FRESH SAVINGS FOR THE WEEK OF THURSDAY NOVEMBER 5TH TO WEDNESDAY NOVEMBER 11TH, 2026.

# Garden foods

A BOLTON TRADITION SINCE 1972

THIS WEEK MEMBERS SAVE OVER $30
See online flyer for more deals.

THANK YOU REWARDS MEMBER PRICING




**7.99/LB** Maple Leaf Prime Raised Without Antibiotics Boneless, Skinless Chicken Breasts
17.61/kg
VALUE PACK
**SAVE $4/LB**




ORGANIC

**3.99** Fresh Organic Raspberries or Blackberries
Product of Mexico
6oz pkg

**3.99** Longo's Fresh McIntosh or Gala Apples
Product of Ontario
3lb bag
**SAVE $2**
NON-MEMBER $5.99



**8.99** Lactantia PūrFiltre Organic Milk
4L bag
selected varieties
**SAVE $3**
NON-MEMBER $11.99




**6.99** Marina Del ReyFrozen Argentinian Shrimp
300g pkg
selected varieties
**SAVE $6**
NON-MEMBER $12.99





**4.49/EACH** Fresh Canadian Atlantic Salmon Portion
113g
SKIN-ON
**SAVE 50¢**

FRESH DELI CUT



**2.99/100G** Hayter's Farm Raised Without Antibiotics Turkey or Canadian Swiss Cheese




**5.99** Cucina Mini Arancini Rice Balls
500g pkg
selected varieties
**SAVE $3**



Longo's Fresh Tri-Colour Peppers
Product of Canada or Mexico
3 pack
**3.99**




**1.99** Fresh Carrots or Onions
Product of Canada
2lb bag




**5.99** Perrier or Sanpellegrino Sparkling Water
6x330mL or 8x330mL pkg
selected varieties
**SAVE AT LEAST $3**




Cashmere Bath Tissue 12=48/24=48 rolls or SpongeTowels Paper Towels 6=12 rolls
selected varieties
**10.99**
**SAVE $9**




Maple Leaf Prime Raised Without Antibiotics Breaded Chicken
568-700g pkg
selected varieties
**10.99**
**SAVE AT LEAST $8**




**6.49** Iögo Multipack 16x100g pkg or Siggi's Yogourt 650g tub
selected varieties
**SAVE AT LEAST $2**




**3.49** Kellogg's Cereal
210-525g pkg
selected varieties
**SAVE AT LEAST $2.50**

FRESH WEEKLY SAVINGS VISIT LONGOS.COM FOR 100S MORE!



**Longo's Fresh Ontario Pork Dinner Sausages**
13.21/kg

**5.99 /LB**

**SAVE $1/LB**




**MUST TRY**

**4.99** **Sunset Fresh Bombs Squad Vine-Ripened Tomatoes**
Product of U.S.A.
341g pkg

- Ignite your taste buds from the crunchy textures, sweet flavours and aromas from each unique variety.
- Create a gourmet meal, salad or snack straight from the vine for explosive flavour.

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**Longo's Frozen Cooked Black Tiger Shrimp Platter with Cocktail Sauce** 480g pkg or **Longo's Frozen Cooked Pacific White Shrimp Ring with Cocktail Sauce**
737g pkg

**19.99**

**SAVE $5**




**Longo's Tandoori Style Naan**
Original or Garlic
500g pkg

**2 FOR $5**

**SAVE 98¢ ON 2**



**Fresh Green Seedless Grapes**
Product of U.S.A. or Peru
8.80/kg

**3.99 /LB**




**ORGANIC**

**4.99** **Fresh Organic Kiwi**
Product of Chile
454g pkg

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**Italpasta Pasta**
900g pkg or **Soup Cut Pasta**
450g pkg
selected varieties

**1.99**

**SAVE AT LEAST 50¢**




**Maxwell House Ground Coffee**
864g canister

**15.99**

**SAVE $7**




**Moresh 100% Moroccan Extra Virgin Olive Oil**
1L bottle

**10.99**

**SAVE $7**




**Dempster's Whole Grains Bread** 600g pkg, **Bagels** 5-6 pack, **Dempster's or Tia Rosa Tortillas** 5-7" or **Vachon Snack Cakes** 6 pack
selected varieties

**3.49**

**SAVE AT LEAST $1.30**

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THIS WEEK'S

# GARDEN PICKS!




**Rio Mare Insalatissime Light Tuna Salad**
160g pkg
selected varieties

**2.99**

**SAVE $2.50**




**San Daniele Mortadella**
selected varieties

**1.99 /100G**



**Fresh Zucchini**
Product of Mexico
5.49/kg

**2.49 /LB**

WE'VE BROUGHT BACK **OVER 100** OF YOUR **FAVOURITES!**

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Garden foods

For online flyer, store hours and store locations, visit us at Longos.com or call 1-800-9-Longos

We reserve the right to limit quantities. We are diligent in proofing our flyers but unintentional errors in copy or image may occur. We reserve the right to correct any errors. Some images are for illustration purposes only. Savings refer to regular prices. Prices vary by location.

