De Cecco pasta
340/454 g or
Primo pasta
sauce 680 mL
selected varieties
pâtes De Cecco ou
sauce pour pâtes
Primo

2.99



Tim Hortons soup
selected varieties
540 mL
soupe Tim Hortons

3.49



PC® mustard
selected varieties
325 mL
moutarde PC^{MD}

2.29



PC® or Blue Menu®
mayonnaise
selected varieties
750/890 mL
mayonnaise
PC^{MD} ou Menu bleu^{MC}

3.99



2.29
Clover Leaf light tuna
chunk or flaked
170 g
thon pâle Clover Leaf

2.49



PC® Splendido®
risotto 170 g or gnocchi 500 g
selected varieties
risotto ou gnocchi PC^{MD} Splendido^{MD}

*cut from Canada AA grade beef or higher/*provenant de bœuf Canada AA ou d'une catégorie plus élevée

CHEESE FROMAGERIE



5⁹⁹ PC® cheese blocks selected varieties 250 g barres de fromage PC^{MD}



5⁹⁹ PC® Camembert or Brie cheese selected varieties 165-200 g fromage camembert ou brie PC^{MD}

BAKERY BOULANGERIE



4⁹⁹ Farmer's Market™ tarts 300-510 g or Donut Time mini donuts 600 g selected varieties tartelettes Délices du Marché^{MC} ou mini-beignes Donut Time



5⁴⁹ ACE Bakery rolls 800-960 g or La Baguetterie Miche sliced bread 600/800 g selected varieties petits pains Boulangerie ACE ou miche tranchée La Baguetterie

FRUITS & VEGETABLES FRUITS ET LÉGUMES



3⁹⁹ PC® caesar salad kit product of U.S.A. 282 g kit de salade César PC^{MD}



2⁴⁹ lb

McIntosh or Sweet Tango apples product of Atlantic provinces pommes McIntosh ou Sweet Tango 5.49/kg

strawberries product of U.S.A. 1 lb fraises

4⁹⁹



5⁴⁹ PC® Orri mandarins product of South Africa 2 lb mandarines Orri PC^{MD}



2⁴⁹ PC® mushrooms product of Canada, selected varieties 227 g champignons PC^{MD}



4⁹⁹ no name® Naturally Imperfect™ mixed peppers product of Canada, 2.5 lb poivrons variés Naturellement imparfaits^{MC} sans nom®

2⁴⁹ Primo pizza squeeze sauce 375 mL sauce à pizza dans une bouteille compressible Primo



8⁴⁹ Cracker Barrel cheese bars 400 g, shredded cheese 250-320 g or cheese sauce kit 271-280 g selected varieties barres de fromage, fromage râpé ou sauce au fromage

3²⁹ Kraft Shake 'n Bake coating mix selected varieties 142-184 g panure Shake 'n Bake Kraft



7⁹⁹ PC® or Organics pizza selected varieties, frozen 340-400 g pizza PC^{MD} ou Biologique

Fish & Chips



6⁴⁹ High Liner fish selected varieties, frozen 300-700 g poisson High Liner



2⁴⁹ McCain fries or hashbrowns selected varieties, frozen 900 g frites ou pommes de terre rissolées McCain



2⁴⁹ Ziggy's® salad selected varieties 454 g salades Ziggy's®

Grocery Favourites! Vos Pr f r s!



Yoplait Source or Creamy yogurt
selected varieties
16 x 90/100 g
yogourt Source ou Cr meux Yoplait



PC® orange juice, lemonade or iced tea
selected varieties,
refrigerated
1.54 L
jus d'orange, limonade
ou th  glac  PC^{MD}



Pillsbury Pizza Pops
selected varieties, frozen
380 g
Pizza Pops Pillsbury



Kellogg's Eggo waffles
selected varieties, frozen
16's
gaufres Eggo Kellogg's

4⁹⁹

General Mills cereal
selected varieties
475-778 g
c r ales General Mills

5⁹⁹



Starbucks coffee
selected varieties
340 g/10's
Starbucks coffee
caf  Starbucks

9⁴⁹



Cheetos Mac'N Cheese
selected varieties
160-170 g
macaroni au fromage Cheetos

3⁹⁹



Betty Crocker, Mott's fruit snacks
226 g, Nature Valley or Fibre1
granola bars 125-210 g
selected varieties
collations aux fruits Betty Crocker, Mott's,
barres granola Val Nature ou Fibre 1

3²⁹

Bick's premium pickles
selected varieties
1 L
cornichons
de choix Bick's

4⁹⁹



Old Dutch Arriba 245 g or Restaurante
275/290 g
tortilla chips
selected varieties
croustilles Arriba
ou tortilla
Restaurante Old Dutch

3⁷⁹



Mr. Noodles soup bowls
selected varieties, 110 g
bois de soupe Mr. Noodles

2²⁹

Annie's macaroni & cheese
selected varieties
170 g
macaroni au fromage
Annie's

2⁹⁹



Sunlight laundry detergent 1.84 L, Snuggle fabric softener 937 mL-1.47 L or sheets 105-120's
selected varieties
d tergent   lessive
Sunlight, assouplissant
textile ou feuilles Snuggle

5⁹⁹



Clorox bleach 1.18/1.27 L
javellisant Clorox

2⁹⁹



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