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ur Basket Since 1929
Wednesday, March 12, 2008.

ENTER TO WIN A FIRST CLASS HOCKEY PKG. GETAWAY VALUED AT \$2000.00!

Package Includes:
2 Premium Club Seat Tickets for the
OTTAWA SENATORS VS. TORONTO MAPLE LEAFS -
in Ottawa, March 22nd, 2008.

- 2 Via 1 First Class Round Trip Train Tickets to Ottawa
- 2 Hotel Rooms at the Brookstreet 5 Star Hotel & Spa

Contest runs March 6th - March 12th. Must spend a minimum of \$20.00 or more to receive a ballot to Enter! Details in store.

Rosemary's healthy product feature

Sticklings
Organic
12 Grain
Bread

2.98
600g loaf

(While Supplies Last!)

SAVE \$1.70

- All ingredients are 100% Certified Organic by OCPP.
- No preservatives, No additives of any kind!
- Bread is sourdough leavened...sourdough cultures metabolize the sugars and starches from the complex carbohydrates of the whole grains.
- Bread is naturally fermented with sourdough cultures creating a bread that is easier to digest, suitable for yeast-free diets and has a lower glycemic index creating the wonderful flavour of true artisan sourdough bread.

General Mills
• Cheerios
• Honey Nut Cheerios

1/2 PRICE

1.88

330g-400g

(Limit 6)

Primo
Whole Grain or
Whole Wheat
Pasta

1/2 PRICE

.88

375g (Limit 8)

Brand Name Groceries

McCain
Pizza
Premiere

SAVE \$2.00

3.98

630g-743g

Cloverleaf/Albacore
Flaked
or Solid
White Tuna

SAVE \$1.20

1.78

170g

Lefas Kalamata
Extra
Virgin
Olive Oil

SAVE \$5.00

6.98

1L

Primo
Tomatoes

SAVE .70

.88

28oz

Pereg
Quinoa
Mix

SAVE \$2.00

3.98

340g

Blue Diamond
Almond
Milk

SAVE \$1.10

1.88

1L

Shop Seafood

Fresh, Thinly Sliced
Pork Loin
Cutlets

SAVE \$1.00/LB

4.48

lb
9.88kg

Cooked Perfect
Italian or Swedish
Meatballs

SAVE \$2.00

5.98

908g
Bag

Fresh, Bone-In
Chicken Breasts



2.48

lb
5.47kg

SAVE \$2.00/LB

Lambertz Florentines
or Belgium Butters
Petit Four's

1/2 PRICE

2.98

150g

Ike & Sam's
Gourmet
Popcorn

SAVE \$3.00

.98

227g

Manner
Belvedere
Cookies (400g)
or
Napoli Neopolitan
Wafers (320g)

1/2 PRICE

1.48

Each

Get-To-Go

SAVE \$4.00

.88

Rack

Oven Fresh Bakery

In Store Baked
Artisan
Henry
Harvest
Grain Bread

SAVE \$1.30

1.98

Loaf

Plain or Cheese
Crustino
Flatbread

1/2 PRICE

1.48

400g-425g

Trans Fat Free
Mini Muffins

SAVE .50

2.28

12 Pack

Schaaf Foods
Cinnamon or
Marble Coffee
Cakes

SAVE .50

4.48

each

Bick's
Dill Pickles

SAVE .80

2.68

1L

Royale
Bathroom
Tissue

SAVE \$3.50

5.48

24 roll

Florida's Natural
Fruit
Snacks

SAVE .80

1.88

8pk

Nature Valley
Granola
Bars

SAVE .70

1.98

175g-230g

Primo
Pasta
Sauce

SAVE .40

.98

680ml

Lindt
Gold
Easter
Bunny

SAVE \$1.00

4.48

Each
100g