ZONE 2

Partners IN GROWTH

**FRESH SAVINGS FOR THE WEEK OF THURSDAY NOVEMBER 5TH TO WEDNESDAY NOVEMBER 11TH, 2026.**

THANK YOU REWARDS

# MEMBER PRICING

Scan your registered Thank You Rewards card and receive exclusive members only pricing on select products in-store.

**NOT A MEMBER? NOT A PROBLEM!**
Sign up to become a member and earn 500 Bonus Points when you opt in to receive emails and exclusive offers. Scan the QR code or visit Longos.com/thank-you-rewards

## THIS WEEK MEMBERS SAVE OVER $40

**True North Fresh Atlantic Salmon Side Skinless**
900g pkg
**$30**
**SAVE $5**
NON-MEMBER $35




**Longo's Frozen Breaded Chicken or Veal Cutlets**
560g pkg
**$20**
**SAVE $5**
NON-MEMBER $25




**Fresh Santa Clause, Canary or Moon Melon**
Product of Brazil
**4.99**
**SAVE $1**
NON-MEMBER $5.99



**7.99** **Promise Gluten-Free Loaf Bread or Rolls**
240-480g pkg
selected varieties
**SAVE $1**
NON-MEMBER $8.99




**10.99** **Longo's Sopressata**
Mild or Hot
225g pkg
**SAVE $2**
NON-MEMBER $12.99




**4.99** **Traditional Medicinals Organic Tea**
16ct
selected varieties
**SAVE $2**
NON-MEMBER $6.99




**1.99** **Oasis or Del Monte Juice**
960mL-1L tetra
selected varieties
**SAVE $1.50**
NON-MEMBER $3.49




**2.99** **Yoplait Minigo Yogourt**
6x60g pkg or **Tubes** 8x56g pkg
selected varieties
**SAVE $2**
NON-MEMBER $4.99



**MUST TRY**

**IN-STORE TASTING, SAT & SUN OCT. 31 & NOV. 1 NOV. 7 & 8 10:30AM-4PM**




**GoodLeaf Farms Fresh Microgreens**
Product of Ontario
50g pkg
**3.99**

- Packed with up to 166 times more nutrients than their mature vegetable counterparts.
- Elevates any dish from smoothies, sandwiches or soups!
- Proudly grown in Canada 365 days a year.




**14.99/LB** **SAVE UP TO $6/LB**
**Cut from Canada Prime Grade Longo's Certified Angus Beef Tri-Tip Steak or Roast**
33.05/kg

**9.99/LB** **SAVE $1/LB**
**Fresh Wild Caught Pacific Snapper Fillet or Value Pack Fresh Tilapia Fillet**
22.02/kg




**Harvest Fresh Veggie Pho Soup or Stir Fry Kits**
338-400g pkg
**4.99**



**Fresh Mangoes**
Product of Brazil
**2 FOR $5**



**3.99/LB** **SAVE $3/LB**
**Fresh Ontario Pork Loin Bone-in Rib End Chops**
8.80/kg




**NEW Longo's Frozen Coquilles St. Jacques**
180g pkg or
**Longo's Frozen Marinated Garlic & Herbs Butterfly Shrimp**
340g pkg
**9.99**
**SAVE AT LEAST $1**



**2.49** **SAVE 50¢**
**Cantonese Chow Mein or Pancit Miki Pre-Cooked Noodles**
400-454g pkg



**Longo's Fresh Sliced or Whole King Oyster Mushrooms**
Product of Ontario
200g pkg
**4.99**




**6.99/LB** **SAVE AT LEAST $1/LB**
**Maple Leaf Prime Raised Without Antibiotics Split Chicken Wings**
15.41/kg




**Brasmar Frozen Octopus**
200g pkg or
**Marina Del Rey Frozen Raw Argentina Shrimp**
8-12ct, 454g pkg
**15.99**
**SAVE $1**




**5.99** **SAVE $1**
**oomé Smoked Tofu**
Maple Soy, Habanero Hunnie, Just Smoke, Greek or Tokyo BBQ
220g pkg



**Longo's Signature 18 Stem Roses**
Ecuadorian Grown
Long Stem
**34.99**
**SAVE $5**




**13.99/LB** **SAVE $1/LB**
**Maple Leaf Prime Raised Without Antibiotics Chicken Breast Fillets or Thin Sliced Fillets**
30.84/kg




**Longo's Frozen Raw Easy Peel Black Tiger Shrimp**
13-15ct or
**Cooked** 16-20ct
454g pkg
**19.99**
**SAVE AT LEAST $3**

Fresh fish is subject to availability.

