

cut from Canada grade "A" beef

**short ribs**  
bone in

ideal for braising

was ~~1.88~~  
lb. **1.28** lb.

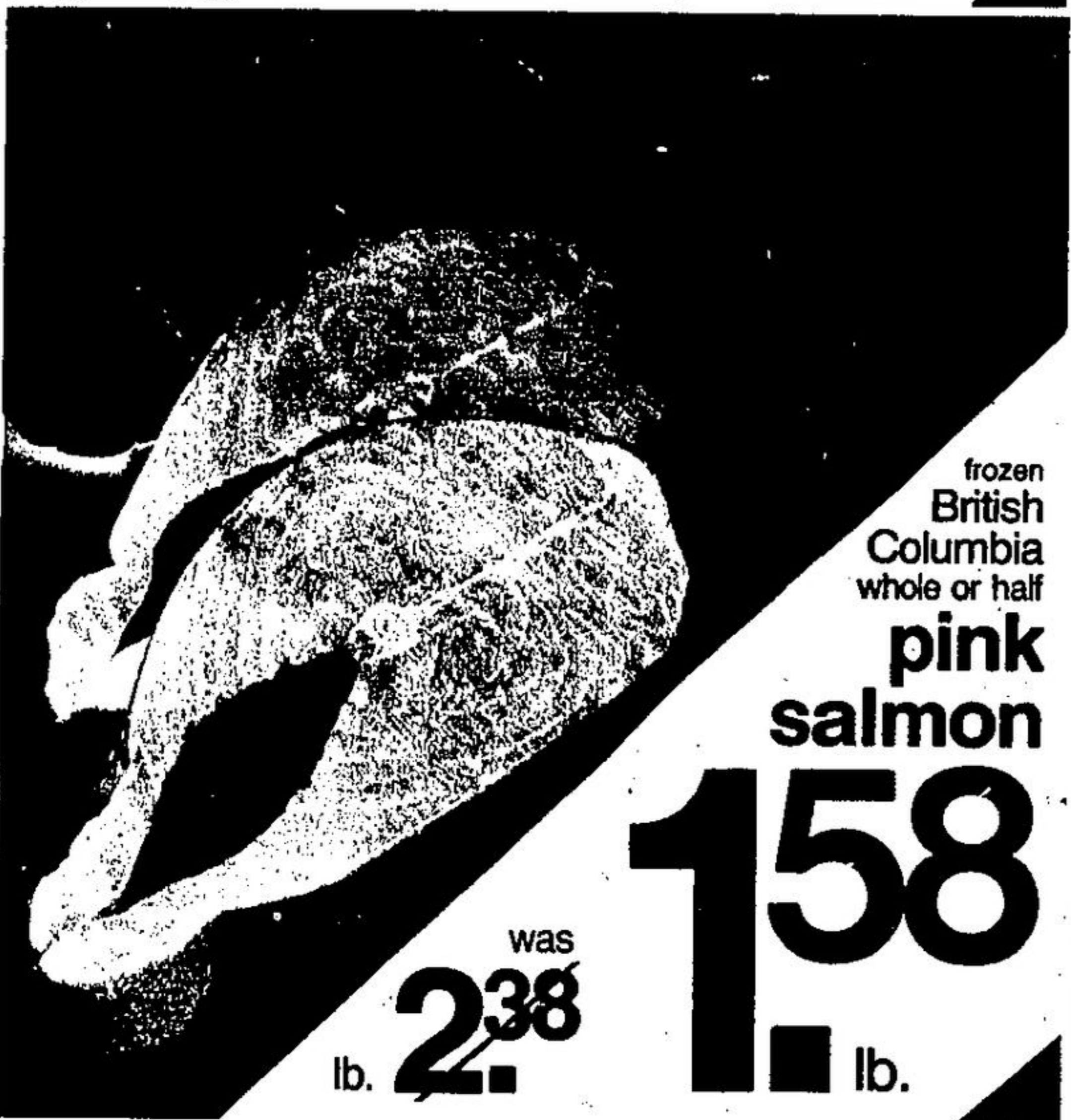


cut from Canada grade "A" beef

**rib steaks**

Limit 6 rib steaks per family

was ~~3.28~~  
lb. **2.68** lb.



frozen British Columbia whole or half

**pink salmon**

was ~~2.38~~  
lb. **1.58** lb.



whole shank or butt portion

Canadian **fresh lamb legs**

was ~~3.58~~  
lb. **2.98** lb.



cut from the shoulder Canadian

**fresh lamb chops**

was ~~3.28~~  
lb. **2.98** lb.



frozen Swifts young pre-dressed Canada grade "A"

**turkey butterball**

was ~~1.48~~  
lb. **1.18** lb.  
under 14 lb. size



Loblaws or Swifts

**sugar plum**

semi-boneless cooked smoked

**ham halves**

was ~~2.48~~  
lb. **1.99** lb.



head on frozen whole

**dressed lake trout**

was ~~1.78~~  
lb. **1.29** lb.

**Switch to**