

# Oceans

## FRESH FOOD MARKET

### From Our Hot Table

Available Only at 499 Main St. S.



**Chicken Chow Mein**  
\$3.99 Per Order



**Deep Fry Sweet Dumpling or Spring Roll**  
99¢ Per Order

### Fresh Fish



**Whole King Fish**  
\$2.99 Lb



**Yellow Tail Snapper**  
\$3.69 Lb

**MONDAY JULY 28 ONLY**  
Hua Yang White Shrimps 2 Lb  
\$4.99

Available at West Drive Location Only

**TUESDAY JULY 29 ONLY**  
Split Chicken Wings 3.51 kg  
\$1.59 Lb

Available at West Drive Location Only

**WEDNESDAY JULY 30 ONLY**  
Mr. Goudas White Rice 8 kg  
\$8.99

Available at West Drive Location Only

### Delicious Deli

Oceans Greek Salad 66¢ x 100 g  
\$2.99 Lb

Siena Mortadella 66¢ x 100 g  
\$2.99 Lb

Fresh Cauliflower  
2 for \$3

Yellow Chili Pepper  
99¢ Lb

Large Size Green Avocado  
99¢ ea.

Maple Lodge Cooked or Smoked Chicken 88¢ x 100 g  
\$3.99 Lb

Emma Emmenthal Cheese \$1.65 x 100 g  
\$7.49 Lb

Ontario Cantaloupes  
99¢ ea.

White Nectarines  
69¢ Lb

Fresh Turnip  
49¢ Lb

### Quality Meat

Pork Spare Ribs  
\$1.69 Lb

Boneless & Skinless Chicken Thighs  
\$1.39 Lb

Bone In Chicken Breast  
\$1.59 Lb

Pork Butt Shoulder  
\$1.39 Lb

Bone In Blade Steaks  
\$1.99 Lb

Fresh Ground Chicken  
\$1.99 Lb

### Best Frozen

Fu Yang Basa Fillet  
\$1.99

Bistro Entree 225 g  
99¢

Nestle Drumsticks Assorted 4's  
\$3.99

Mazedar Manta Paratha  
78¢

Selecta Assorted Ice Cream 1.9 L  
\$6.99

### Selected Groceries

Fruité Assorted Drinks 2 L  
99¢

Grace Chick Peas or Red Kidney Beans Large 2.84 L  
\$2.59

DG Soft Drinks Cream Cola, Kola or Pineapple 355ml  
2 for \$1

Nutrament Drink Supplement 355 ml  
\$1.29

Grace Coconut Water 330 ml  
5 for \$2

Huy Fong Hot Chili Sauce 740 ml  
\$1.99

Fleecy Fabric Softener Large 5 L  
\$2.99

Mr. Goudas Ackees 540 ml  
\$5.99

Salted Pollock Fish  
\$1.99 Lb

Tampico Fruit Punch 3.78 L  
\$1.99

Tasty Cake Rusk or Quality Milk Toast 350 g  
99¢

Tetley Tea Bags 100's  
\$2.99

Rooh Afza Summer Drinks 750 ml  
\$1.99

Hellmann's Mayonnaise 950 ml  
\$1.99

QUEEN ST. EAST  
HWY. 410  
WEST DRIVE

150 West Drive, Unit 104, Brampton  
Phone: 905-455-6166  
STORE HOURS: Mon - Thur 9:30 AM - 9 PM Fri - Sun 9 AM - 9 PM  
All Advertised Specials while quantities lasts. We reserved the right to limit quantities. Some items might not be as illustrated.  
Prices in effect from Friday, July 25th to Thursday, July 31th, 2008  
www.groceryshops.com

499 Main Street South, Brampton  
Phone: 905-866-5988

QUEEN ST. WEST  
MCLAUGHLIN  
MAIN ST. S.  
STEELES AVE. WEST