

MUSHROOM MANIA

White & Brown Mushrooms

.98

8oz pkg.

1/2 PRICE

Premium Select Sno-White Mushrooms

1.98

lb

SAVE \$1.00/LB

Portabella Mushrooms Sliced, Caps & Shiitake Mushrooms

1.98

/pkg

SAVE \$1.00

(While Quantities Last)

How to Clean Mushrooms: Do not soak them!

- Mushrooms are extremely porous and soak up water like a sponge. Because they are mostly water, never soak fresh mushrooms.
- Since commercially-available mushrooms are grown in a sterile medium, invest in a soft mushroom brush and simply brush away any clinging growing medium rather than washing with water. If you must, wipe them with a damp paper towel.
- Be aware that salt releases the water in mushrooms, so judge the salt usage accordingly for your particular recipe.

Quality fresh Produce

Product of USA Lusciously Sweet Strawberries

1/2 PRICE

1.98

Pint

Product of South America Plump 'N Sweet Blueberries

1/2 PRICE

2/3.00

Product of Canada Crisp 'N Sweet Empire-Mac Apples

1/2 PRICE

.64

lb 1.41kg

Product of USA Fresh 'N Crisp Head Lettuce (Wrapped)

SAVE .50

.98

Each

Product of Central America Sweet 'N Juicy Honeydew Melons

1/2 PRICE

1.48

Each

Product of South America Sweet 'N Juicy Extra Large Mangoes

SAVE .30

.68

Each

Product of USA or Mex. Super Sweet Grape Cherry Tomatoes

SAVE \$1.00

1.98

Pint

Product of USA California Sweet Hychiya (Italian) Persimmons

SAVE \$3.00

5.98

/Case

Juice

100% Pure Pomegranate Juice (Not From Concentrate)

SAVE \$2.00

3.98

1L Bottle

Organic-Bulk Food Sunview, Organic Snack Pack Raisins

SAVE \$1.00

2.98

14x14g Pkg.

The Flower Garden Ontario Greenhouse Grown Vibrant & Colourful Amaryllis 6" Pot

SAVE \$5.00

2/10.00

or 5.98 Each

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

1/2 PRICE

1.98

lb 4.37kg (Limit 10 lbs)

Aged for 28 Days, Cut from Certified Angus Beef Beef Leg Cutlets

SAVE \$3.00/LB

4.48

lb 9.88kg

Frozen, Vacuum Packed Steelhead Salmon Fillets

2.98

lb 6.57kg

LESS THAN 1/2 PRICE

Aged for 21 Days Cut from Canada AA Beef Boneless Rib Eye Grilling Steaks

SAVE \$4.00/LB

7.98

lb 17.59kg

Fresh, Bone-In Centre Cut Pork Loin Chops

SAVE \$2.00/LB

2.98

lb 6.57kg

The Delicatessen

Certified Angus Roast Beef

1.68

/100g

Tre Stelle Havarti Cheese

1.68

/100g

Black Forest Ham

1.18

/100g

Imported from Italy Sundried Tomatoes

1.18

/100g

Gourmet

Cooked Several Times Daily Rosemary & Herb Whole Chicken

7.98 Each