

Ontario Fresh, Fall Harvest Sweet & Very Juicy

Flemish Beauty Pears

SAVE .50/LB

.98 lb 2.16kg

Pears contain about 4 grams of dietary fiber, more than most fruits, & are a good source of vitamin C. A medium pear supplies 210 milligrams of potassium, which is necessary to maintain heartbeat, muscle contraction and nerve transmission. Pears also have useful amounts of folate, iron and cellulose.

GARD BASKET

Putting Quality & Freshness into

Quality Fresh Produce

Ontario Fresh Snow-White Cauliflower

LESS THAN 1/2 PRICE

.98 Each

Product of USA Sweet & Juicy Extra-Large Honeydews

1/2 PRICE

1.98 Each

Product of USA, Fresh Newman's Own or Earthbound Organic Spring Mix Salad

SAVE \$1.55

4.44 1lb tub

NO SPINACH BLEND

Product of Canada, No. 1 Grade, Sweet Hot House Orange & Yellow Peppers

LESS THAN 1/2 PRICE

1.48 lb 3.26kg

Ontario Fresh, Fall Harvest Sweet Butternut & Pepper Squash

1/2 PRICE

.34 lb .75kg

Product of USA or Mexico Fresh Zucchini & Sweet Baby Marrow

UP TO 1/2 OFF

.98 lb 2.16kg

Product of USA Fresh, Jumbo Size Radicchio

LESS THAN 1/2 PRICE

2/1.98

(Ind. Price 1.49 each)

Tanimura & Antle Fresh Cut Bagged Salads Garden

.98 lb bag **UP TO 1/2 OFF**

Romaine, Caesar, European & Italian Blends

1.98 10-16oz bag

Organic - Single Serving Salads Newman's Own or Earthbound Spring Mix, Herb Mix, Baby Arugula & Baby Romaines

5oz pkg

2/5.00

(Ind. Price 2.99 ea.)

Bulk Food

Thompson, Golden & Sultana Raisins

1.98 lb 4.37kg

The Flower Garden

Beautiful, Columbian Roses

SAVE \$6.00

9.98 40cm (Variety of Colours)

Astro Yogourt

1/2 PRICE

ORIGINAL

2.98 12x113g

Fat Free Transgras

Nestle Halloween Chocolates

• Kit Kat
• Aero
• Coffee Crisp

SAVE \$2.00

3.88 30 pack

Fresh, In Store Made Pork Sausages

2.48 lb 5.47kg

SAVE \$1.10/LB

The Butcher Shop

Thinly Sliced Chicken Breast Cutlets

5.88 lb 12.96kg

Northern King 31/40 Size Cooked Shrimps

9.98 680g bag

The Delicatessen

Mariposa Black Forest Ham

1.18 /100g

Tru Stella Havarti

1.48 /100g

Canadian OKA Cheese

2.48 /100g

Cuddy Spiced Turkey

1.78 /100g

In Store Buy White Bague