

Product of USA Super Sweet
Vidalia Onions
.98 lb 2.16kg

SAVE .50/LB

The Vidalia Onion has outstanding nutritional qualities!

Serving Size: One Medium Onion (150g)

- A good source of Vitamin C and potassium
- Fat Free and only 60 calories
- Cholesterol Free and low in Sodium (10mg)
- Contains 2.8g of dietary Fibre



GARDEN BASKET

® Putting Quality & Freshness in

Quality fresh Produce

California Fresh Lusciously Sweet Strawberries
SAVE \$1.00
1.98 pint

Fresh from the Tropics! Super Sweet Golden-Ripe Pineapples
1/2 PRICE
2.98 ea. (\$3.98 Cored)

Product of Costa Rica Delmonte, Sweet 'N Juicy Cantaloupes
3/2000
OR .99 ea.

1/2 PRICE

Cantaloupes are an excellent source of Vitamin A, Vitamin C and Potassium. It is also a good source of Dietary Fibre, Niacin, Vitamin B6 and Folate.

While Quantities Last

Product of Canada, No. 1 Grade, Fresh Baby Portobella Mushrooms
2.98 12oz pkg
SAVE \$1.00

Fresh from Ontario Greenhouses Seedless English Cucumbers
SAVE .50
.98 ea.

Organic Product of USA or (Mex.) Sweet 'N Juicy Organic Valencia Oranges (Great for Juicing!)
SAVE \$2.00
2.98 4lb bag

Fresh from Ontario Greenhouses Sweet (Cherry on the vine) Amorosa Tomatoes
2.98 11lb pkg
SAVE \$2.00

Juice Bar
 Freshly Squeezed Daily Florida Sweet Orange Juice
SAVE \$1.00
2.98 1L Bottle
 (Fill your own bottle)

Bulk Food
 Product of Canada Naturally Sweetened Dried Cranberries
SAVE \$3.00/LB
6.98 lb 15.39kg

The Flower Garden
 Beautiful, Columbian Long Stem Roses
1/2 PRICE
9.99 doz (Variety of Colours)

Aged for 21 Days, Cut from Alberta Select Beef
1/2 PRICE
Beef Tenderloin Grilling Steaks
8.88 lb 19.58kg

Great on the GRILL!

Fresh Boneless Pork Sirloin Chops
1/2 PRICE
1.98 lb 4.37kg

Great on the GRILL!

Fresh Pork Side Rib
2.48 lb 5.47kg
SAVE \$1.00/LB

Great on the GRILL!

The Butcher Shop
 In Store Made Extra Lean Pork Sausages
SAVE \$1.00/LB
2.88 lb 6.35kg

Great on the GRILL!

Aquastar, 51/60 Size Raw Easy Peel Shrimps
SAVE \$3.00
5.98 Large 680g Bag

The Delicatessen

Woolwich Goat Brie Cheese
5.98 ea 180g

Maple Leaf Black Forest Ham
1.18 /100g

Mariposa Montreal Smoked Pastrami
1.18 /100g

Pillers Gypsy or Mustard Seed Salami
1.68 /100g

Summer Falafel Pako & Samosa
3.48 ea 27