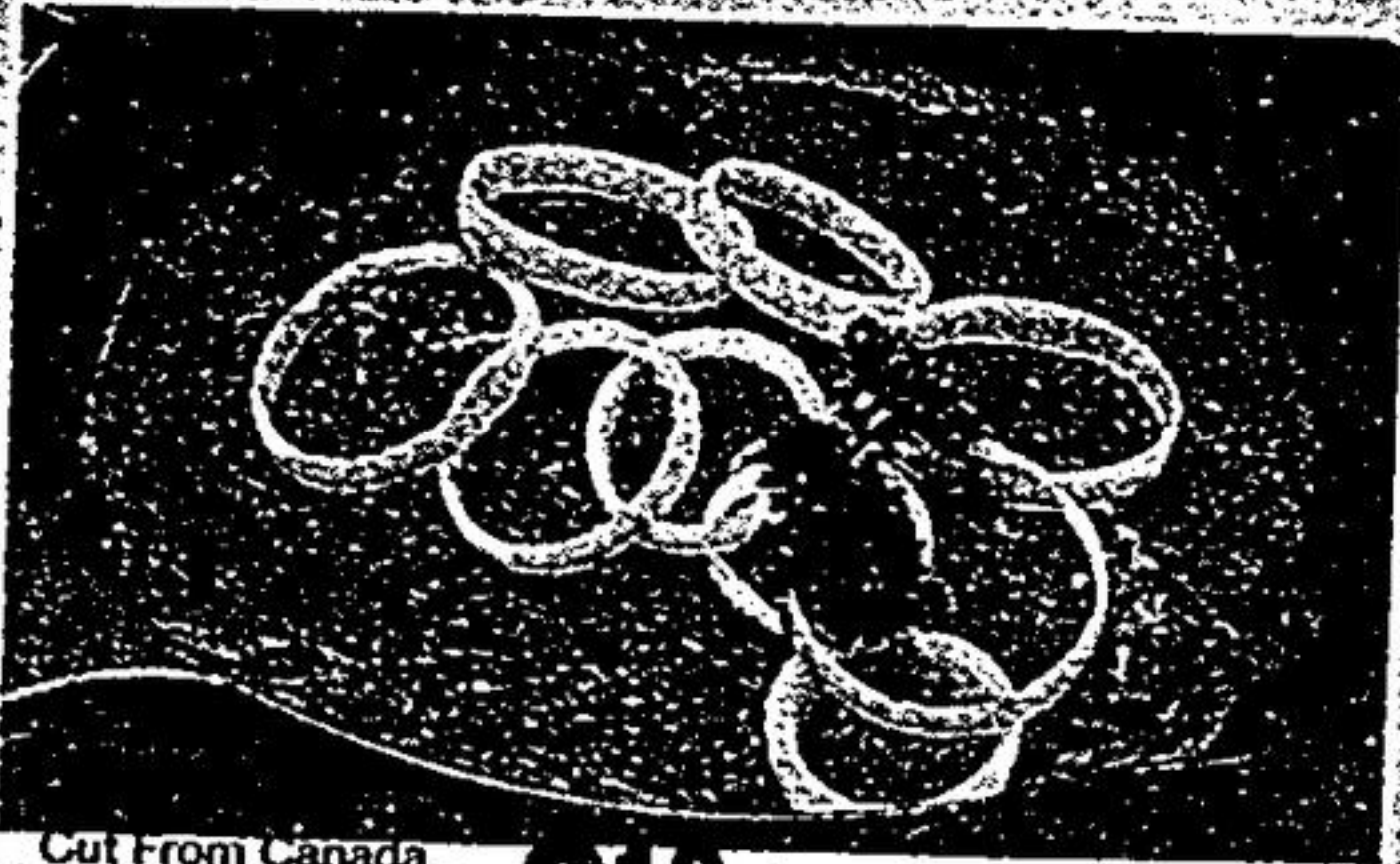
