

FOODLAND®

Fresh food. Friendly neighbours.

Locally

OWNED & OPERATED BY

PROUD  
CANADIANS



GET  
10%  
OFF  
BEEF

When you buy 2 or more of the same cut



Inside Round Roasts  
cut by your meat expert  
from Canada AAA grade  
beef 19.82/kg

8<sup>99</sup>  
/lb



3<sup>99</sup>  
/lb

Chicken Drumsticks  
or Thighs AIR-CHILLED  
8.80/kg



MEMBERS  
SAVE \$1  
7<sup>99</sup>  
MEMBER  
PRICING

JANES Boxed or Breaded Fish  
450-510 g selected

8<sup>99</sup> without  
Scene+  
Card

Cookies  
assorted  
10 pk 310 g

4<sup>99</sup>



Baked  
IN-STORE



100 PTS  
when you buy 2

6<sup>99</sup>

TRE STELLE Feta,  
Halloumi or Bocconcini 200 g or Ricotta  
400-475 g or CASTELLO Blue 125 g selected



3<sup>99</sup>

2<sup>49</sup>  
/lb

Extra Large Green or  
Red Seedless Grapes  
product of USA no 1 grade  
5.49/kg



COMPLIMENTS  
Rainbow Peppers  
product of Ontario 3 pk  
or ARTE Salad Kits packed in  
Ontario selected 286-359 g

MEMBERS  
SAVE \$1  
6<sup>99</sup>  
MEMBER  
PRICING

GROWN IN ONTARIO  
Sunflower Bouquet  
5-stem

7<sup>99</sup>  
without  
Scene+  
Card



5<sup>97</sup>

CRACKER BARREL Cheese 340-400 g or Shreds 250-320 g



4<sup>99</sup>

NESTLÉ Premium Frozen Dessert,  
Real Dairy Ice Cream or Drumstick  
4 pk or Selected Premium Novelties 4-10 pk



3<sup>49</sup>

DR. OETKER Ristorante or  
Casa Di Mama Pizza or Giuseppe  
Garlic Fingers 288-410 g