**FRESH SAVINGS FOR THE WEEK OF THURSDAY NOVEMBER 5TH TO WEDNESDAY NOVEMBER 11TH, 2026.**

# PIZZA OF THE MONTH



WHOLE
$15.99
SLICE
$4.99

NOVEMBER

## POTATO RACLETTE

**Sweet and nutty Swiss raclette sings when it's paired with rosemary, potato, mushrooms and oven-roasted ham.**

Dinner is served! Pick up authentic, stone-baked pizza that's been prepared right in-store with only the finest ingredients.

# FRESH SALADS

LONGO'S MEAL SIZE



Our **Meal Size Salads** are made with premium ingredients, big portions and delicious flavour combinations - the perfect grab-and-go meal.

Longo's
Meal Size Salad
275-455g pkg
selected varieties
FROM
9.99

THANK YOU REWARDS EARN 100 POINTS

- MADE FRESH
- GENEROUS, MEAL-SIZED PORTIONS
- AVAILABLE IN THE KITCHEN DEPARTMENT

FRESH DELI CUT



Vieux Suisse Cheese
5.99/100G

FRESH DELI CUT



Castello Havarti or Tre Stelle Provolone Cheese
3.49/100G

FRESH DELI SERVED

Longo's CURATO PRODUCT OF ITALY



Longo's Curato Spicy Calabrese Salami or Longo's Curato Prosciutto Cotto
3.49/100G

# FALL INTO SNACK MODE



The Laughing Cow or Cheese Dippers
120-144g pkg
4.49

Babybel 6 pack or Kiri Cream Cheese
102-120g pkg
5.99

FANTINO & MONDELLO

# Elevate Pizza Night



Fantino & Mondello Toppings
Pepperoni, Pancetta or Chorizo
125-200g pkg
Individual $8.49
selected varieties
2 FOR $14
SAVE $3.98 ON 2



Longo's 8" Mango Mousse Cake
26.99
THANK YOU REWARDS EARN 800 POINTS

MADE IN-STORE!

NEW



Longo's Gourmet Tartlet
selected varieties
2.99
THANK YOU REWARDS EARN 25 POINTS

EXCITING FLAVOURS!

NEW



1.99
Longo's French Macaron
selected varieties
THANK YOU REWARDS EARN 25 POINTS

Longo's CURATO PRODUCT OF ITALY

NEWEST ADDITION TO OUR CURATO LINE!

**SOSPIRI**
Sweet Sigh of Italy
Light and soft pastry filled with rich, velvety cream for a decadent experience that melts in every bite.
Available in Chantilly, Pistachio or Chocolate.



3.99
THANK YOU REWARDS EARN 100 POINTS



21.99
SAVE $1
La Rocca 6" Egg-Free Cake
600g pkg
selected varieties

NEW



5.99
Longo's Savoury Twists
Pesto, Herb & Garlic, Cheddar Jalapeno or Calzone
4 pack
THANK YOU REWARDS EARN 300 POINTS

HERE FOR A LIMITED TIME!



8.97
SAVE $1
Longo's Cranberry Butterscotch Coffee Cake
750g pkg

**MARITOZZO** a taste of Roman Tradition
A soft, lightly sweetened brioche-style bun generously filled with rich, airy and luscious whipped cream.
Available in Chantilly or Pistachio



4.49
THANK YOU REWARDS EARN 100 POINTS

**FRESH SAVINGS FOR THE WEEK OF THURSDAY NOVEMBER 5TH TO WEDNESDAY NOVEMBER 11TH, 2026.**

# MARINATED MEAT & SEAFOOD

*Made in-store and ready for the oven.*

## BUY 2 OR MORE PACKAGES
# SAVE 20%

*EXCLUDING KABOBS OR SKEWERS
*SAVINGS APPLIED AT CHECKOUT



## FLAVOURFUL MARINADES

- Bold Buffalo
- Garlic & Herb
- Sweet Chili Ginger Lime
- Sweet Chili Mango
- Pepperific

## WHATEVER YOU GROW WILL SAVE A BRO.

**This is the 15th year that Longo's Team Members are putting their razors down and supporting the cause, and they "moustache" you for help. Please help us in supporting the cause by purchasing one of the items below during the month of November. The Longo's Family Charitable Foundation will match donations made, up to a maximum of $10,000.**

MOVEMBER®

50¢ FROM EACH SALE WILL BE DONATED TO MOVEMBER.

THE EPIC COOKIE



Longo's Epic Cookie
127g
**3.29**

BAKE YOUR OWN ALSO AVAILABLE IN OUR BAKERY FREEZER SECTION.
**2 PACK $5.99 EACH OR 4 PACK $11.99**



HERE FOR A LIMITED TIME!
**3.29** Longo's Hot Chocolate Epic Cookie
127g

A DELICIOUS MIX OF CRANBERRIES, PUMPKIN SEEDS, ALMONDS, WALNUTS AND PECANS.




