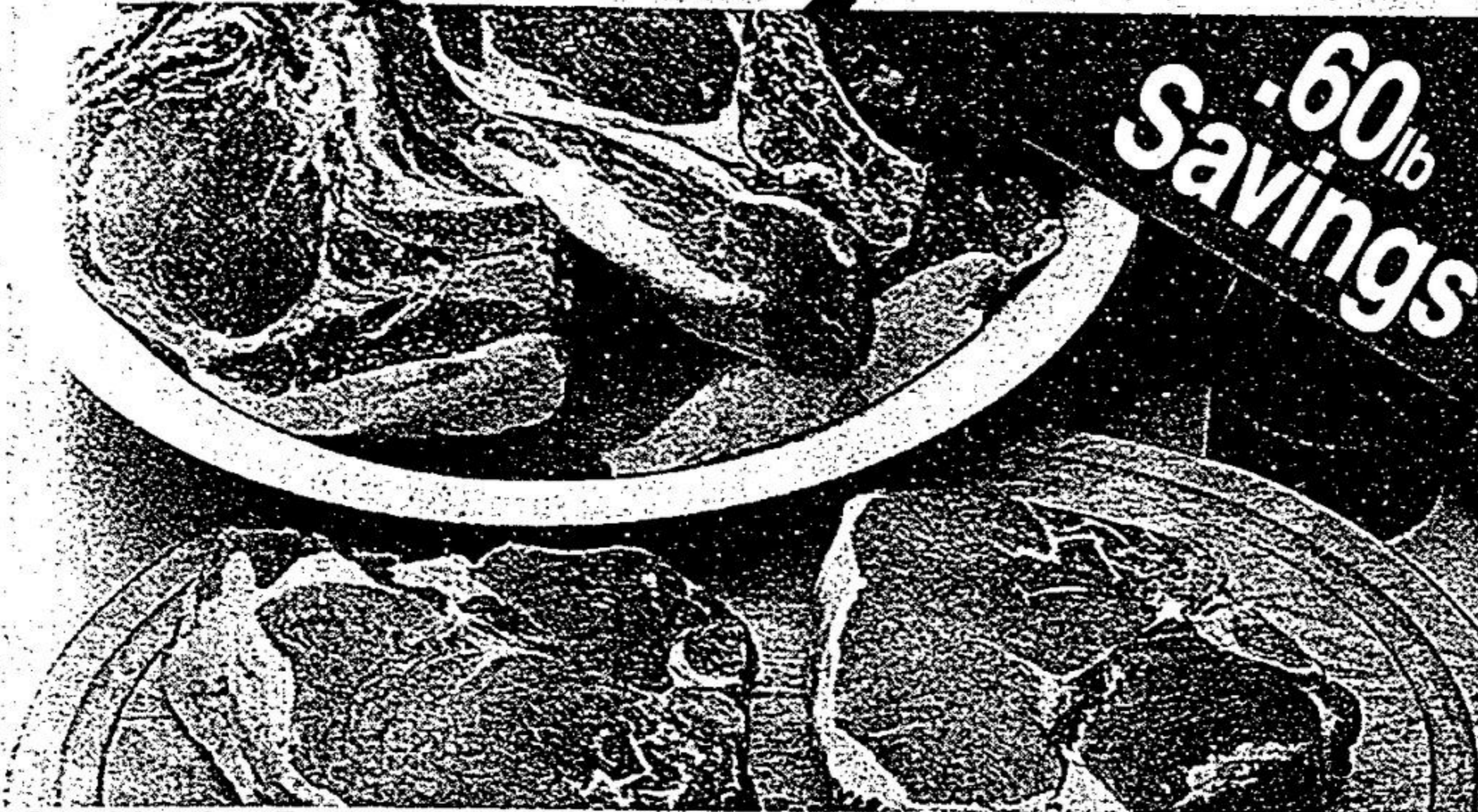


Delicious Quality Meat



-.60 lb Savings

369
per lb

Combination Pack
Pork Loin Chops
Contains: 3 Centre Cut, 3 Rib End & 3 Tenderloin End Chops
483 per kg
219 per lb