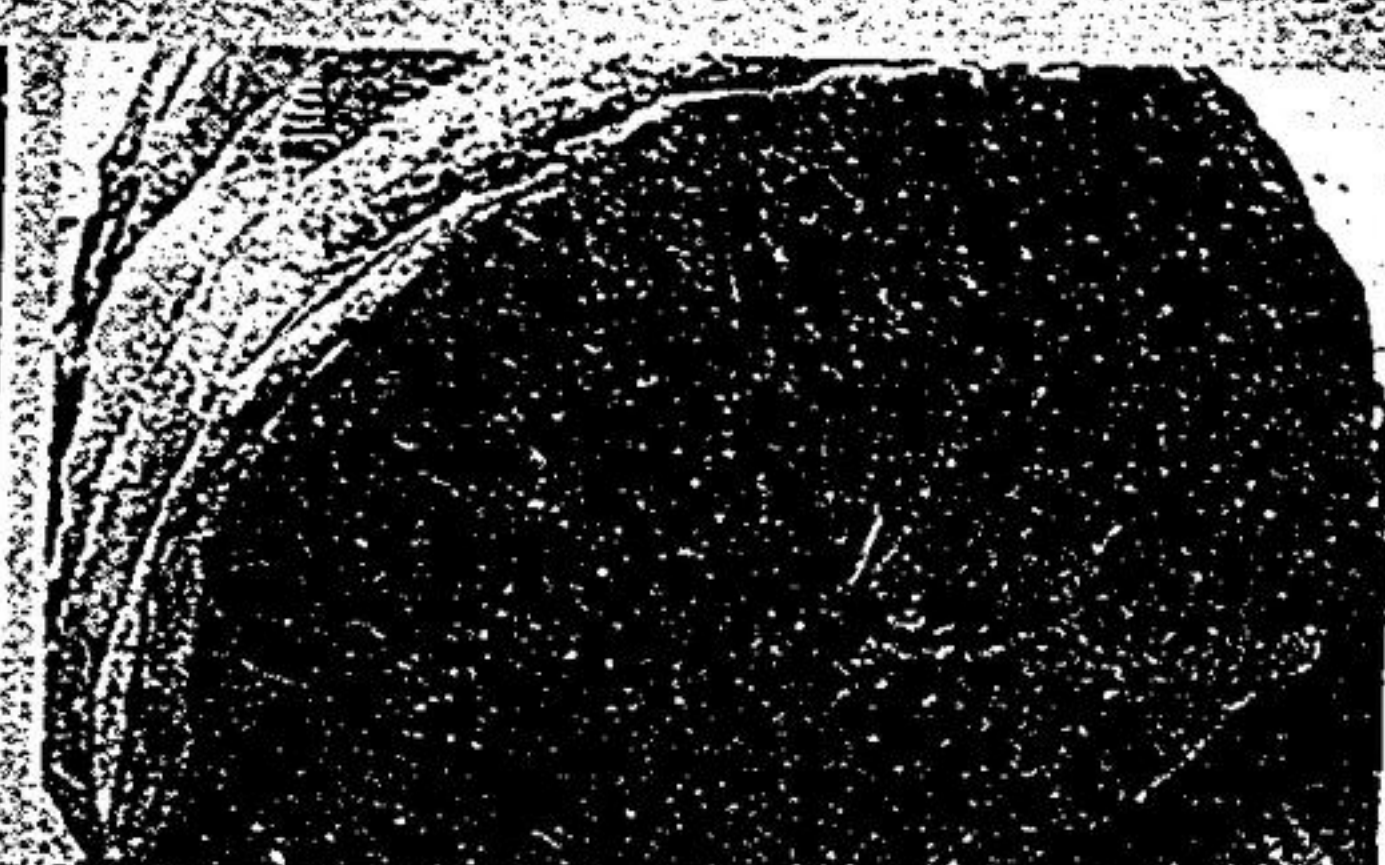


