

SUPERCHOICE

Country Markets



BETTER SELECTION

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

ORDER EARLY FOR CHRISTMAS

- Fresh Fruit Baskets
- Meat Trays
- Cheese Trays

THE MEAT DEPT.

Cut From Canada Gr. 'A' Beef
BONELESS TOP SIRLOIN STEAK

2.99
LB.

Fresh Never Frozen FAMILY PACK
CHICKEN DRUMSTICKS

1.09
LB.

Freshly Ground
LEAN GROUND BEEF

1.99
LB.

Cut From Canada Gr. 'A' Beef
THIN SLICED INSIDE ROUND ROULADEN

3.49
LB.

Shopsy's

GREY CUP **EXTRAVAGANZA**

SHOPSY'S - DELI TRIM
SLICED SIDE BACON

1.99
500 g. pkg.

SHOPSY'S
REGULAR or ALL BEEF WIENERS

1.69
450 g. pkg.

SHOPSY'S - VAC-PACK
CORNED BEEF BRISKET

2.69
LB.

SHOPSY'S - MULTI-PACK
ASSORTED DELI-STICKS

1.89
125 g. pkg.

SHOPSY'S - DELI FRESH
FOOTBALL SALAMI

4.99
EA. - 1 kg.

SHOPSY'S - DELI FRESH
SALADS

1.69
500 g. tub

SELECTED VARIETIES

REGULAR OR DIET
CANADA DRY

WITH COUPON
24 x 280 ml. cans

547

PAY ONLY \$5.97 without coupon

AYLMER
TOMATO JUICE

48 oz.

99¢

HEINZ
BEANS

14 oz. tin

79¢

CAMPBELL'S
cream of mushroom or cream of chicken
SOUP

16 oz. tin

59¢

PREGO ORIGINAL
SPAGHETTI SAUCE

750 ml. jar

1.99

PEP DOG
FOOD

25.5 oz.

69¢

PEPPERIDGE FARMS
CHIFFON CAKES

255 g.

99¢

SWANSON
MEAT PIES

227 g.

79¢

VENETIAN
ICE CREAM

1 L. carton

1.69

Assorted Varieties

HUMPTY DUMPTY POTATO CHIPS

200 g. bag

99¢

BICK'S
PICKLES

1 L. jar

1.99

PERRIER
MINERAL WATER

750 ml. bottle

99¢

FIBRE GOODNESS
WHITE SLICED OR 100% WHOLE WHEAT
BREAD

675 g. loaf

89¢

DAINTY
FRIED RICE

350 g. pkg.

99¢

GAY LEA
CHIP DIP

250 g. tub

99¢

G. BLANCHET
100% SOYA MARGARINE

7 lb. 9A1L

5.49

TAVISTOCK
CHEESE STICKS

227 g.

1.69

NEILSON
EGG NOG

1 L. carton

99¢

DELI

Sliced at the Deli — SHOPSY'S

CORNED BEEF or PASTRAMI

3.99
LB.

BRANDT'S

KOLBASSA SAUSAGE COIL

3.99
LB.

BY THE PIECE

MOZZARELLA CHEESE

3.99
LB.

BAKERY

WESTON'S
CHOCOLATE SWISS ROLLS

pkg. of 4's

1.39

Baked Fresh Daily, SUPERCHOICE

LARGE KAISERS

6/99¢

Baked Fresh Daily, SUPERCHOICE

APPLE STRUDEL

450 g. pkg.

1.99

FARM FRESH PRODUCE

Produce of Ontario
Canada No. 1 Grade

FRESH MUSHROOMS

1.69
LB.

Produce of California

LARGE SIZE NAVEL ORANGES

2.69
Doz.

Produce of U.S.A.

FRESH BROCCOLI

79¢
BUNCH

Produce of U.S.A.

TENDER GREEN BEANS

99¢
LB.

Produce of Ontario
Canada Fancy Grade

BOSC PEARS

89¢
LB.

Produce of U.S.A.

SLICING CUCUMBERS

2/89¢

Produce of U.S.A.

ROASTED PEANUTS

99¢
LB.

REDEEMABLE ONLY AT SUPERCHOICE

COUNTRY MARKETS WITH THIS COUPON

PAY ONLY \$5.47

CANADA DRY (Regular or Diet)

Selected varieties. Case of 24 x 280 ml. cans. Limit: 1 case per coupon. Offer valid Nov. 20 - 25th 1989. Superchoice.com 1055

Cut From Canada Gr. 'A' Beef
SIRLOIN TIP ROAST

2.99
LB.

Cut From Canada Gr. 'A' Beef
INSIDE ROUND STEAK or ROAST

2.99
LB.

MAXWELL HOUSE
INSTANT COFFEE

200 g. jar

4.69

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

2/99¢

Produce of Ontario
Canada Fancy Grade
MACINTOSH APPLES

\$1.29
3 LB. BAG

WHITE SWAN
PAPER TOWELS

2 roll pkg.

99¢