

food
Basics 
 CANADIAN AND PROUD

**ALWAYS
 MORE
 FOR LESS**

**ALWAYS
 MORE
 FOR LESS**

**MEANS MORE GREAT
 PRODUCTS AT GREAT PRICES**

Irresistible

Selection

LifeSmart
 Mieux
 -ette



ALWAYS GREAT PRICE 
8.99
 EACH

LIFE SMART
 CHICKEN BURGERS
 FROZEN, 852 G
 SELECTION
 SMOKED SAUSAGES
 900 G
 SELECTED VARIETIES



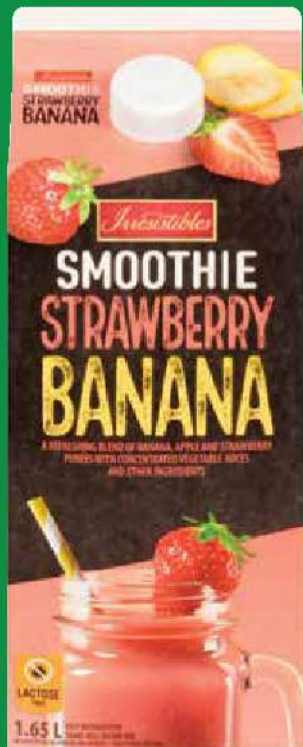
ALWAYS GREAT PRICE 
2.99
 EACH

IRRESISTIBLE
 MAMMOTH HAMBURGER
 OR HOT DOG BUNS
 6-8'S
 SELECTED VARIETIES



ALWAYS GREAT PRICE 
3.97
 EACH

IRRESISTIBLES
 ORANGE JUICE
 OR SMOOTHIES
 1.54 - 1.65 L
 SELECTED VARIETIES



ALWAYS GREAT PRICE 
4.88
 EACH

IRRESISTIBLE
 LIMITED EDITION ICE CREAM
 1.5 L
 SELECTED VARIETIES
 WHILE QUANTITIES LAST

**JUST
LOW
PRICES**

**EXCEPTIONAL
VALUE, EVERY DAY**

Irresistible

Selection

Life Smart
Mieux
-ette



11.99
EACH
SELECTION
BACON
1 KG
SELECTED VARIETIES



5.49
/LB
SELECTION
SLICED PORK
PEAMEAL SLICES
12.10/KG



3.99
EACH
SELECTION
SMOKED HAM
STEAKS
250 G
SELECTED VARIETIES



5.99
EACH
SELECTION
FULLY COOKED
BACON
65 G
SELECTED VARIETIES



3.49
EACH
LIFE SMART
ALMOND, OAT OR
SOY BEVERAGES
1.75 - 1.89 L
SELECTED VARIETIES



4.97
EACH
SELECTION
CEREAL
510 - 775 G
SELECTED VARIETIES



2.88
EACH
SELECTION OATS
1 KG
INSTANT
OATMEAL
380 - 430 G
SELECTED VARIETIES



2.97
EACH
SELECTION
TABLE SYRUP
710 ML
SELECTED VARIETIES



4.49
EACH
IRRESISTIBLE
BRIOCHE BREAD
OR BRIOCHE
MINI BUNS
480 - 500 G
SELECTED VARIETIES



4.49
EACH
IRRESISTIBLE
BUTTER
CROISSANTS
6'S



4.44
EACH
SELECTION
OR LIFE SMART
NATURALIA
PEANUT BUTTER
750 G - 1 KG
SELECTED VARIETIES



4.49
EACH
SELECTION JAM
OR LIFE SMART
NATURALIA
SPREAD
250 - 500 ML
SELECTED VARIETIES



4.44
EACH
IRRESISTIBLE
FRUIT
400 - 600 G, FROZEN
SELECTED VARIETIES



3.88
EACH
SELECTION
CREAM CHEESE
PRODUCT
340 G
SELECTED VARIETIES



3.88
EACH
SELECTION
OR LIFESMART
COTTAGE CHEESE
500 G
SELECTED VARIETIES



4.77
EACH
IRRESISTIBLES
GREEK OR SKYR
YOGURT
750 G
SELECTED VARIETIES



2.67
EACH
SELECTION
HASHBROWN
POTATO
1 KG, FROZEN
SELECTED VARIETIES



2.99
EACH
IRRESISTIBLES
HERBAL TEA
20'S
SELECTED VARIETIES



12.99
EACH
SELECTION
GROUND COFFEE
925 G
SELECTED VARIETIES



37.99
EACH
SELECTION
OR IRRESISTIBLES
COFFEE PODS
72 - 100'S
SELECTED VARIETIES

**ALWAYS
MORE
FOR LESS**

**GREAT BRANDS,
GREAT PRICES**

Irresistible

Selection

*Life Smart
Mieux
-ette*



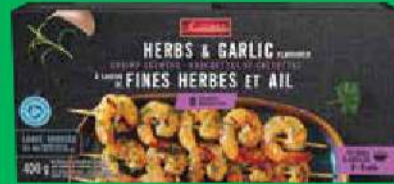