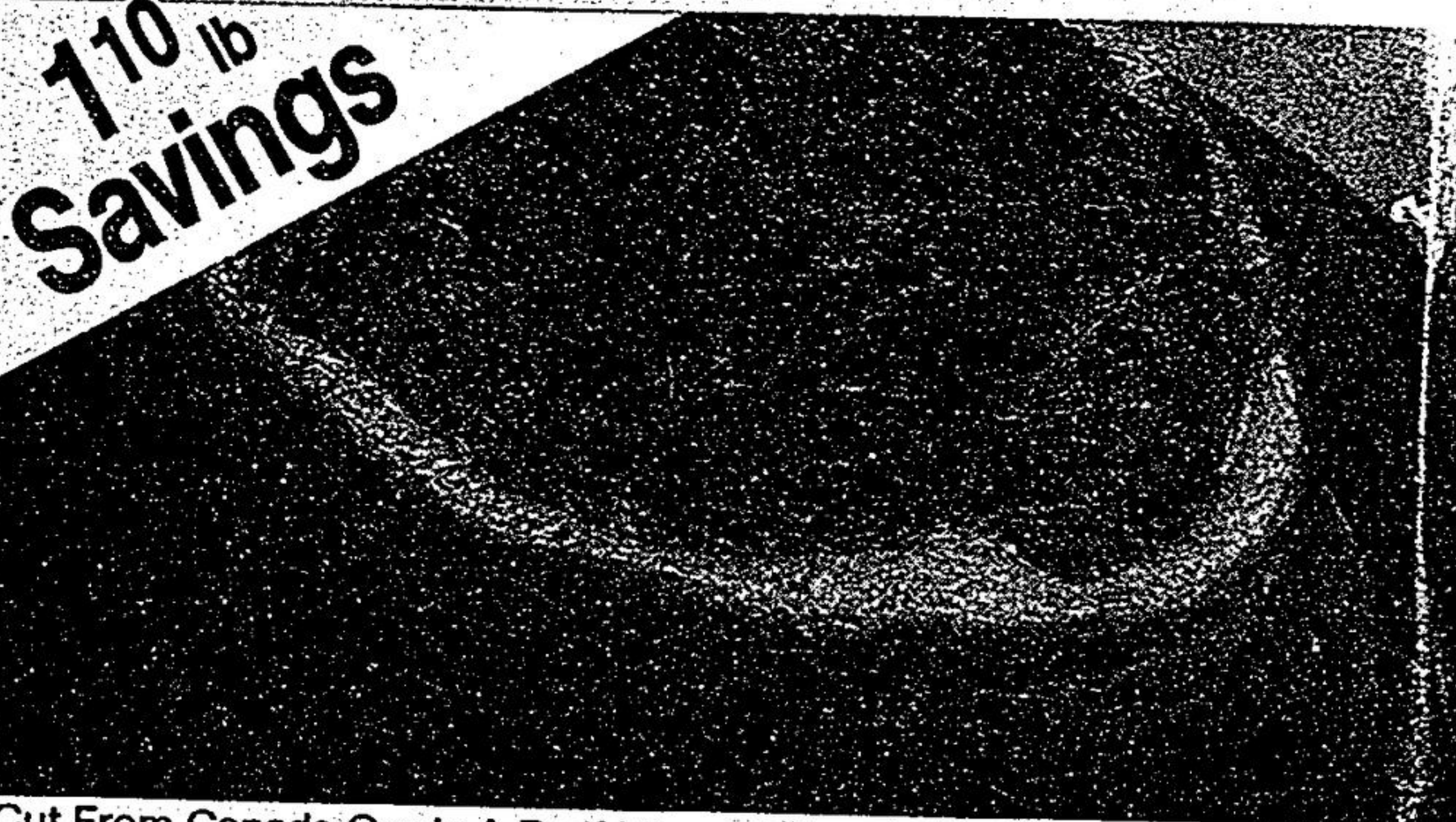
Harvest Festival of Best Q



Cut From Canada Grade A Beef Hip
Boneless Tenderized Cube Steaks 813 per kg **3.69** per lb



Cut From Canada Grade A Beef Hip
Boneless Top Round Steaks or Roasts 769 per kg **3.49** per lb



