



The GARDEN BASKET

www.thegardenbasket.ca

"Wishing You and Your Family Health and Happiness in 2005"

HOT PRICE

1.18
lb
2.60 kg
WHOLE PORK SHOULDER

HOT PRICE

.98
lb
2.16 kg
FRESH WHOLE PORK LEGS (PROSCIUTTO)

WHILE SUPPLIES LAST!
PLEASE ADD 30¢ PER LB. FOR DE-BONING OR GRINDING

HOT PRICE

1/2 PRICE

5.98
lb.
13.18 kg
T-Bone Grilling Steaks

AGED FOR 21 DAYS
CUT FROM CANADA AAA BEEF

HOT PRICE

LESS THAN 1/2 PRICE

1.68
1.89 L
Tropicana Orange Juice Original or Homestyle

THURSDAY - SUNDAY ONLY

HOT PRICE

LESS THAN 1/2 PRICE

.98
560 ml / 8 x 70 ml
Hunts Squeeze 'N Go Appleblasts

*Apple Cinnamon
*Strawberry/Kiwi

Quality Fresh Produce

SAVE .50¢

.98
bunch
Product of U.S.A. Tender 'N Fresh Broccoli

SAVE \$1.00

3.98
5 lb. case
Product of China Seedless Mandarin Oranges (While Quantities Last!)

SAVE \$2.00

2.98
pint
Product of U.S.A. Lusciously Sweet Strawberries

SAVE .30¢/LB

.98
lb.
2.16 kg
Product of U.S.A. Crisp 'N Tart Granny Smith Apples

SAVE \$1.00/LB

1.98
lb.
4.37 kg
Product of Chile Sweet 'N Juicy Tree-Ripe Nectarines or Peaches

SAVE .50¢/LB

.98
lb.
2.16 kg
Product of Italy Sweet Kiwi Fruit

1/2 PRICE

.88
each
Fresh from the Tropics Sweet 'N Juicy Mangoes or Papayas

The Flower Garden

Ontario Greenhouse Grown Colourful Mum's

SAVE \$2.00

4.98
6" Pot

Bulk Foods

Freshly Roasted Salted or Non-Salted Blanched Peanuts (No Shell)

SAVE \$1.00/LB

1.48
lb.
3.26 kg

11 Piece Sushi

6 pcs. of California Rolls & 5 pcs. of Futo Maki

SAVE \$1.00

5.98

Rosemary's Nutritional News

Broccoli has as much Vitamin C as an orange and almost as much calcium as milk. Broccoli is also recognized as a cancer fighter.

Mangoes are the third most nutrient dense fruit. One medium Mango is an excellent source of Vitamin A and a good source of Vitamin C and E. Mangoes also contain Pectin, a soluble fiber important for controlling blood cholesterol.

For more nutritional information visit our web site
www.thegardenbasket.ca

Prices in effect Thursday, January 6th, until closing Wednesday, January 12th, 2005.