

GARDEN BASKET

"Quality & Freshness Since 1929"

Prices in effect Wednesday, February 5th, 2003 until closing Tuesday, February 11th, 2003.

Rosemary's Weekly Nutrition News

Here are some good foods to eat when you're battling a cold or flu:

- Bananas: soothes upset stomach
- Bell peppers: Loaded with vitamin C
- Blueberries: High in natural aspirin and may lower fever

Quality Fresh Produce

Product of California
Tender 'N Fresh
Broccoli .99
bunch

California Fresh,
Sweet 'N Juicy
SEEDLESS
Extra-Large Navel Oranges .79
lb. 1.74 kg

Product of Costa Rica
Sweet 'N Juicy
Extra Large Cantaloupes 1.49
ea.

Product of Argentina or U.S.A.
Sweet and Juicy
Bartlett Pears .99
lb. 2.18 kg

Product of U.S.A. or B.C.
Crisp 'N Sweet
Red Delicious Apples .99
lb. 2.18 kg

California Fresh
Earthbound Salads
Baby Romaine,
Baby Spinach,
Baby Mix Green
& Herb Mix 2.99
5 oz. pkg. **SAVE \$1.00**

California Fresh
Earthbound
Caesar & Italian Salads 3.99
7.5 oz. pkg. **SAVE \$1.00**

California Fresh
Earthbound
Romaine Hearts 2.49
Pkg. of 3 **SAVE \$1.50**

Fresh from Ontario Greenhouses
Available in a rainbow of colours
Fresh cut
Tulips & Daffodils 2.99
bunch

FREE
500g McCain Streusel Coffee
Cake with purchase of any
HIGGINS & BURKE
GOURMET COFFEE
or **HOT CHOCOLATE**
3.49
200 g - 240 g

ENTER CONTEST IN-STORE

This Valentines Day, Indulge your Senses with Higgins & Burke and McCain Gourmet Cafe!
FREE! Receive a McCain Streusel Coffee Cake free with the purchase of any 2 Higgins & Burke Gourmet Hot beverage Products!
(Promotion based on one Gourmet Cake per Purchase)

AND ALSO ... PLEASE ENTER OUR INSTORE DRAW TO WIN ...
- A romantic Dinner for 2 at "The School" Fine Dining Restaurant (value \$150.00) and ...
- A Fabulous Gourmet Gift basket. Complete ballot and enter at the Higgins & Burke Demo Cart February 7 - 9th. Draw: February 10th.

The Butcher Shop
Fresh Ontario
Veal Shoulder Blade Steaks 1.99
lb. 4.39 kg

Ground Several Times Daily
Extra Lean Ground Beef or Chicken 2.77
lb. 6.11 kg

Fresh, Ontario Grade 'A'
Whole Chickens 1.49
lb. 3.29 kg

Fresh Ontario
Pork Back Ribs 5.88
lb. 12.96 kg

Maple Lodge
Frozen Boneless
Chicken Breasts 8.99
2 lb. box

Fresh & Frozen Seafood
Fresh Fish subject to availability

Sea Smelts 2.99
lb. 6.59 kg

James Sole Fillets, Genuine Scottish Haddock Fillets 9.99
680 g - 800 g

The Delicatessen

Bittners
Black Forest Ham 4.49
lb. 99/100g

Galbani
Gorgonzola Cheese 7.99
1.24kg

Galbani
Provolone Cheese 6.99
1.24kg

Siena
Porchetta 6.99
1.54/100g

Siena
Prosciutto Ham 4.99
1.10/100g

Oven Fresh Bakery

In Store Baked
Light Rye Bread 1.19
Loaf

Black Forest or Cookies & Cream Cake 7.99
7" Cake

Stonemill Bakehouse
Muesli Bread 2.49
454 g loaf

Schaaf Foods
Twin Pack Loaf Cakes 4.49
2 x 350 g

Brand Name Groceries

Montclair
Spring Water .47
1.5 L bottle

Peek Freans
Cookies 1.99
350 g - 400 g

Bertoli
Extra Virgin Olive Oil 5.77
1 L

General Mills
Cheerios 2.87
Regular, Honeynut, Apple Cinnamon, Multigrain or Frosted
450 g - 575 g

Beatrice
Yogourt 3.99
175 g cups

Beatrice
100% Pure
Orange or Apple Juice 1.87
1.89 L

Charmin
Bathroom Tissue 2.77
8 roll

Sardo
Bean Soups .99
540 ml

St. Justin
Mineral Water .99
750 ml

McCain
Deep 'n Delicious Pizza 2.49
385 g - 425 g

Lancia
Lasagna 1.49
500 g

Ruffles or Cheetos
Chips or Cheesesticks 1.99
255 g

Wonder
Texas Toast 1.49
White or 100% Whole Wheat
675 g

Sensational
Soy Blends or Beverages 2.99
1.89 L

FRESH FROM OUR GARDEN TO YOUR BASKET

VISIT WWW.THEGARDENBASKET.COM

REGULAR BUSINESS HOURS

MONDAY 8 am - 9 pm	TUESDAY 8 am - 9 pm	WEDNESDAY 8 am - 9 pm	THURSDAY 8 am - 9:30 pm	FRIDAY 8 am - 9:30 pm	SATURDAY 7 am - 8 pm	SUNDAY 9 am - 6 pm
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9275 Markham Rd. 18th AVE. E. McCowan Hwy. 7. MARKHAM

905-471-0777

We reserve the right to limit quantities. No rain checks. Savings based on regular prices at conventional The Garden Basket Food Markets. Although we strive for accuracy in both copy and illustrations, errors may occur. We reserve the right to correct any errors. Specials only available while quantities last. Some photos are representational.