Longo's Movember Mix
375g pkg
**$9**

$3 FROM EACH SALE WILL BE DONATED TO MOVEMBER.

**FRESH SAVINGS FOR THE WEEK OF THURSDAY NOVEMBER 5TH TO WEDNESDAY NOVEMBER 11TH, 2026.**

# GROCERY




**Tasty Bite Indian Entrées Ready to Heat**
285g pkg
selected varieties

**2.99**

**SAVE $1.50**




**General Mills Cereal**
300-430g pkg
selected varieties

**2.99**

**SAVE $3**

**BUY ANY**
**OLD EL PASO DINNER KITS** 250-400g pkg **AND LONGO'S CHEESE BARS OR SHREDS** 320-400g pkg

**AND GET A FREE OLD EL PASO SALSA** 650mL jar*
*Retail Value $6.49







**Old El Paso Dinner Kit**
250-400g pkg
selected varieties

**3.99**

**SAVE AT LEAST $1.50**




**Longo's Cheese Bar or Shreds**
320-400g
selected varieties

**6.99**

THANK YOU REWARDS **EARN 100 POINTS**

## HAPPY DIWALI




**Patak's Original Cooking Sauce**
400mL jar
selected varieties

**4.99**

**SAVE $1.50**




**Kraft Peanut Butter** 750g-1kg jar or **Kraft Hazelnut Spread with Cocoa** 725g jar
selected varieties

**4.99**

**SAVE AT LEAST $3**




**Quaker Chewy Granola Bars**
120-156g pkg
selected varieties

**2.99**

**SAVE 80¢**




**Miss Vickie's Kettle Cooked or Ruffles Potato Chips**
180-200g pkg
Individual $4.79
selected varieties

**2 FOR $9**

**SAVE AT LEAST 98¢ ON 2**




**13.99**

**Crank Coffee Beans**
Organic and Fairtrade
Roasted in Canada
340g pkg
selected varieties

**SAVE $3**




**4.99**

**Laura Secord Chocolate Chips**
250g pkg
selected varieties

**SAVE $1**




**Menz & Gasser Prima Frutta Fruit Spread**
250mL jar
selected varieties

**3.99**

**SAVE AT LEAST $1.80**




**Annie's Mac & Cheese**
4x170g pkg
selected varieties

**7.99**

**SAVE $5**




**Hu Organic Chocolate Bar**
60g pkg
selected varieties

**5.99**

**SAVE $2**




**Swiss Chalet or St-Hubert Sauce**
284-398mL can or **Gravy or Sauce Mix**
25-51g pkg
selected varieties

**1.99**

**SAVE AT LEAST 50¢**




**Dutchman's Gold Honey**
1kg jar
selected varieties

**14.99**

**SAVE AT LEAST $3**




**Jackson's Potato Chips**
142g pkg or **Chiquita Plantain Chips**
227g pkg
selected varieties

**4.99**

**SAVE AT LEAST $1**

**FRESH SAVINGS FOR THE WEEK OF THURSDAY NOVEMBER 5TH TO WEDNESDAY NOVEMBER 11TH, 2026.**

# DAIRY AND FROZEN




**Oasis Orange Juice**
1.5L bottle
selected varieties

**4.99**

**SAVE $2**

## $5 OFF* WHEN YOU PURCHASE ONE PORTA PIZZA AND A 6 PACK OF PERONI 0.0% CANS




*While supplies last.




**Olivieri Skillet Gnocchi**
280-300g pkg
selected varieties

**4.99**

**SAVE $2**

## GRAB FRIES & DIP TOGETHER




**Cavendish Farms Premium Fries**
540-750g pkg
selected varieties

**4.79**

**SAVE AT LEAST $5**

## SAVE $5




Buy **(1) Cavendish Farms Fries 400-750g** and **(1) Schneiders Frozen Dip** and **Save $5**

All trademarks are the property of their respective owners.




**6.49** **Tre Stelle Mozzarella Cheese**
340g pkg
selected varieties

**SAVE AT LEAST $2.50**




**Silk High Protein Beverage**
1.4L bottle
selected varieties

**6.49**

**SAVE $1**




**Häagen-Dazs Ice Cream**
414-450g tub or **Novelties**
3 pack
selected varieties

**5.49**

**SAVE $1.50**




**Marigold Frozen Entrées**
354g pkg
selected varieties

**8.99**

THANK YOU REWARDS **EARN 100 POINTS**




**Activia Yogourt**
8x100g pkg
selected varieties

**4.49**

**SAVE AT LEAST $1.50**




**2.99** **Gay Lea Sour Cream**
425-500g tub
selected varieties

**SAVE AT LEAST 50¢**




**9.99** **The Pie Commission Frozen Pie**
290-330g pkg
selected varieties

**SAVE $1**




**Chapman's Premium Ice Cream**
2L tub
selected varieties

**7.99**

**SAVE $1**

**FRESH SAVINGS FOR THE WEEK OF THURSDAY NOVEMBER 5TH TO WEDNESDAY NOVEMBER 11TH, 2026.**

# ADD LOCAL TO YOUR LIST.

Longo's



**MEET THE FARMER**
Top Tomato Foods

**LOCATION**
Markham, Ontario

**WHY THEY ARE OUR PARTNER**

Top Tomato Foods is a family-owned and operated farm by the De Filippis family for over 60 years. They began with a focus on cabbage, broccoli and cauliflower but have experimented with many varieties in the years since! They are known for their commitment to growing excellent-tasting produce and their long-standing history in the agricultural community.



