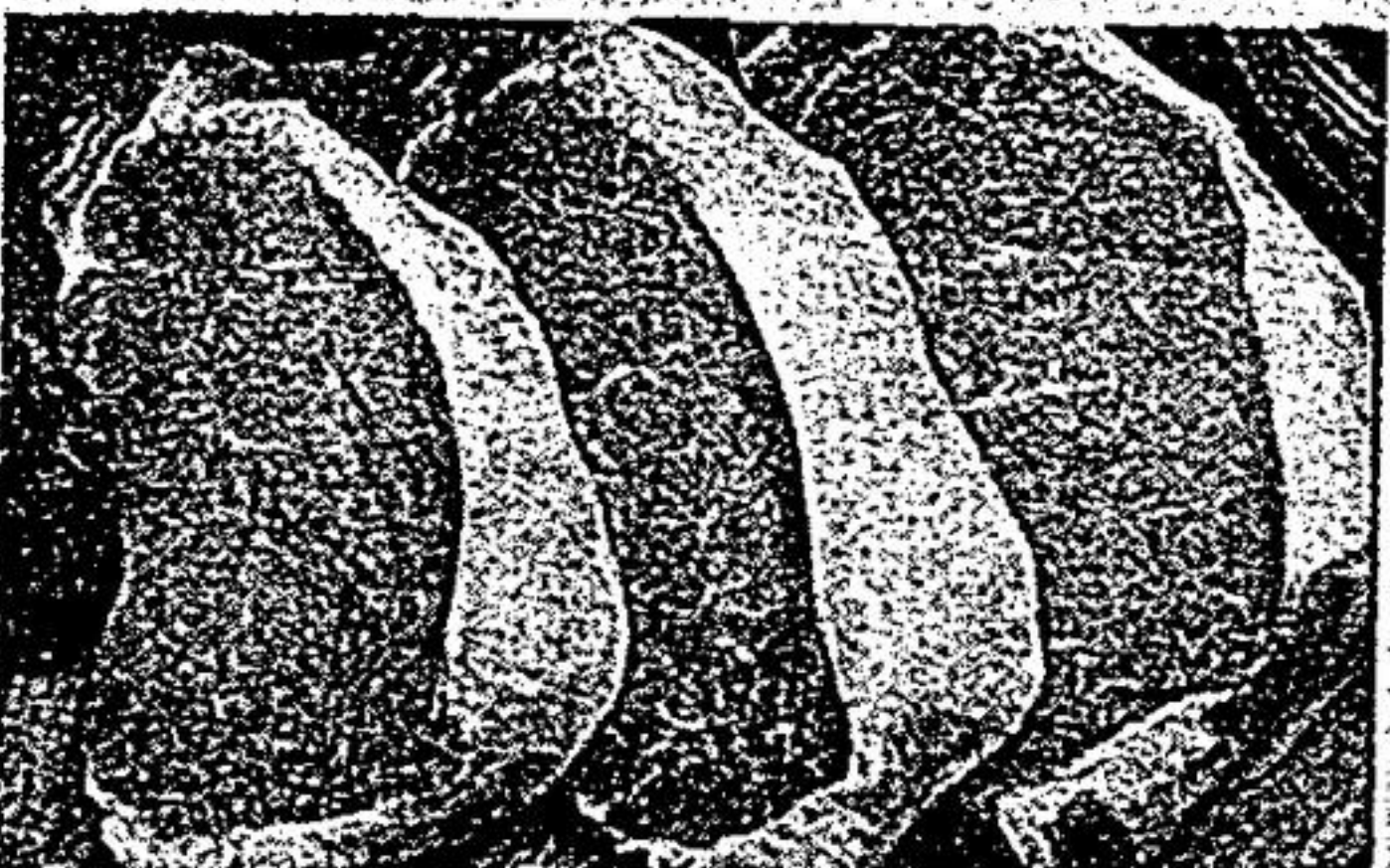




Cut From The Leg  
**Provimi Veal Scallopini** 1607 per kg **7.29** per lb



Cut From Canada Grade A Beef  
**Sliced Short Ribs** 284 per kg **1.29** per lb



**Boneless Pork Loin Chops or Steaks** 791 per kg **3.59** per lb



**Fresh Pork Back Spare Ribs** 880 per kg **3.99** per lb

# Fresh & Delicious Qu



Cut From Canada Grade A Beef  
**Boneless Top Sirloin Steaks** 813 per kg **3.69** per lb



Combination Pack  
**Pork Loin Chops**  
Contains: 3 Centre Cut, 3 Tenderloin End Chops

