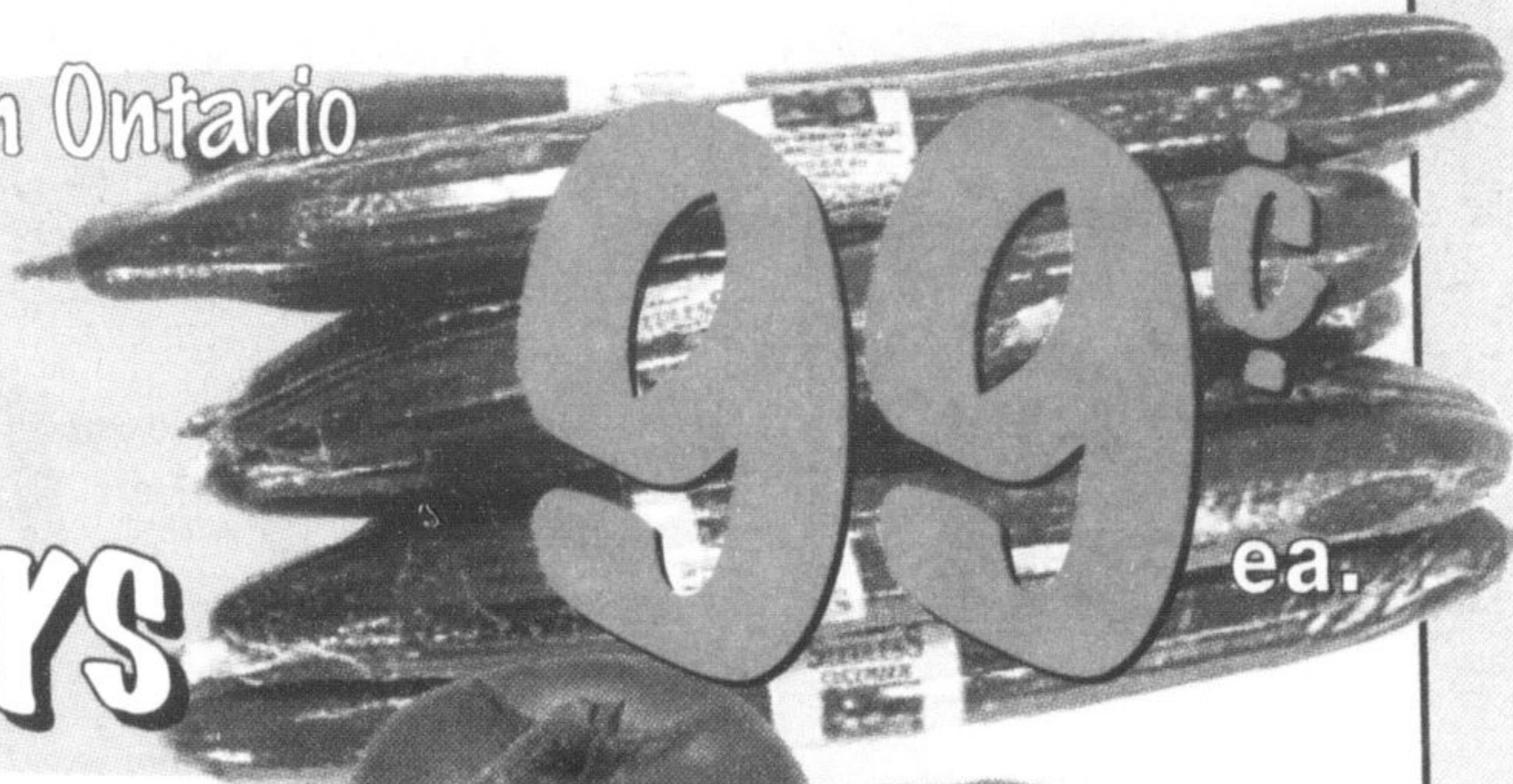




# FRESH PRODUCE FROM THE FIELDS OF ONTARIO

Hydroponically Grown in Ontario

**English Cucumbers**



**99¢** ea.

FARM FRESH from Ontario

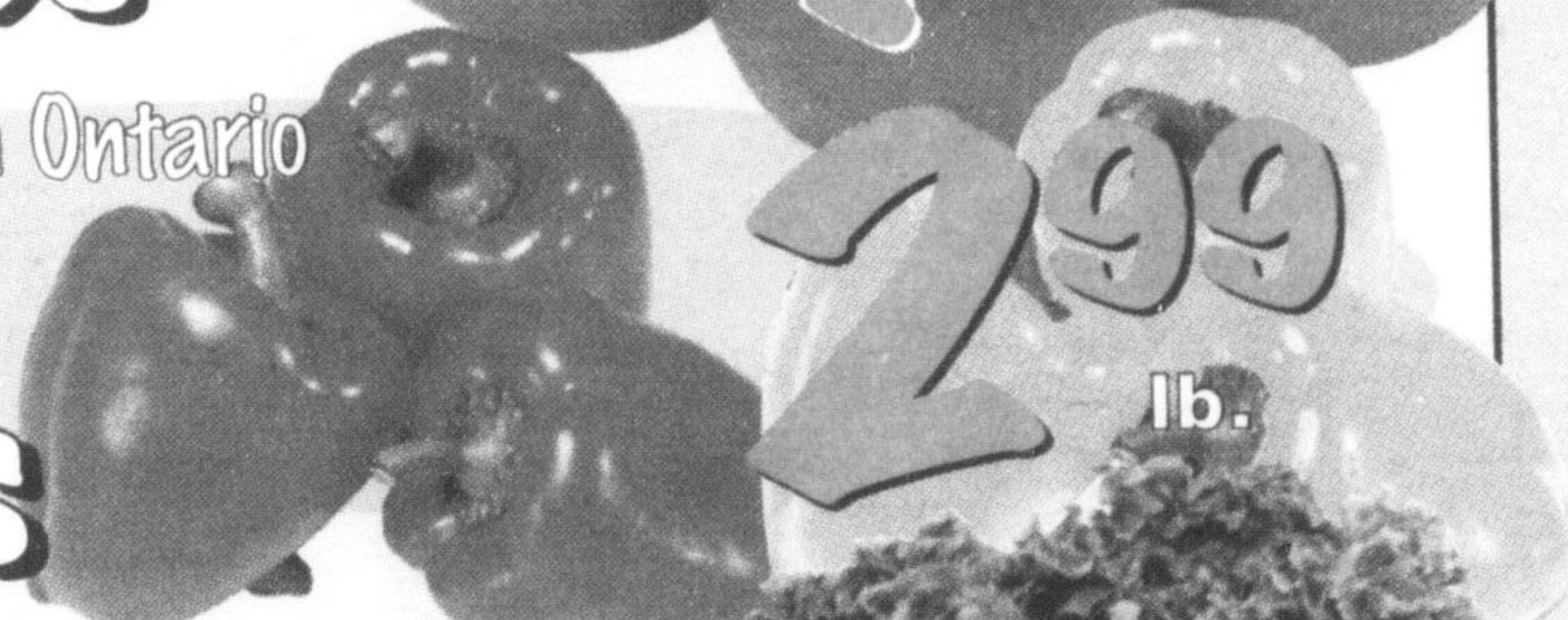
**Vine Ripened Tomatoes**



**149¢** lb.

Hydroponically Grown in Ontario

**Red & Yellow Peppers**



**299¢** lb.

FARM FRESH from Ontario

