

THE GARDEN BASKET



Our Basket Since 1929

Final closing Wednesday, October 17, 2007.

WARM UP TO FALL
WITHOUT
SIZZLING HOT
1/2 PRICE
SALE
STARTING
THURS. OCT. 18TH
WED. OCT. 24TH

Nestea
Lemon Ice Tea
LESS THAN
1/2 PRICE
1.98
1.89L (Limit 6)

Grand'or
Chocolate Truffles
1/2 PRICE
1.98
200g Box (Limit 6)

Rosemary's Healthy product feature
PUMPKIN SEEDS
Halloween pumpkin seeds are one of the most nutritious and flavorful seeds around. While pumpkin seeds are available year round, they are the freshest in the fall when pumpkins are in season!

Health Benefits:

- Protection for Men's Bones
- May Promote Prostate Health
- A Rich Source of Healthful Minerals, Protein and Monounsaturated Fat
- Anti-inflammatory Benefits in Arthritis
- Pumpkin Seed Phytosterols Lower Cholesterol
- Very good source of the minerals phosphorous, magnesium and manganese. Also a good source of zinc, iron, copper, protein and vitamin K.

A Few Quick Serving Ideas:

- Add pumpkin seeds to healthy sauteed vegetables.
- Sprinkle pumpkin seeds on top of mixed green salads.
- Grind pumpkin seeds with fresh garlic, parsley and cilantro leaves. Mix with olive oil and lemon juice for a tasty salad dressing.
- Add chopped pumpkin seeds to your favorite hot or cold cereal.
- Add pumpkin seeds to your oatmeal, raisin cookie or granola recipe.
- Next time you make burgers add some ground pumpkin seeds.

Brand Name Groceries

Majesta
Bathroom Tissue
1/2 PRICE
1.98
8 Roll

Pillsbury
Pizza Pops or Pizza Minis
SAVE \$1.50
1.98
370g/400g

Rao's Gourmet
Pasta Sauce
SAVE \$2.00
6.48
700ml

Blue Diamond
Almond Milk
SAVE OVER \$1.00
1.88
946ml

Hunt's Snack Pack
Puddings or Gels
SAVE .80
1.98
4x99g

Lifestream
Organic Frozen Waffles
SAVE \$1.30
2.98
312g

Seafood

Janes, Pub Style
Chicken Breast Strips, Nuggets & Burgers
SAVE \$3.50
7.98
870g-880g Box

Fresh
Boneless Centre Cut Pork Loin Chops
2.98
lb 657kg

Frozen, Ocean Prime
Large Sea Scallops
SAVE \$3.00
6.98
454g Pkg

Nature Valley
Granola or Yogurt Bars
SAVE .70
1.98
175g-230g

Dare Ultimates
Cookies
SAVE \$1.50
1.98
350g

Mazola
Corn or Canola Oil
SAVE OVER \$2.00
2.88
1.42L

Over Fresh Bakery

1/2 PRICE
1.48
Loaf

Schaaf Foods
Loaf Cakes
SAVE .80
2.48
390g

In Store Baked
Jumbo Raisin Bran or Carrot Muffins
SAVE \$1.00
2.48
4 Pack

Homestyle
Two-Bite Butter Tarts
SAVE \$1.00
2.78
12 Pack

Peter's Pastries
Chocolate Truffle Cake
SAVE \$3.00
14.88
7" Cake

Pillsbury
Toaster Strudels
SAVE \$1.00
1.88
326g

Martelli
Balsamic Vinegar
SAVE \$2.00
3.98
1L

Melitta World Harvest
Organic Coffee
SAVE \$3.00
7.88
283g

Softsoap
Liquid Handsoap Aroma Therapy
SAVE \$1.40
1.88
225ml

Desantis Unfiltered
Extra Virgin Olive Oil
SAVE \$4.00
9.98
1L

16-piece Sushi
Fresh, In Store Made Daily
16 Pcs. California Rolls
6.48

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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