

# Great food starts with



Specials from Thursday October 1st to Saturday October 31st

**Valio**  
PARMESAN STYLE CHEESE  
150521



**WOW!**

**19<sup>99</sup>\$**

**1X1KG**  
24.99\$

**St-Albert**  
POUTINE CHEESE CURDS  
150908



**WOW!**

**24<sup>99</sup>\$**

**1X2KG**  
30.99\$

**Océanic**  
FROZEN BROKEN ARGENTINA PINK SHRIMPS  
41244



**WOW!**

**16<sup>99</sup>\$**

**1X908G**  
21.49\$

**Bridor**  
FROZEN SUBMARINE BREADS  
8 IN - WHITE OR WHOLE WHEAT  
72110-72111



**WOW!**

**30<sup>99</sup>\$**

**60X110G**  
38.99\$

**Henrietta**  
BARISTA MILK 3.8%  
140332



**WOW!**

**5<sup>49</sup>\$**

**1X2L**  
6.99\$

**Old Dutch**  
ASSORTED CHIPS  
920366



**WOW!**

**13<sup>99</sup>\$**

**30X32G**  
17.49\$

**Grisspasta**  
ARTISAN PASTAS - VARIOUS SELECTION  
320525-320527-320544-320546-3  
20548-320550-320552-320554-32  
0590



**WOW!**

**1<sup>49</sup>\$**

**1X454GR**  
2.19\$

**Rega**  
WHOLE PEELED TOMATOES  
242516



**WOW!**

**6<sup>99</sup>\$**

**1X2.84L**  
9.99\$

**Titan**  
CLING WRAPPING FILM  
11INX1000FT  
751340



**WOW!**

**7<sup>99</sup>\$**

**1X1000PL.**  
12.99\$

**Titan**  
18 PIECE SET PLASTIC CONTAINER  
670046



**WOW!**

**7<sup>99</sup>\$**

**1X1UN**  
11.97\$

**Saputo**  
MOZZARELLA CHEESE  
GRATED 17%  
150980



**37<sup>99</sup>\$**

**1X2.5KG**  
46.49\$

**logo**  
YOGOURTS ASSORTED FLAVORS  
140972-140976-140982-140974



**9<sup>99</sup>\$**

**1X2KG**  
12.79\$

**Aubut**  
LAVAL

3975 boul. St-Elzéar Ouest,  
Laval, QC, H7P 4K1

**OPEN TO  
THE PUBLIC  
MONTREAL**

3975 rue Saint-Ambroise,  
Montréal, QC, H4C 2E1



**NO  
MEMBERSHIP  
FEES**

Corporate Reward Program  
that allows you to obtain a  
discount on  
every dollar spent.

**STORE SCHEDULE  
LAVAL**

Monday to Friday  
Saturday  
Sunday

**7AM to 8PM  
7AM to 6PM  
9AM to 6PM**

**STORE SCHEDULE  
MONTREAL**

Monday to Wednesday  
Thursday to Friday  
Saturday  
Sunday

**7AM to 6PM  
7AM to 7PM  
7AM to 6PM  
9AM to 5PM**

# Great food starts with



Fermes Burnbrae  
WHITE LARGE EGGS  
180211



**9<sup>49</sup>\$**

1X30UN  
10.49\$

Le Grand  
PESTOS - ASSORTED  
FLAVORS  
190764-190730-190770



**19<sup>99</sup>\$**

1X1KG  
23.99\$

Arctic Gardens  
FROZEN IQF VEGETABLES  
MIXES - VARIOUS CHOICES  
20724-20737-20730



**8<sup>49</sup>\$**

1X2KG  
10.99\$

Eska  
NATURAL SPRING WATER  
[BTL+DEP]  
201546



**4<sup>49</sup>\$**

24X500ML  
6.49\$

Oat-ly  
OAT MILKS - ASSORTED  
FLAVORS  
140232-140367-140432-140434-1  
40640-140642



**3<sup>99</sup>\$**

1X946ML  
5.49\$

Barilla  
ASSORTED PASTAS  
320524-320526-320528-320532-3  
20534-320536-320537-320538-32  
0540-320542



**18<sup>99</sup>\$**

1X10LB  
21.99\$

Arctic Garden  
CANNED CORN, CRAMED OR  
WHOLE KERNELS  
241505-241600



**9<sup>99</sup>\$**

1X2.84L  
12.49\$

Prairie flour mills P400  
SPRING WHEAT FLOUR  
470182



**17<sup>49</sup>\$**

1X20KG  
18.99\$

St-Ambroise Signature  
ASSORTED COFFEES  
208386-208388-208390-208392-2  
08394-208396



**19<sup>99</sup>\$**

1X2LB  
24.99\$

Huer  
GUMMIES CANDY -  
ASSORTED FLAVORS  
915927-915949-915939-915943-5  
96457-915937-915947-596384-91  
5957-915953-915955-915951-915  
995-915993-915991-915997-5963  
98-596480-915999



**7<sup>99</sup>\$**

1X1KG  
9.99\$

Chef Elite 1964020  
BAMBOO CONTAINERS -  
12OZ OR 16OZ  
601734-601736



**3<sup>99</sup>\$**

1X50UN  
5.69\$

Table Accents  
WHITE DINNER NAPKINS  
1PLY  
751716



**2<sup>99</sup>\$**

1X300UN  
3.99\$

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