**99¢/LB** **Fresh Green, Savoy or Red Cabbage**
Product of Ontario
2.18/kg



**Fresh Green, Tuscan or Red Kale**
Product of Ontario
**2 FOR $5**



## VEGAN KALE-TOMATO BOWL WITH HUMMUS

SERVES 4 TOTAL TIME: 20 min

**INGREDIENTS**

- 3 tbsp Longo's Signature Extra Virgin Olive Oil
- 1 tbsp white wine vinegar
- 1/4 tsp each salt and pepper
- 5 cups chopped stemmed kale
- 1 1/3 cups Longo's Classic Hummus
- 1 container (255 g) Longo's Grape Tomatoes, halved
- 1/4 cup Longo's Organic Raw Hulled Pumpkin Seeds
- Pocketless pita or Longo's Flatbread Crisps (optional)

**DIRECTIONS**

Whisk together oil, vinegar, salt and pepper in large bowl. Add kale; toss to coat. Let stand for 10 minutes to soften.

Spoon 1/3 cup of the hummus into each of 4 bowls. Top with kale mixture, tomatoes and pumpkin seeds, dividing evenly.

Serve each with half a pita bread (if using).

# FRESH STONE-OVEN PIZZA, PINSA & CALZONE



It's no surprise that Longo's does pizza right! Our loaded pizza menu includes tried and true classics and offers a deliciously exclusive Pizza of the Month. Our made-to-order pizzas are hand-stretched by our experts, topped with only the freshest ingredients and baked in our traditional stone ovens.

## FRESH STONE-OVEN PIZZA

**Neapolitan Style Pizza**
Our made-to-order pizzas are hand-stretched by our experts, topped with only the freshest ingredients and baked in our traditional stone ovens.

**WHOLE** FROM **$12.99**
THANK YOU REWARDS *EARN 250 POINTS

**SLICE** FROM **$3.99**
*Points are earned on the purchase of whole pizza only.

MADE TO ORDER



Pepperoni Pizza

Spicy Meaty Delight

## FRESH STONE-OVEN PINSA

Stone baked blend of double zero flour and sourdough make this pinsa's crust light and airy with a crunchy texture.

**WHOLE** **$26.99**
THANK YOU REWARDS *EARN 400 POINTS

**SLICE** **$4.99**
*Points are earned on the purchase of whole Pinsa only.

MADE TO ORDER



Three Cheese Cup and Char Pinsa

Meatball Pinsa

Margherita Pinsa

Mushroom Medley Pinsa

It's all about the dough! A delightfully crispy experior blended with a soft, airy interior, which gives Pinsa its unique crust. It's also characterized by its distinct oval or elongated shape.

## FRESH STONE-OVEN CALZONES

A traditional Italian stone-oven baked Neapolitan pizza dough stuffed with ingredients like mozzarella, provolone, Longo's Italian sausage crumble and roasted vegetables to name a few.

**$8.99**
THANK YOU REWARDS EARN 150 POINTS

MADE TO ORDER



Also available in Pepperoni or Cheese

Vegetarian Calzone

Italian Sausage and Peppers Calzone

Originating in Naples, a Calzone is a folded pizza, which makes it an easy, portable meal when you're on-the-go.

# LONGO'S SEASONAL COFFEE

LIMITED TIME ONLY SEASONAL LIMITED TIME ONLY

**10.97** Longo's Maple Pecan, Pumpkin Spice or Gingerbread Ground Coffee
300g pkg

THANK YOU REWARDS **EARN 150 POINTS**

## LONGO'S PUMPKIN SPICE

Longo's Pumpkin Spice Coffee captures the flavours of the season in every sip. Smooth coffee is blended with notes of pumpkin, cinnamon, nutmeg and cloves to create a warm, aromatic cup. Whether enjoyed with breakfast or as an afternoon treat, Longo's Pumpkin Spice Coffee delivers the comforting taste of fall all year round.




## LONGO'S MAPLE PECAN

NEW

Start your day with the rich, comforting flavour of Longo's Maple Pecan Coffee. Smooth, medium-roasted coffee blended with the warm sweetness of maple and the nutty taste of pecans for a balanced, inviting cup. Enjoy it on crisp mornings, during an afternoon break or whenever you're looking for a cozy coffee experience with a distinctly Canadian-inspired flavour.