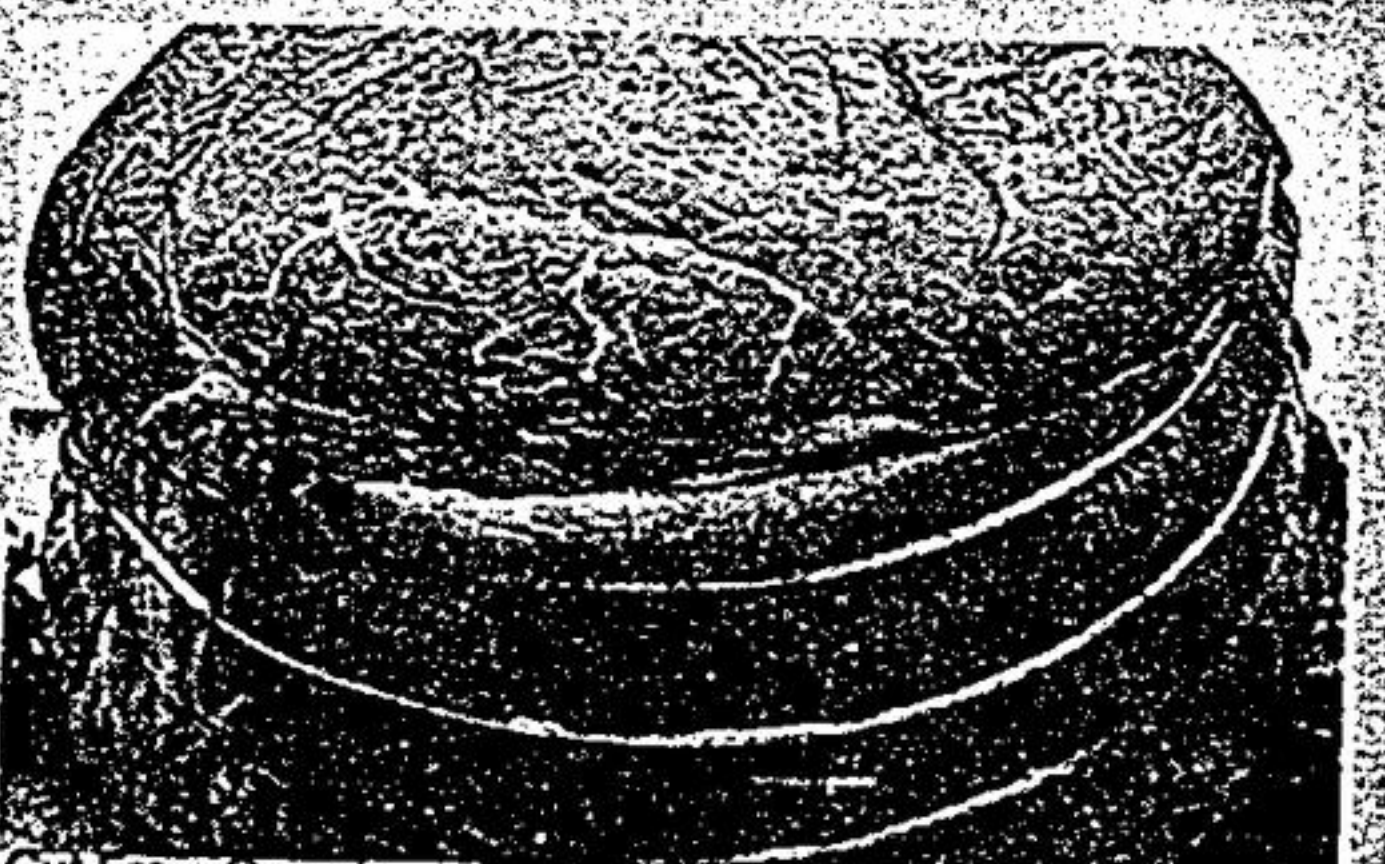
Cut From Canada Grade A Beef Hip
Boneless Round Roasts 615 per kg **2.79** per lb
 Outside Cut



Cut From Canada Grade A B
Boneless Top Sirloin Steaks or



Cut From Canada Grade A Beef
Lean Boneless Stew Beef 505 per kg **2.29** per lb



Cut From Canada Grade A Beef Hip
Boneless Sirloin Tip Steaks or Roasts 769 per kg **3.49** per lb

