

THRIFTY FOODS

Eat happy



SAVINGS *to* **SMILE**
make *you*

1.49 /LB
Fresh Pork Leg
Whole, Product of Western Canada
\$3.28/kg

LIMIT 2
PER FAMILY



Featured
Recipe

**SMOKY BOURBON
MARINATED PORK LEG**



3/\$5

Long English
Cucumbers
Product of
Canada



**BUY 1
GET 1
FREE**

Ultra Natural Hand-Peeled Shrimp
51-70 to the lb, Raw or Cooked
Fair Trade, Frozen, 300 g
Regular Retail: \$13.99 Each
*Same Item of Equal or Lesser Value



5.99 /LB
/13.21/KG
Fresh Boneless
Skinless Chicken Thighs
Product of Surrey



WE PICK
BC
FIRST

family
size

3.99 EACH
All-Butter Croissants
Baked In-Store
4 Pack, 275 g



25%
OFF
AT TILL

Nuts to You
Nut Butter
Selected
250-500 g



39.99 EACH
Vega One
Nutritional
Shake
Selected
827-876 g



7.99 EACH
Compliments Cheese
650-700 g or
Paradise Island
Cheese Curds 400 g
Packaged in Nanaimo



WE PICK
BC
FIRST

5.49 EACH
Island Gold
Free Range Eggs
Dozen, Produced on
Vancouver Island
or the Lower
Mainland Island



WE PICK
BC
FIRST

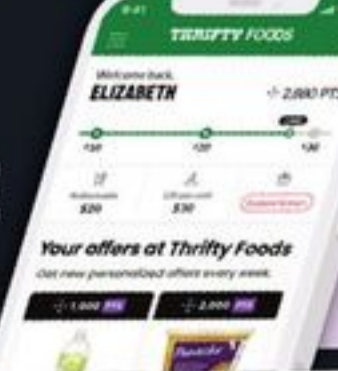
200 PTS
when you buy 2

5.47 EACH
General Mills
Cereal
Selected
475-778 g



Scene+
DIGITAL
EXCLUSIVE

OFFER AVAILABLE
JANUARY 11-17, 2024



SPEND \$75 OR MORE, GET **500 PTS** WHEN YOU LOAD THIS OFFER in the Thrifty Foods app or at MyGroceryOffers.ca

*Card must be registered. Offer valid and available to be loaded from January 11 to 17, 2024 at all Thrifty Foods locations in British Columbia. Minimum qualifying purchase must be made in a single transaction. Offer must be loaded to registered Scene+ Card prior to transaction. Spending \$75 or more awards only one 500 Scene+ points allotment. Limit 1 offer per Scene+ Card. Offer excludes taxes, tobacco products, gift cards, bottle deposits, prescriptions, lottery, alcoholic beverages, fuel, Western Union and any other non-deductible product excluded by law. Tim Hortons, Starbucks, McCabe products, and fluid dairy may be excluded in certain regions. Digital Offer has no cash value and cannot be combined with other minimum spend/receive offers. Scene+ registered digital or physical card must be presented. Visit <https://www.sceneplus.ca/terms-and-conditions> to see full Terms and Conditions. Offer subject to change and may be withdrawn without notice. Trademarks of Scene Plus IP Corporation used under license by Sobeys Capital Incorporated.