## LONGO'S GINGERBREAD

Warm and festive, Longo's Gingerbread Flavoured Coffee brings smooth notes of gingerbread cookies, cinnamon and spice–perfect for cozy moments and holiday memories. A seasonal flavoured coffee that's lovely with milk or cream. 100% Arabica beans, seasonal. Made in Canada from imported ingredients.



# FALL CLEANING

**BIG SAVINGS**




**Lysol All-Purpose Cleaner** 650mL bottle or **Toilet Bowl Cleaner** 710mL bottle selected varieties

**4.99**

**SAVE $1**




**Finish Quantum Dishwashing Detergent** 30-45ct selected varieties

**16.99**

**SAVE AT LEAST $2**



**Swiffer Power Mop** 1ct

**29.99**

**SAVE $20**

**While quantities last.**




**Method All-Purpose Cleaner or Glass Cleaner** 828mL bottle selected varieties

**5.99**

**SAVE $1**




**Dawn Platinum or Ultra Dish Soap** 896mL-1.12L bottle or **Powerwash Spray** 473mL bottle selected varieties

**5.49**

**SAVE AT LEAST $1**




**3.99** **Vim Cleaner** 500-750mL bottle selected varieties

**SAVE UP TO $2**




**Mrs. Meyer's Clean Day Dish Soap or Multi-Surface Cleaner** 473mL bottle selected varieties

**5.99**

**SAVE $1**




**Windex Glass Cleaner** 765mL bottle or **Refills** 950mL bottle or **Scrubbing Bubbles Easy Peasy Foam Toilet Bowl Cleaner** 2ct selected varieties

**5.99**

**SAVE AT LEAST 50¢**




**Scrubbing Bubbles Bathroom Cleaner** 946mL bottle or **Spray** 385-567g bottle or **Scrubbing Bubbles Drop Ins** 5 pack selected varieties

**5.49**

**SAVE AT LEAST 50¢**




**Pine-Sol Household Cleaner** 1.41L bottle or **Clorox Original Bleach** 2.4L jug selected varieties

**5.99**

**SAVE AT LEAST 80¢**




**The Pink Stuff Cleaning Paste** 500g tub or **Multi-Purpose Cleaner** 500-750mL bottle selected varieties

**6.99**

**SAVE $1**

# MANGIA AND MINGLE




**ITALY'S CHEESEMAKING TRADITIONS SPAN CENTURIES, WITH EACH REGION PROUDLY BRINGING ITS OWN SPECIALTIES. OUR CHEESE MASTERS HAVE CURATED A SELECTION OF AUTHENTIC CHEESES AND CURED MEATS FROM RENOWNED PRODUCERS FROM THE MOUNTAINS OF THE NORTH TO SUN-DRENCHED CALABRIA. SO COME IN, CHAT ABOUT CHEESE AND CREATE AN ITALIAN SPREAD THAT'S SURE TO IMPRESS.**

## ····· CHEESE ·····

**1 Longo's Curato Gorgonzola DOP Semi-Soft Blue-Veined Cheese**
Produced in Northern Italy using traditional methods, this classic blue cheese offers a rich, creamy texture and a bold, savoury flavour. Delicious with pears, honey or crusty bread.

**2 Longo's Curato Sinfonia al Prosecco Firm Ripened Cheese**
Created with love for our 70th anniversary, this unique Italian cheese is infused with prosecco for delicate fruity notes and a subtle sparkle of flavour. A lively addition to any cheeseboard.

**3 Longo's Curato Taleggio DOP Soft Surface Ripened Cheese**
Originating in Lombardy, Taleggio is a washed-rind cheese with a buttery texture and mild, tangy flavour. A wonderfully approachable choice for cheeseboards and appetizers.

**4 Alta Badia Mountain Cheese**
Made in the alpine region of Alto Adige, this cow's milk cheese develops a complex, nutty flavour through careful aging. A standout choice for rustic cheeseboards.

## ····· MEAT ·····

**5 Villani Salametti Calabria**
Inspired by the bold flavours of Calabria, these bite-sized salami deliver a savoury, gently spiced flavour perfect for antipasto platters, snacking and easy entertaining. Made with selected pork, natural flavours and premium ingredients. Also available in Barolo, Fennel, Calabrian Chilli and Truffle.

**6 Villani Guanciale**
Made from carefully cured pork jowl, this Italian specialty delivers a sweet and savoury flavour and silky texture. Great as antipasto and in authentic carbonara.

**7 Longo's Curato Prosciutto di Parma Aged Minimum 14 Months**
Aged for 14 months in the hills of Parma, this renowned Italian prosciutto is delicately sweet with a buttery texture. Serve thinly sliced with cheese, fruit or fresh bread.

**8 Villani Pancetta Nero**
Crafted from premium pork, this melt-in-your-mouth pancetta is seasoned with fresh garlic and black pepper and cured for at least 80 days.