Shopsy's **Deli Fresh Salads** 3 Varieties 500 g **1.69**

Shopsy's **Glazed Ham or Sliced Cooked Ham** 175 g **1.89**

Shopsy's **All Beef Bologna** 175 g **1.09**

Shopsy's **Old Vienna Salami** 500 g **3.39**

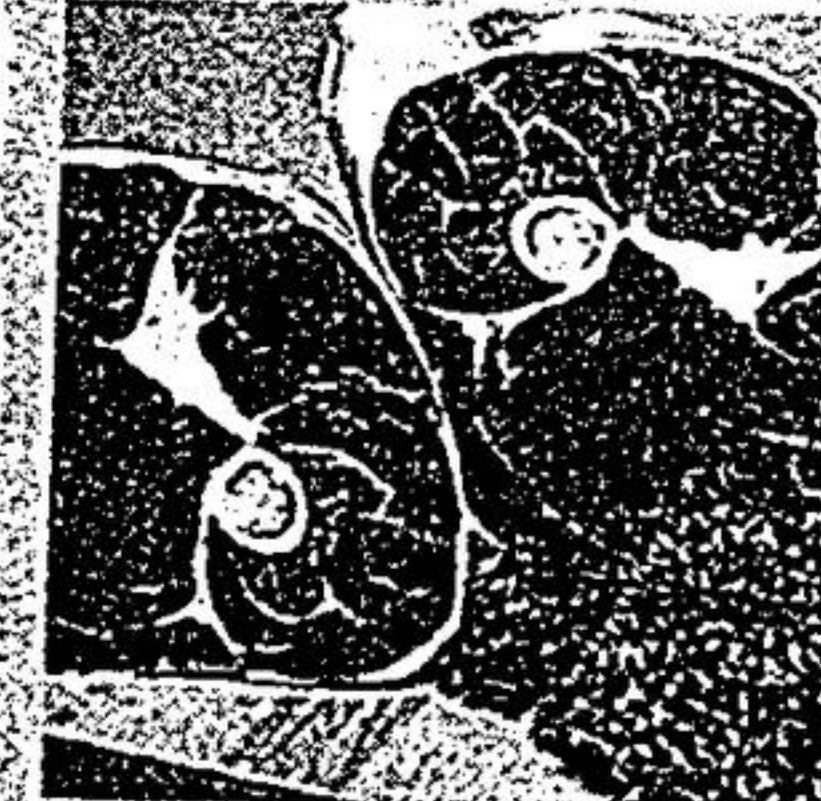
Shopsy's **Melton Mowbray Pies** 500 g **3.09**

Shopsy's **Deli Bake Meat Pies** 4 Varieties 500 g **1.29**

Shopsy's **Corned Beef Brisket** 1-2 lb. avg. **615 per kg 2.79 per lb**

Pillers **Sliced Salami Lunchmeats** Corvitat, Hungarian, German or Pork: 125 g **1.69**