MEMBERS  
SAVE 50¢  
\$2  
MEMBER  
PRICING

2<sup>50</sup> without  
Scene+  
Card

COCA-COLA or PEPSI  
Soft Drinks 2 L



3<sup>49</sup>

DANONE Oikos Greek Yogurt 4 pk

SCAN HERE FOR OUR  
DIGITAL FLYER

Products may not be available at all locations



Foodland.ca

SEP 2026

PRICES EFFECTIVE FROM  
SEPTEMBER 10-16

THUR  
10

FRI  
11

SAT  
12

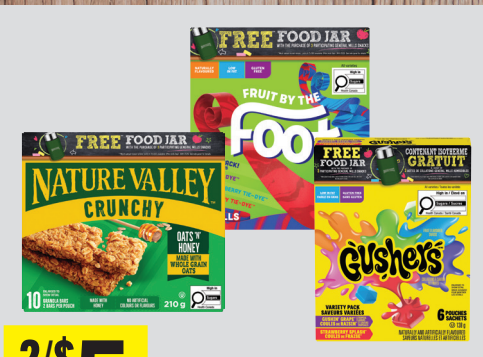
SUN  
13

MON  
14

TUE  
15

WED  
16



**6<sup>99</sup>****WATSON RIDGE**  
or TA'AAM Halal  
Boxed and Breaded  
Poultry selected 800 g**LOCAL**  
**4<sup>99</sup>**  
/lb**CONESTOGA MEATS**  
Pork Tenderloin 11.00/kg**GET**  
**10% OFF**  
**PORK**  
When you buy 2 or  
more of the same cutTry our new Chili Crisp  
Chicken Strips!**\$2**  
/100 g**Chicken Strips**  
sold by 100 g  
available hot or chilled**3<sup>99</sup>**  
/100 g**PANACHE** Black  
Forest or Sugarbush  
Maple Ham**1<sup>99</sup>****PRODUCT OF CANADA**  
Romaine, Red or Green Lettuce or Celery**5<sup>99</sup>****WONDERFUL** Pistachios  
selected 200-225 g**BUY 2, GET 3<sup>RD</sup>**  
**FREE**  
of equal or lesser value**COMPLIMENTS** Mini Muffins, Pies, Mini Cupcakes  
or Dessert Squares 284-750 g**2<sup>99</sup>****VILLAGGIO** Bread 570-675 g or Buns 6-8 pk  
or DEMPSTER'S English Muffins 6 pk**2<sup>99</sup>****COMPLIMENTS** or **DARE** Ultimate  
Cookies selected 270-350 g, ARNOTT'S  
Tim Tam Biscuits 175-200 g or **DARE** Veggie  
Crisps 100 g**2/\$5****NATURE VALLEY** Crunchy or Trail  
Mix Granola Bars or **BETTY CROCKER**  
Snacks or Gushers selected 120-230 g**5<sup>99</sup>****KELLOGG'S** 450-650 g or **GENERAL MILLS**  
317-778 g Family Size Cereal**10<sup>99</sup>****KRAFT** Peanut Butter 2 kg, NUTELLA  
Hazelnut Spread 1 kg or **COMPLIMENTS** Honey  
750 g-1 kg**21<sup>99</sup>****TIM HORTONS** Single Serve Coffee  
Pods 24-30 pk or MELITTA Roast & Ground  
Coffee 930 g**19<sup>99</sup>****800 PTS**  
when you buy 2**TIDE** Liquid Detergent 3.46-3.9 L, Pods or  
**GAIN** Flings! 45-76 pk, **DOWNY** Unstopables 853 g  
or **IVORY SNOW** 3.1 L**2/\$3****HEINZ** Pasta or Beans  
398 mL**3/9<sup>99</sup>****DEL MONTE** Fruit  
Bowls or Gels 4 pk or  
**GOGO SQUEEZ** Fruit Pouches  
4 pk**3/\$5****CLOVER LEAF**  
Skipjack Light Tuna  
170 g or Flavoured Tuna 85 g**Scene<sup>+</sup>**  
**DIGITAL**  
**EXCLUSIVE****Get 400 PTS**  
**when you buy 1****MARS** or **WRIGLEY**  
Assorted Minis  
95-105 pk  
while supplies last**14<sup>99</sup>****Scene<sup>+</sup>** **GET 500 PTS****FOR EVERY \$50 SPENT ON**  
**ULTIMATE DINING GIFT CARDS**Offer valid during September 10 - 18, 2026. Sorry  
no rainchecks or price matching. See gift card for  
details, terms, conditions, and (if applicable) fees.  
Subject to availability.

The Scene<sup>+</sup> Loyalty Program is available at all participating Foodland locations. No base Scene<sup>+</sup> points earned. See weekly offers for current ways to earn Scene<sup>+</sup> points and visit <https://www.sceneplus.ca/terms-and-conditions> to see full Terms and Conditions. All weekly Scene<sup>+</sup> 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/Tim Hortons/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-discountable or excluded by law. Redeem 1,000 Scene<sup>+</sup> points for \$10 towards your purchase up to a maximum of 50,000 Scene<sup>+</sup> points (equivalent to \$500) per day. For full Scene<sup>+</sup> 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. © Scene<sup>+</sup>, Scene & Design and the Icon Design are registered trademarks of Scene Plus IP Corporation, used under license.

\*Weekly offers are available only while supplies last. Advertised prices do not include any applicable taxes or deposits. Savings based on our regular retail. We reserve the right to limit quantities to reasonable family requirements. Text prevails when a photo does not correspond to the description. Dealer may sell for less. \*\*"Save off this price" retails refer to the regular competitive shelf price at most locations. In stores open 24 hours, flyer prices are effective from 4 am Thursday until Midnight Wednesday.

P04\_FDL\_WK20\_RAD20260907\_ONT\_ZI



100% FRESH *guarantee\**



Storewide satisfaction  
or your money back.

