

**Product of Costa Rica, No. 1 Grade Golden Ripe Pineapples**

**SAVE \$2.00**

**2.98** Each **\$3.98 Cored**

**EASY PINEAPPLE SALSA RECIPE**  
This easy salsa is a delicious addition to a meal with fish or seafood, pork, or chicken.

**INGREDIENTS:**  
1 cup diced fresh pineapple  
2 tablespoons minced red onion  
2 teaspoons chopped cilantro  
2 tablespoons minced sweet red bell pepper  
1 tablespoon lime juice  
dash salt

**PREPARATION:**  
Combine all ingredients. Cover and refrigerate until serving time. Makes about 1 cup.

**The GARDEN BASKET**

*Happy Valentine*

**Quality fresh Produce**

**Product of USA, No. 1 Grade White Cauliflower**

**1/2 PRICE**

**1.98** Each

**Product of Chile, No. 1 Grade Red Grapes (Red Globe Variety)**

**1/2 PRICE**

**.98** lb 2.16kg

**Product of Canada, No. 1 Grade White Potatoes**

**SAVE .50**

**1.48** 10LB BAG

**Product of USA, No. 1 Grade Head Lettuce (Iceburg) (Wrapped)**

**SAVE .74**

**1/2 PRICE**

**Ben & Jerry's Premium Ice Cream**

**1/2 PRICE**

**2.98** 500ml

(Limit 6)

**Baci Perugina Chocolates**

**SAVE \$2.50**

**2.98** 143g Box or 200g Bag

(Limit 4)

**Product of USA, No. 1 Grade Fuji Apples**

**SAVE .50/LB**

**.98** lb 2.16kg

**Product of Italy, No. 1 Grade Kiwi Fruit**

**SAVE .50**

**.98** 1LB BAG

**The Butcher Shop**

**Fresh, New Zealand Baby Lamb Lamb Loin Chops**

**7.98** lb 17.59kg

**SAVE \$2.00/LB**

**Fresh Baby Pork Back Ribs**

**4.88** lb 10.76kg

**SAVE \$2.50**

**Niagara, Frozen Norwegian Smoked Salmon**

**SAVE \$3.00**

**11.88** 454g

**Organic Product of USA Seedless Organic Oranges**

**SAVE .50/LB**

**1.48** lb 3.26kg

**Organic Product of USA, No. 1 Grade Organic Romaine Hearts**

**SAVE \$1.00**

**3.98** Pkg. of 3

**Bulk Food Product of Greece, No. 1 Grade Dried Figs**

**1.48** 283g Pkg.

**Bulk Food Planters Dry Roasted Peanuts**

**SAVE \$2.00**

**3.98** 700g Jar (Bous Pack)

**Bulk Food Compass Pitted Prunes**

**SAVE \$1.00**

**2.98** 375g Pkg.

**The Flower Garden TREAT THE ONE YOU LOVE**

With Flowers on Valentine's Day. Choose from an assortment of beautiful freshly cut Roses, Azaleas, Cyclamines, Tulips & Daffodils, Hyacinths, Mixed Bouquets and Carnations.

**The Delicatessen**

**Brandt Garlic Roast Beef**

**1.28** /100g

**Mariposa Black Forest Ham**

**1.18** /100g

**Maple Lodge Chicken Breast**

**1.48** /100g

**Tre Stelle Havarti Cheese**

**1.68** /100g

**Gourmet Summer Soups**

**4.98** /100g

