


Joseph's Pick of the Week


Product of Canada
No. 1 Grade
**Romaine
Lettuce**



SAVE .51

78 Each

DID YOU KNOW??
Not all lettuce is created equal, but if you start your meal with a salad made of romaine lettuce you will be sure to add not only texture and flavour to your meal but nutritional value. Romaine lettuce is low in calories and is a source of vitamin A and lutein.



GARDEN BASKET

Putting Quality & Freshness into
Prices in effect Thursday, September 6, 2007

Quality fresh Produce


Product of USA
Canada No. 1 Grade
Sweet 'N Juicy
Nectarines



SAVE .51/LB

98 lb
2.16kg

Product of USA
Canada No. 1 Grade
Sweet 'N Juicy
Strawberries



SAVE \$1.01

198 1lb box


Product of Canada
No. 1 Grade
Fresh 'N Tender
Broccoli



SAVE .51

98 Each

Product of USA
Canada No. 1 Grade
Red Grapes
(Red Globe Variety)



SAVE .71/LB

98 lb
2.16kg

Product of Ontario No. 1 Grade
Crisp 'N Fresh
Green Peppers



SAVE .51/LB

78 lb
1.72kg

Product of USA
Canada No. 1 Grade
Fresh 'N Tender
Andy Boy Rapini



SAVE .51

198 Bunch

Product of Ontario
No. 1 Grade
New Crop
Cooking Onions



SAVE \$1.01

298 Each
10lb Bag

Product of Ontario
No. 1 Grade
Crisp 'N Tender
New Crop
Carrots



SAVE .51

98 Each
2lb Bag

Canadian
Dried
Cranberries
(Random Weight Pkg)



LESS THAN 1/2 PRICE

399 lb
8.80kg

Fresh from Peru
Snow Peas



SAVE \$1.00/LB

198 lb
4.37kg

Harvest by the Bushel
Product of Ontario No. 1 Grade
Roma Tomatoes.....



998 Bushel

Red Sheppard Peppers.....




1298 Bushel

**Regular Eggplants,
Sweet & Hot Banana
Peppers**.....



1198 Bushel

The Flower Garden
Ontario Greenhouse
Grown
**Multicolour
Gloxinnias**



SAVE \$2.01

598 6" Pot

Made Fresh
Several Times Daily
**Family Pack
Extra Lean
Ground Beef**




SAVE \$1.60/LB

225 lb
4.96kg

Great on the GRILL!

Fresh
**Boneless
Pork Sirloin
Chops or
Roasts**



LESS THAN 1/2 PRICE

198 lb
4.37kg

Great on the GRILL!

The Butcher Shop

In Store Made
Pork Sausages



298 lb
6.57kg

Great on the GRILL!

SAVE .80/LB

Aged for 21 Days
Cut from Canada AA Beef
**Boneless
Sirloin Tip
Oven Roasts**



348 lb
7.67kg

SAVE \$1.90/LB

Fresh, Thinly Sliced
Pork Cutlets



448 lb
9.88kg

SAVE .90/LB

The Delicatessen

Imported from Italy
**Dry-Cured
Prosciutto**
Pre-Packaged
Only



280 /100g

Cuddy
**Oven Roasted
Chicken
Breast**



158 /100g

Cherry Pink
**Roast
Beef**



118 /100g

Cuddy
**Buffalo Style
Turkey
Breast**



158 /100g

Fresh, All Natural
Certified
**Stickin
Breads**

- No preservatives of any kind
- Easier to DIY than other bread