Piller's **Knackwurst Sausages** 549 per kg **2.49** per lb

Piller's **Bockwurst or Bavarian Smoked Sausages** 300 g **2.29**

Piller's **Pepperoni or Hungarian Smoked Sausages** 880 per kg **3.99** per lb

Omstead **Dressed Smelts** Poly Bag, 16 oz. **1.89**

Sau Sea **Cooked Shrimp** 10 oz. **4.99**

Sau Sea **Cocktail Shrimp** 8 oz. **7.99**

Sammy's **All Beef Wieners** 450 g **2.49**

Sammy's **All Beef Bologna** 175 g **.99**

Sammy's Sliced **Corned Beef Pastrami or Smoked Meat Pouches** 100 g **1.49**



Canadian Queen **Sliced Lunchmeats** 8 Varieties, 175 g **.89**



Canadian Queen **Sliced Cooked Ham** 375 g **3.29**



Canadian Queen **Sliced Lunchmeats** 6 Varieties, 375 g **1.79**

# Fearman's Flavour & Value



Mary Miles **Sliced Side Bacon** 500 g **2.99**



Canadian Queen **Sweet Pickled Cottage Rolls** 4 lb. average **2.69** per lb



**Mary Miles Wieners** 450 g **1.29**



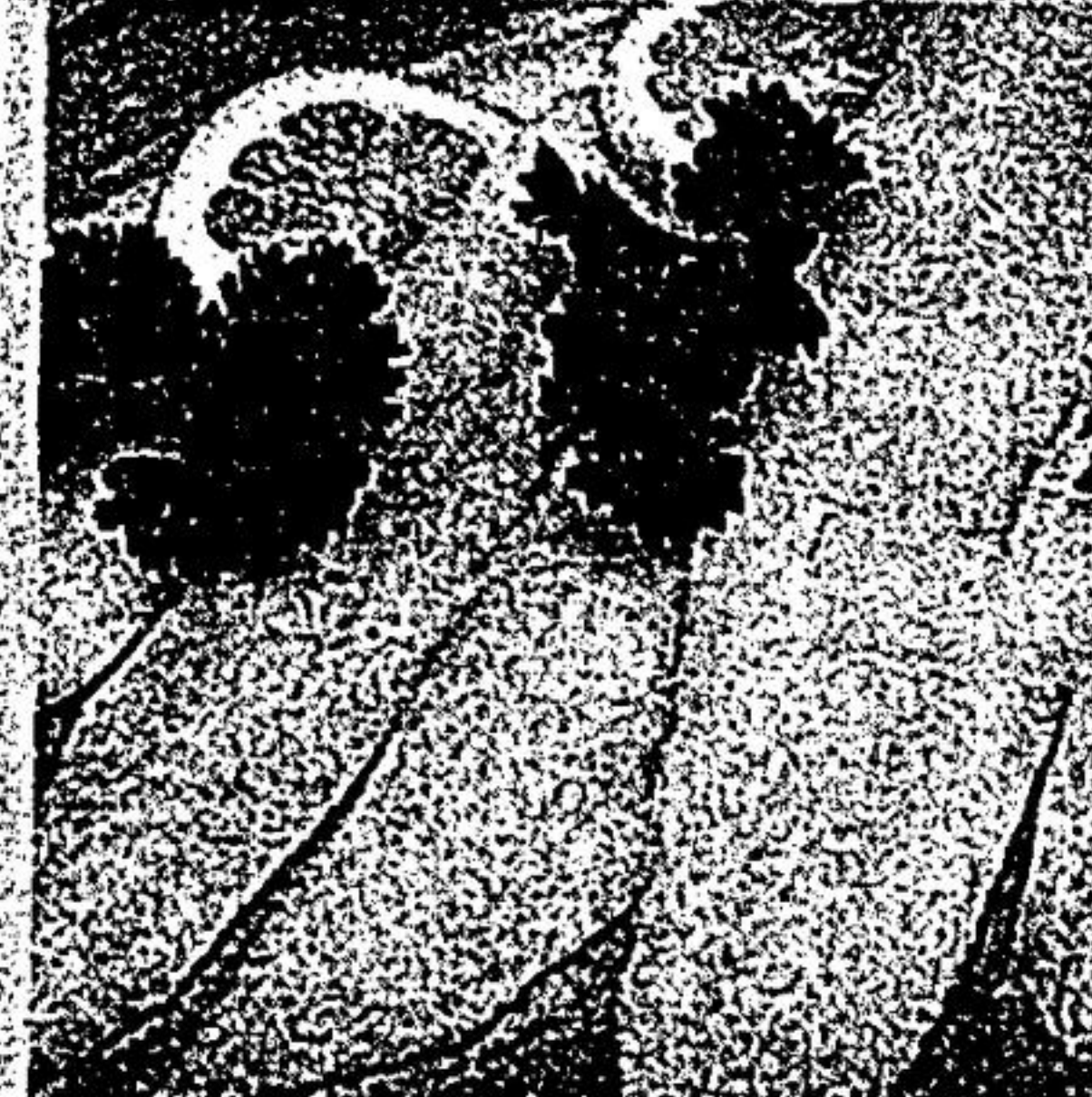
# Fresh Fish Market



Pick Your Own From Our Tank  
**Fresh Lobsters** 1 1/4 lb. Avg. Size **1.54** per 100 g **6.99** per lb



**Fresh B.C. Pink Salmon Steaks** .88 per 100 g **3.99** per lb



**Fresh Cod Fillets** .66 per 100 g **2.99** per lb

# Quality & Service B



**Fresh Beef Kabobs** **1.49** each



**Fresh Pork Kabobs** **1.49** each



**Fresh Chicken Kabobs**