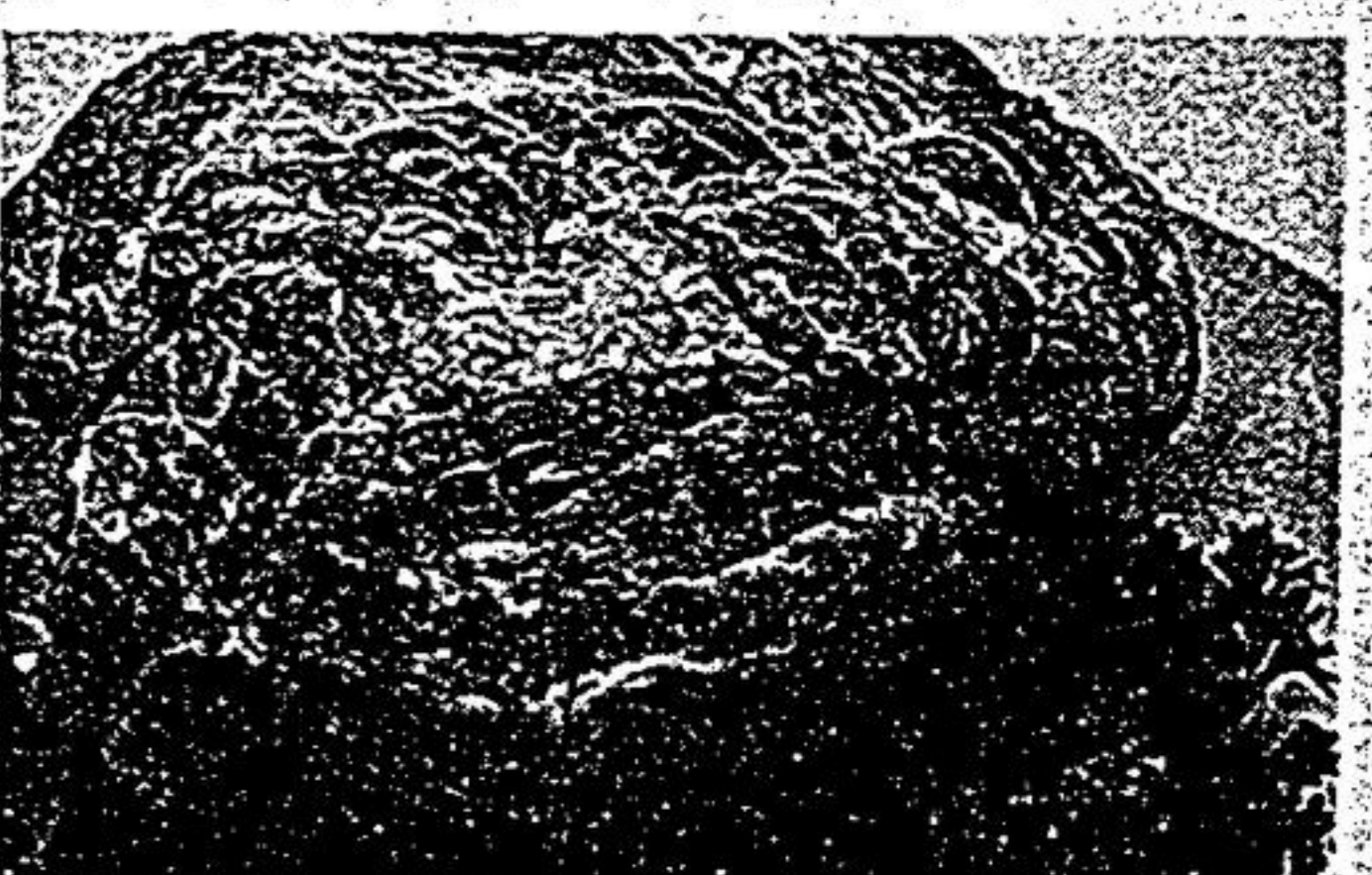
Fresh Chicken Drumsticks or Thighs
439 per kg
1.99 per lb