# LOW PRICE LOCKDOWN



**3.99**
**Gray Ridge Large White Eggs**
12 pack



**2.29**
**Longo's Essentials Bread**
675g pkg



**6.49**
**Beatrice Milk**
1%, 2% or skim
4L bag



**5.99**
**Fresh McIntosh Apples**
Product of Ontario
3lb bag



**6.99**
**Fresh Bosc Pears**
Product of Ontario
2L basket




**3.99**
**Longo's Fresh Red or White Potatoes**
Product of Canada
10lb bag




**3.99**
**Oikos or Liberté Greek Yogourt**
4x100g pkg
selected varieties



**2.99 /LB**
**Longo's Fresh Ontario Air-Chilled, Grain-Fed Chicken Leg Quarters**
Value pack • 6.59/kg




**5.99**
**Longo's Essentials Country Churned Butter**
454g pkg
selected varieties




**2.99**
**Redpath Granulated Sugar**
2kg pkg




**2 FOR $4**
**Longo's Pasta**
450g pkg
Individual $2.29
selected varieties



**9.99**
**Imported Emmental Cheese, Medium Cheddar Cheese or Imported Aged Cheddar Cheese**
Average weight 400g




**5.99**
**Frito-Lay Value Pack Chips**
325-535g pkg
selected varieties

$5.00/ serving



**19.99**
**Longo's Oven-Ready Meals**
900g-1kg pkg
Serves up to 4




**22.99**
**Bounty Paper Towels**
6=18 rolls




**20.99**
**Cashmere Bath Tissue**
24=72 rolls

## WE'VE LOCKED DOWN PRICES ON EVERYDAY ITEMS.

# SAVE ON THE BRANDS YOU LOVE AT LONGO'S







**Campbell's Broth**
900mL tetra or
**Concentrated Broth**
250mL tetra
selected varieties

**2.49**

**SAVE AT LEAST 50¢**




**1.49**

**SAVE AT LEAST 30¢**

**Campbell's Condensed Soups, Chicken Noodle** Original or Spicy, **Tomato** Original or Spicy, **Cream of Mushroom or Vegetable**
284mL can




**2.49** **Campbell's Condensed Soup**
284mL can
selected varieties

**SAVE AT LEAST 50¢**




**Campbell's Chunky Soup**
515mL can
selected varieties

**3.29**

**SAVE AT LEAST 70¢**




**3.29** **Campbell's Ready to Serve Soup**
515mL can
selected varieties

**SAVE AT LEAST 50¢**




**Habitant Soup**
796mL can
selected varieties

**3.29**

**SAVE AT LEAST 70¢**




**Kettle Brand Potato Chips**
198g pkg
selected varieties

**3.49**

**SAVE AT LEAST $1**

# SAVE ON THE BRANDS YOU LOVE AT LONGO'S




**Elmhurst Plant-Based Creamer**
473mL pkg

**6.49**

**SAVE $1.50**




**Mary's Organic Crackers**
142-184g pkg
selected varieties

**6.49**

**SAVE $1.50**




**Elmhurst Plant-Based Beverage**
946mL carton

**7.49**

**SAVE $1.50**




**Bob's Red Mill Xanthan Gum**
227g pkg

**19.99**

**SAVE $3**




**Green Organic Frozen Vegetables**
300-500g pkg

**3.99**

**SAVE $1**

## BUY ANY 3

Maple Leaf® Natural, Ready Crisp® or Schneiders® Bacon and scan your Thank You Rewards Card to

**ENTER FOR A CHANCE TO WIN* AN**

## UGLY CHRISTMAS SWEATER

THANK YOU REWARDS

Longo's






**2 FOR $12**

**Maple Leaf Bacon or Ready Crisp Bacon**
65-375g pkg
Individual $6.99
selected varieties

**SAVE AT LEAST $5.98 ON 2**




**2 FOR $12**

**Schneiders Bacon or Fully Cooked Bacon**
100-375g pkg
Individual $6.99
selected varieties

**SAVE AT LEAST $5.98 ON 2**

*Contest starts on October 29, 2026 and ends on November 25, 2026. The Contest is open only to legal residents of Ontario aged 18 years or older who are registered Longo's Thank You Rewards members. The winner must correctly answer mathematical skill-testing question to be declared a winner. Approximate odds of winning the Prize depends on the total number of eligible entries received by the Contest Closing Time. Receive one (1) entry into the Contest each time you purchase THREE (3) participating products in a single transaction and scan your registered Longo's Thank You Rewards card at time of checkout at any participating Longo's Stores in Ontario. Details on "No Purchase" entry and full Contest Rules available at participating Longo's stores at the Personal Touch Counter.

