

# THE GARDEN BASKET



your Basket Since 1929

### healthy product feature

**Sticklings, Certified Organic Cookies, Muesli Mix or 7 Grain Bread**

All Sticklings products are 100% Natural, contain Certified Organic Ingredients, have No Preservatives, No Additives and best of all... They Taste Delicious!

**Sticklings Cookies:**  
 • Comes in 2 varieties: Spelt Harvest, made with stoneground organic whole-grain spelt & oat flakes and Kamut Vanilla Crescents made with freshly stoneground organic whole-grain kamut. Both varieties are sodium free; low in cholesterol and contain 2g of fibre per serving!

**Sticklings Muesli Mix:**  
 • Comes in 2 varieties: Date & Hazelnut (sodium free) and Apple Raisin (low in sodium). Both varieties are cholesterol free, high in fibre and protein.

**Organic 7 Grain Bread:**  
 Made with Wheat, Rye, Spelt, Flax and Oats. Cholesterol Free, 4g of Protein and 2.5g of Fibre per serving!  
 Available in the Bakery Department

**SAVE \$1.00**

**368** Each 250g - 750g

**General Mills Oatmeal Crisp Cereal**

**1/2 PRICE**

**248** 475g - 525g (Limit 6)

**Folgers Roast & Ground Coffee**

**SAVE \$3.00**

**498** 1kg (Limit 4)

## Brand Name Groceries

**Pillsbury Crescent Rolls** **1/2 PRICE** **.98** 235g

**Florida's Natural Fruit Snacks** **SAVE \$1.00** **168** 8 pack

**Nestle Purelife Spring Water** **198** 12x500ml

**Kellogg's Pop Tarts or Nutri-Grain Bars** **SAVE UP TO \$1.00** **198** Each

**Dare Pear Paws Soft Cookies** **PEANUT FREE** **288** 300g

**Airwick Solid Airfresheners** **.78** 170g

## Meat & Seafood

**In Store Made Pork Sausages** **288** lb 6.35kg

**Fresh Coho Salmon Steaks** **SAVE \$2.00/LB** **598** lb 13.18kg

**Janes, Pub Style Chicken Breast Strips, Nuggets & Burgers**

**768** 870g - 880g

**SAVE \$3.00**

**Astro Multipack Yogourt** **388** 12x118g

**Catelli Whole Wheat, Multigrain or Flax Omega3 Pasta** **SAVE .70** **.98** 375g

**SAVE OVER \$2.00**

## Over Fresh Bakery

**In Store Baked Artisan Rustic Bread** **SAVE \$1.60** **188** Loaf

**Stonemill Bakehouse Breads** **SAVE \$2.00** **2/500** 454g

**Mini Muffins Trans Fat Free** **228** 12 pack

**Sticklings, Certified Organic Cookies, Muesli Mix or 7 Grain Bread** **SAVE \$1.00** **368** Each 250g - 750g

**Yop Drinkable Yogourt** **.68** 200ml

**Pillsbury Pizza Pops or Mini Pizza** **248** Each 370g - 400g

**SAVE \$1.00**

**Tostitos XL Bite Size Rounds** **SAVE \$1.00** **228** 350g

**Minute Maid Simply Orange Juice** **SAVE \$1.50** **248** 175L

**11 piece Sushi Fresh, In Store Made** **598**

**8 Pcs. California Rolls**  
**3 Pcs. Tofu**

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

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