Miracle Food Marts Own Pure Beef Patties
373 per kg
1.69 per lb



Country Pride Fresh BBQ Sausages
439 per kg
1.99 per lb



Country Pride Boneless Smoked Pork Shoulder Picnic Style
483 per kg
2.19 per lb

Flavour & Value For Summer

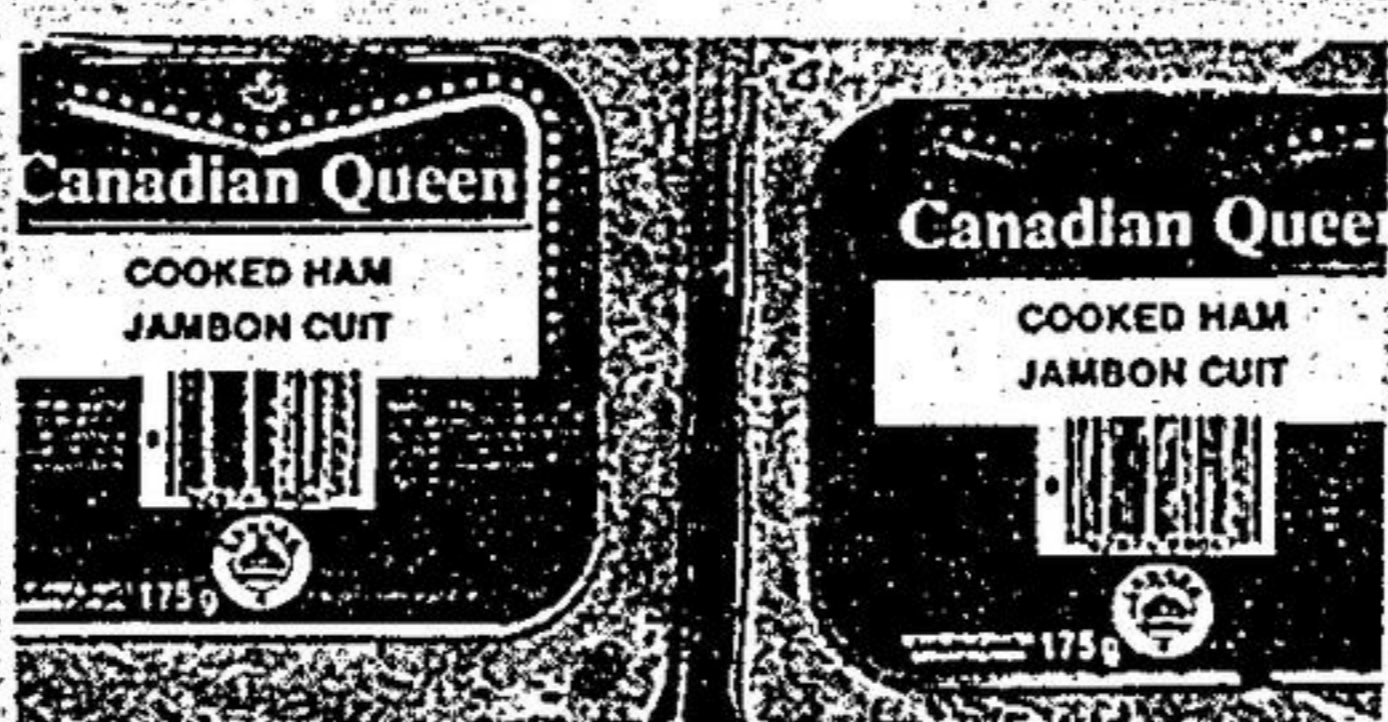


.60 Savings

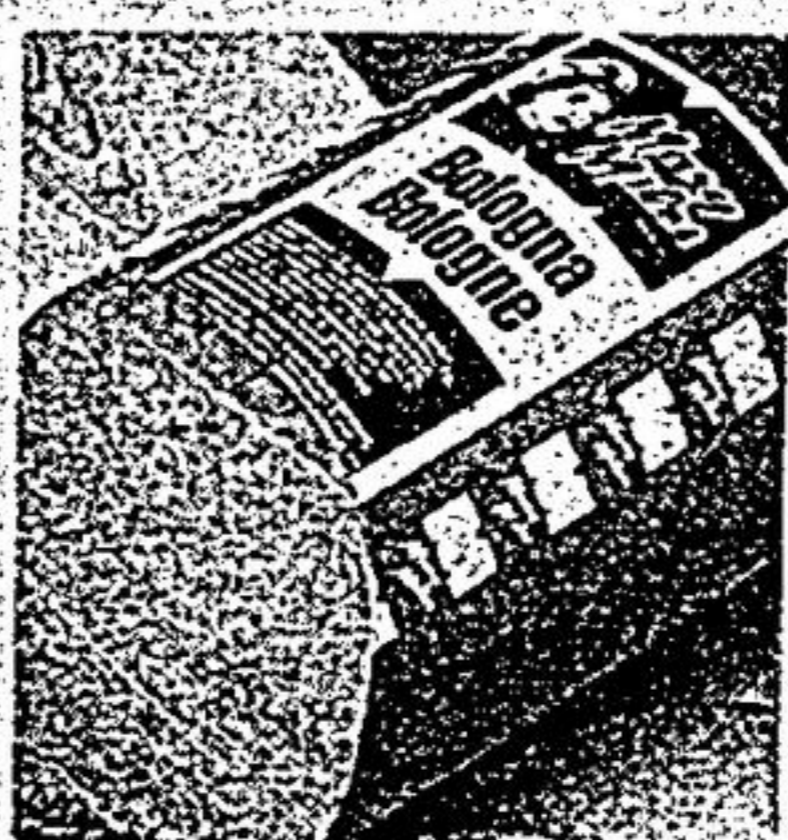
Mary Miles Wieners
1.29



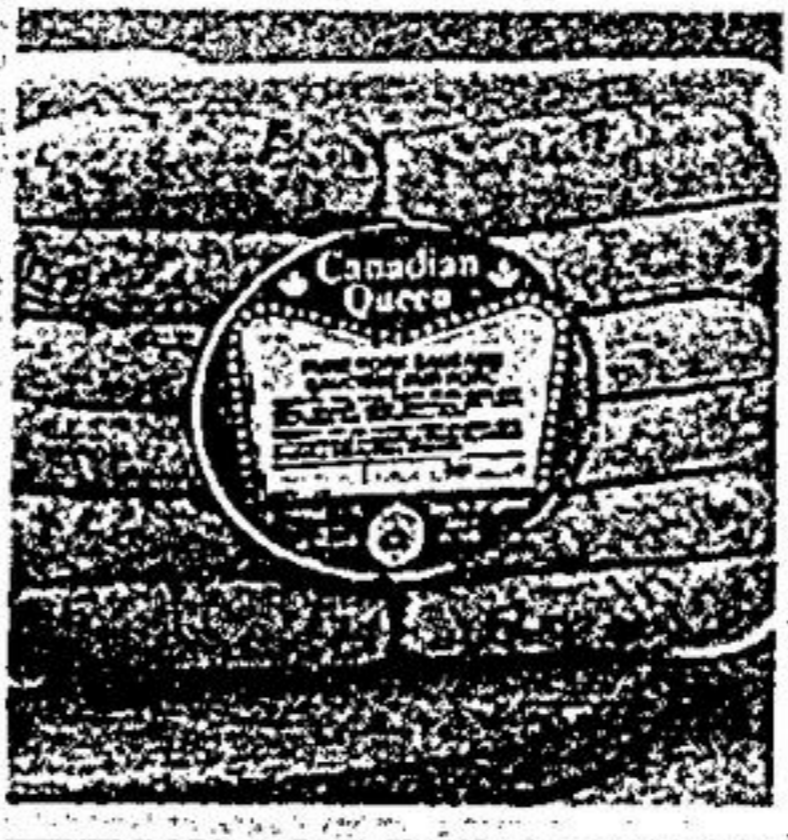
Mary Miles Dinner Hams 1-2 lb. Avg.
637 per kg
2.89 per lb



Canadian Queen Sliced Cooked Ham 175 g
1.79



Mary Miles Bologna By The Piece
262 per kg
1.19 per lb



Canadian Queen Fresh Pork Sausages
417 per kg
1.89 per lb



Fearman's Lean N' Ezy Hams
637 per kg
2.89 per lb

High Liner 16 oz. Sole Fillets or Individually Wrapped Sole Fillets 350 g
4.19

High Liner Strips, Burgers or Captains Chicken Nuggets 300 g
2.99

High Liner Haddock in Light Tempura Batter 350 g
2.59

High Liner "Light Tonight" Sole Dinner Fillets 225 g
2.39

High Liner Cod Fish Sticks 350 g
2.49

Blue Water Family Size Fish in Batter, Fish Sticks, Fish Fries or Fish Krisps 700/630 g
3.69