**MEMBERS SAVE 50¢**  
**3.99** MEMBER PRICE  
**4.49** without Scene+ Card

**PRODUCT OF CANADA**  
**THE LITTLE POTATO COMPANY** Potatoes  
Canada no 1 assorted 680 g

**LOCAL**  
**99¢** /lb

**PRODUCT OF ONTARIO**  
Rutabaga or Cabbage  
Canada no 1, 2.18/kg

**LOCAL**  
**2.49** /lb

**PRODUCT OF ONTARIO**  
Tomatoes on the Vine 5.49/kg

**ORGANIC**

**200 PTS** when you buy 2

**3.99**

**PRODUCT OF CANADA**  
**COMPLIMENTS ORGANIC**  
White or Cremini Sliced  
Mushrooms 227 g

**2 LB**

**4.99**

**COMPLIMENTS**  
Clementines 2 lb  
product of South Africa

**Prepared FRESH**

**4.99**

**Cored Pineapple** 475 g or Whole  
Pineapple product of Costa Rica

We offer whole and cored pineapples at the same price

**LOCAL**  
**4.99**

**500 PTS** when you buy 2

**PRODUCT OF ONTARIO** Bagged Gala, McIntosh, Paula Red or Gingergold Apples  
Canada fancy grade 1.36 kg 3 lb

**NEW CROP**

**COMPLIMENTS**  
GALA Apples - Pommes  
1.36 kg / 3 lb

FALL FLORAL

Available at most stores

**LOCAL**  
**2/\$50**

**GROWN IN ONTARIO**  
Fall Harvest Mum Planter 13"

**STARTING AT**  
**5.99**

**GROWN IN ONTARIO**  
Fall Flowering Plants  
assorted selection may vary by store

**LOCAL**  
**7.99**

**100 PTS** when you buy 1

**GROWN IN ONTARIO**  
Calluna Heather 4"

**LOCAL**  
**14.99**

**200 PTS** when you buy 1

**GROWN IN ONTARIO**  
Taste of Country Bouquet

MEAT

**MEMBERS SAVE \$1**  
**6.99** MEMBER PRICE  
**7.99** without Scene+ Card

**MAPLE LEAF** Top Dogs, SCHNEIDERS Frank's RedHots or SHOPSYS' Wieners 375 g

**50 PTS** when you buy 1

**13.99**

**FARM COUNTRY**  
Smoked Mini Hams 800 g

**50 PTS** when you buy 1

**12.99**

**COMPLIMENTS**  
Meatballs 560-680 g

**14.99** /lb

**Fresh Atlantic Salmon**  
Fillets 33.05/kg

**4.49** /lb

**Chicken Drumsticks or Thighs** breaded in-store with savoury breading, plain or spicy 9.90/kg

**GET 10% OFF WHEN YOU BUY 2 OR MORE OF THE SAME CUT**

**4.99** /lb

**Store-Made Sausages**  
Peach Chili is the flavour profiled made in-store by your local meat expert 11.00/kg

**12.99** /lb

**Stewing Beef** cut by your meat expert from Canada AAA grade beef 28.64/kg

**5.99** /lb

**CONESTOGA MEATS** Boneless Pork Loin Centre Cut Chops cut in-store by your local meat expert 13.21/kg

DELI

Available at most stores

**25% OFF**

**BALDERSON** Cheddar Blocks 250-280 g

**7.49**

**COMPLIMENTS** Brie or Camembert 170-200 g

**200 PTS** when you buy 2

**5.99**

**COMPLIMENTS** Dry Cured Salami 125 g selected

**10.99**

**COMPLIMENTS** Family Size Sliced Meats selected 400 g

Bakery HARVEST

*New for Fall*

**COMPLIMENTS**  
Apple Caramel Filled Muffins 4 pk 440 g limited time only

**MEMBERS SAVE \$1**  
**5.99** MEMBER PRICE  
**6.99** without Scene+ Card

**Apple Fritter Donuts** 4 pk 500 g

**12.99**

**Pumpkin Cream Latte Real Cream Layer Cake** 620 g

**LIMITED TIME ONLY**

**Baked IN-STORE**

**3.99**

**Strudel Fingers, Turnovers or Mini Strudel** 4-6 pk 228-272 g

KITCHEN

Available at most stores