LOCKED DOWN
3.99
EACH
SELECTION
DELI SALADS
800 G
SELECTED VARIETIES



ALWAYS GREAT PRICE
8.99
EACH
IRRESISTIBLE
BANG BANG
SHRIMP
FROZEN, 340 G
SELECTED VARIETIES



ALWAYS GREAT PRICE
6.99
EACH
IRRESISTIBLE
SALT AND PEPPER
CALAMARI
FROZEN, 340 G
SELECTED VARIETIES



ALWAYS GREAT PRICE
9.99
EACH
IRRESISTIBLES
SHRIMP SKEWERS
FROZEN, 400 G
SELECTED VARIETIES



LOCKED DOWN
3.49
EACH
IRRESISTIBLES
HUMMUS OR DIPS
200 - 227 G
SELECTED VARIETIES



ALWAYS GREAT PRICE
5.99
EACH
SELECTION
ORIGINAL
WIENERS
VALUE PACK
900 G
SELECTED VARIETIES



ALWAYS GREAT PRICE
14.99
EACH
IRRESISTIBLE
ANGUS BEEF
SLIDER BURGERS
FROZEN, 842 G
SELECTED VARIETIES



ALWAYS GREAT PRICE
24.99
EACH
SELECTION
QUARTER POUND
BEEF BURGERS
VALUE PACK
FROZEN, 2.26 KG
SELECTED VARIETIES



SELECTION
KETCHUP
750 ML - 1 L
SELECTED VARIETIES
ALWAYS GREAT PRICE
3.27
EACH



ALWAYS GREAT PRICE
4.77
EACH
SELECTION
MAYONNAISE
750 - 890 ML
SELECTED VARIETIES



IRRESISTIBLE
DRESSING
350 ML
SELECTED VARIETIES
ALWAYS GREAT PRICE
3.79
EACH



SELECTION
BBQ SAUCE
320 ML
SELECTED VARIETIES
ALWAYS GREAT PRICE
1.49
EACH



ALWAYS GREAT PRICE
1.49
EACH
SELECTION
RELISH
375 ML
SELECTED VARIETIES



ALWAYS GREAT PRICE
3.99
EACH
SELECTION
HOT PEPPER
RINGS OR
SAUERKRAUT
750 - 900 ML
SELECTED VARIETIES



ALWAYS GREAT PRICE
9.99
EACH
SELECTION
CHEESE SHREDS
620 G
SELECTED VARIETIES



ALWAYS GREAT PRICE
99¢
EA.
SELECTION
SPICES
5.5 - 150 G
SELECTED VARIETIES



ALWAYS GREAT PRICE
3.49
EACH
SELECTION
HONEY GARLIC
OR PLUM SAUCE
750 ML
SELECTED VARIETIES



IRRESISTIBLES
BALSAMIC
VINEGAR
OR GLAZE
250 - 500 ML
SELECTED VARIETIES
ALWAYS GREAT PRICE
4.44
EACH



ALWAYS GREAT PRICE
1.49
EACH
SELECTION
OR LIFE SMART
BEANS
540 ML
SELECTED VARIETIES



LIFE SMART
COOKING
SPRAY
110 - 142 G
SELECTED VARIETIES
ALWAYS GREAT PRICE
4.99
EACH



ALWAYS GREAT PRICE
2.79
EACH
SELECTION
VALUE PAPER
TOWELS
2'S
SELECTED VARIETIES



ALWAYS GREAT PRICE
4.99
EACH
SELECTION
PAPER BOWLS
OR PLATES 24 - 30'S
GLASSES 50'S
SELECTED VARIETIES



ALWAYS GREAT PRICE
5.99
EACH
SELECTION
ECO NAPKINS
500'S
SELECTED VARIETIES



ALWAYS GREAT PRICE
1.99
EACH
SELECTION ECO
COMPOSTABLE
UTENSILS
24'S
SELECTED VARIETIES



SELECTION
CHARCOAL
3.77 KG
SELECTED VARIETIES
ALWAYS GREAT PRICE
5.99
EACH



SELECTION
DISH DETERGENT
650 - 828 ML
SELECTED VARIETIES
ALWAYS GREAT PRICE
1.97
EACH



ALWAYS GREAT PRICE
25.99
EACH
SELECTION
ALUMINUM FOIL
654 FEET
