

# OPEN

# LET

## Fier's Day

**Closing Wednesday, June 22, 2005**

### Rosemary's healthy product of the week

#### In-Store Baked, European Style, Artisan Whole Grain Bread

- All Natural ingredients
- No artificial preservatives or flavour
- Made with whole grains (wheat, rye, triticale, barley, soya grits, millet) all a very good source of fibre, complex carbohydrates, and folic acid. It keeps you feeling full to help you maintain caloric intake, doesn't spike insulin levels.
- Contains Flax seeds (A good source of fibre & Omega-3, helps you maintain your weight, keeps you regular, fights cholesterol, heart disease and hypertension)
- Only 70 calories / serving • 1g of total fat • 3g of fibre • 3g of protein

**WE CARRY 16 DIFFERENT VARIETIES OF ALL NATURAL, HEALTHY ARTISAN BREADS.** Including, Cheddar cheese, Asiago Cheese, Flax, Sundried Tomato, Roasted Garlic, Olive, Walnut Raisin and many more.

**ON SALE THIS WEEK**

**1.98** / Loaf

**SAVE \$1.00**

**SAVE \$3.00**

Angus Roadhouse Burgers 6 x 6 oz.

**Ben & Jerry's OR Breyers Ice Cream Bars**

**1/2 PRICE**

**2.75** 3 or 6 pack

- Vanilla
- Cherry Garcia
- Vanilla Crunch

### Brand Name Groceries

**Heinz Tomato Juice** 1.36 L **.98**

**Coronation Dill Pickles** 1 L **1.78**

**Coronation Sweet Relish** 375 ml **.78**

### Top Seafood

**SAVE \$2.00/LB**

Aged for 21 Days, Cut from Canada AAA Beef **Top Sirloin Grilling Steaks**

**5.88** lb. 12.96 kg

**SAVE \$3.00/LB.**

Fresh **Pork Tenderloins**

**4.48** lb. 9.88 kg

**SAVE \$2.00/LB.**

Fresh **Tilapia Fillets**

**6.88** lb. 15.17 kg

**Hunt's Thick 'N Rich Pasta Sauce** 680 ml **.98**

**1/2 PRICE**

**Doritos or Miss Vickie's Potato Chips** 240 g - 300 g **2.48**

**Premium Plus or Bits & Bites** 225 g - 450 g **2.18**

### Over Fresh Bakery

**Healthy product of the Week**

**In Store Baked Large Croissants** 6/1.88

**In Store Baked Apple Pie** 5.48 LG 10"

**In Store Made Strawberry Cheesecake** 1.98 / Loaf

**Trans Fat Free Mini Muffins** 2.28 / 12 pack

**General Mills Cereal**

- Cinnamon Toast Crunch
- Reese Peanut Butter Puffs
- Count Chocula

**2.88** 375 g - 400 g

**Nescafe Instant Coffee** 200 g **2.98**

**Higgins & Burke Roast & Ground Premium Coffee** 227 g **3.98**

**Vim Oxyclean Gel** 1 L **2.48**

**Nice 'N Soft Facial Tissue** 85's **.68**

**1/2 PRICE**

**Snuggle Ultra Fabric Softener (90 Loads)** 2.7 L **5.88**

**SAVE \$4.00**

**Del Monte Fruit Jars** 540 ml **1.98**

**Green Giant Canned Vegetables** 14 oz - 398 ml **.68**

**12-piece Sushi**

**12 pcs. of California Rolls** Made fresh several times daily! **5.98**