**MEMBERS SAVE 50¢**  
**10.99** MEMBER PRICE  
**11.49** without Scene+ Card

**OLIVIERI** Skillet Gnocchi 520-700 g

**15.99**

**150 PTS** when you buy 1

**Mixed Deli Meat Subs** 4 pk 860 g

**MEMBERS SAVE \$5**  
**9.99** MEMBER PRICE  
**14.99** without Scene+ Card

**H&H** Dried or Chocolate Dipped Fruit Family Packs 10-12 pk

**25% OFF**

**COMPLIMENTS** Baking Nuts 200-400 g

2

Scene

1,000 PTS = \$10 OF FREE GROCERIES

\*If you buy an eligible product from our store, use the product as intended, and the product does not meet your expectations, you can present the product and/or receipt and we will provide you with the appropriate reimbursement. Restrictions apply, see foodland.ca/value-flyer for details.

P02\_FDL\_WK20\_RAD20260907\_ONT\_ZI



## FROZEN &amp; DAIRY

**9<sup>99</sup>** BASKIN ROBBINS  
Ice Cream 946 mL or  
Novelties 4 pk selected**3<sup>99</sup>** MCCAIN Superfries  
454-650 g, Bistro, Smiles  
or Tasti-Taters 454-800 g**5<sup>99</sup>** 100 PTS  
when you buy 2  
OASIS Health Break or  
Smoothie 1.6 L**4<sup>99</sup>** 100 PTS  
when you buy 2  
COMPLIMENTS Orange  
Juice 1.36 L**7<sup>29</sup>** MCCAIN Hashbrown  
Patties 20 pk**4<sup>99</sup>** CRAVE Frozen Entrées  
200-340 g**3<sup>99</sup>** iÖGO Nano Drinkable  
Yogurt 6 pk**3<sup>49</sup>** ASTRO Balkan Yogurt  
650-750 g

## DRINKS, SNACKS &amp; PANTRY

BUY 1 AT \$2.19-2.49  
BUY 2 OR MORE  
**1<sup>50</sup>** ea  
PEPSI Soft Drinks,  
MONTELLIER or  
AQUAFINA Water 1 L or  
BRISK Iced Tea 710 mL-1 L**11<sup>49</sup>** 200 PTS  
when you buy 1  
COMPLIMENTS  
De-Alcoholized Beer  
12x355 mL**4<sup>49</sup>** CHRISTIE Chips Ahoy,  
Oreo or Fudge-O Cookies  
224-303 g selected**\$2** 100 PTS  
when you buy 3  
COMPLIMENTS  
Rice Crackers 100 g**2/\$9** RUFFLES Potato Chips  
180-200 g or CHEETOS  
180-285 g**2/\$8** OLD DUTCH Potato Chips  
200-235 g**6<sup>49</sup>** NESTLÉ Coffee-Mate  
450 g**9<sup>99</sup>** TETLEY Orange Pekoe Tea  
80-144 pk**6<sup>49</sup>** 100 PTS  
when you buy 2  
COMPLIMENTS Lollipops  
500 g while supplies last**5<sup>79</sup>** 200 PTS  
when you buy 2  
NESTLÉ Cellos 76-203 g**79¢** MR. NOODLES Extra  
Instant Ramen 120 gMEMBERS  
SAVE 50¢  
**3<sup>29</sup>** MEMBER  
PRICED  
379 without  
Scene+  
Card  
CLOVER LEAF  
Albacore White  
Tuna 170 g**4<sup>99</sup>** KELLOGG'S Premium  
Retail Cereal 210-525 g  
selected or Vector Granola 311 g**4<sup>99</sup>** SMUCKER'S Pure Jam  
250 mL selected or ADAMS  
Peanut Butter 500 g**4<sup>49</sup>** KRAFT Pure Salad  
Dressing or Marinades  
355 mL or Salad Dressing  
710 mL**3<sup>99</sup>** 100 PTS  
when you buy 2  
DEMPSTER'S Whole  
Grain, Protein or  
Signature Bread 600 g**14<sup>99</sup>** 150 PTS  
when you buy 1  
COMPLIMENTS  
Chocolate Chips 775 g**15% OFF**  
CLUB HOUSE Spices  
or Seasonings 13-270 g  
selectedBUY 1 AT \$6.29  
BUY 2 OR MORE  
**3<sup>99</sup>** ea  
CLASSICO Pasta Sauce  
218-600 mL**7<sup>99</sup>** MINUTE RICE 1.2-1.4 kg  
or TILDA Basmati Rice 907 g