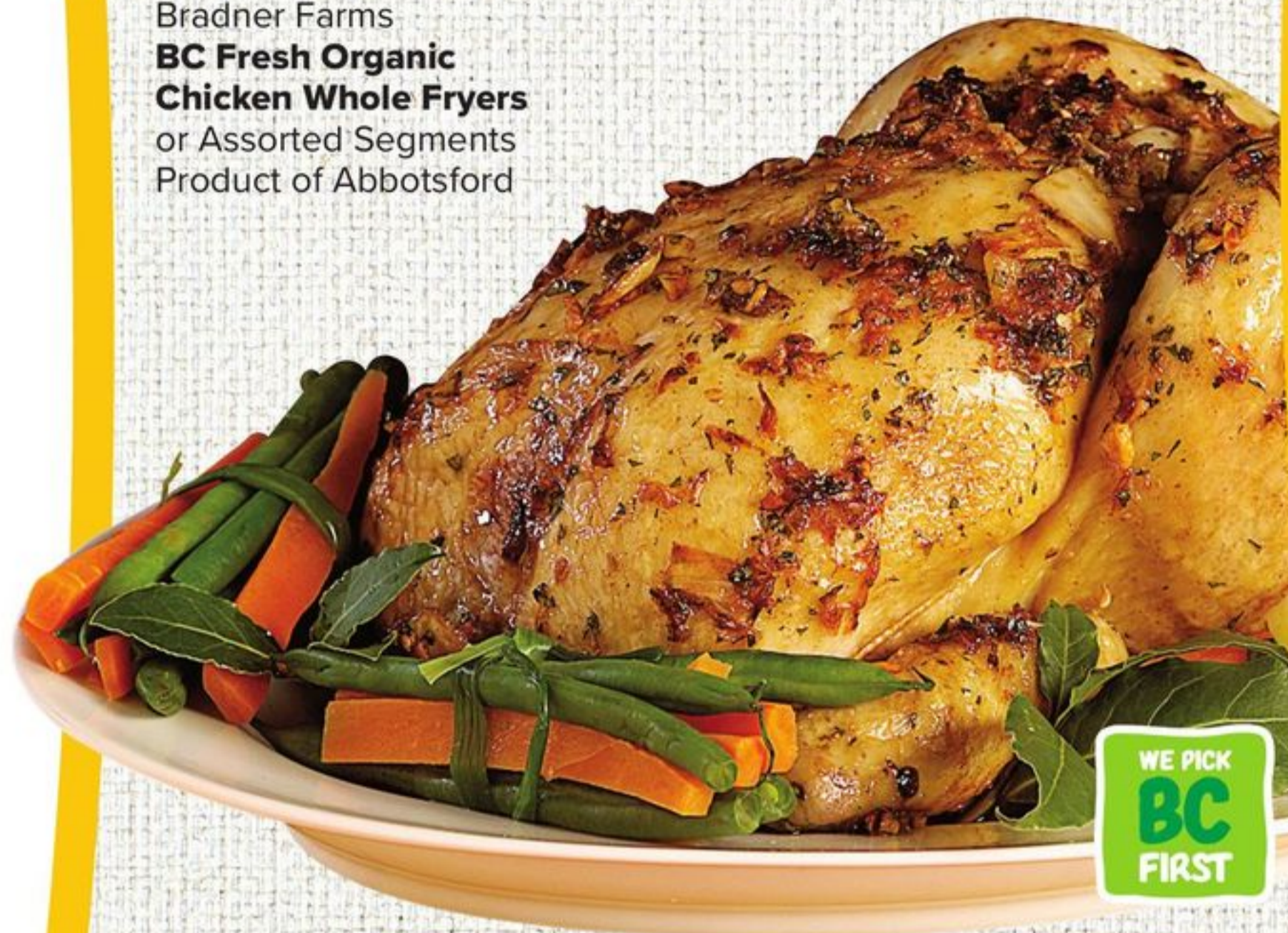


ON SALE *specials* THURS, JAN 11 - WED, JAN 17, 2024

SCAN HERE FOR OUR DIGITAL FLYER

BUY more SAVE more **20% OFF AT TILL**
WHEN YOU BUY 3 OR MORE
OR 2 FOR 10% OFF

Bradner Farms
BC Fresh Organic
Chicken Whole Fryers
 or Assorted Segments
 Product of Abbotsford



WE PICK BC FIRST

2/\$6 Broccoli Bunch
 Product of USA or Mexico



6.99
 EACH

Buck Brand
Organic Navel Oranges
 Product of Deer Creek
 Heights Ranch
 Porterville
 California

3 lb, 1.36 kg Pack



ORGANIC



BUY more SAVE more

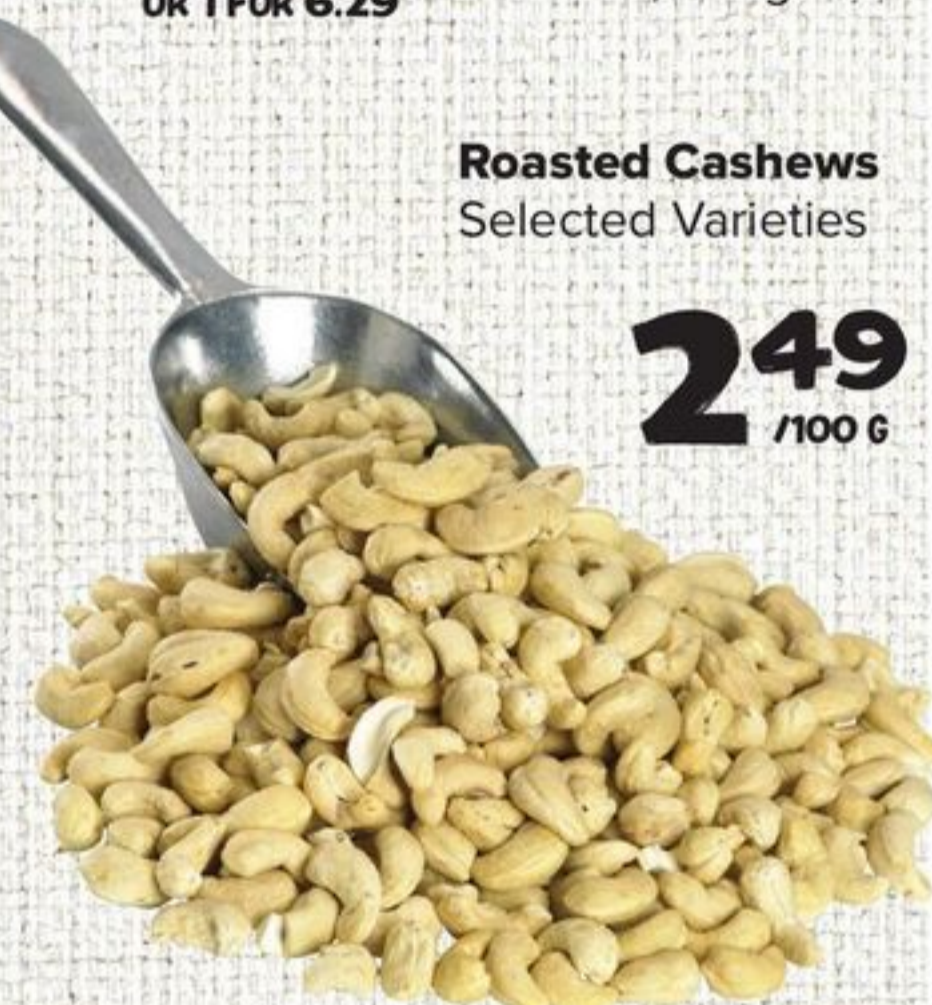
\$6 EA
WHEN YOU BUY 2 OR MORE
OR 1 FOR 6.29

Compliments
Sliced Deli Meats
 Selected, 175 g



Roasted Cashews
 Selected Varieties

2.49
 /100 g



3.99
 EACH

Dempster's
Bagels
 5-6 Pack or
Tortillas
 6-10 Pack



5.99
 EACH

Liberté
Greek Yogurt
 650-750 g



13.99
 EACH

Fernwood
Coffee
 454 g
 Roasted in
 Victoria



ORGANIC

WE PICK BC FIRST

2.49
 EACH

Christie **Cookies**
 Oreo, Chips Ahoy!
 or Fudge-O 224-303 g



2/\$7

Coca-Cola
 or Pepsi
Soft Drinks
 6x710 ml



6.99
 EACH

Yeshi
Dressing
 350 ml or
 Sawmill
 Sesame
 Steak Sauce
 350 ml



BUY 2 GET 3RD FREE

Compliments
**Potato Chips or
 Extraaa! Flavour Chips**
 Selected, 200 g



6.49
 EACH

Charmin
Bathroom Tissue
 8-24 Rolls
 or Bounty
 2-5 or 4-6 Rolls



Scene **BIG BONUS**



500 PTS
 when you buy 3

5.49
 EACH

Frito-Lay
Party Size Snacks
 Selected
 275-480 g

Scene GET 500 PTS FOR EVERY \$100 SPENT IN ONE4ALL GIFT CARDS



Offer valid January 11 - 17, 2024. Sorry no rainchecks or price matching. Offer valid only on One4All \$25-\$500 VL Limit \$500 per transaction. See gift card for details, terms, conditions, and (if applicable) fees. Subject to availability.

