

Health Benefits

Green beans, while quite low in calories (just 43.75 calories in a whole cup), are loaded with enough nutrients to not only power up the Jolly Green Giant, but to put a big smile on his face. Green beans are an excellent source of vitamin C, vitamin K and manganese. Plus green beans are a very good source of vitamin A (notably through their concentration of carotenoids including beta-carotene), dietary fiber, potassium, folate, and iron. And, green beans are a good source of magnesium, thiamin, riboflavin, copper, calcium, phosphorous, protein and niacin.



Product of USA SAVE **Crisp 'N Tart** .30/LB Granny Smith_ **Apples**

Fresh from SAVE .50/LB **South America** Sweet 'N Juicy Bartlett Pears



Bag

Ontario Greenhouse Grown Fresh 'N Crisp Seedless English Cucumbers - JO Each

SAVE

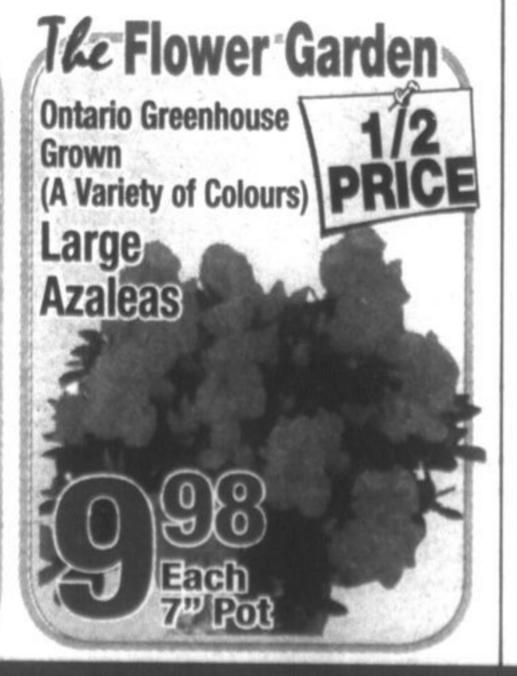
Freshly Squeezed on the premises \$3.00 Florida Sweet 100% Pure Orange Juice

399 2L Bottle



Andyboy Rapini

Florida Fresh, Juicy 7 SAVE "Winterlicious!" .30/LB **Grapefruit**







Pork **Back Ribs**

7.67kg

Family Pack



he Butcher S Fresh **Pork** \$3.00/L Tenderloins SAVE **Janes**

Crispy or Traditonal JANES \$1.50 Fish Fillets

98 575g=386 585g Box



Silani SAVE **Baby Friulano** Cheese

\$3.00 FRIULANO 98 Each 625g

Silani Ricolla (4549 vae paq) Bocconcini Tubs (170g)

Balderson 2 Year Old

Cheeseslices

125g Pkg

LESS THAN 1/2 PRICE

In Store Ba

Artisan

Siciliar

Bread

Regular Hours: Mon.-Wed. 8am-9pm; Thurs.-Fri. 8am-9:30pm; Sat. 7am-8pm; Sun. 8am-7pm www.thegardenbasket.ca

· We reserve the right to limit quantities · No rainchecks · Savings ba both copy and illustrations, errors may occur. . We reserve the right to