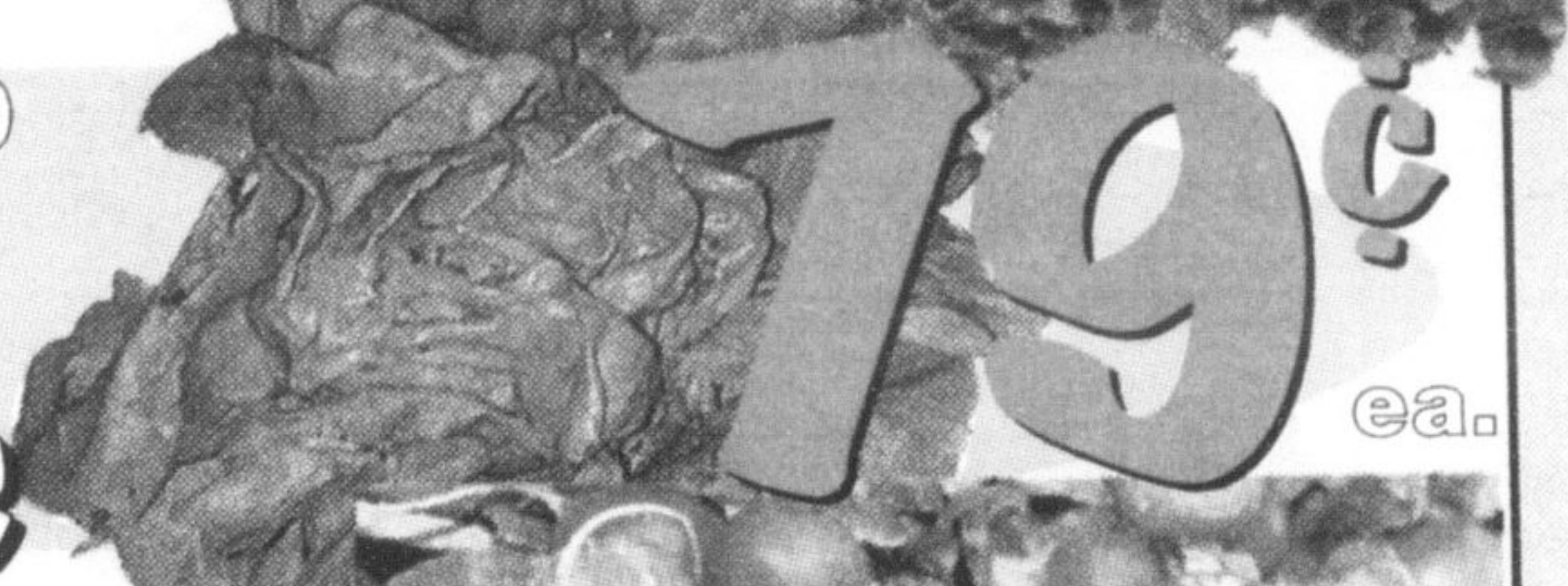
**Green & Red Leaf Lettuce**



**79¢** ea.

FARM FRESH from Ontario

**Green Boston Lettuce**



**79¢** ea.

FARM FRESH from Ontario

**Fresh Radish**



**79¢** bunch

FARM FRESH from Ontario

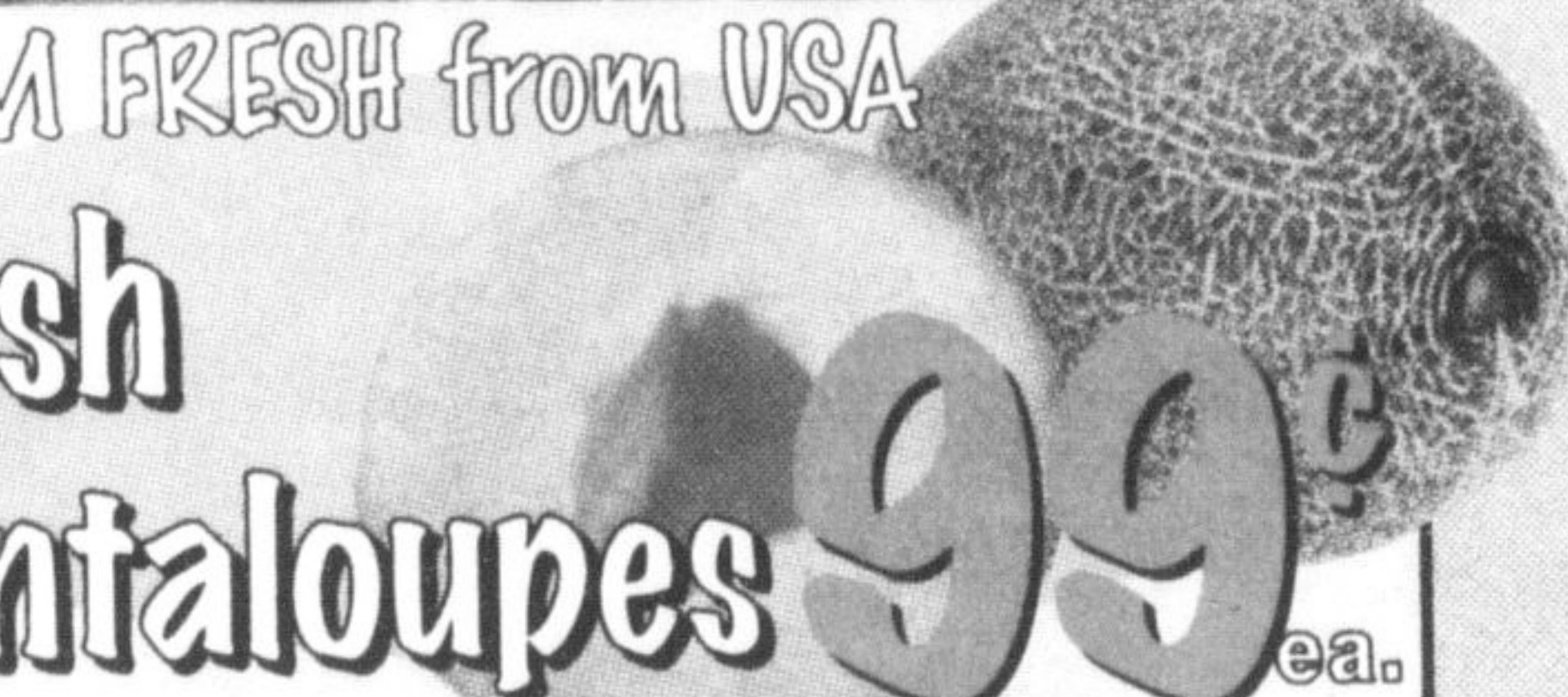
**Fresh Spinach**



**79¢** bunch

FARM FRESH from USA

**Fresh Cantaloupes**



**99¢** ea.

FARM FRESH from Ontario