PRODUCE



Scene+ MEMBER PRICING
2.49 EACH with Scene+ Card
2.99 EACH without Scene+ Card
Iceberg Lettuce
 Product of USA or Mexico



3.99 EACH
Blackberries
 Product of USA or Mexico
170 g, 6 oz. Pack



2.27 kg 5 lb
ECHO VALLEY FARMS
200 PTS when you buy 2
Potatoes
4.99 EACH
BC Yellow Potatoes
5 lb, 2.27 kg Pack
 Grown on Vancouver Island or Delta



6.99 /LB
Jumbo Cherries
 Product of Chile
\$15.41/kg



4.49 /LB
Apricots
 Product of Chile
\$9.90/kg



2.49 /LB
Pazazz Apples
 Extra Fancy Large
 Product of Canada
\$5.49/kg



3.99 EACH
Yves Veggie Bacon,
 Back Bacon or Breakfast Links
 156-170 g Pack



2.99 /LB
BC Anjou Pears
 Extra Fancy, Large
 Grown in the Okanagan Valley
\$6.59/kg



5.49 EACH
Gusta Sausage
 Assorted Varieties
 320-350 g Pack

ORGANIC



3.49 /LB
Buck Brand Organic Tangerines
 Product of Deer Creek Heights Ranch
 Porterville, California
\$7.69/kg



2.99 /LB
BC Organic Pink Lady Apples
 Extra Fancy, Large
 Grown in the Similkameen Valley
\$6.59/kg



4.99 EACH
Earthbound Farm Organic Mixed Baby Kale,
 Baby Arugula or Power Greens
142 g, 5 oz. Pack



3.99 /LB
Organic Tomatoes on the Vine
 Product of Canada
\$8.80/kg



3.99 PER BUNCH
Daffodils
 5-Stem Bunch
 Grown in Chilliwack

FLORAL

Let our Customer Care representatives put you in touch with our Floral Designer nearest you.
1 866 948 0196 or online at [thriftyfoods.com/floral](https://www.thriftyfoods.com/floral)



3.29 EACH
Assorted Potted Bulbs
 4" Pot
 Grown in Surrey



7.99 EACH
Primula Pot
 Assorted Colours
 7" Pot
 Grown in Victoria



17.99 EACH
Phalaenopsis Orchids
 in Ceramic Pot
 Assorted Colours
 3" Pot

 **BRINGING YOU**
bigger smiles!

LOOK FOR
THESE SYMBOLS
WHILE YOU
SHOP

On SALE

**SPECIAL
offer**

**BUY
more
SAVE
more**

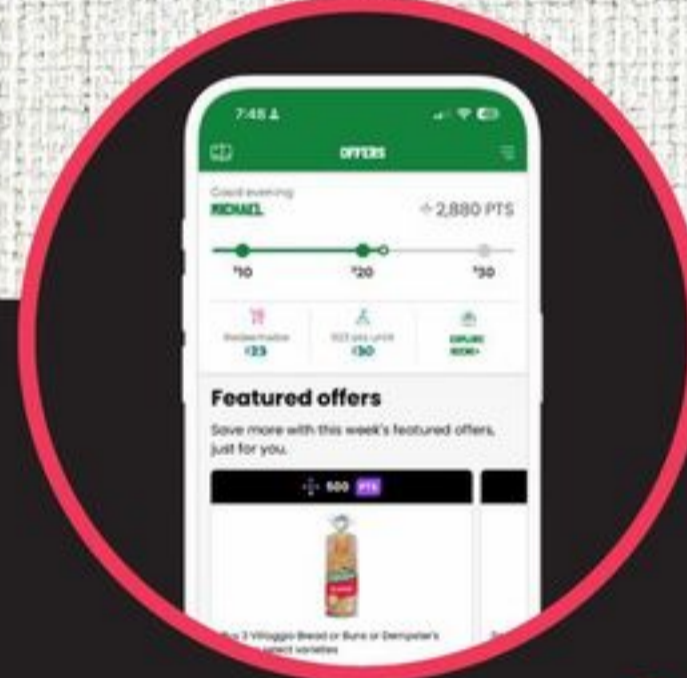
**BUY 1
GET 1
FREE**



**1000 PTS = \$10
IN FREE
GROCERIES**



**REDUCED PRICING
FOR SCENE+
MEMBERS**



**WEEKLY
PERSONALIZED
OFFERS**



Leadbetters
NATURALLY SMOKED BACON

Leadbetters
COWBOY BACON

Scene+ MEMBER PRICING

4.99 EACH with Scene+ Card

5.99 EACH without Scene+ Card

Leadbetters Naturally Smoked Bacon Regular or Thick Cut 375 g

Scene+ Get 25 PTS When you spend \$5+ in our meat department before taxes. **MEAT**

CERTIFIED TENDER
TENDREJÉ CERTIFIÉE

Sterling SILVER MEATS

10% OFF AT TILL

Sterling Silver **Beef Tenderloin Roast** or Steaks, Cut from Canada AAA Grade Beef **Regular Retail: \$40.99/lb, \$90.37/kg**

4.99 /LB **300 PTS** when you buy 3 pkg

Fresh Pork Tenderloin
Product of Western Canada **\$11.00/kg**

2.29 /LB

Fresh Pork Leg Roast
Bone-In Product of Western Canada, **\$5.05/kg**

150 PTS when you buy 2 pkg

6.99 /LB

Sterling SILVER MEATS

Sterling Silver **Fresh Beef Cross Rib Roast**
Cut from Canada AAA Grade Beef **\$15.41/kg**

150 PTS when you buy 2 pkg

11.49 /LB

Fresh Lamb Shoulder Roast
Boneless Product of Western Canada **\$25.33/kg**

2/\$8

Maple Leaf or Schneiders **Wieners**
Selected, 375 g (Excludes Beef)

NATURAL Top Dogs

SCHNEIDERS Original Recipe

SCHNEIDERS Peppercettes

SCHNEIDERS Bologna

SCHNEIDERS Maple Leaf

SCHNEIDERS Shredded Chicken

7.99 EACH

Schneiders Peppercettes, Bologna or Maple Leaf Shredded Chicken Selected, 250-500 g

SEAFOOD 3.59 /100 G

Fresh Steelhead Fillets
Skin-On Responsibly Farmed **\$16.28/lb**

5.99 /100 G

Smoked Sockeye Salmon Strips
Candied or Peppered Product of Vancouver **\$27.17/lb**

