

**EN
ET**



OPEN CIVIC DAY!!
Store will be
**OPEN on
CIVIC DAY**
Monday August 6th
8am - 7 pm

your Basket Since 1929

closing Wednesday August 8, 2007

Rosemary's Healthy product feature

Louiana Organic Extra Virgin Olive Oil

Louiana was proudly selected by the Italian Culinary Institute as the finest olive oil to represent the Molise region, and one of the few to be chosen for our Italian Olive Oil Club in 2004.

- It has a low acidity level of 2.3% and a high smoke point temperature of 375°
- Louiana Organic Extra Virgin Olive Oil contains per tablespoon or 15mL, 0.75mg of Polyphenolics.
- Polyphenols are known to be one of the best antioxidants.
- Olive oil has no trans fatty acids
- Olive Oil contains both omega-3 and omega-6 fatty acids. Omega-3 fatty acids are important in preventing cardiovascular disease and are particularly high in oily fish such as salmon.

For more information visit www.louiana.com

NEW **SAVE \$8.00**

11.98 500ml

Introductory Price

Fruite
Fruit Beverages & Tetley Lemon Iced Tea

1/2 PRICE

.98 2L (Limit 6)

Louiana
Organic Extra Virgin Olive Oil

SAVE \$8.00

11.98 500ml

DEMO SAT. & SUN

Brand-Name Groceries

Kellogg's Raisin Bran
Two Scoops Raisin Bran

SAVE \$2.50

2.98 775g

Autentica Trattoria Chips Baked in Olive Oil

SAVE \$1.00

2.98 150g

Michelin's Pizzanitas
Michelin's Pizzanitas

1/2 PRICE

.98 142g

Healthy Choice Puddings or Hunt's Dessert Favourites

1/2 PRICE

.98 4x99g

Majesta Bathroom Tissue
Majesta Bathroom Tissue

1/2 PRICE

1.98 8 Roll

Healthy Choice Favourites

1/2 PRICE

Seafood

Fresh, Air Chilled & Grain Fed
Rosemary & Herb Marinated Boneless Chicken Breasts

SAVE \$2.50/LB

6.48 lb. 14.29kg

Made Several Times Daily
Lean Ground Pork

SAVE \$1.00/LB

1.98 lb. 4.37kg

Cardinal Meats
Roadhouse or Angus Beef Burgers

SAVE \$2.00

7.98 1102kg-121kg

Divella Pasta
Divella Pasta

.78 500g

Martelli Grapeseed Oil

SAVE \$3.00

4.98 1L

Majesta Paper Towels
Majesta Paper Towels

SAVE \$2.00

2.98 8 Roll

Orville Redenbacher
Familysize Microwave Popcorn

SAVE \$2.00

4.98 10 PK.

Aurora Red Wine Vinegar
Aurora Red Wine Vinegar

1/2 PRICE

.98 500ml

Martelli Whole Wheat Gnocchi
Martelli Whole Wheat Gnocchi

SAVE .60

1.88 500g

net-To-Go
Large Chicken Strippers

SAVE \$1.00

4.48 4 Pack

Over-Fresh Bakery

In-Store Baked
Large Croissants

SAVE \$1.00

6/1.88

Nan Flatbreads

SAVE \$1.00

1.98 341g-397g

Schaaf Foods
Coffee Cakes

SAVE .50

4.48 600g

Homestyle
Two-Bite Brownies

SAVE .70

2.48 300g

Divella Italian Tomatoes or Passata Sauce
Divella Italian Tomatoes or Passata Sauce

.98 700ml-796ml

Tina "S" Biscuits
Tina "S" Biscuits

.68 200g

12 piece Sushi
Fresh, In Store Made Daily
12 Pcs. Cucumber Rolls

3.98