70 SINCE 1956

Longo's

## BRINGING FAMILIES TO THE TABLE SINCE 1956.



CELEBRATING WITH

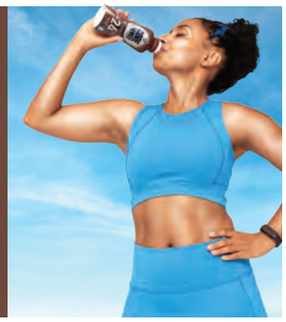
GTA SIGN BROKERS

# SAVE ON THE BRANDS YOU LOVE AT LONGO'S

quality
## PROTEIN
to help build muscle

® Fairlife, LLC. Used under license.






**Powerade Sports Drink**
6x591mL pkg
selected varieties
**6.49**
**SAVE $1.50**




**Core Power Protein Shake**
414mL bottle
selected varieties
**4.49**
**SAVE AT LEAST $1**




**Powerade Sports Drink**
710mL bottle
Individual $2.29
selected varieties
**2 FOR $4**
**SAVE $1.98 ON 2**




**Bodyarmor Hydration Drink**
473mL bottle
selected varieties
**1.99**
**SAVE $1.50**

*Plus applicable taxes, levies, deposits and fees. Valid at participating locations for a limited time. Subject to availability while supplies last. Not valid in conjunction with any other offer. Retailer may sell for less. All products must be purchased at the same time, single units at regular price. The trademarks that appear are the property of their respective trademark owners.

SOLO POMODORO. MUTTI PARMA

## TASTE THE DIFFERENCE
ITALY'S # 1* BRAND OF TOMATOES




**Mutti Cherry or Finely Chopped Tomatoes**
398mL can
selected varieties
**2.99**
**SAVE AT LEAST $1.50**




**Mutti Pizza Sauce or Organic Diced Tomatoes**
398mL can
selected varieties
**3.49**
**SAVE AT LEAST $1.50**




**Mutti Pasta Sauce**
680mL jar
selected varieties
**8.99**
**SAVE $2**




**Mutti Passata or Tomato Paste**
680mL jar or
**Whole Peeled Tomatoes**
796mL can
selected varieties
**4.99**
**SAVE AT LEAST $1**

* Circana S.r.l – Tot Italy Hyper + Super + Small Self Service of the top brands by value sales in the Tomato Derivatives category – Progressive JAN 2025 – DEC 2025

Habitat for Humanity®
Greater Toronto Area

## MAKING HOMES POSSIBLE.

**The Longo's Women's Build Team joins Habitat GTA on November 17 with a goal of raising $25,000. Every donation helps build safe, affordable homes, and the Longo Family Foundation will match donations up to $10,000, doubling your impact. Let's build stronger communities together!**



# SAVE ON THE BRANDS YOU LOVE AT LONGO'S

## FALL FOR CAKE

THE SEASON'S DECADENT TREAT




Longo's Seasonal Bar Cake
500g pkg
selected varieties

**12.99**

**SAVE $2**

## EXCLUSIVE COOKING CLASSES

AT THE LOFT
GATHER · COOK · LEARN

**JOIN THE FUN!**

Learn easy recipes in a hands-on cooking class featuring the next power couple:

**WALNUTS & PRUNES**



california prunes
Prunes. For life.

California WALNUTS

SCAN TO SIGN UP




## STONEWALL KITCHEN



# SAVE ON THE BRANDS YOU LOVE AT LONGO'S

Buy 2 specially marked boxes of Kellogg's® cereal and get a

## FREE BOOK†







**Kellogg's Family Size Cereal** 480-650g pkg selected varieties

**5.99**

**SAVE $2**

†Exclusions apply. Both boxes must be purchased within one transaction by January 31st, 2027. See specially marked boxes of Kellogg's® cereal for details. © 2026 WK Kellogg Canada Corp.

DOM®/MD




**DOM Specialty Frozen Smoked Steelhead Salmon** 300g pkg

**14.99**

**SAVE $3**




**7.99** **DOM Specialty Frozen Escargots** 85g pkg

**SAVE $4**




**6.99** **DOM Specialty Frozen Organic Blue Mussels** 454g pkg

**SAVE $2**

## Fantastic fall Savings!

**Dempster's Signature Buns** 6-8ct, **Pull Aparts Rolls** 425-475g pkg, **Villaggio Bread** 550-675g pkg, **Dempster's English Muffins** 6ct, **Nature's Bakery Rye** 500g pkg or **Hostess Snack Cakes** 6ct selected varieties

**3.29**

**SAVE AT LEAST 50¢**




2026309AGU

Dr. Oetker

## PIZZA for everyone TO ENJOY




**6.49** **Ristorante or Casa di Mama Frozen Pizza** 325-410g pkg selected varieties

**SAVE AT LEAST 80¢**




**8.99** **Giuseppe Stuffed Crust Pizza** 685-724g pkg or **Dr. Oetker Suprema Pizza** 487-520g pkg selected varieties

**SAVE AT LEAST $1**




**6.99** **Giuseppe Thin or Rising Crust Pizza** 439-785g pkg selected varieties

**SAVE AT LEAST $1**