3.69 /100 G

Fresh Icelandic Cod Fillets
Wild Caught Weather Permitting, **\$16.74/lb**

7.99 EACH

Nanuk Wild Smoked Sockeye Salmon Lox
Frozen, 85 g Product of Vancouver

30% OFF AT TILL WHEN YOU BUY 3 OR MORE OR 1 FOR 15%

Compliments **Sole, Wild Salmon or Haddock**
Breaded or Battered Frozen, 454-700 g

Scene+ MEMBER PRICING

2.99 /100 G with Scene+ Card

3.49 /100 G without Scene+ Card

Thrifty Kitchens

Ahi Tuna Poke
Made In-Store Daily
Ready-to-Eat, Made with Line Caught Ahi Tuna, Responsibly Sourced, **\$13.56/lb** or without card **\$15.83/lb**

All weekly Scene+ offers exclude taxes, delivery charges, bill payments, service fees, rental fees, event tickets, gift cards, fluid dairy products in Atlantic regions, pre-paid cards, postal products and services, Western Union, McCafe/7-11/Orbitons/Starbucks products and services in select regions, prescription drugs, non-prescription pharmacy services, liquor and alcoholic beverages, tobacco products, lottery, photo finishing, deposits, environmental charges, fuel and other goods and services which are non-accountable or restricted by law. Redemptions 1,000 Scene+ for \$10 towards your purchase up to a maximum of \$50,000 Scene+ points (equivalent to \$500) per day. For full Scene+ Terms & Conditions or to redeem your points, visit <https://www.sceneplus.ca/terms-and-conditions>. All offers are subject to change and may be withdrawn without notice. Trademarks of Scene Plus IP Corporation used under license by Sobeys Capital Incorporated.

Scene+ MEMBER PRICING
7.99 EACH with Scene+ Card
8.99 EACH without Scene+ Card

Roussas Feta
 100% Sheep's Milk or Barrel Aged Sheep's or Goat's Milk
 200 g

4.79 /100 g
Thrifty Kitchens Roast Beef Sliced Fresh

THRIFTY Kitchens

DELI & cheese
14.99 EACH
 Compliments Sliced Cheese from the Deli 440 g

family SIZE

7.99 EACH
 Greenfield Sliced Deli Meats 175 g Raised without Antibiotics and No Artificial Ingredients

THRIFTY Kitchens

7.99 EACH
 Piller's Pizza Toppings 175-250 g

THRIFTY Kitchens

6.99 EACH
 Tre Stelle Bocconcini 200 g

THRIFTY Kitchens

100 PTS when you buy 1
11.49 EACH
 Panache Fondue 400 g

THRIFTY Kitchens

3.99 /100 g
Panache Oven Roasted Turkey Breast Sliced Fresh

THRIFTY Kitchens

TAKE IT to go!
 Starting at **6.49** EACH
 Olivieri Fresh Pasta 300-360 g, Skillet Gnocchi 280 g or Sauce 300 ml or 170 g

