

**OUTSIDE ROUND**

ROAST,  
CUT FROM CANADA GRADE 'A' BEEF, EYE REMOVED BONELESS  
**2.99** LB.  
6.59 /kg  
save up to **1.10**

**PORK ROAST**

FRESH LEG,  
BONELESS, CENTRE CUT, GRAIN FED  
**2.99** LB.  
6.59 /kg  
save up to **.60**

**FAMILY STEAK**

THICK CUT  
CUT FROM CANADA GRADE 'A' BEEF, EYE REMOVED BONELESS  
**3.49** LB.  
7.69 /kg  
save up to **1.10**

**LIGHT MEAL**

BONELESS SCALLOPINI  
FRESH CUT FROM THE SHOULDER  
**4.49** LB.  
9.90 /kg  
save up to **.50**

**PORK CHOPS**

BUTTER FRESH CUT FROM THE LOIN, LESS  
**3.69** LB.  
8.13 /kg  
save up to **1.20**

**5.49** LB.  
12.76 /kg  
save up to **.50**

**3.79** LB.  
8.42 /kg  
save up to **.10**

**5.79** LB.  
12.76 /kg  
save up to **.10**

**3.49** LB.  
7.69 /kg  
save up to **.10**

**2.99** LB.  
6.59 /kg  
save up to **.40**

**1.99** LB.  
4.39 /kg  
save up to **.10**

**2.49** LB.  
5.49 /kg

**4.49** LB.  
9.90 /kg

**2.79** LB.  
6.19 /kg

**.99** LB.  
2.19 /kg

**3.99** LB.  
8.79 /kg

**1.69** LB.  
3.79 /kg

**1.49** LB.  
3.29 /kg

**1.99** LB.  
4.39 /kg

**2.99** LB.  
6.59 /kg



FRESH, B.C. BBQ SMOKED SALMON CHUNKS **7.59** LB.  
16.73 /kg  
FRESH, KING CHINOOK SALMON STEAKS **10.99** LB.  
24.23 /kg  
FRESH, BOSTON BLUEFISH FILLETS **3.49** LB.  
7.69 /kg  
4-6 OZ. SIZE, WHILE SUPPLIES LAST SMOKED RAINBOW TROUT **2.99** EACH



**4.49** LB.  
9.90 /kg  
save up to **2.00**



**2.99** LB.  
6.59 /kg  
save up to **.10**

**3.49** LB.  
7.69 /kg  
save up to **1.95**

**6.49** LB.  
14.4 /kg  
save up to **.10**

**3.49** LB.  
7.69 /kg

**3.99** LB.  
8.8 /kg  
save up to **.10**

**5.49** LB.  
12.1 /kg  
save up to **.10**

**4.99** LB.  
11.1 /kg  
save up to **.10**