

SUPERCHOICE

Country Markets



BETTER SELECTION

EVERY WEDNESDAY IS SENIORS DAY AT SUPERCHOICE 5% DISCOUNT ON ALL PURCHASES EXCEPT TOBACCO

THE MEAT DEPT.

Fresh Never Frozen

CHICKEN BREASTS



2.29 LB.

From the Pork Loin

CENTRE CUT PORK CHOPS



2.49 LB.

Freshly Ground REGULAR GROUND BEEF



1.29 LB.

Cut From Canada Gr. 'A' Beef

PRIME RIB STEAKS

3.69 LB.

Fresh Never Frozen

PORK SIDE RIBS

1.69 LB.

MARY MILES SLICED SIDE BACON

1.89 500 g. pkg.

Fresh Never Frozen

SWEET & SOUR SIDE RIBS

1.99 LB.

From the Pork Loin

BONELESS BUTTERFLY PORK CHOPS

3.49 LB.

McCAIN JUICE

tetra-pack 3 x 250 ml.

or JUNIOR 4 x 125 ml.

CASE (27 x 250 ml.) \$7.99

89¢

LIBBY'S CANNED PASTA

14 oz. tin

89¢

PRIMO CANNED TOMATOES

28 oz. tin

99¢

PEPSI or 7-UP regular or diet or Crush

24 x 280 ml. cans

5.99

GLORIA BABY DILLS

720 ml. jar

1.99

PRIMO VEGETABLE OIL

3 L. jug

3.29

CAPRI BATHROOM TISSUE

4 roll pkg.

1.29

PALMOLIVE DISHWASHING, LIQUID DETERGENT

1 L. Bottle

2.79

KAL KAN CAT FOOD

170 g. tin

39¢

KELLOGG'S RAISIN BRAN

475 g. box

(without coupon pay only 1.89)

with coupon **1.29**

CARNATION EVAPORATED MILK OR 2%

385 ml. cans

79¢

FRUCTAL PURE JAMS

375 ml. jar

89¢

COLONIAL COOKIES

400 g. pkg.

1.69

LIPTON SOUP ASSORTED VARIETIES

Box of 2's

1.29

McCAIN CROISSANT PIZZA

260 - 300 g. pkg.

2.49

SUNLIKE ORANGE JUICE or Apple or Grapefruit

2 L. Plastic

1.49

ASTRO SOUR CREAM

500 ml. cont.

1.49

HIGHLINER FISH STICKS FAMILY PACK

700 g. box

2.99

DELI

Sliced at the Deli

PRIMO MORTADELLA

55g 100g **2.99** LB.

CLEARVIEW FARMS

TURKEY-POLISH COIL

55g 100g **2.99** LB.

BY THE PIECE

HAVARTI CHEESE

55g 100g **4.49** LB.

BAKERY

Baked Fresh Daily

SUPERCHOICE CHOCOLATE CHIP COOKIES

pkg. of 12

1.79

Baked Fresh Daily, SUPERCHOICE

CRUSTY ROLLS

6/99¢

Baked Fresh Daily

SUPERCHOICE ASSORTED FRUIT FILLED DANISH

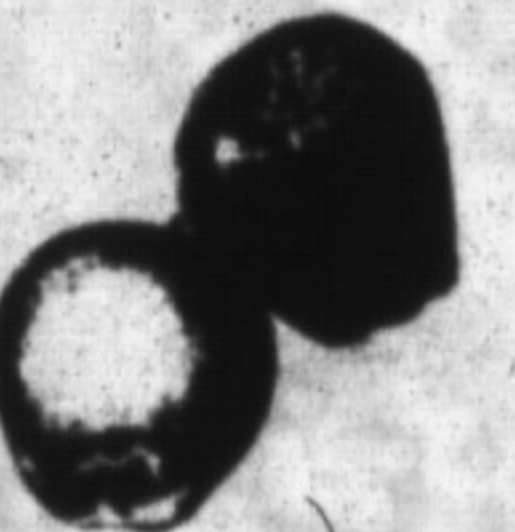
pkg. of 4 **1.69**

FARM FRESH PRODUCE

Produce of U.S.A. Canada Ex-Fancy Grade

RED DELICIOUS APPLES

59¢ LB.



Produce of Ontario. Canada No. 1 Grade

CELLO CARROTS

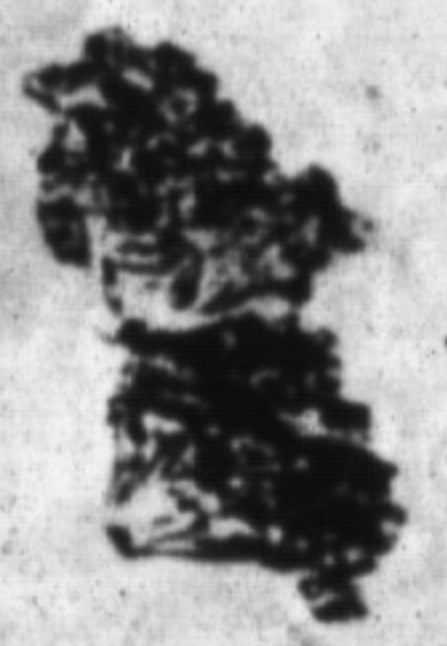
2/99¢ 2 lb. bag



Produce of U.S.A. Canada No. 1 Grade

RED OR GREEN LEAF LETTUCE

69¢ EA.



From the Tropics

LARGE SIZE PINEAPPLE

1.99 EA.

Produce of U.S.A. Canada Fancy Grade

BARTLETT PEARS

99¢ LB.

Produce of U.S.A.

GREEN ONIONS

3/99¢

Produce of Ontario. Canada No. 1 Grade

RUTABAGAS

29¢ LB.

REDEEMABLE ONLY AT SUPERCHOICE COUNTRY MARKETS

SAVE 60¢

ON THE PURCHASE OF ONE 475 g. PACKAGE OF Kellogg's RAISIN BRAN

For redemption mail to: Herbert A. Wells Ltd., P.O. Box 2140, Toronto, Ontario M5W 1Y1. Enter opposite Code 78 on coupon (detail also Coupon Expiry Nov. 1989 Coupon Code K88045) Limit One coupon per purchase.

*Registered Trademark of Kellogg Canada Inc. 1989 \$1.89 without coupon 1060



PRIME RIB ROAST

3.49 LB.

FAMILY PACK PORK CHOPS

contains: 3 ribs ends, 3 centre cut and 3 tenderloin portions

1.79 LB.

WONDER White Sliced or 60% Whole Wheat BREAD

675 g. loaf

69¢

GAY LEA BUTTER

salt or unsalted 454 g. pkg.

2.49

Produce of Florida

INDIAN RIVER RED GRAPEFRUIT

8/1.99

Produce of U.S.A. Canada No. 1 Grade

TOMATOES

59¢ LB.