

Joseph's Pick of the Week

Product of USA
Tender 'N Fresh
Green Beans

.98
lb
2.16kg

**LESS THAN
1/2 PRICE**

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.

Quality fresh Produce

Product of Central America
Sweet 'N Juicy
Jumbo Cantaloupes

1.98
Each

**SAVE
\$1.00**

Product of USA
Tender 'N Fresh
Romaine Lettuce

.98
Each

**SAVE
.50**

Fresh from the Tropics
Super Sweet
Golden Ripe Pineapples

2.98
Each

**SAVE
\$2.00**

Product of USA or (Mex.)
Fresh 'N Flavourful
Roma Tomatoes

.98
lb
2.16kg

**1/2
PRICE**

Product of USA
Crisp 'N Tart
Granny Smith Apples

.98
lb
2.16kg

**SAVE
.30/LB**

Ontario Greenhouse Grown
Fresh 'N Crisp
Seedless English Cucumbers

.98
Each

**SAVE
.50**

Andyboy Rapini

.98
Bch

**1/2
PRICE**

Fresh from South America
Sweet 'N Juicy
Bartlett Pears

.98
lb
2.16kg

**SAVE
.50/LB**

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

5.99
2L
Bottle

**SAVE
\$3.00**

Florida Fresh, Juicy
"Wintericious!"
Grapefruit

.68
lb
1.50kg

**SAVE
.30/LB**

Fresh
Boneless Chicken Breasts

3.98
lb
8.77kg

**SAVE
\$3.25/LB**

Family Pack
Pork Back Ribs

3.48
lb
7.67kg

**LESS THAN
1/2 PRICE**

GAR BASKET
HAPPY EATERS
Fill your BASKET with
Prices in effect Thursday, March 13, 2008

Aged for 21 days, Cut from Canada AAA Beef
Boneless Sirloin Tip Oven Roasts

3.48
lb
7.67kg

**AGED FOR
21
DAYS**

SAVE \$2.40/LB

Fresh
Pork Tenderloins

3.98
lb
8.77kg

**SAVE
\$3.00/LB**

Janes
Crispy or Traditional Fish Fillets

4.98
575g
585g Box

**SAVE
\$1.50**

The Delicatessen

Imported from Italy
Dry Cured Prosciutto

2.98
/100g

Silani
Ricotta (454g vac pac) OR Bocconcini Tubs (170g)

2.98
Each

Silani
Baby Friulano Cheese

7.98
Each
625g

**SAVE
\$3.00**

Balderson
2 Year Old Cheeseslices

1.98
125g
Pkg

**LESS THAN
1/2 PRICE**

In Store Buy
Artisan Sicilian Bread

1.68
Loaf

Organic
Product of USA
Sweet, Organic
Mini Carrots

1.68
1lb
Bag

**SAVE
.30**

Organic Bulk Foods
Organic
Quinoa Grain
(High in Protein & Easy to Digest)

2.98
lb
6.57kg

**SAVE
\$1.00/LB**

The Flower Garden
Ontario Greenhouse Grown
(A Variety of Colours)
Large Azaleas

9.98
Each
7" Pot

**1/2
PRICE**

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 based on both copy and illustrations, errors may occur. • We reserve the right to