



# Celebrating 75 Years

"Quality & Freshness"

## The Butcher Shop & Seafood



Aged for 21 days, cut from Canada AAA Beef  
**Beef Tenderloin**  
 Grilling Steaks or Premium Oven Roasts  
 Limit 3 Family Pack

**9.75**



Ocean Jewel 31/40 size  
**Easy Peel Raw Shrimps**  
 Limit 4

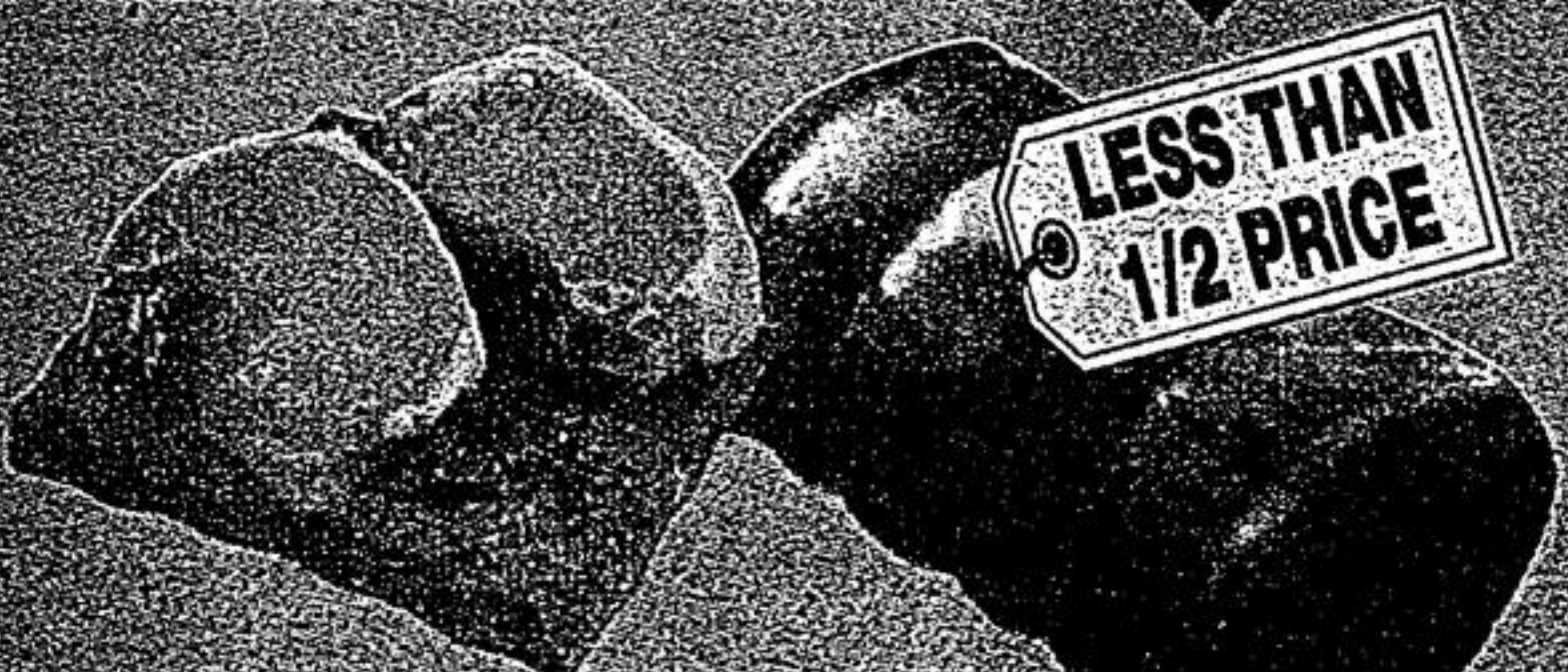


**3.75**



**Fresh Atlantic Salmon Fillets**  
 Limit 3 packages.

**4.75**



**Fresh Boneless Centre Cut Pork Loin Chops or Roasts**  
 Limit 3 Packages

**2.75**



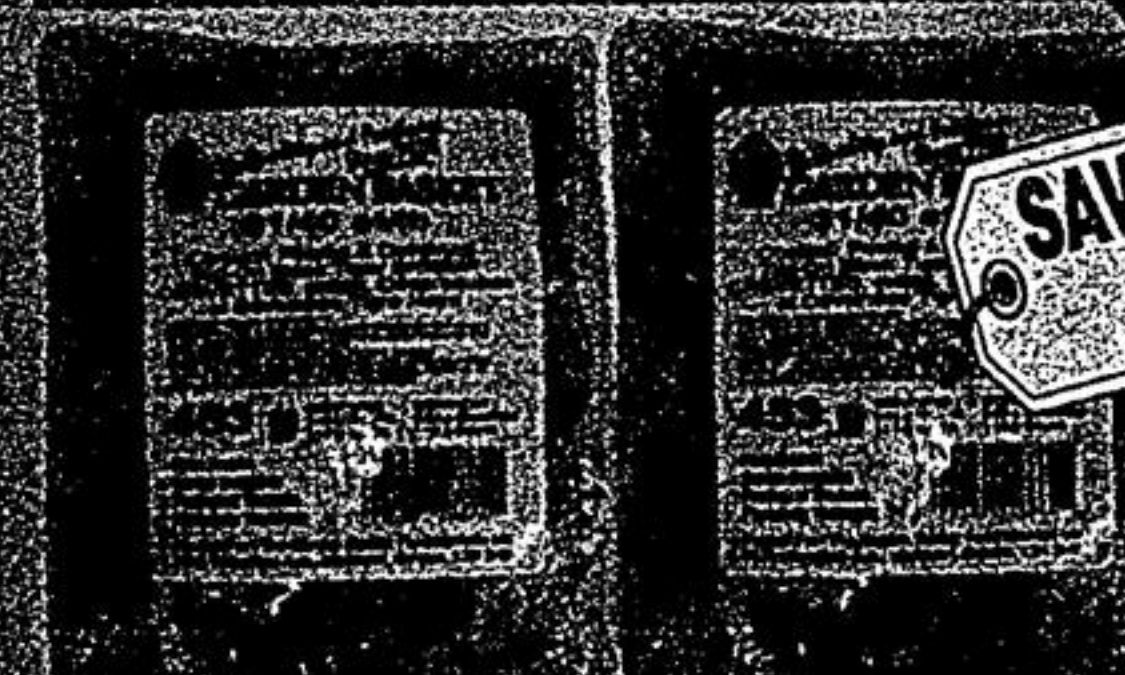
**Fresh Boneless Skinless Chicken Breasts**  
 Limit 3 Packages

**3.75**



**Northern King Seafood Sensation**  
 Limit 3 Packages

**2.75**



**The Garden Basket 31/40 Size Cooked Shrimps**  
 Limit 4

**5.75**



**Niagara Smoked Fish Smoked Wild Sockeye Salmon**  
 Limit 4

**2.75**



**Shop's Bacon**

**3.75**

### Oven Fresh Bakery



**The Bakery Bar Cakes**  
 Double Chocolate  
 White Chocolate  
 Caramel Chocolate  
 From the Service Counter

**8.75**



**In Store Baked Daily Large Croissants**

**7.175**



**Elite Sweets Tiramisu**

**4.75**



**In Store Baked Shortbread Cookies**

**3.75**

**WHAT MAKES OUR MEAT DEPARTMENT SO GOOD?**

- All of the meat in our counter is cut on site.
- We sell only AA, AAA Canadian beef which is aged for a minimum of 21 days to ensure maximum tenderness & flavour.
- We offer an array of specialty cuts and some "home made" stuffed chicken breasts, stuffed chicken thighs, and stuffed veal & pork roasts, not to mention our famous in store made sausages (regular or extra lean).
- All of our meat comes direct from the supplier, and not through a distribution centre, which ensures the freshest meat possible.
- Experience butchers with over 20 years of meat cutting experience.
- Great quality & great value.

### Gourmet To Go Sushi Bar



**Cooked Fresh Several Times Daily Chicken Legs**

**4.375**



**12 Pcs of California Rolls**

**5.75**