Blue Water Ocean Light Bites or Ocean Snacks with Shrimp 227 g
2.19

Blue Water Haddock Fish Sticks 350 g
2.69

Blue Water Sole in Lemon Butter 170 g
2.29

Quality & Service BUTCHER SHOP



149 each

Fresh Pork Kabobs

149 each

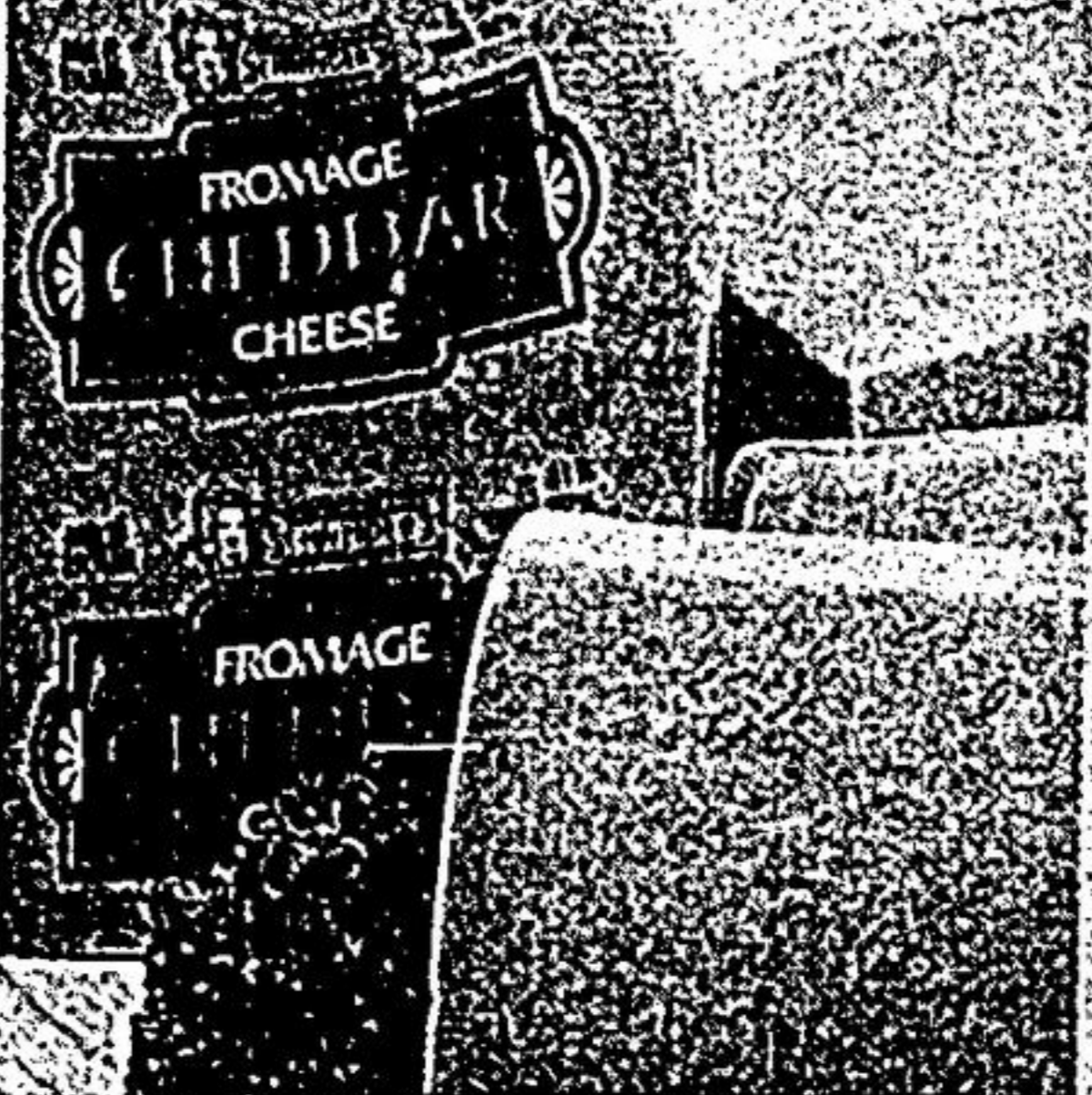
Fresh Chicken Kabobs

199 each

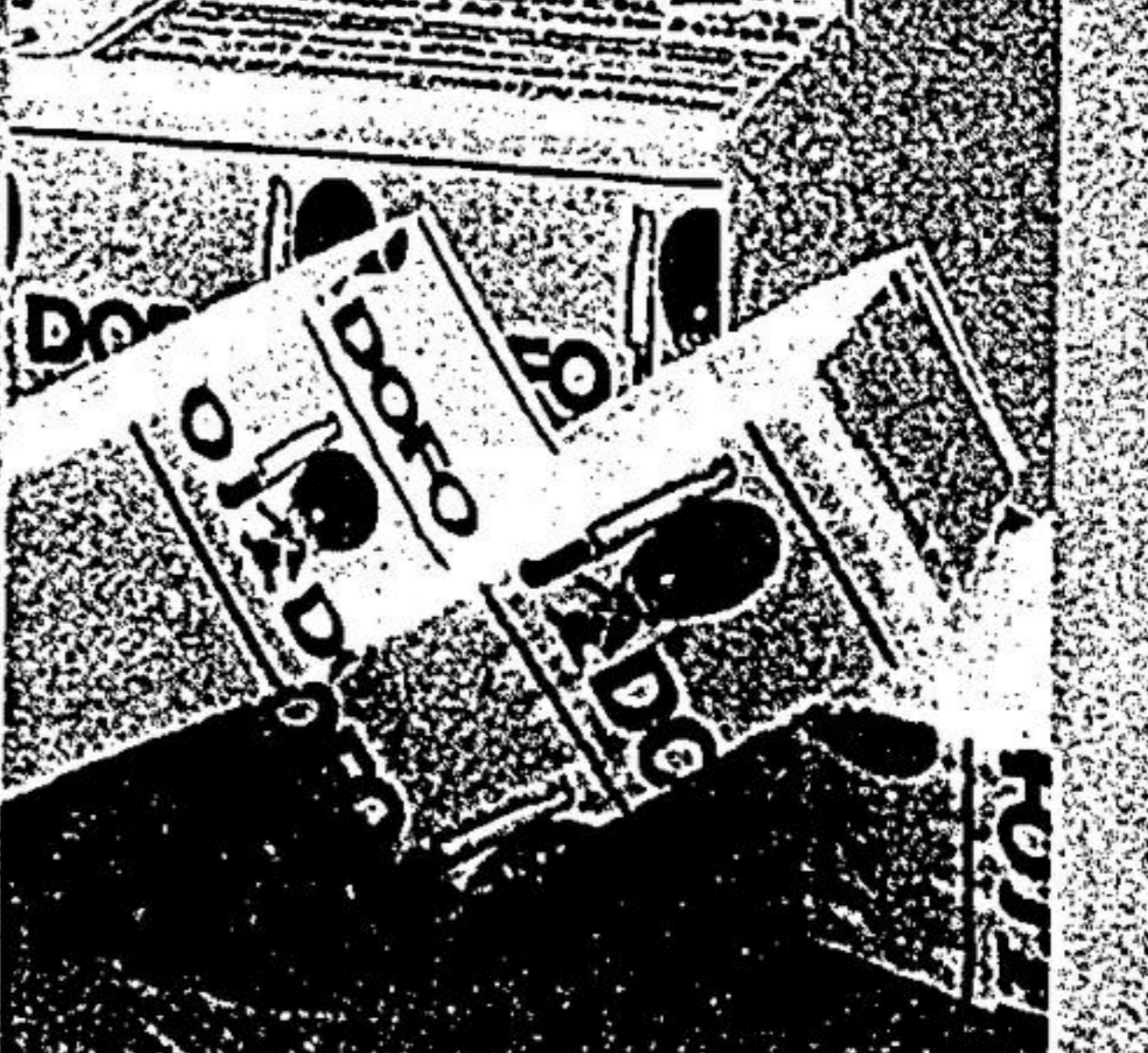
Pizza & Cheese Boutique



Deli Made Fresh Deluxe Pizza 12 inch 650 g. Cheese, Sauce, Peppers, Pepperoni, Mushrooms
399 each



Schneiders Canadian Cheddar Cheese Mild, Medium, Old Deli Cut
.88 per 100 g
399 per lb



Product of Denmark Danish Cream Cheese All Flavours Deli Cut
110 per 100 g
499 per lb