**Field Rhubarb**



**99¢** lb.

FARM FRESH from USA

**Sliced Seedless Watermelons**



**99¢** lb.

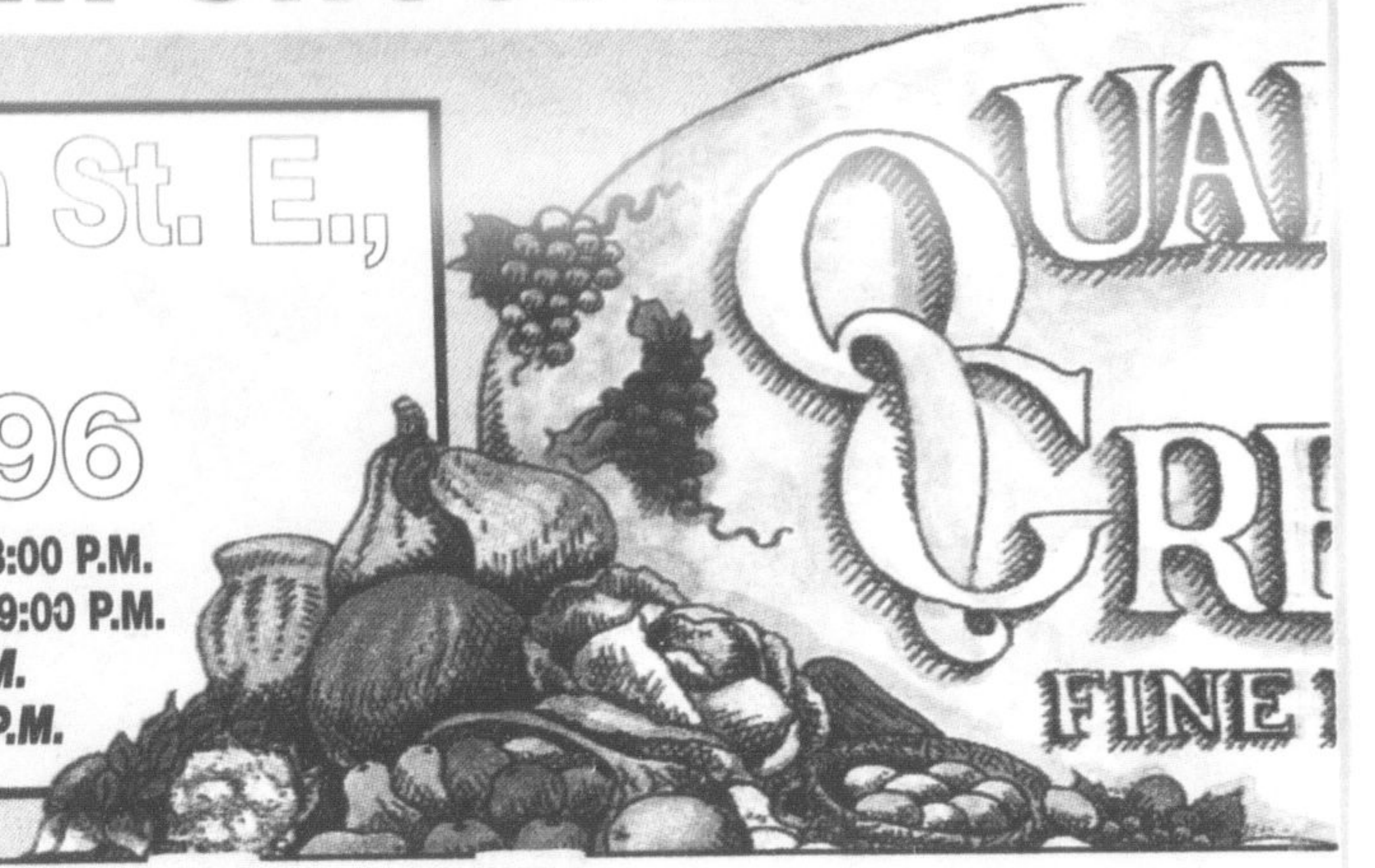
## Deli

Italia Proscuitto Salami	159	100g	Cajun Style, Roasted Chicken Breast	133	100g
Schneiders Luncheon Meat	110	100g	Fat Free, 1 Calorie per gram!, Peppercorn Turkey Breast	199	100g
Blue Ribbon Bologna	79¢	100g	Mozzarella Cheese	129	100g

## Prices in effect from Tues

228 Main St. E.,  
Milton  
876-4496

MON. - WED. 8:00 A.M. to 8:00 P.M.  
THURS. - FRI. 8:00 A.M. to 9:00 P.M.  
SAT. 8:00 A.M. to 7:00 P.M.  
SUN. 10:00 A.M. to 6:00 P.M.



**Heinz Squeezable Ketchup**



**279** 1 Litre

**Gold Seal Pink Sa**

**99** 210

**White Swan Bathroom Tissue**



**199** 12/8 roll

**Gold Seal, C with Water**

**99** 170

Reg., Half Caf., Decaf  
**Maxwell House Instant Coffee**



**379** 150 - 200 gr

Reg., Low Fat, Light  
**Kraft Miracle W**

**299** 1 Litre

Mott's Reg., X-Spicy  
**Clamato Juice**



**299** 1.89 Litre

Assorted Varieties  
**Kraft Salad Dr**

**199** 475 ml

## Our Seafood Arr



Fresh **Sword Fis Steaks** ....

Fresh **White Fish Fillets** .....