SELECTED VARIETIES



ALWAYS GREAT PRICE
21.99
EACH
SELECTION
PLASTIC WRAP
762 M
SELECTED VARIETIES

**JUST
LOW
PRICES**

**FAVE FLAVOURS
FOR LESS**

Irresistible

Selection

Life Smart
Mieux
-ette



5.99
EACH
SELECTION
SUMMER CANDY
700 G
SELECTED VARIETIES



5.99
EACH
SELECTION
S'MORES KITS
400 G
SELECTED VARIETIES



1.25
EACH
SELECTION
CANDY
135 G
SELECTED VARIETIES



6.89
EACH
SELECTION
JUMBO
MARSHMALLOWS
700 G
SELECTED VARIETIES



2.88
EACH
IRRESISTIBLES
POPCORN
220 G
SELECTED VARIETIES



2.49
EACH
IRRESISTIBLES
SNACK BUNDLE
142 G
SELECTED VARIETIES



2.99
EACH
LIFE SMART
TORTILLA CHIPS
350 G
OR SELECTION
SALSA 430 ML
SELECTED VARIETIES



4.97
EACH
SELECTION
PEANUTS
700-800 G
SELECTED VARIETIES



1.49
EACH
SELECTION
CHIPS
200 G
SELECTED VARIETIES



2.88
EACH
SELECTION
CHEESE PUFFS
285 G
SELECTED VARIETIES



2.88
EACH
SELECTION
PARTY MIX
280 G
SELECTED VARIETIES



22.99
EACH
SELECTION
NUTS
1.13 KG
SELECTED VARIETIES



SELECTION
SPARKLING
WATER
1 L
SELECTED VARIETIES
99¢
EA.



IRRESISTIBLES
CRANBERRY
JUICE
COCKTAIL
1.89 L
SELECTED VARIETIES
3.88
EACH



SELECTION
POP
12 X 355 ML
SELECTED VARIETIES
5.97
EACH



SELECTION 0.5%
NON-ALCOHOLIC
BEER
12 X 355 ML
SELECTED VARIETIES
8.49
EACH



SELECTION
ICE POPS
24 X 75 ML
SELECTED VARIETIES
5.00
EACH



SELECTION
WHIPPED
TOPPING
1 L
SELECTED VARIETIES
3.79
EACH



IRRESISTIBLES
CREAM PIES
830 G
SELECTED VARIETIES
9.99
EACH



SELECTION
LEMONADE
1.75 L
SELECTED VARIETIES
2.99
EACH



IRRESISTIBLE
COOKIES
280-350 G
SELECTED VARIETIES
3.79
EACH



SELECTION
FREEZIES
36 X 59 ML
SELECTED VARIETIES
4.99
EACH



IRRESISTIBLE
THE CREAMIEST
ICE CREAM BARS
10 X 72 ML
SELECTED VARIETIES
9.88
EACH



SELECTION
ANGEL OR MINI
ANGEL CAKES
270-284 G
SELECTED VARIETIES
4.99
EACH

contest*
from June 5 to July 2

i win big with

moi rewards

4 prizes to be won

a
pre-engineered
BONNEVILLE
home
proudly Canadian
company

**3 travel
vouchers**
to explore Canada



i swipe my moi rewards
card to be automatically
entered for a chance to win



members can get 5x
contest entries when linking
their eligible RBC® card

food
Basics

metro

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ONLINE
FOR LESS**

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LOW PRICES**

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*Conditions apply. Valid on orders of \$75 or more.

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