THRIFTY Kitchens

200 PTS when you buy 2
 Thrifty Kitchens Soups 700 ml

1.99 /100 g
 Whole Maple Baked Ham Available Hot or Chilled

THRIFTY Kitchens

SUSHI & more
11.49 EACH
 Rainbow Roll 255 g

120 PTS when you buy 1
 Hawaiian Roll 396 g

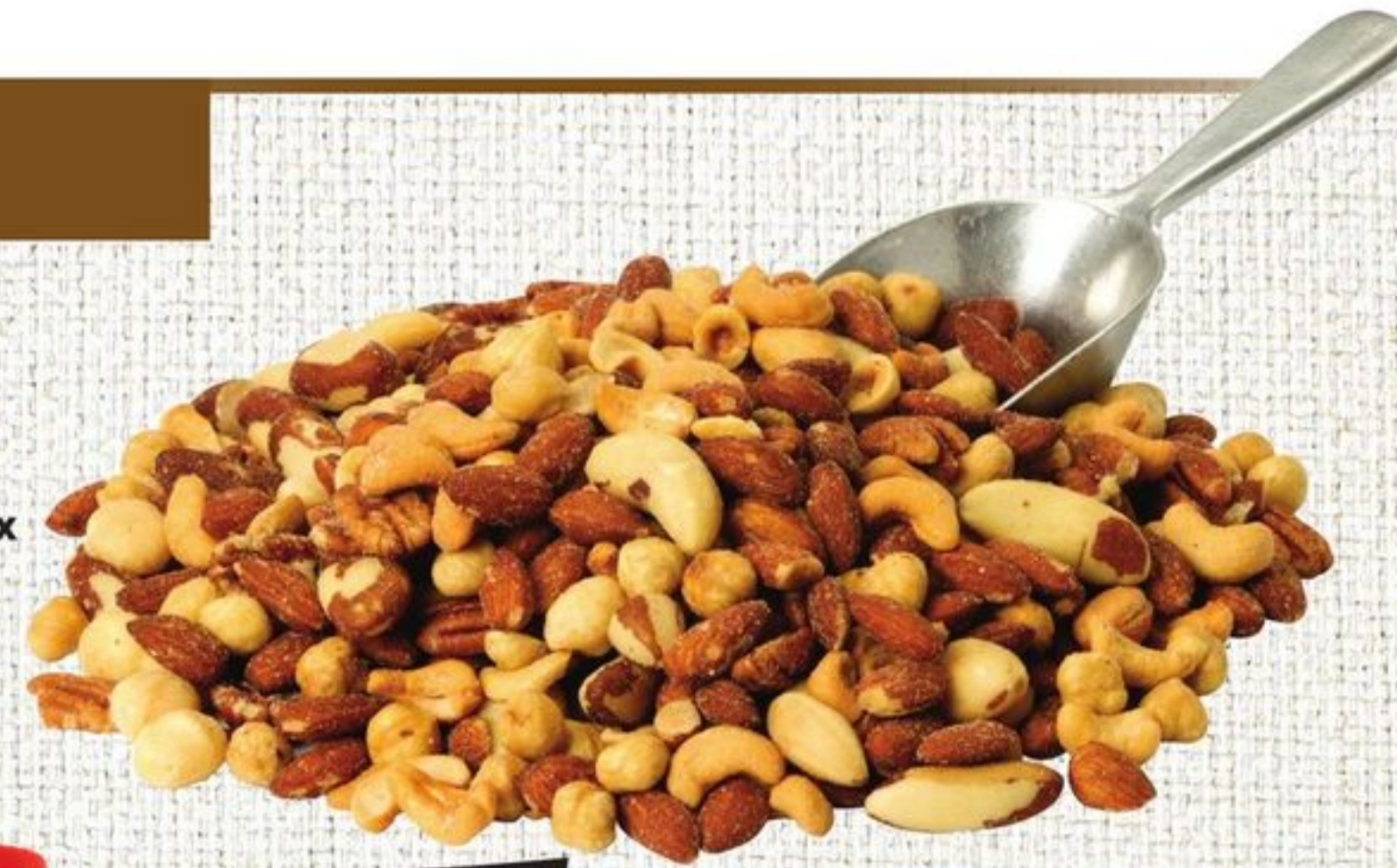
THRIFTY Kitchens

ON SALE specials THURS, JAN 11 - WED, JAN 17, 2024

BULK

3²⁹
/100 g

Roasted Super Mac Mix
Salted or Unsalted



BAKERY & more Scene

Get 25 PTS

When you spend \$5+ in our in-store bakery department before taxes.

BUY MORE SAVE MORE

2⁹⁹ EA
WHEN YOU BUY 2 OR MORE
OR 1 FOR 3.49

Mini Strudel
Assorted
280 g



200 PTS
when you buy 1

13⁹⁹
EACH

Real Cream Layered Cakes
600-680 g



Scene MEMBER PRICING

13⁹⁹ EACH with Scene+ Card

16⁹⁹ EACH without Scene+ Card

Dan-D Pak Fancy Nut Mix
560 g

100 PTS
when you buy 2

4⁹⁹
EACH

Handfuel Nuts
or Clusters
120-150 g



Scene MEMBER PRICING

4⁹⁹
EACH with Scene+ Card

5⁹⁹ EACH without Scene+ Card

Cookies
Baked In-Store
10 Pack, 310 g



2⁹⁹
/100 g

Bulk Baking Almonds
Selected



100 PTS
when you buy 2

3⁷⁹
EACH

Grain Breads
Baked In-Store
450-600 g



TRY OUR NEW RAINFOREST SPROUT BREAD WITH 11 G OF PROTEIN AND 9 G OF FIBER PER SERVING

NATURAL

100 PTS
when you buy 2

6⁴⁹ EACH

Just Egg Plant Based Egg
355 g

6⁴⁹ EACH

So Delicious Non Dairy Ice Cream
500 ml or Bars
4-8 Pack

6⁴⁹ EACH

Raincoast Albacore Tuna
Regular or No Salt
150 g

50 PTS
when you buy 1

4⁴⁹ EACH

Compliments Waffles
320 g

Gluten FREE

ORGANIC

2/\$7

Rise Organic Kombucha
414 ml

8⁹⁹ EACH

The Wild Moon Organic Bone Broth
Selected, 450 ml

9⁹⁹ EACH

Compliments Organic Maple Syrup
375 ml or Anita's Organic Oats Assorted Varieties 1 kg Milled in Chilliwack

50 PTS
when you buy 1

4⁹⁹ EACH

Compliments Organic Vegetables
Selected, 500 g

Scene[®] MEMBER PRICING

4.49 EACH with Scene+ Card

4.99 EACH without Scene+ Card

Island Farms **Sour Cream** 750 ml, Made in Victoria

3.99 EACH

Earth's Own **Dairy Free Beverages** 1.75-1.89 L or **Creamers** 473 ml Made in Vancouver

11.99 EACH

Tree Island **Cream Top Yogurt** Made Using Milk from Grass-Fed Cows 1.5 kg, Made in Courtenay

10% OFF AT TILL

Donia Farms **Milk** from Grass Fed Cows Made in Surrey

DAIRY & frozen

3.99 EACH

Buy 2 Kraft **Philadelphia Dips** 227 g Get 1 Bag of Compliments **Potato Chips** 200 g **FREE**

100 PTS when you buy 2

4.99 EACH

Compliments **Natural Cheese Slices** 210-230 g

6.49 EACH

Paradise Island **Cheese** Shredded or Shaved 170-270 g Packaged in Nanaimo

50 PTS when you buy 1

7.49 EACH

Compliments **Butter Sticks** Salted, 454 g

4.99 EACH

Naturegg **Simply Egg Whites** Selected 500 g

50 PTS when you buy 2

4.99 EACH

Simply **Orange Juice** Not from Concentrate Selected 1.54 L

Scene[®] MEMBER PRICING

2.49 EACH with Scene+ Card

2.99 EACH without Scene+ Card

Swanson **Meat Pies** 200 g

100 PTS when you buy 3

4.99 EACH

Healthy Choice **Simply Steamers or Gourmet Steamers** 255-306 g or Marie Callender's Bowls Selected 312-349 g

50 PTS when you buy 1

3.49 EACH

Compliments **Riced Cauliflower** 340 g

6.79 EACH

McGain **Deep'n Delicious Frozen Desserts** Selected, 510 g

7.99 EACH

Stefano **Pizza** 392-404 g

VITAMINS & more

4.99 EACH

Soylent **Plant-Based Meal Replacement** Selected 414 ml

1.69 EACH

Bob's Red Mill **Oat Bars** 50 g Carton of 12, \$18.99 Each

50 PTS when you buy 1

4.99 EACH

Tom's of Maine **Toothpaste** 85-90 ml or **Wicked Fresh Mouthwash** 473 ml \$7.49 Each

800 PTS when you buy 3

15% OFF AT TILL

Tylenol or Benylin **Cough, Cold & Flu*** Selected

300 PTS when you buy 2

15% OFF AT TILL

Advil 24-50 Pack Selected or Voltaren 30 g or 50 g

Scene[®] MEMBER PRICING

10.99 EACH with Scene+ Card

11.99 EACH without Scene+ Card

No Sugar **Keto Bombs** 170 g

25% OFF AT TILL

Now **Vitamins, Supplements or Roll-On's** Selected 60-120 Pack or 170 g

30% OFF AT TILL

Progressive **Perfect Probiotics** Selected 30-60 Pack or 45 g

100 PTS when you buy 2

3.99 EACH

Lady or Men's **Speed Stick Antiperspirant or Deodorant** Selected 45-85 g

500 PTS when you buy 2

28.99 EACH

Huggies **Snug & Dry, Special Delivery, Overnights, Little Movers or Snugglers Diapers** Selected, 36-108 Pack New Born-Size 6

