

### Joseph's Pick of the Week

Product of South America  
Fresh  
Plump 'N Sweet  
**Blueberries & Blackberries**

**1.98**  
Pkg

**SAVE \$1.00**

BLACKBERRIES are a good source of vitamin C. They contain folate, vitamin E and small amounts of iron and calcium. Blackberries are high in fiber with 6 grams per serving. BLUEBERRIES rank third after prunes and raisins in their antioxidant power among fruits in the ORAC analysis. They are a source of anthocyanins, a powerful antioxidant, and contain 22 cancer-preventative compounds, according to the North American Blueberry Council. El Dorado Hills, Calif.

# The GARDEN BASKET

1/2 PRICE SALE STARTS JANUARY 18<sup>TH</sup>

### Quality fresh Produce

Fresh Express Pre-Cut Salads  
Garden Salad, Italian-American, Field Greens, Veggie Lovers, Sweet Butter, Riviera, Spring Mix, Baby Spinach, Caesar & Caesar Light.

**.98-1.98**  
Pkg

**ALL 1/2 PRICE**

Product of USA or Canada Extra Fancy  
Crisp, N Sweet  
**Red Delicious & Granny Smith Apples**

**.98**  
lb 2.16kg

**SAVE 50/LB**

Fresh Boneless, Skinless  
**Chicken Breasts**

**3.88**  
lb 8.55kg

**SAVE \$2.90/LB**

Aged for 21 Days,  
Cut from Canada AA, AAA Beef  
**Boneless Rump Oven Roasts**

**2.98**  
lb 6.57kg

**SAVE \$2.00/LB**

AGED FOR 21 DAYS

Product of Chile  
Sweet 'N Juicy  
**Nectarines & Peaches**

**1.48**  
lb 3.26kg

**NEW CROP**

**1/2 PRICE**

"The Mexican Heat Makes them Ready to Eat!"  
Tasty "Hass" Variety  
**Avocados**

**.88**  
Each

**SAVE .40**

Product of Italy  
Sweet 'N Juicy  
**Kiwi**

**2.48**  
2.2 lb pkg

**SAVE \$1.00**

Product of USA  
Fresh, Sweet  
**Cubanelle Peppers**

**.98**  
lb 2.16kg

**1/2 PRICE**

### The Butcher Shop

Fresh Ontario  
**Whole Pork Legs or Whole "New York" Shoulder**

**.98**  
lb 2.16kg

(Add .30/lb for Deboning and/or Grinding)  
(While Supplies Last)

**SAVE .80/LB**

Fresh Pork  
**Tenderloin**

**4.48**  
lb 9.88kg

**SAVE \$2.50/LB**

Northern King  
**Sole Fillets**

**3.48**  
400g Bag

South American  
Plump 'N Sweet  
**Black Mission Figs**

**12.98**  
Case

**SAVE \$7.00**

Product of Ontario  
Can. No. 1  
(Medium Size)  
**Roasting Onions**

**.98**  
10lb bag

**LESS THAN 1/2 PRICE**

### The Delicatessen

Cold Springs  
**Gourmet Smoked Turkey**

**1.48**  
/100g

Prestigio  
**Ricotta Cheese**

**1.98**  
425g

Imported from France  
**Roulette Triple Cream Brie Cheese**

**1.98**  
/100g

Mariposa  
**Roast Beef**

**1.18**  
/100g

Gourmet  
**Cooked Several Whole B. Chickens**

Organic  
**Grape Cherry Tomatoes**

**2.48**  
pint

**SAVE \$1.50**

Bulk Food  
**Dried Turkish Figs**

**.98**  
250g

The Flower Garden  
Ontario Greenhouse Grown  
Vibrant & Colourful  
**Amaryllis**  
(With Fancy Pot Covers)

**6.98**  
6" Pot

**SAVE \$2.00**