



# The GARDEN BASKET®

## FOOD MARKETS



*"Quality & Freshness Since 1929"*

Prices in effect Wednesday, July 7, 1999 until closing Tuesday, July 13, 1999

Readers  
Choice  
Award  
1998

BEST  
South & Eastern  
ECONOMIST & SUN AWARD

"FRESH FROM OUR GARDEN TO YOUR BASKET"

### Quality Fresh Produce

	Ontario Grown Fresh 'N Crisp	<b>.69</b> ea.
	Product of U.S.A. Extra Fancy	<b>3.99</b> ea.
	Ontario Grown Tender-Fresh	<b>.99</b> bunch
	Product of U.S.A. or Ontario Pump 'N Sweet	<b>2.99</b> pint
	Ontario Fresh Curly Leaf	<b>.99</b> bunch
	Ontario Fresh Crisp Slicing	<b>2/1.00</b>
	Ontario Grown Tender-Fresh	<b>.79</b> lb. (1.74 kg)
	Product of U.S.A. or Ontario Fresh	<b>2/1.00</b>

### Oven Fresh Bakery

	Delicious Cappuccino Cheesecake	<b>2.19</b> 9" cake
	Tasty Homestyle Brownies	<b>2.69</b> 300 g bag
	Fresh from the Oven Whole Wheat Bread	<b>.99</b>

### The Butcher Shop

	Fresh Ontario's Finest Poultry	<b>2.49</b> lb. (5.49 kg)
	Cut from Canada Grade AA-AAA Beef	<b>4.49</b> lb. (9.90 kg)
	Ontario Finest Pork Fresh	<b>5.49</b> lb. (12.40 kg)
	Jane's Lemon Pepper Cod Fillets	<b>11.00</b> 907 g box
	100% Pure Beef Extra Lean Ground Beef	<b>2.49</b> lb. (5.49 kg)

### Fresh & Frozen Seafood

	Fresh Crab Salad Chunks	<b>2.99</b> 454 g pkg.
	Fresh Rainbow Trout Fillets	<b>5.99</b> lb. (13.21 kg) Delivered Fresh Daily

Fresh Fish subject to availability.

### The Delicatessen

	French Brie Cheese	<b>7.99</b> lb. (1.76/100 g)
	Cherry Hill Medium Cheddar Cheese	<b>4.49</b> lb. (9.99/100 g)
	Cuddy Oven Roasted or Smoked Turkey Breast	<b>7.99</b> lb. (1.76/100 g)
	Mariposa Black Forest Ham	<b>4.49</b> lb. (9.99/100 g)
	Mariposa Prosciutto Ham	<b>4.99</b> lb. (11.00/100 g)

### Brand Name Groceries

	Pepsi, 7Up, or Schweppes Regular or Diet Soft Drinks 24x355 ml	<b>5.99</b> 2L Bottle
	Maxwell House Instant Coffee	<b>3.99</b> 200 g
	Minute Maid Premium Orange Juice or Five Alive	<b>1.99</b> 1.89 L
	Wonder Bread White or Whole Wheat	<b>.99</b> 675 g
	Kraft Dinner	<b>.88</b> 225 g
	Unico Beans	<b>.79</b> 19 oz.
	Unico Tomatoes	<b>.99</b> 28 oz.
	Crackerbarrel Cheesebars	<b>5.99</b> 620 g
	Kraft Fruit Jams	<b>2.99</b> 500 mL
	Kraft Miracle Whip	<b>3.79</b> 1 L
	Kraft Salad Dressing	<b>1.79</b> 250 mL
	Perrier Carbonated Mineral Water	<b>1.19</b> 750 mL
	Saffo Sunflower Oil	<b>2.69</b> 1 L
	Unico Red Wine Vinegar	<b>1.99</b> 1 L

**NUTRITION FACTS**  
How to Help Retain Vitamins in Foods

- Use a vegetable steamer.
- Buy foods in as unprocessed state as possible.
- Expose foods to as little oxygen, light, water, and heat as possible during food preparation and storage.
- Consume foods as soon as possible after purchasing or harvesting them.

Source: Nutrition for Healthy Living, Marcy J. Leeds

**BUSINESS HOURS**  
 WED. JULY 7: 6 am - 9 pm  
 THURS. JULY 8: 6 am - 10 pm  
 FRI. JULY 9: 6 am - 10 pm  
 SAT. JULY 10: 7 am - 8 pm  
 SUN. JULY 11: 9 am - 6 pm  
 MON. JULY 12: 6 am - 9 pm  
 TUES. JULY 13: 6 am - 9 pm

9275 Hwy. #48 (905) 471-0777 (6th AVE. HWY. 7)

\* We reserve the right of making changes. \* Prices based on regular prices at conventional The Garden Basket Food Markets. \* Although we strive for accuracy, both copy and illustrations errors may occur. We reserve the right to correct any errors. \* Specials only available while quantities last. \* Some photos are representative.