ON SALE specials THURS, JAN 11 - WED, JAN 17, 2024

* Available while a Pharmacist is on Duty

DRINKS & snacks

3⁹⁹ EACH
Lotus Biscoff Biscuits 250 g



2⁹⁹ EACH
Christie Kids Cookies or Snak Paks Selected Varieties 150–225 g



100 PTS when you buy 1
14⁹⁹ EACH
Compliments Hot Chocolate Mix 1.8 kg

value size - format value



2⁹⁹ EACH
Glacéau Smartwater 1 L



Scene MEMBER PRICING
5⁵⁰ EACH with Scene+ Card
6⁵⁰ EACH without Scene+ Card
AHA Sparkling Water 12x355 ml or Coca-Cola Mini Bottles 8x300 ml



2/1\$8 Tostitos Tortilla Chips 205–300 g



2/1\$8 Cheetos 170–285 g



100 PTS when you buy 4
2⁵⁰ EACH
Maynards Small Bag Candy Selected 170–185 g

value size



100 PTS when you buy 2
2/7⁵⁰
Kool-Aid, Mio, Tang, Country Time or Crystal Light Water Enhancers 48 ml or 24–53.6 g



4⁹⁹ EACH
Dole Canned Pineapple Juice 1.36 L



100 PTS when you buy 2
3⁹⁹ EACH
Bick's Beets or Pickles Selected Varieties 500 ml



12⁹⁹ EACH
Cloud 9 Gluten-Free All-Purpose Baking Mix 1.25 kg Produced in Port Coquitlam



100 PTS when you buy 1
5⁴⁹ EACH
Compliments Vegetable Oil 946 ml



40 PTS when you buy 1
2⁹⁹ EACH
Catelli Smart, Healthy Harvest or Bistro Pasta Selected 340–375 g



Scene MEMBER PRICING
1⁹⁹ EACH with Scene+ Card
2⁴⁹ EACH without Scene+ Card
Snack Pack Puddings or Gels 4 Pack



3⁹⁹ EACH
Ben's Original Organic or 10 Side Dish Rice 240 g



50 PTS when you buy 2
2/1\$5
Campbell's Broth 900 ml or Concentrated Broth 250 ml



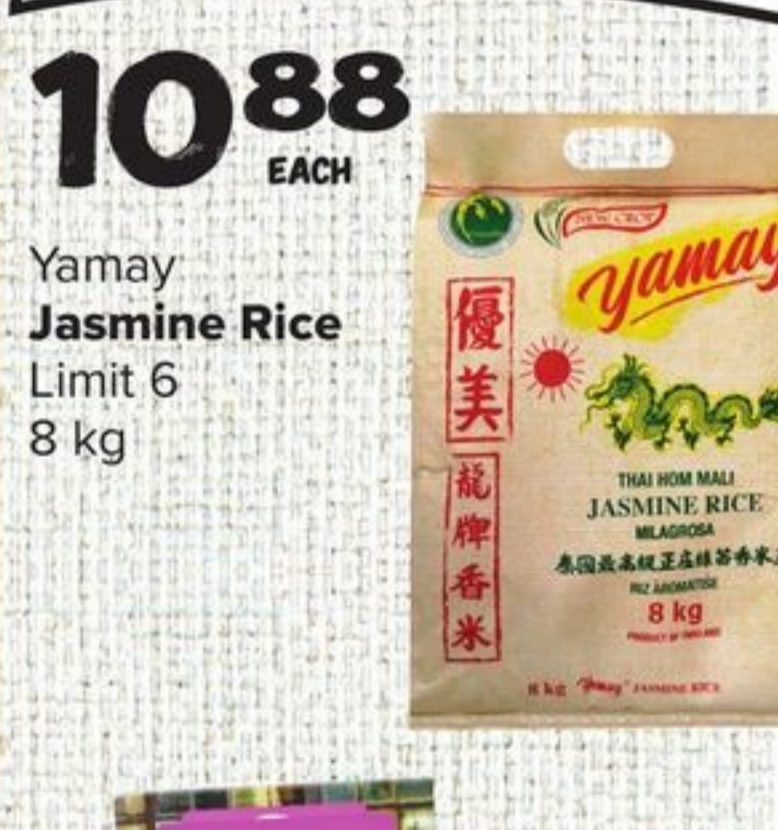
100 PTS when you buy 2
5⁹⁹ EACH
Heinz Ketchup 750 ml–1 L, Kraft Miracle Whip or Mayonnaise 650–890 ml



5⁹⁹ EACH
Mezzetta or Panache Pasta Sauce 177–709 ml



10⁸⁸ EACH
Yamay Jasmine Rice Limit 6 8 kg



400 PTS when you buy 2
14⁹⁹ EACH
Finish Quantum Cleaners 40–45 Pack or All in One 55 Pack



300 PTS when you buy 2
7⁴⁹ EACH
Mr. Clean Magic Eraser 6 Pack, Swiffer Cleaners 1.25 L, Swiffer Duster Kit or Cloth Refills 10–16 Pack



150 PTS when you buy 1
15⁹⁹ EACH
Purina Beyond Grain Free Cat Food 1.36 kg



200 PTS when you buy 1
18⁹⁹ EACH
Arm & Hammer Cat Litter Assorted Varieties 3.86–12.7 kg



Scene MEMBER PRICING
6⁹⁹ EACH with Scene+ Card
8⁹⁹ EACH without Scene+ Card
Compliments Facial Tissue 6 Pack





BIG SMILES HAPPY VALUE



6⁹⁹
EACH

Portofino
Sourdough Bread
970 g
Made in Victoria
Exclusive
to Thrifty Foods

**family
size**



13⁹⁹
EACH

Bergen Farms
Frozen Fruit 1–1.8 kg
Grown in Abbotsford
or Qualicum



9⁹⁹
EACH

Sunrise Farms
**Chicken
Drumsticks**
Frozen, 3 kg



8⁹⁹
EACH

Nature's Path
Organic Cereal,
Kellogg's,
General
Mills or Post
Jumbo Cereal
Selected
650 g–1.3 kg



