

# Michael



**produce**

Product of U.S.A., No. 1  
Jumbo  
**Green Peppers**  
**.99** lb  
2.18 kg

Product of U.S.A., No. 1  
Organic  
**Strawberries**  
**2.99** 1lb  
container

Product of U.S.A. or Canada  
Large  
**Eggplant & Green  
Zucchini**  
**.99** lb  
2.18 kg

Product of Chile  
Large  
**Kiwi**  
**.99** lb  
2.18 kg

Product of Canada  
Sweet  
**Grape Cherry Tomatoes**  
**1.99** pkg

Product of U.S.A.  
POM Wonderful  
**100% Pomegranate  
Juice**  
**3.99** 473ml  
bottle

**produce**

Product of U.S.A.,  
No. 1, Sweet  
**Peaches**  
**.99** lb  
2.18 kg

**grocery**

**Cheerios**  
Cereals  
• Original (425g)  
• Honey Nut (375g)  
**1.99** box

oven fresh **bakery**

Large or Multigrain  
**Croissants** **5/1.99**

Homestyle  
**Brownies** **2.49** pkg

Angel Food  
**Cake** **2.69** ea

Dempster's  
100% Whole Wheat  
**Bread** **1.49** 675g  
loaf

**snacking** foods

Large Size  
Freshly Roasted  
In-Shell  
**Peanuts** **.99** lb  
2.18 kg

quality tender **meat**

Fresh  
**Pork Tenderloin** **3.99** lb  
8.80 kg

Maple Leaf  
Less Salt or Regular  
**Side Bacon** **3.99** ea  
500g

Minced Daily  
**Extra Lean  
Ground Beef** **2.69** lb  
5.93 kg

Quality Meats, 4 Flavours  
**Smoked Pork  
Sausages** **6.99** ea  
1 kg

Fresh  
**Chicken Drumsticks** **.99** lb  
2.18 kg

Cardinal, Regular or Angus  
Frozen, Roadhouse  
**Beefburgers** **8.99** ea  
1.21 kg

*come join us on our outdoor patio & b.b.q!*

Introducing **NEW!**  
Grilled Chicken Breast on a bun using premium, grain fed, air chilled chicken & Grilled  
Steak on a bun using premium Northridge Farms AAA ribeye Alberta Beef

**HEART & STROKE  
FUNDRAISING EVENT**

Purchase a grilled chicken breast on a bun or a grilled ribeye steak on a bun on Friday, June 16th or Saturday, June 17th and 1/2 the sales will go to benefit The Heart & Stroke Foundation

delectable **seafood**

Fresh  
**Hallbut Fillets** **9.99** lb  
22.02 kg

Frozen, 31-40 Count  
Ocean Jewel  
**Cooked Tail On Shrimp** **4.99** ea  
340g

**garden  
centre**

Assorted Colours & Varieties  
Of  
**ROSES** **9.99** 2 gallon  
pot  
\*While supplies last

Assorted Colours & Varieties  
Of  
**HYDRANGEAS** **9.99** 2 gallon  
pot  
\*While supplies last