

THE GARDEN BASKET



Sizzling Summer Savings Are Coming Your Way

1/2 Price Sale

Starting Thurs. Aug. 16th to Wed. Aug. 22nd, 2007

to your Basket Since 1929

Rosemary's Healthy product feature

E3LIVE - Fresh, Frozen Blue Green Algae

The numerous reported benefits of AFA are based on scientific research, the clinical results of health care practitioners and the testimonials of real people. The nutrients in E3LIVE™ can help to:

- Increase energy, stamina and feelings of well being
- Improve memory, concentration & creativity
- Stabilize or reduce mood swings and alleviate depression
- Help maintain normal blood sugar levels & decrease insulin requirements
- Decrease side effects of chemotherapy
- Promote healthy cholesterol levels
- Reverse or delay premature aging by repairing cellular damage
- Promotes natural weight loss & normalizes appetite
- Stimulate and enhance the immune system
- Lower blood pressure
- Promote intestinal regularity
- Purify and nourish the blood
- Promote the growth of stronger nails, smoother skin and silkier hair.

FOR MORE INFORMATION ON THIS PRODUCT ASK FOR A CD AT THE CAFE COUNTER (WHILE QUANTITIES LAST.) Available in the Frozen Foods Freezer (Beside the Frozen Berries)

SAVE \$5.00

29⁹⁹ (30 day supply)

Breyer's **Double Churned Ice Cream**
• Vanilla • Chocolate

LESS THAN 1/2 PRICE

.98 Each 500ml (Limit 4)

Nestea **Ice Tea**

1/2 PRICE

1.98 2.84L Jug (Limit 3)

Brand-Name Groceries

Ferrarelle **Mineral Water** 1L **.98** (1/2 PRICE)

Maxwell House **Instant Coffee** 200g **3.48** (SAVE \$2.50)

Valleyfarm **Frozen Niblet Corn** 1kg **.88** (1/2 PRICE)

General Mills **Cereal**
• Reese Peanut Butter Puffs
• Count Chocula
• Nesquik
• Lucky Charms
• Golden Grahams

2.98 375g-400g (SAVE \$2.00)

Tide Ultra 2 **Laundry Detergent** 37 use **5.98** (SAVE \$3.00)

Seafood

Aged for 21 Days Cut from Canada AAA Beef **Sirloin Tip Marinating Steaks**

3.48 lb 7.67kg (SAVE \$2.00/LB)

Fresh Wild Caught **Shark Steaks**

4.48 lb 9.88kg (SAVE \$2.30/LB)

Great on the GRILL!

Fresh, New Zealand **Lamb Loin Chops**

8.88 lb 19.58kg (SAVE \$2.00/LB)

Great on the GRILL!

Billy Bee **Squeeze Honey** 375g **2.48** (SAVE \$1.00)

Florentina **Frozen Pasta Entrees** 255g **.98** (1/2 PRICE)

French's **Mustard or Dijon Mustard** 325ml-400ml **1.68** (SAVE .50)

Powerade **Sports Beverage** 591ml **.68** (SAVE .50)

Aurora **Passata Sauce** 660ml **.98** (SAVE .80)

Cadbury Collection **Milk Chocolate Covered Biscuits** 300g **3.98** (SAVE \$2.00)

met-To-Go®

Over Fresh Bakery

In Store Baked **White Baguettes** **1.18** Each (SAVE \$4.00)

In Store Baked **Jumbo Raisin Bran Muffins** **2.48** 4 Pack (SAVE .30)

In Store Made **Cherry Cheesecake** **6.98** 6" Cake (SAVE \$4.00)

Homestyle **Lemon Or Butter Two Bite Tarts** **2.78** 12 Pack (SAVE \$1.00)

Blue Diamond **Almond Milk** 946ml **1.98** (SAVE \$1.00)

Imported from Greece Lefas Kalamata **Extra Virgin Olive Oil** 1L **6.98** (SAVE \$4.00)

11-piece Sushi
Fresh! In Store Made Daily
8 Pcs. California & 3 Pcs. Inari Sushi **5.98**

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

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