ON SALE specials THURS, JAN 11 - WED, JAN 17, 2024

500 PTS
when you buy 1

Compliments
Extra Virgin Olive Oil
2 L



That's like
\$5
toward your groceries

13⁹⁹
EACH

Compliments
All-Purpose Flour
Bleached or Unbleached
10 kg



value size

50 PTS
when you buy 1

7⁴⁹
EACH

Compliments
Pickles
2 L



value size

23⁹⁹
PER CASE

SunRype
Apple Juice
12x1 L
Single 1 L
2/\$5



12x1L

27⁹⁹
PER CASE

Guayaki
Yerba Mate
12x458 ml



YERBA MATE

12x 458 ML

8⁷⁹
EACH

Island Farms
Ice Cream
4 L Pail
Made in Victoria



WE PICK BC FIRST

24⁹⁹
EACH

Tide **Liquid**
4.55 L
or Pods
48-81 Pack
or Gain
Flings!
81 Pack



4⁹⁹
EACH

Compliments
Liquid Hand Soap
Refill
Assorted
1 L



29⁹⁹
PER CASE

Blue Diamond
Almond Breeze
12x946 ml
Single 946 ml
2/\$6



**12X
946 ML**

5⁷⁹
EACH

Compliments
Potato Chips
750 g



**value
size**

16⁴⁹
EACH

Armstrong
or Saputo
**Shredded
Cheese**
900 g-1 kg
Selection May
Vary by Store



10⁹⁹
EACH

Kraft
Peanut Butter
2 kg



8⁹⁹
EACH

Compliments
Skipjack Tuna
6 Pack



**value
size**

19⁹⁹
EACH

Annie's **Pasta**
with Cheese
10 Pack



250 PTS
when you buy 1

Compliments
**Deluxe
Snacking
Nuts**
Selected
1.13 kg



**value
size**

11⁹⁹
EACH

Olympic
**Organic, Krema or
Greek Yogurt**
1.75 kg, Made in Delta





BIG SMILES HAPPY VALUE



32⁹⁹
PER CASE

Thrifty Kitchens
Samosas

**CASE OF
36**

29⁹⁹
EACH

Dan-D Pak
Peanuts
in the Shell
4.54 kg

4.54 KG



value size · format valeur



compliments

BEEF LASAGNA
COOK THOROUGHLY · BIEN CUIRE
LASAGNE AU BŒUF

**value
size**

400 PTS
when you buy 3

14⁹⁹
EACH

Compliments
Traditional Meat Lasagna
Frozen, 2.27 kg

200 PTS
when you buy 1

13⁹⁹
EACH

Avocados
Product of
Mexico
2 kg Case



**family
size**

14⁹⁹
EACH

Maple Leaf Natural Selections
Deli Meats
Shaved, Selected, 375–400 g



MADE BY us to MAKE you SMILE

OUR TEAM'S PICK



- HAND-SELECTED
- AAA CANADIAN BEEF
- WELL-MARBLED
- AGED TO PERFECTION



COATED IN COMPLIMENTS STEAK SPICE AND A SELF-BASTING RIB FAT CAP, THE ROAST ROYALE IS READY TO POP IN THE OVEN!

150 PTS when you buy 1 pkg

9.49 /LB

Sterling Silver Fresh Sirloin Tip Roast Royale Cut from Canada AAA Grade Beef \$20.92/kg



5.49 EACH

Thrifty Kitchens Fresh Chicken Cordons Selected, 200 g, Product of Victoria



SEAFOOD



4.99 EACH

Thrifty Kitchens Seafood Phyllo Pastries Halibut or Sockeye Salmon Ready to Cook, 150 g Made In-Store



100 PTS when you buy 200 g

2.79 /100 g

Thrifty Kitchens California Roll Seafood Salad \$12.66/lb



150 PTS when you buy 1 pkg

3.99 /100 g

Thrifty Kitchens Sockeye Salmon Roast Stuffed with Garlic, Spinach & Artichoke or Crab & Shrimp Made In-Store \$18.10/lb



2/\$5

Thrifty Kitchens Mango Chutney Chicken Sausage 125 g, Product of Victoria Available from the Full Service Case



THE #1 KIDS' CRACKER



3/\$10

Pepperidge Farm
Goldfish Crackers
Selected Varieties
156-227 g

NOW MADE FOR YOU



BIGGER. BOLDER. CHEESIER.

150 PTS
when you buy 3



3/\$10

Snyder's of Hanover
Pretzel
Selected Varieties
240 g



3/\$10

Kettle Brand
Kettle Chips
Selected Varieties
198 g

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KitKat **CHUNKY**
KitKat **AERO**
KitKat **COFFEE CRISP**
KitKat **SMOOTHIES**
KitKat **POPS**

