

THE GARDEN BASKET



your Basket Since 1929

Progressive Vege Greens (Green Food Supplement)

With today's busy lifestyle few of us consume 5-8 fruits & veggies daily. Even the most sensible diet still lacks a number of vital nutrients important to good health no matter how carefully we select our foods! Vege Greens is a comprehensive combination of over 60 land, sea and cruciferous vegetables, as well as super green foods, EPA's, pre and probiotics, plant enzymes and herbal extracts.

- Vege Greens supplies rare trace minerals & health-enhancing compounds.
- No artificial flavours, colours or sweeteners and has no hidden ingredients.
- Dairy-free and suitable for vegetarians.
- Uses the highest quality, extensively researched ingredients from around the world.
- Each component is selected for its purity, potency and compatibility.
- Designed to be consumed on an ongoing, daily basis.
- Can be enjoyed by every member of your family.
- Comes in a delicious Blueberry Medley flavour.
- Available in a powder form (265g) or easy to swallow capsules (180 caps).



AVAILABLE ABOVE THE SALAD BAR!

Minute Maid Premium Simply Orange Juice or Fruit Solutions

UP TO 1/2 PRICE

1.98

1.75L - 1.89L Limit 6

General Mills

- Cheerios 425g
- Honeynut Cheerios 375g

1/2 PRICE

1.98

Each Limit 6

Primo Soups

1/2 PRICE

.98

540ml

Blue Diamond Almond Milk

SAVE \$1.00

1.98

946ml

Dell Monte Canned Fruit

1/2 PRICE

.98

398ml

Aylmer Tomatoes

.98

796ml

McCain Zwak Drinking Boxes

1/2 PRICE

1.68

10x200ml

McCain Pizza Premiere

4.68

800g

SAVE OVER \$1.00

Seafood

Northern King 51/60 Size Cooked Shrimps

SAVE \$3.00

4.88

340g bag

Fresh Trout Fillets

SAVE \$2.00/lb

6.98

lb 15.39kg

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

Boneless Strip Loin Grilling Steaks or Premium Oven Roasts

21 DAYS

6.98

lb 15.39kg

SAVE \$5.00/LB

Healthy Handfuls Organic Cookies or Crackers

1/2 PRICE

.98

42g

Nature Valley Granola Bars

1.98

175g-230g

Betty Crocker Fruit Shapes

1.98

10pk

Higgins & Burke Gourmet Teas

SAVE \$1.00

1.98

20's

Kellogg's All Bran Cereal Bars

2.48

180g (6 bars)

J.J. Wilk Pierogies

SAVE \$1.00

1.98

1kg

net-To-Go®

BBQ Beans

SAVE \$1.00

.88

each

Oven-Fresh Bakery

In-Store Baked Artisan Whole Grain Bread

SAVE .70

2.28

Loaf

In-Store Baked Large Croissants

6/1.98

In-Store Baked Chocolate Chip Cookies

SAVE \$1.00

3.98

20 Pack

Schaaf Foods Loaf Cakes

SAVE .50

2.68

loaf

Kellogg's Eggo Waffles

1.68

280g

Ara Azzuro Espresso Coffee

SAVE \$3.00

9.98

1kg

16 piece Sushi

Fresh, In Store Made

16 Pcs. California Rolls

6.48

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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