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ket Since 1929

2006 Winner of the Consumers Choice Award! 10 Years in a Row! 1997-2006. We wish to extend our sincerest gratitude for the confidence you place on us and pledge to continue providing you with the finest quality, service and value.

Consumers' Choice Award 1997 - 2006 For Business Excellence

Readers' Choice Award Winner 2005 Economist & Sun

healthy product feature

Atlantic Salmon

It's hard to think of another food that has as many proven health benefits as Salmon! When considering the cost of Salmon, keep in mind the true value of what you're buying. Given the sky-rocketing cost of health care & pharmaceutical drugs, what is the value of optimum health? How much would you pay for improved heart, brain, eye & immune system health for you & your children? **Salmon is an extremely powerful "anti-aging" food for your heart & brain. It contains two critical omega-3 fatty acids, EPA & DHA.**

EPA is a "near miracle" for your health. They promote normal cholesterol & triglyceride levels & improve blood flow, decreasing the chance of a heart attack or stroke. They also promote healthy skin & enhance immune function.

DHA plays an essential role in brain function. More than half of your brain consists of fat, & DHA is the most abundant. DHA levels play a critical role in cognitive functioning and normal levels are needed for optimal memory & brain function.

Other Potential Benefits of Salmon: Rheumatoid Arthritis Relief, Colitis Fighter, & Cancer Fighter.

Recommendation: Eat 2 Salmon meals per week to reap the many wonderful benefits!

On Sale This Week!

Brand Name Groceries

McCain **Deep 'N Delicious Pizza** — 1/2 PRICE
1.48 410g (Limit 6)

Black Diamond **Cheesebars** — 1/2 PRICE
• Mozzarella
• Mozzarella Lite
3.98 600g (Limit 6)

Heinz **Ketchup**
2.68 1L

Natur 100% All Natural **Peanut Butter** — SAVE $1.20
2.48 500g

Ocean's **Pink Salmon** — SAVE .80
.98 213g

Lavazza Rossa **Espresso Coffee**
9.98 1kg bag
SAVE $4.00

Fruite **Fruit Beverage**
1.48 2L

Tchibo Roast & Ground **Premium Coffee** — 1/2 PRICE
2.98 227g

op & Seafood

Aged for 21 Days, Cut from Canada Select Beef **Beef Tenderloin Grilling Steaks** — SAVE $7.00/LB
10.88 lb 23.99kg
Great on the GRILL!

Fresh **Atlantic Salmon Steaks** — SAVE $2.00/LB
5.98 lb 13.18kg
Great on the GRILL!

Cardinal Meats **Roadhouse or Angus Beef Burgers**
7.98 1.02kg 1.21kg
Great on the GRILL!
SAVE $2.00

General Mills **Golden Grahams or Reese Puffs**
2.98 385g - 400g

Loacker **Quadratini Wafers**
1.88 250g
SAVE $1.00

Mastro **Balsamic Vinegar** — SAVE $1.00
1.98 500ml

Old South **Frozen Orange Juice or McCain Punches**
.58 355ml

Mastro **Arborio Rice**
1.48 750g

net-To-Go®

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SAVE $2.00
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Oven-Fresh Bakery

In Store Baked **Artisan Baguettes** — SAVE .50
.98 Loaf

Homestyle **Two-Bite Brownies** — SAVE .70
2.48 300g

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

Peter's Pastries **Chocolate Truffle or Mocha Torte** — SAVE $4.00
14.88 7" cake

Mastro **Italian Tomatoes**
.98 28oz

D'Italiano **Bread** (675g) **or Buns** (8's)
1.68 Each

11 piece Sushi
8 Pcs California Rolls & 3 Pcs. Tofu Sushi
5.48

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

9275 Markham Rd. 905-471-0777