125 EACH Nestlé **Single Bars**
Assorted Varieties
42-50 g

444 EACH Nestlé **Sharing Bags**
135-203 g or
Multipacks 164-208 g
Assorted Varieties

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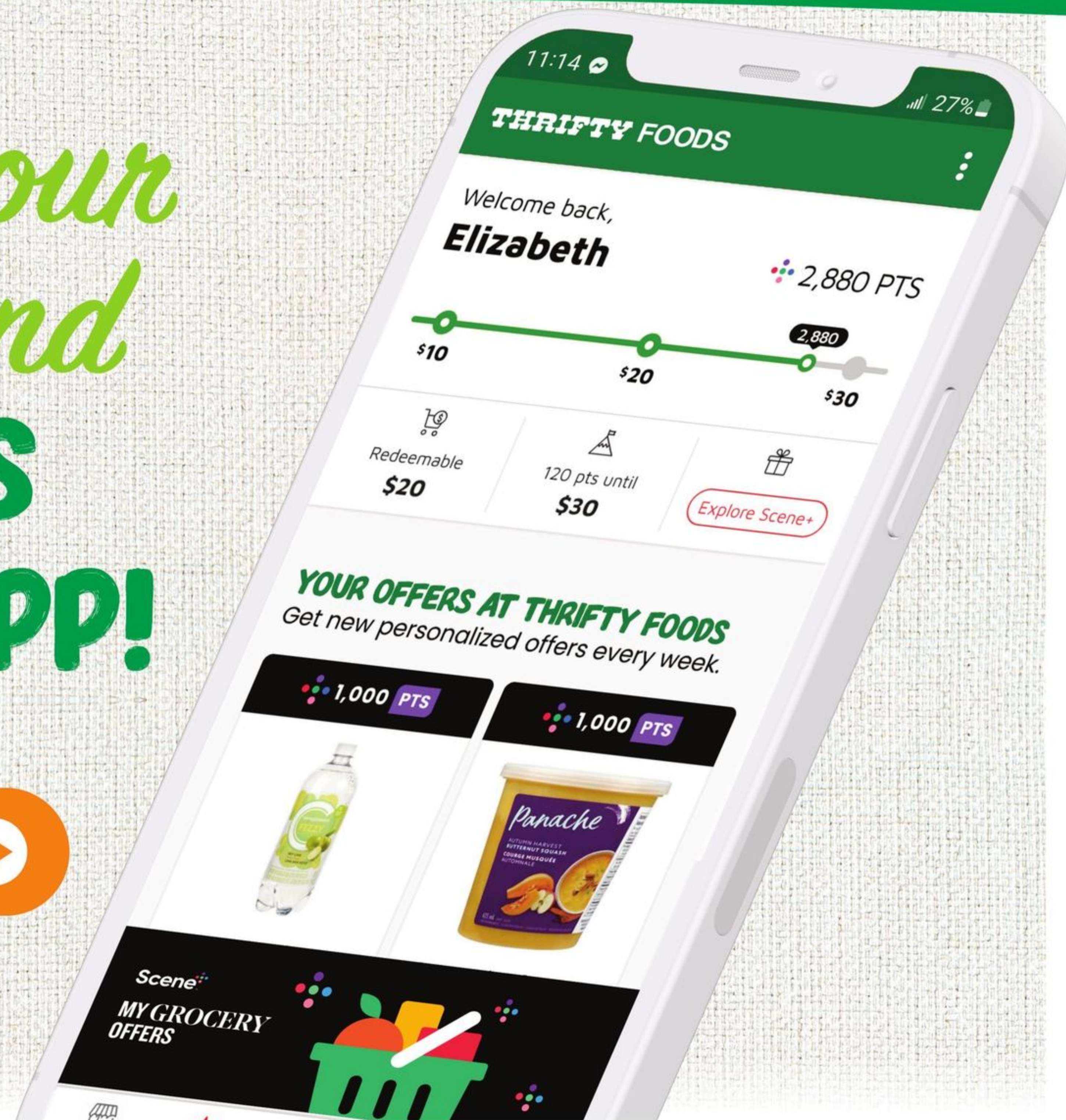
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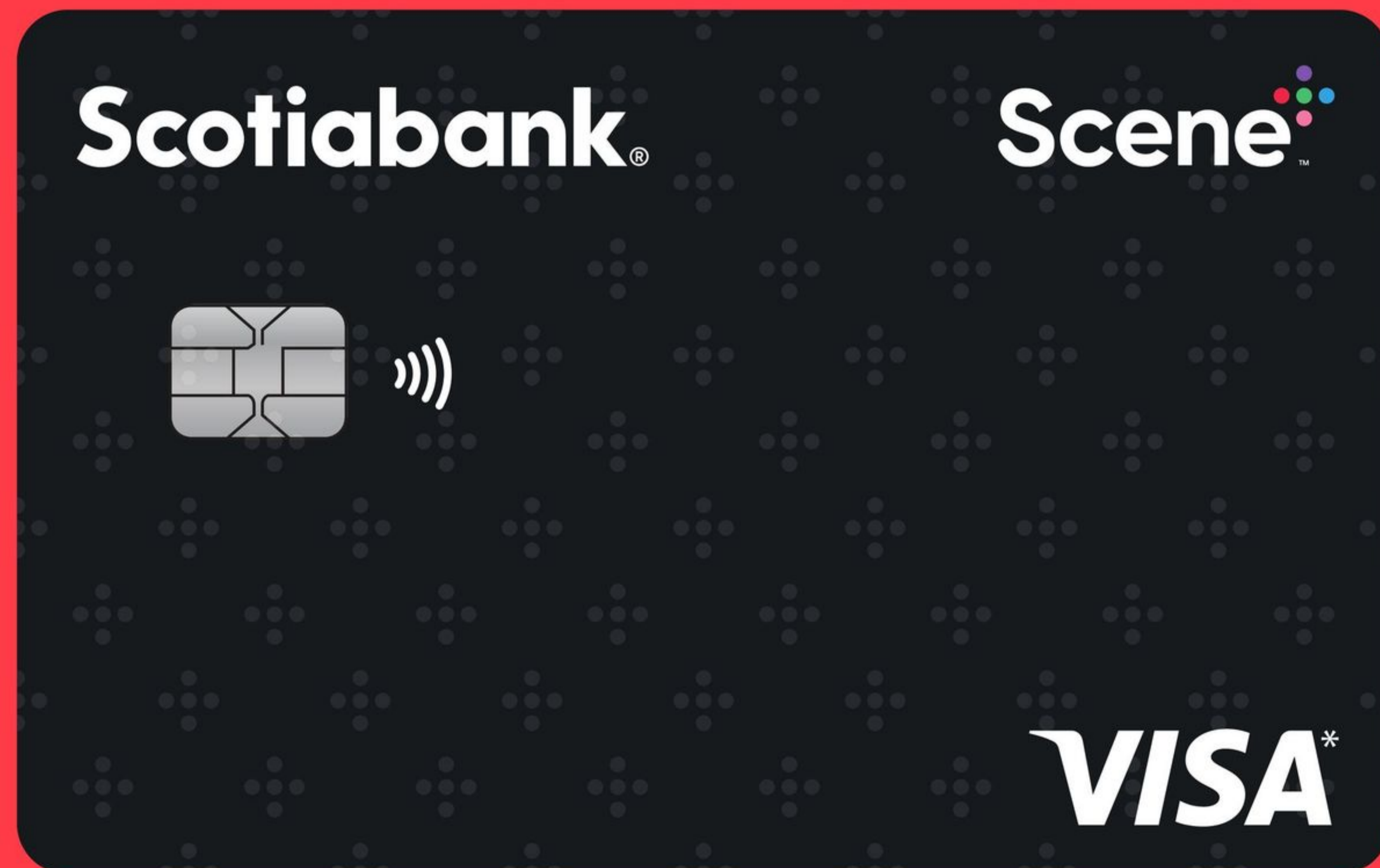
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