## HOUSEHOLD

**14<sup>99</sup>** FINISH Dish Tabs 30-45 pk  
or Jet-Dry 946 mL**8<sup>49</sup>** 200 PTS  
when you buy 2  
COMPLIMENTS Facial  
Tissue 6 pk or Paper Towels  
3-6 pk**2<sup>99</sup>** 250 PTS  
when you buy 2  
COMPLIMENTS Freezer  
Bags 15-20 pk or Sandwich  
Bags 100 pkMEMBERS  
SAVE \$3  
**16<sup>99</sup>** MEMBER  
PRICED  
1999 without  
Scene+  
Card  
ARM & HAMMER  
Clump & Seal  
Cat Litter 6.35-9.1 kg

Scene+



JOIN SCENE+ TODAY.

sceneplus.ca/register

3



## DAIRY &amp; FROZEN

**6<sup>99</sup>**ASTRO Balkan Yogurt  
12 pk**4<sup>49</sup>**COMPLIMENTS Aerosol  
Creamy Whip Whipped  
Cream Topping 225 g**3<sup>99</sup>**100 PTS  
when you buy 2  
COMPLIMENTS  
Sour Cream 500 mLBUY 1 AT \$6.49  
BUY 2 OR MORE  
**4<sup>99</sup>**  
ea100 PTS  
when you buy 2  
COMPLIMENTS Cheese  
Slices 210-230 g**5<sup>49</sup>**PANACHE Premium  
Ice Cream 1 L or Novelties  
4-6 pk selected100 PTS  
when you buy 2**4<sup>99</sup>**COMPLIMENTS MOXii  
Ice Pops or Fruit Bars 6 pk  
selected**4<sup>99</sup>**GAY LEA Spreadables  
Butter 227 g**16<sup>99</sup>**SAPUTO Shredded  
Cheese 1 kg or ARMSTRONG  
Cheese 900 g**15<sup>99</sup>**COMPLIMENTS Frozen  
Fruit 1.5 kg100 PTS  
when you buy 2COMPLIMENTS Mini Pizzas 8 pk or Mini Pizza  
Bagel Snacks 198 g**2/\$7**GREEN GIANT Frozen  
Vegetable or Valley  
Selections 400-750 g  
selected**8<sup>99</sup>**MARIE CALLENDER'S  
Frozen Meals 680-879 g

## DRINKS &amp; SNACKS

**2/\$3**SPARKLING ICE  
Sparkling Water 503 mL**2/\$6**GLACÉAU Vitaminwater  
591 mL**2<sup>49</sup>**OASIS Juice, ARIZONA  
Iced Tea or DEL MONTE Nectar  
960 mL1,000 PTS  
when you buy 2**19<sup>99</sup>**COMPLIMENTS Coffee  
Pods 30 pk**6<sup>29</sup>**FRITO-LAY Value Size  
Snacks 325-535 g**7<sup>49</sup>**JACK LINK'S or  
GOLDEN ISLAND Jerky  
65-81 g**2/6<sup>50</sup>**KELLOGG'S Cheez-It  
Crackers 191-200 g or  
COMPLIMENTS Snacking  
Crackers 200-225 g selected**4<sup>99</sup>**CHRISTIE Family Crackers  
328-454 g**2<sup>79</sup>**JOLLY RANCHER or  
TWIZZLERS Candy  
170-198 g or HERSHEY'S Family  
Bars 90-120 g**3<sup>79</sup>**100 PTS  
when you buy 2  
COMPLIMENTS Tablet  
Bars 100 g**\$3**MAYNARDS Candy  
100-154 g**14<sup>99</sup>**QUAKER Dippys or Chewy  
Bars Club Pack 935-960 g



