

### Joseph's Pick of the Week

Product of Costa Rica, No. 1 Grade Golden Pineapples

**2.98** Each (3.98 cored)

**SAVE \$2.01**

**PIEAPPLE** is high in fiber and contains modest amounts of vitamin C, potassium and a unique digestive enzyme called bromelain. In addition, pineapple contains other micro-nutrients which some experts believe help protect against cancer and also disperse blood clots for increased heart protection.

# GARDEN BASKET

Putting Quality & Freshness into your B...

## Quality fresh Produce

Product of USA No. 1 Grade Fresh Green Beans

**1.48** lb (3.26kg)

**1/2 PRICE**

Product of USA or Mexico Fresh, Sweet Orange Bell Peppers

**1.98** lb (4.37kg)

**1/2 PRICE**

Product of Florida Juicy Grapefruit

**.68** lb (1.50kg)

**SAVE .31/LB**

Product of South America, No. 1 Grade Blueberries & Blackberries

**1.98** box

**SAVE \$1.01**

Product of Peru No. 1 Grade Organic Bananas

**.68** lb (1.50kg)

**SAVE .21/LB**

Product of Mexico, No. 1 Grade Regular Eggplants

**.98** lb (2.16kg)

**SAVE .51/LB**

Product of USA, No. 1 Grade Cello Spinach

**.98** 8oz bag

**SAVE .31**

### Bulk Food

Product of USA Peanuts in the Shell

**.78** lb (1.72kg)

**SAVE .51/LB**

Product of Canada, No. 1 Grade Green or Red Cabbage

**.78** Each

**SAVE .71**

### The Flower Garden

Ontario Greenhouse Grown Elegant Potted Orchids

**14.98** Each (6" (with Clay Pots))

**1/2 PRICE**

Fresh Pork Side Ribs

**1.98** lb (4.37kg)

**SAVE \$1.60/LB**

Made Several Times Daily Family Pack Extra Lean Ground Beef

**1.98** lb (4.37kg) (Limit 3 Pkgs.)

**1/2 PRICE**

## The Butcher Shop

Aged for 21 Days Cut from Canada AA, AAA Beef

Thinly Sliced Beef Leg Cutlets

**4.98** lb (10.83kg)

**SAVE \$2.00/LB**

Fresh, In Store Made Pork Sausages

**2.58** lb (5.69kg)

**SAVE \$1.00/LB**

Janes Breaded or Battered Sole, Cod or Multigrain Haddock

**7.78** 590g - 615g

**SAVE \$2.00**

## The Delicatessen

Schneiders Deli Best German or Turkey Cervelat Salami **1.48** /100g

San Daniela Mortadella **1.18** /100g

Shopsy's All Beef Wieners **1.98** 450g

Imported from Italy Fini Dry Cured Prosciutto **2.98** /100g

Gourmet Summerfr Gourn Soups **4.98** /100g