

# GARDEN BASKET

to your Basket Since 1929

Closing Wednesday, July 6, 2005.

## DID YOU KNOW...

Our Web Site has an extensive nutritional information centre? visit us at [www.thegardenbasket.ca](http://www.thegardenbasket.ca) for valuable & important information on food, health and nutrition for everyday healthy living!

## Rosemary's healthy product of the week

### PINEAPPLES

Pineapples are a good source of vitamin C, with 40 percent of the RDI (recommended dietary intake) which will help to strengthen your immune system. They also contain useful amounts of thiamin, folate, vitamin B6, iron and magnesium. They are a source of soluble fiber, which aids in controlling high blood cholesterol. Pineapples also contain a special enzyme called bromelain, which helps the body's digestive system.

SAVE \$2.00

3.98



ON SALE THIS WEEK

fish  
less  
e Cut  
n Chops



2.98  
lb.  
6.57 kg

1/2 PRICE

Northern King  
31/40 size  
Cooked Shrimps

SAVE \$8.00

HUGE  
908 G  
BAG



9.98

## Brand Name Groceries



Mastro Tuna in Oil  
1/2 PRICE  
.48 99 g

Hellmann's Mayonnaise  
2.98 950 ml

Sealtest Sour Cream  
1.68 500 ml

Nestle Parlour Ice Cream  
2.98 2L  
SAVE \$2.00

Sunkist Flavour Burst Fruit Snacks  
1/2 PRICE  
.98 215 g

Mastro Arborio Rice  
1.48 750 g

## Top Seafood

AIR CHILLED GRAIN FED  
1/2 PRICE  
Fresh Chicken Thighs  
1.18 lb.  
2.60 kg  
Great on the grill!

Aged for 21 days  
Cut From Canada AAA Beef  
Inside Round Roast  
2.98 lb.  
6.57 kg  
SAVE \$2.00/LB.

Fresh, Boneless & Skinless  
Atlantic Salmon Fillets  
3.48 6 oz portion  
Great on the grill!

Lavazza Rossa Espresso Coffee  
2.88 250 g Brick  
1.98 1 kg Beans

Royale 2 Ply Bathroom Tissue  
1.98 8 roll  
1/2 PRICE

## Oven Fresh Bakery

In-Store Baked Pies  
• Apple • Apple Crisp  
• No Sugar/Apple  
3.48 8" pie

Schaaf Foods Loaf Cakes  
2.68 390 g

Olesen's Family Bakery Danish Kringle  
1.98 Loaf

In Store Made Fruit-Topped Cake  
1.38 8" cake

San Benedetto Spring or Sparkling Water  
4.88 1.6 x 1.5 L  
SAVE \$2.00

Mastro Extra Virgin Olive Oil  
4.88 1 L

Maxwell House Roast & Ground Coffee  
1.98 300 g

Majesta Paper Towels  
3.48 8's

Kellogg's Special K or Frosted Flake Bars  
1.98 138 g 144 g

9 piece Sushis  
6 Pcs. of California Rolls and 3 pcs. of Inari Sushi  
5.48

Based 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.

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