SNACKS & PANTRY



**4<sup>49</sup>**

POST Cereal 283-525 g



**100 PTS**  
when you buy 4

**2/\$5**

SNACK PACK Puddings or Gels 4 pk



**3<sup>99</sup>**

COMPLIMENTS Syrup 750 mL or Pancake Mix 905 g



**100 PTS**  
when you buy 2

**2<sup>99</sup>**

COMPLIMENTS Bagels 6 pk or 7" Tortillas 340 g



**4<sup>99</sup>**

FRANK'S RedHot Sauce or Thick Hot Sauce 354 mL or HIDDEN VALLEY Salad Dressing 473 mL



**4<sup>99</sup>**

TACO BELL Dinner Kits 260-420 g



**2/\$5**

CAMPBELL'S SpaghettiOs 425 mL



**2<sup>99</sup>**

HOSTESS Snacks selected 121-225 g



**16<sup>99</sup>**

FILIPPO BERIO Olive Oil 1 L



**15% OFF**

COMPLIMENTS Raisins, Currants, Dates or Prunes 375-750 g or Baking Nuts 100 g selected (excludes Pine Nuts)



**4<sup>79</sup>**

BETTY CROCKER Cake, Cookie or Bisquick Mix 263 g-1.13 kg selected



**4<sup>98</sup>**

P.F. CHANG'S Sauces selected 350 mL

NATURAL, HEALTH & HOUSEHOLD



**100 PTS**  
when you buy 2

**4<sup>49</sup>**

CREST Pro-Health Toothpaste or ORAL-B Floss 100-130 mL or 1 pk selected



**7<sup>49</sup>**

DEGREE Deodorant 107 g selected



**2/\$10**

EARTH'S OWN Barista 946 mL



**100 PTS**  
when you buy 2

**4<sup>99</sup>**

COMPLIMENTS Coconut Water 1 L



**STARTING AT 7<sup>99</sup>**

OLAY or IVORY Body Wash 532 mL-1.35 L, OLAY Soap Bar 90-141 g, MONDAY, METHOD or MARC ANTHONY Hair Care 175-414 mL selected



**\$1**

WHISKAS Favourites Pouches 85 g



**100 PTS**  
when you buy 1

COMPLIMENTS Dog Treats 113 g



**11<sup>79</sup>**

BLUE BUFFALO Nudges Natural Dog Treats 283 g



**100 PTS**  
when you buy 3

**4<sup>49</sup>**

LOVE CHILD Organics Oaty Bars or Snacks 100-138 g



**2<sup>99</sup>**

WANT-WANT Baby or Toddler Mum-Mum 50 g



**11<sup>99</sup>**

**100 PTS**  
when you buy 2

GLAD Waste Bags 20-40 pk



**7<sup>99</sup>**

CLOROX Bleach 3.57 L



# Cheers to BEER, WINE & COOLERS!



35.99 ea  
Buy 1  
SAVE  
\$2

OR

34.99 ea  
Buy 2  
SAVE  
\$6

**SAPPORO Premium Lager**  
12x500 mL tall cans



**16<sup>99</sup>**

**MICHELOB ULTRA**  
Light Lager  
6x473 mL tall cans



**14<sup>99</sup>**

**BUDWEISER or  
MOLSON Canadian**  
Lager 6x473 mL tall cans



**24<sup>99</sup>**

**TWISTED TEA Extreme 7%**  
Mix Pack 12x355 mL cans



**18<sup>99</sup>**

**LA MARCA**  
Prosecco 750 mL



**18<sup>99</sup>**

**KIM CRAWFORD**  
Sauvignon Blanc  
750 mL



**13<sup>99</sup>**

**GÉRARD  
BERTRAND Gris**  
Blanc Rosé 750 mL

\*PLEASE DRINK RESPONSIBLY. You must be 19 years or older to purchase alcohol. Available at select stores. Pricing not applicable to LCBO Convenience Outlets.

