

DEN GET

ASTER!
Egg-Cellent Savings

FRIDAY
Thursday, April 5
8:00 a.m. - 10:30 p.m.
Good Friday CLOSED
Saturday, April 7
7:00 a.m. - 8:00 p.m.
Easter Sunday CLOSED
Easter Monday
8:00 a.m. - 9:00 p.m.
All hours before and after the above dates are regular.

Healthy product feature

Fresh Wild Boneless Halibut Fillets

Halibut is prized for its mild, sweet flavor & firm flaky meat. Halibut can be baked, broiled, pan-fried, deep-fried, poached or barbecued. Cooking information available in our Meat Department.

Nutritional Information: An excellent source of high-quality protein and minerals, low in sodium, fat and calories.

Serving size: 3oz. (85 grams) Steamed: Calories 115; Protein 22g, Total Fat 2.5g, Carbohydrates 0g, Sodium 60mg, Potassium 460mg, Cholesterol 35mg. When cooked (dry heat), halibut (per-100g) provides 0.548g of omega-3 from EPA (0.091g), DHA (0.374g), and ALA (0.083g).

Storing & Preparation Tips: To store: Rinse fresh fish under cold water & pat dry with paper towels. (Fish deteriorates in its own juices!) Cover with foil and set in refrigerator for up to 2 days. Frozen, up to 2 months in a refrigerator freezer & 3 to 4 months in a deep freeze. Use lined freezer paper & wrap fish tightly with at least 2 layers of paper. Frozen halibut should be cooked without thawing. It tastes fresher than thawed fish! The secret to cooking Halibut is to not overcook! Halibut is cooked when the flesh becomes opaque but is still moist and can easily be pierced with a fork!

SAVE \$2.80/LB

12.98
lb
28.62kg

Breyers Klondike
Cookie Sandwich or
Hershey Chocolate
Almond Stick

1/2 PRICE

2.48
(Limit 6)

Five Alive
Citrus or
Passion Peach
Beverage

1/2 PRICE

4.98
2.84L Jug
(Limit 6)

Brand Name Groceries

Spitz Wafer Cookies **1/2 PRICE** **1.48** 200g

Unico Vegetable Oil **SAVE \$2.00** **2.98** 3L

Majesta Bathroom Tissue **SAVE \$1.50** **1.98** 8 Roll

Nestle or Breyers Double Churned Ice Cream **SAVE \$4.00** **3.98** 1.89-2L Tub

Campbell's Soup • Cream of Mushroom • Chicken Noodle • Vegetable • Tomato **.68** 284ml

Seafood

Fresh, Boneless Centre Cut Pork Loin Chops **SAVE \$2.00/LB** **3.98** lb 8.77kg

Fresh Tilapia Fillets **SAVE \$2.00/LB** **6.88** lb 15.17kg

Fresh Wild Caught Halibut Fillets

PEAK SEASON

12.98 lb 28.62kg

SAVE \$2.80/LB

Divella Passata Sauce **.98** 680ml

Divella Pasta **.68** 500g

Perrier Mineral Water **.98** 750ml

Unico Tomatoes or Artichokes **.98** Each

Saquella 100% Arabica Espresso Coffee **2.98** 250 Tin **SAVE \$2.00**

in Fresh Bakery and Gourmet-To-Go

In-Store Baked Artisan Olive Bread **SAVE \$1.00** **2.68** Loaf

Open Window Bakery Hot Cross Buns **SAVE .60** **3.98** 6 Pack

Peter's Pastries Assorted Pastries **SAVE \$3.00** **12.12** 1200g

Peter's Pastries Mango or White Chocolate Raspberry Mousse **SAVE \$3.00** **14.88** 7" Cake

HUGE 1250g

Orville Redenbacher Microwave Popcorn **1.98** 3's or 4's

Tina "S" Biscuits **.68** 200g

16 piece Sushi In Store Made Daily 16 Pcs. California Rolls **6.48**

on regular prices at conventional The Garden Basket Food Markets • Although we strive for accuracy in
rect any errors • Specials only available while quantities last • Photos are representational only.