



Cash & Carry

TEL: 905-743-1002

E-MAIL : ORDERS@TMCASHANDCARRY.COM

725 BLOOR ST W, OSHAWA, ON L1J 5Y6

PRICES VALID OCTOBER 1ST TO 31ST 2026  **DELIVERY AVAILABLE**

E.D SMITH

Honey Garlic Sauce - 3.78L



**SAVE
\$2.00**

reg. \$23.49

\$21.49

Butter Chicken Sauce -
3.78L



**SAVE
\$2.00**

reg. \$33.99

\$31.99

Bbq Sauce - 3.78L



**SAVE
\$1.00**

reg. \$18.49

\$17.49

Alfredo Sauce - 3.78L



**SAVE
\$2.50**

reg. \$54.49

\$51.99

Parboiled Rice - Mr.Goudas -
8KG



**SAVE
\$2.00**

reg. \$16.99

\$14.99

Jasmine Rice - Rooster -
8KG



**SAVE
\$1.00**

reg. \$16.99

\$15.99

1121 Organic Halal Basmati
Rice - Roselina - 8LB



**SAVE
\$1.00**

reg. \$9.99

\$8.99

Ex-Long Basmati Rice -
Laxmi - 40LB



**SAVE
\$2.00**

reg. \$49.99

\$47.99

Ancho Chipotle - Hellmann's
- 3.78L



**SAVE
\$2.00**

reg. \$27.99

\$25.99

Heavy Tomato Puree - Full
Red - 6*2.84L



**SAVE
\$1.00**

reg. \$55.99

\$54.99

Fried Onion - Hajvery -
12*400G



**SAVE
\$6.00**

reg. \$34.99

\$28.99

Vegetable Ghee - Aseel - 16L



**SAVE
\$10.00**

reg. \$95.99

\$85.99

Thums Up / Limca -
24*300ML



**SAVE
\$3.00**

reg. \$22.99

\$19.99

All Flavours - Jarritos -
24*355ML



**SAVE
\$3.00**

reg. \$37.99

\$34.99

All Flavours - C4 - 12*473ML



**SAVE
\$2.00**

reg. \$28.99

\$26.99

Pineapple Juice - Dole -
12*1.36L



**SAVE
\$10.00**

reg. \$59.99

\$49.99

- OPEN 7 DAYS
- MON-FRI 7:00-7:00
- SAT-SUN 9:00-5:00
- DELIVERY AVAILABLE



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GROCERY

Black Cardamom - SS - 5LB



**SAVE
\$5.00**

reg. \$100.99

\$95.99

Ginger Powder - SS - 5LB



**SAVE
\$2.00**

reg. \$18.99

\$16.99

Black Pepper Whole /
Ground - SS - 5LB



**SAVE
\$2.00**

reg. \$36.99

\$34.99

Chana Dal - SS - 5LB



**SAVE
\$2.00**

reg. \$12.99

\$10.99

Date & Tamarind Chutney
- MINAR - 4L



**SAVE
\$3.00**

reg. \$29.99

\$26.99

Honey - Aurora - 1L



**SAVE
\$5.00**

reg. \$14.99

\$9.99

Soya Chaap - Royal Green
- 12*850G



**SAVE
\$3.00**

reg. \$36.99

\$33.99

Garlic / Ginger Garlic
Paste - TOOBA - 2.5KG



**SAVE
\$3.00**

reg. \$14.99

\$11.99

Coconut Milk - Aroy-D -
24*400ML

SAVE \$5.00



reg. \$52.99

\$47.99

Kesar Mango Pulp - Laxmi -
12*850G

SAVE \$2.00



reg. \$18.99

\$16.99

Mayonnaise - Modesto -
15L

SAVE \$3.00



reg. \$58.99

\$55.99

Gulab Jamun - APNA
TASTE - 200PC

SAVE \$5.00



reg. \$60.99

\$55.99

35% Whipping Cream -
Neilson - 1L

SAVE \$1.00



reg. \$6.99

\$5.99

5.9% Balkan Yogurt -
Dairy Max - 10KG

SAVE \$2.00



reg. \$33.99

\$31.99

Diced Chicken - Erie Meat
- 2*2KG

SAVE \$2.00



reg. \$49.99

\$47.99

8-10 Chicken Wings Halal
- Brazil - 4*4.54KG

SAVE \$13.00



reg. \$169.99

\$156.99

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Nikolaos

24/7 Chicken Tenders - 4KG



SAVE \$4.00

reg. \$68.99

\$64.99

PP Chicken Tenders - 4KG



SAVE \$4.00

reg. \$47.99

\$43.99