X05\_FDL\_WK20\_DIG\_Liquor\_ONT\_WINE



WE'RE FULL OF  
**C** compliments

Did  
**mornings**  
just get **better?**

Oh, it's  
**you!**  
(with our  
frozen  
breakfast)

**BREAKFAST BITES • BOUCHÉES DÉJEUNER**

**THREE CHEESE**  
FULLY COOKED • ENTIÈREMENT CUITES  
**TROIS FROMAGES**

MADE WITH EGGS, CHEDDAR, PART SKIM MOZZARELLA AND GOUDA CHEESE. / À BASE D'ŒUFS, DE FROMAGE CHEDDAR, DE FROMAGE MOZZARELLA PARTIELLEMENT ÉCRÉMÉ ET DE FROMAGE GOUDA.

**222 g**  
(4 x 55.5 g) 4

**MADE IN • FABRIQUÉ AU CANADA**

**INGREDIENT PROMISE**  
Ingrédients GARANTIS

KEEP FROZEN / GARDER CONGELÉ

PHOTO ENLARGED / PHOTO AGRANDIE

**High in / Élevé en**  
**Sat fat / Gras sat.**

**Sodium**

Health Canada / Santé Canada

**16 g**  
PROTEIN / PROTÉINES  
PER 100 g SERVING  
PAR PORTION DE 100 g

**BREAKFAST SANDWICH**

**EGG & CHEESE**  
A FLUFFY EGG PATTY AND CHEDDAR CHEESE BETWEEN AN ENGLISH MUFFIN  
FULLY COOKED

**214 g**  
(2 x 107 g) 2

**MADE IN • FABRIQUÉ AU CANADA**

**INGREDIENT PROMISE**  
Ingrédients GARANTIS

INDIVIDUALLY WRAPPED SANDWICHES / INDIVIDUELLEMENT ENVELOPPÉS

KEEP FROZEN

**High in**  
**Sat fat**

**Sodium**

Health Canada

**12 g**  
PROTEIN  
PER 107 g SERVING

**6<sup>99</sup>**

**COMPLIMENTS**  
**Breakfast Bites**  
4 pk

**5<sup>99</sup>**

**COMPLIMENTS**  
**Breakfast Sandwiches**  
214-270 g





**4<sup>99</sup>**  
/lb

**CONESTOGA MEATS**  
**Pork Tenderloin** 11.00/kg



**CONESTOGA MEATS**  
**Boneless Pork Shoulder Blade Roasts**  
cut in-store by your local meat expert 13.21/kg

**5<sup>99</sup>**  
/lb



**5<sup>99</sup>**  
/lb

**CONESTOGA MEATS**  
**Boneless Pork Loin Centre Cut Chops**  
cut in-store by your local meat expert 13.21/kg



**2<sup>99</sup>**  
/lb

**CONESTOGA MEATS**  
**Pork Loin Combo Chops** cut in-store by your meat expert 6.59/kg



**3<sup>49</sup>**  
/lb

**CONESTOGA MEATS**  
**Pork Shoulder Picnic Roasts**  
cut in-store by your local meat expert 7.69/kg



**4<sup>99</sup>**  
/lb

**CONESTOGA MEATS**  
**Pork Side Ribs Centre Portion Removed** cut in-store by your local meat expert 11.00/kg



**4<sup>99</sup>**  
/lb

**CONESTOGA MEATS**  
**Pork Shoulder Blade Steaks**  
cut in-store by your local meat expert 11.00/kg



**5<sup>99</sup>**  
/lb

**CONESTOGA MEATS**  
**Pork Side Ribs Centre Portion Strips**  
cut in-store by your local meat expert 13.21/kg



**CONESTOGA**  
**FARM FRESH PORK**™

**CELEBRATING**  
**1 YEAR**

AS OUR FRESH PORK PRODUCER

**GET 10% OFF PORK**

WHEN YOU BUY 2 OR MORE OF THE SAME CUT

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300 PTS

when you buy any 3 items\*



Offer valid in-store until September 16, 2026

\*When you purchase 3 or more of any combination of Dempster's® Fibre Bread 600 g, Tortillas 272-340 g, Tia Rosa® Tortillas 275-384 g, and Vachon® Snack Cakes 282-336 g products in a single transaction.



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\*Conditions Apply

