

Product of Costa Rica Super-Sweet Golden Ripe Pineapples

SAVE \$2.01

2.98 Each

Maple Poached Pineapple
 1/4 cup pure maple syrup, more for serving
 3 tablespoons rum, optional
 16 ounces fresh pineapple chunks
 1/2 cup plain lowfat yogurt

Combine maple syrup and rum in a heavy nonreactive saucepan over medium high heat. Bring to a boil. Add pineapple and simmer 2 minutes. Stir and simmer another 2 to 3 minutes or until pineapple is tender. Serve poached pineapple with maple syrup and yogurt.

GARDEN BASKET

Putting Quality & Freshness into Every Basket

Quality Fresh Produce

Ontario Fresh Sweet Peaches 'N Cream

1/2 PRICE

5/98

Product of USA Can. No. 1 Grade Fresh 'N Sweet Raspberries

SAVE \$1.01

1.98 Box

Product of Ontario or USA No. 1 Grade Fresh New Crop White, Yukon, Red & Baking Potatoes

SAVE 31/LB

.68 lb 1.50kg

Product of Ontario No. 1 Grade Fresh 'N Tender White Cauliflower

SAVE .51

1.48 Each

Product of Ontario No. 1 Grade Fresh 'N Crisp Field Cucumbers

1/2 PRICE

3/1.00

Product of Ontario No. 1 Grade Fresh 'N Crisp Green Onions & Radishes

SAVE .60

2/1.00

Product of Guatemala Can. No. 1 Grade Fresh 'N Tender Radicchio

SAVE \$1.01

1.98 Each

Fresh from the Tropics! Can. No. 1 Grade Golden Ripe Organic Bananas

SAVE 21/LB

.78 lb 1.72kg

Product of Ontario No. 1 Grade Large Eggplants

SAVE 51/LB

.98 lb 2.16kg

Product of Mexico Can. No. 1 Grade Sweet 'N Juicy Cactus Pears

SAVE \$4.01

7.98 3kg Case

Organic California Sweet Seedless Red & Green Grapes

SAVE \$2.01

2.98 1lb Pkg.

Organic Canadian Organic Broccoli

SAVE .81

1.68 Bunch

Bulk-Food Flax Corn Chips

SAVE \$1.51/LB

2.48 lb 5.47kg (Pre-Packaged Random Weight)

Bulk-Food Parnosh Honey Pitted Dates

SAVE \$1.00

1.98 350g Pkg.

The Flower-Garden Ontario Grown 6" Pot Hibiscus

SAVE \$4.01

7.98 Each

Aged for 21 Days, Cut from USDA Select Beef

SAVE \$5.00/LB

Family Pack T-Bone Grilling Steaks

6.88 lb 15.17kg

Great on the GRILL!

Fresh Boneless Centre Cut Pork Loin Chops

1/2 PRICE

2.98 lb 6.57kg

The Butcher Shop

Maple Leaf Prime Air Chilled & Vegetable Grain Fed Family Pack

Boneless Chicken Breasts

6.48 lb 14.29kg

Great on the GRILL!

SAVE \$2.00/LB

Janes Crispy or Traditional Fish Fillets

SAVE \$1.50

4.98 575g-585g

Janes Oven Roasted Carved Chicken Breasts

SAVE \$1.70

9.98 550g Box

The Delicatessen

Carvers Choice Bacon

SAVE \$2.00

2.68 500g Pkg.

Emma Canadian Emmental Cheese

1.68 /100g

Brandt Garlic Roast Beef

1.48 /100g

Black Forest Ham

1.18 /100g

Gourmet Cooked Sausages, Chicken Wings

Mild, Hot, Honey

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