FC Plain Chicken Wings - 4*2KG

SAVE \$10.00

reg. \$139.99

\$129.99

Ashoka

Tandoori Naan / Garlic Naan / Plain Paratha - 8*15PC



SAVE \$5.00

reg. \$63.59

\$58.59

Coconut Shredded Frozen - 24*310G



SAVE \$5.00

reg. \$67.99

\$62.99

Punjabi Samosa - 25PC



SAVE \$2.00

reg. \$18.49

\$16.49

Wing's

Hot Chili Sauce - 500*7ML



SAVE \$2.00

reg. \$19.99

\$17.99

Louisiana Hot Sauce - 500*8.5ML



SAVE \$1.50

reg. \$31.99

\$30.49

Plum Sauce - 500*9ML



SAVE \$1.00

reg. \$18.99

\$17.99

Chocolake

Kunafa Bisco / Bonello Filling - 1KG



SAVE \$3.00

reg. \$15.99

\$12.99

White Chocolate Sauce - 1L



SAVE \$2.00

reg. \$13.99

\$11.99

Real Choc Callets - 1KG



SAVE \$7.00

reg. \$22.99

\$15.99

Sonora

12" Flour Tortilla - 12*12CT



SAVE \$2.00

reg. \$63.99

\$61.99

5" Flour Tortilla - 42*12CT

SAVE \$3.00



reg. \$76.99

\$73.99

Castle

Shredded Pizza Topping - 2KG

SAVE \$2.00



reg. 19.99

\$17.99

Shredded Cheddar - 2KG

SAVE \$2.00



reg. \$19.99

\$17.99

Below Zero

Corn 6*2KG

SAVE \$3.00



reg. \$37.99

\$34.99

Peas & Carrots - 6*2KG

SAVE \$2.00



reg. \$33.99

\$31.99

Kasuku

Montreal Steak / Chicken Spice - 5LB

SAVE \$1.00



reg. \$17.99

\$16.79

Bacon Bits - 5LB

SAVE \$2.00



reg. \$37.99

\$35.99

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GROCERY, TAKEOUT & CLEANING PRODUCTS

Pasta - Primo - 4*5LB



**SAVE
\$2.00**

reg. \$30.99

\$28.99

Black / Green Olives -
Choice - 6*2.84L



**SAVE
\$2.00**

reg. \$54.99

\$52.99

Appalam - Joy -
100*100G



**SAVE
\$10.00**

reg. \$79.99

\$69.99

Essence All Flavours -
12*25ML - SAC



**SAVE
\$2.00**

reg. 11.99

\$9.99

Caramel / Dark Choc
Sauce - Monin - 1.89L



**SAVE
\$2.00**

reg. \$30.99

\$28.99

NIC OUT - 20CT



**SAVE
\$6.00**

reg. \$35.79

\$29.79

Children Ibuprofen -
Advil - 100ML



**SAVE
\$1.00**

reg. \$9.49

\$8.49

Ex-Strength - Advil -
16CT



**SAVE
\$1.00**

reg. \$6.99

\$5.99

Hot Italian / Debrezini -
Soloway's - 4.54KG



**SAVE
\$3.00**

reg. \$45.99

\$42.99

Burrito Mix - Tyrone's -
2KG



**SAVE
\$6.00**

reg. \$18.99

\$12.99

Poutine Cheese -
St.Albert - 2KG



**SAVE
\$1.00**

reg. \$27.99

\$26.99

X-Hot Cayenne Pepper
Sauce - Frank's - 3.78L



**SAVE
\$2.00**

reg. \$20.99

\$18.99

PPP- 48x420 Toilet
Tissue Paper



**SAVE
\$2.00**

reg. \$26.99

\$24.99

Pink Hand Soap - 4L



**SAVE
\$0.50**

reg. \$6.99

\$6.49

12x300 Kraft Paper Roll
- 12/Rolls



**SAVE
\$1.00**

reg. \$23.99

\$22.99

35"x47" Black
Garbage Bag - 200CT



**SAVE
\$2.00**

reg. \$29.99

\$27.99

DAWN - Dishwashing
Liquid - 3.78L



**SAVE
\$1.50**

reg. \$16.99

\$15.49

TAAS - Queen Bleach
- 4x4L



**SAVE
\$1.00**

reg. \$15.49

\$14.49

TM - 24oz Mop Head -
Each



**SAVE
\$1.00**

reg. \$3.99

\$2.99

TAAS - Xtreme Power
Oven Cleaner - 4L



**SAVE
\$2.00**

reg. \$27.99

\$25.99

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