Pillers **Pepperoni** 175 g **2.49**



Frozen New Zealand **Leg of Lamb** 549 per kg **2.49** per lb



Frozen New Zealand **Lamb Loin Chops** 858 per kg **3.89** per lb



Frozen New Zealand **Lamb Shoulder Chops** 373 per kg **1.69** per lb

Shopsys Deli Fresh



Shopsy's **Deli Fresh Wieners** Regular or All Beef 450 g **2.19**



Shopsy's **Pure Beef Sausages** 500 g **2.89**



Shopsy's **Deli Trim Sliced Side Bacon** 500 g **2.99**

Fresh Fish Market

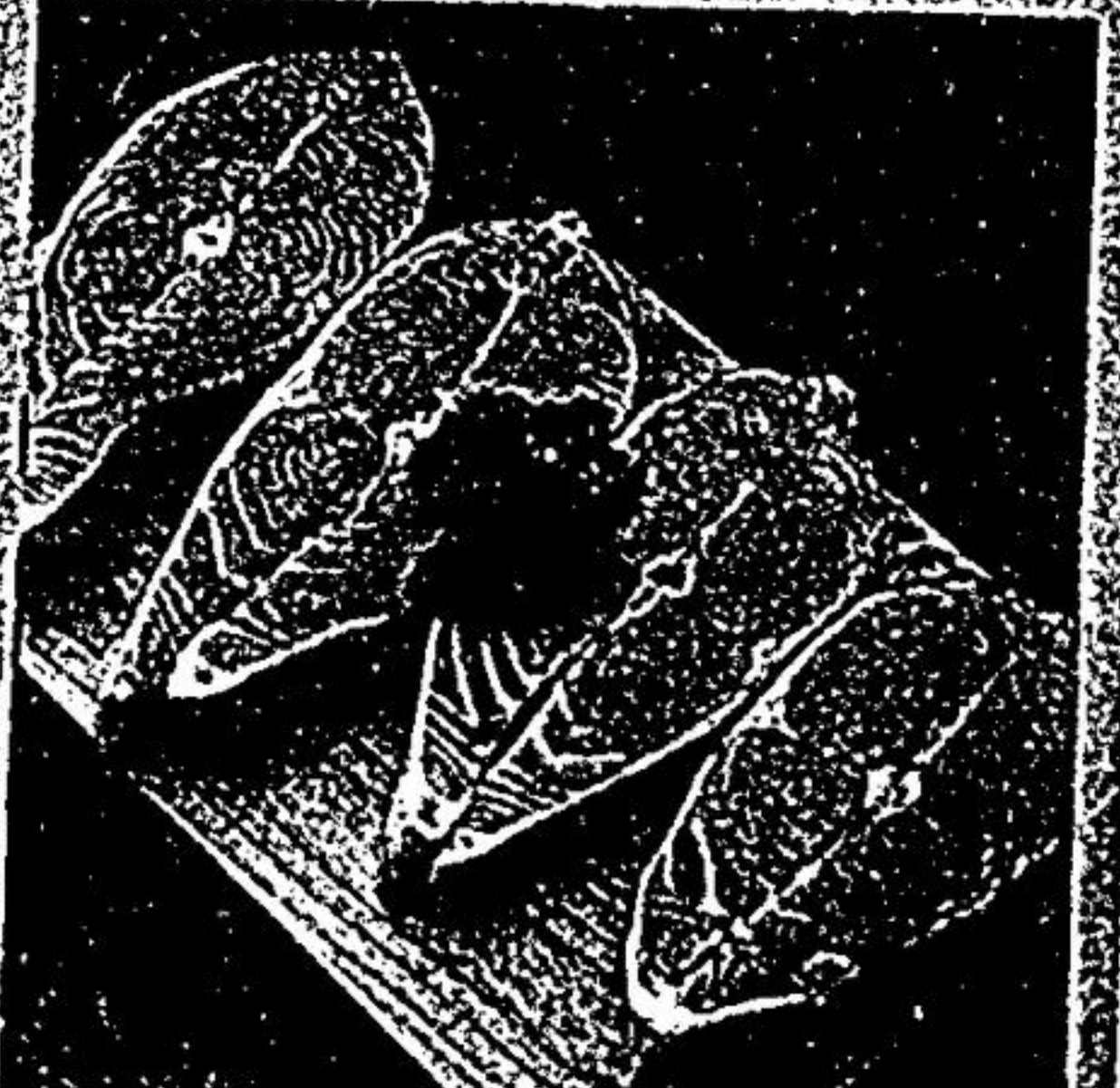
Quality & Service Bu



Pick Your Own From Our Tank **Fresh Lobsters** 131 per 100 g **5.95** per lb
 1 1/2 lb. avg. size



Whole Cooked Prawns (Shrimp) 41-60 Count **.66 per 100 g 2.99** per lb



B.C. Silverbright Salmon Steaks **.99 per 100 g 4.49** per lb



Stuffed Green Peppers **1.69** each



Stuffed Chicken Breasts 549 per kg **2.49** per lb



Fresh Chicken Kabobs