

THE GARDEN BASKET

Since 1929




4 until closing Wednesday, January 14th, 2004.
"SERIOUS SAVINGS!"


The Butcher Shop & Seafood


ROSEMARY'S HEALTH, FITNESS & NUTRITION NEWS EXERCISING IN THE COLD


The biggest concern for exercising in the cold is hypothermia, or too much heat loss. By wearing clothing in layers, you have the ability to change the amount of insulation that is needed while many new products can provide such a layered barrier, it is important to avoid heavy cotton sweats or tightly woven material that will absorb and retain water.


Brand Name Groceries

fresh
Boneless Skinless Chicken Breasts

3.99
 lb. 8.80 kg

Kellogg's
Cereal
 Corn Flakes (525 g)
 Rice Krispies (350 g)
 Rice Krispie Square Bars (176-200 g)

1.99

Black Diamond Cheesebars

4.99
 600 g

Made Several Times Daily
Extra Lean Ground Beef

2.49
 lb. 5.49 kg


McCain
International or Rising Crust Pizza

4.99
 464 g 920 g


Black Diamond Cheeseslices

2.99
 500 g

fresh Store Made
Extra Lean Pork Sausages

2.69
 lb. 5.93 kg

Bone-In
Turkey Breasts

2.99
 lb. 6.59 kg

Naya
Spring Water

.79
 1.5 L

Astro
Yogourt

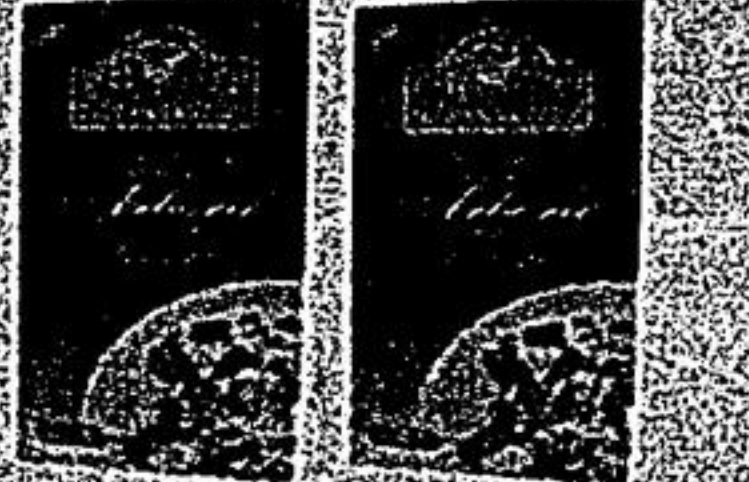
3.88
 12 x 125 g

fresh
Filapia Fillets

6.77
 lb. 14.93 kg

Janes
Traditional Battered or Crispy Fish Fillets

5.99
 680 g

Marcella's
Arborio Rice

1.78
 1 kg

Admiral
Flaked Light Tuna

.69
 170 g

The Delicatessen

Cuddy
Oven Roast Turkey Breast


7.99
 lb. 1.76/100 g

Maple Lodge
Chicken Breast

4.99
 lb. 1.10/100 g

Siena
Prosciutto Ham

4.99
 lb. 1.10/100 g


Cuddy
Black Forest Ham

4.49
 lb. .99/100 g

Bittners
Black Forest Ham

4.49
 lb. .99/100 g

Tre Stelle
Havarti or Havarti Lite

5.99
 lb. 1.32/100 g

Kellogg's
Pop Tarts

1.68
 300 g

Chef Boyardee
Pasta

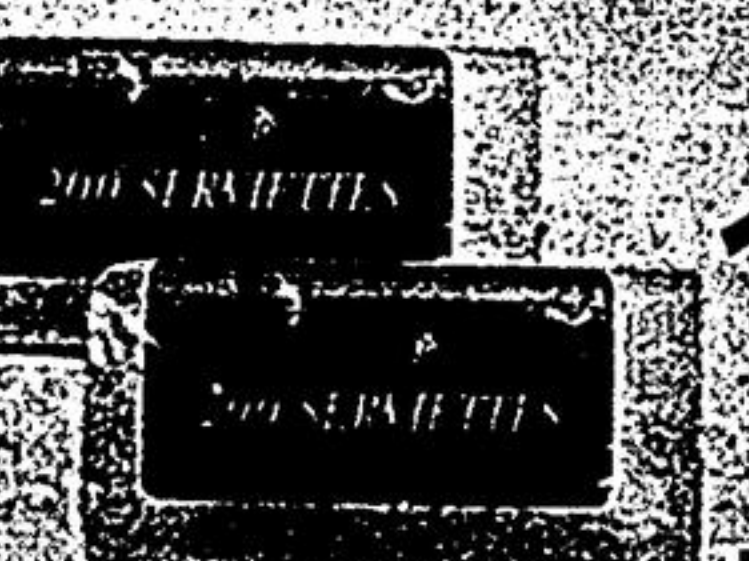
.99
 425 g


Hunt's Thick 'n Rich
Pasta Sauce

.99
 680 ml

Hunt's
Snack Pack Pudding

1.29
 4 x 99 g

Cosmos
Serviettes

1.29
 200's

Kellogg's
Nutri Grain Bars

2.49
 295 g

FRIDAY 8 am - 9:30 pm
SATURDAY 7 am - 8 pm
SUNDAY 9 am - 6 pm
 9275 Markham Rd. 905-471-0777
 16th AVE. HWY. 7 MARKHAM

at conventional The Garden Basket Food Markets although we strive for accuracy in... specials only available while quantities last... some photos are representational.

VISIT WWW.THEGARDENBASKET.COM