

Joseph's Pick of the Week

Product of Central America, Canada No. 1 Grade
Sweet 'N Juicy Jumbo Size
Cantaloupes
2/5⁰⁰ or 2⁹⁸ Each

SAVE \$1.00

CANTALOUPEs are the common fruit with the highest beta-carotene content, which the body converts to vitamin A. They contain 100 percent of the RDI of vitamin A. Cantaloupes also have one of the highest levels of vitamin C, providing 80 percent of the RDI. They are a good source of potassium.

The GARDEN BASKET

Putting Quality & Freshness in

Quality fresh Produce

Product of USA, Canada No. 1 Grade
Fresh 'N Tender
Cauliflowers
1⁹⁸ Each

SAVE \$1.01

Product of Costa Rica or Mexico, Canada No. 1 Grade
Large Size
Mangoes
.98 Each

SAVE .51

Product of Ontario, Canada No. 1 Grade
English Cucumbers
.98 Each

SAVE .51

Product of USA, Canada No. 1 Grade
Sweet 'N Juicy
Pink Grapefruits
.58 lb 1.28kg

SAVE .41/LB

Product of Mexico, Canada No. 1 Grade
Fresh 'N Tender
Zucchini
.98 lb 2.16kg

SAVE .51/LB

Product of South America, Canada No. 1 Grade
Blackberries
1⁹⁸ Box

SAVE \$1.01

Product of USA, Canada No. 1 Grade
Large Size
Celery Stalks
1⁴⁸ Each

SAVE .51

Product of USA, Canada No. 1 Grade
Sweet 'N Juicy
Sliced Watermelon
.78 lb 1.72kg

Product of USA, Canada No. 1 Grade
Iceberg Lettuce
.98 Each

SAVE .51

Aged for 21 Days, Cut from Canada AA, AAA Beef
Family Pack Strip Loin Grilling Steaks
6⁹⁸ lb 15.39kg (Limit 4 Family Packs)

SAVE \$5.00/LB

AGED FOR 21 DAYS

Great on the GRILL!

Ready for the BBQ, Peeled & Deveined
Shrimp Skewers
6⁹⁸ 10 Pack

SAVE \$3.00

Great on the GRILL!

The Butcher Shop

Maple Leaf, Heat 'N Serve
Beef Pot Roast
4⁹⁸ 600g

1/2 PRICE

In Store Made Lean Beef Burgers
4⁹⁸ 4x6oz pkg

Great on the GRILL!

Janes Crispy or Traditional Battered Fish
4⁹⁸ 575g-585g

SA \$1

Organic Bulk
High in Protein, Easy to Digest
Quinoa Grain
2⁴⁸ lb 5.47kg packages

SAVE \$1.51/LB

(Available above organic case, random weight)

The Flower Garden
From Ontario Greenhouses
Fresh Cut Tulips
3/10⁰⁰ OR **3⁹⁹** Each

SAVE \$2.00

(Variety of Colours)

The Garden Centre
Premium ORGANIC
TRIPLE MIX SOIL
2/5⁰⁰ or 2⁹⁹ Each

SAVE \$1.66

3 WAYS MIX
30L Bag

The Delicatessen

Brandt **Kolbassa Coil**
1¹⁸ /100g

Emma Canadian **Emmental Cheese**
1⁶⁸ /100g

Vera **Mortadella**
.98 /100g

Pillers **German or Hungarian Salami**
1⁶⁸ /100g

In Store Baked **Artisan Country Sour D Bread**