

GARDEN BASKET FOOD MARKET PRICE SALE

With These Hot Savings!
price. While Quantities Last.
closing Wednesday, April 13, 2005.

Rosemary's healthy product of the week - All Natural Peanut Butter

**Did you know ... you could make your very own
All Natural Healthy Peanut Butter at The Garden Basket?**

Our all natural peanut butter comes from fresh, dry roasted, unsalted peanuts. We have a special machine located in our bulk food section that will grind the fresh peanuts into delicious, inexpensive, healthy peanut butter within seconds.

What are the benefits of All natural Peanut Butter (and other all natural nut butters)?

- No artificial flavours, colours, preservatives * No Stabilizers, Extenders or Fillers
- Rich in Mono & polyunsaturated fat (the good fat) and low in saturated fat (the bad fat)
- Trans Fat free * Gluten Free * Cholesterol Free * Low in sodium

Other Peanut Butter Benefits:

- It's satiating and satisfying, perfect for dieters because it keeps you feeling full for longer.
- It helps reduce your risk of heart disease because of its health protective mono & poly-unsaturated oil, folate, Vitamin E, & magnesium.
- It's a reasonable source of vitamins, minerals, and other health protective food compounds.
- It contains fiber

Tip: All natural nut butters are made without additives and should be kept refrigerated to prevent rancidity.

Nestle Pure Life Spring Water

1/2 PRICE

1.98
12 x 500 ml
Limit 4

Old South Frozen Orange Juice

• Original & Pulp Free only

1/2 PRICE

1.58 355 ml
Case of 12...6.96
Limit 12

Five Alive Citrus Beverage

1/2 PRICE

1.88
2.84 L jug
Limit 3

Imported From Germany Eduscho Premium Coffee

1/2 PRICE

2.48 500 g
Limit 3

Colavita Balsamic Vinegar

1/2 PRICE

1.98
500 ml
Limit 3

Scotti Risotto or Pesto Sauce

1/2 PRICE

1.78 ea.
300 g
Pesto Sauce 135 g
Limit 4

Catelli Pasta

- Whole Wheat
- Multi-Grain
- Flax Omega 3

1/2 PRICE

1.85 375 g
Limit 6

Imported from Germany Knax Pickles

1/2 PRICE

1.48 796 ml
Limit 4

Aged for 21 Days, Cut From Canada AAA Beef, Whole In Cryovac

Boneless Eye Of Round Oven Roasts

1/2 PRICE

2.68 lb.
5.91 kg. Limit 2 Roasts

Fresh Bone-In Chicken Breasts

1/2 PRICE

1.98 lb.
4.37 kg. Limit 3 pkgs.

European Quality Meats Canadian Back Bacon

97% Fat Free

1/2 PRICE

1.98 250 g pkg
Limit 4 pkgs.

Fresh Boneless Centre Cut Pork Chops

1/2 PRICE

2.98 lb.
6.57 kg. Limit 4 pkgs.

Ocean Jewel 31/40 Size Cooked Shrimps

1/2 PRICE

4.98 340 g package
Limit 4 pkgs.

Niagara Smoked Wild Sockeye Salmon

1/2 PRICE

2.75 85 g
Limit 4 pkgs. **WILD**

Functional Gourmet Foods Bran Raisin Muffins

1/2 PRICE

1.38 6 pack
Limit 4 pkgs.

Amore, Jumbo Gourmet Cinnamon Buns

1/2 PRICE

2.98 450 g 6 pack
Limit 4 pkgs.

ed on regular prices at conventional The Garden Basket Food Markets • Although we strive for accuracy to correct any errors • Specials only available while quantities last • Photos are representational only.