

Joseph's Pick of the Week

Ontario Farm Fresh No. 1 Grade, Super Sweet

Peaches 'N Cream Corn

1/2 PRICE

5/98

Corn is a good source of vitamin C and contains folate, thiamine, potassium, iron, fiber & vitamin A.
1 medium (90g)
Cob = 80 cals, 1g fat, 17g carbs, 2g fiber, 3g sugar, 3g protein.

GARD BASKET

Putting Quality & Freshness into your Basket

Quality fresh Produce

Product of USA No. 1 Grade, Sweet

Red Cherries

1/2 PRICE

1.98 lb

Ontario Fresh No. 1 Grade

Celery Stalks

1/2 PRICE

.98 Each

Ontario Fresh No. 1 Grade

White Cauliflower

SAVE .50

1.48 Each

Product of Ontario, No. 1 Grade

Jumbo Size Cantaloupes

SAVE \$1.00

1.98 Each

Northern King, Easy Peel

Jumbo 16/20 Size Raw Tiger Shrimps

SAVE \$6.00

8.88 Large 680g bag

Great on the GRILL!

Aged for 21 Days, Cut from Canada AA, AAA Beef

Boneless Strip Loin Grilling Steaks

SAVE \$5.00/LB

16.98 lb 15.39kg

Great on the GRILL!

Product of Mexico

Extra Large Mangoes

SAVE .50

.78 Ea.

Product of USA

Red Seedless Grapes

SAVE \$1.00/LB

1.98 lb 4.37kg

Product of USA No. 1 Grade

Cut Seedless Watermelon

SAVE .30/LB

.68 lb 1.50kg

Product of USA or Canada

Regular Eggplants

1/2 PRICE

.98 lb 2.16kg

Boneless

Centre Cut Pork Loin Chops

3.88 lb 8.55kg

Great on the GRILL!

SAVE \$2.00/LB

The Butcher Shop

Made Several Times Daily

Extra Lean Ground Beef

2.68 lb 5.91kg

SAVE \$1.30/LB

Janes Oven Roasted Chicken Breasts

9.78 550g Box

SAVE \$2.00

Fresh from Ontario Greenhouses Koolinis

Cherry Tomatoes on the Vine

SAVE \$1.00

2.98 2lb Pkg.

Product of Ontario, No. 1 Grade (Excellent for Salads)

Field Pickles

SAVE .30/LB

.68 lb 1.50kg

The Flower Garden

Ontario Grown

Potted Mums

SAVE \$3.00

4.98 Each 6" Pot

The Delicatessen

Silani Feta Cheese

2.68 200g tub

Brandt Honey Ham

1.18 /100g

Silani Provolone Cheese

1.68 /100g

Mariposa Corned Beef

1.18 /100g

LES CIGUET PREMI CAKES

- Fieldber
- German
- White V