

Joseph's Pick of the Week

Fresh, 100% All Natural
In-Store Made or
Make Your Own!

Peanut Butter
(Made with roasted,
unsalted peanuts)

1.98

lb
4.37kg
(Random weight Package)

**SAVE
\$1.00/LB**

Peanuts are very high in protein (25g /100g serving). Peanuts are a very good source of niacin (B3), with a healthy 112 mg/100 gram serving. Peanuts also contain vitamin E (8mg/100g). Peanuts are high in the bioflavonoid 'resveratrol' and its believed to help prevent the formation of arterial plaques. Studies adding even small amounts of 'peanut products' to the diet have recorded a 14% reduction in the 'bad' LDL cholesterol.

Quality fresh Produce

California Sweet
Extra Large
Seedless
Oranges

.48 lb
1.06kg

**1/2
PRICE**

Ontario Greenhouse Grown
Seedless
English
Cucumbers

.98 Each

**SAVE
.50**

South American
Sweet 'N Juicy
Bartlett
Pears

.78 lb
1.72kg

**SAVE
.70/LB**

California Fresh
Super Sweet,
Peeled
Mini
Carrots

.98 1lb Bag

**SAVE
.70**

Product of California
or Morocco
Sweet 'N Juicy
Seedless
Clementines

3.98 3lb Bag

**SAVE
\$1.00**

Product of USA
California Crisp
Romaine
Lettuce

.98 Each

**SAVE
.50**

Product of USA
Crisp 'N Tart
Granny Smith
Apples

.78 lb
1.72kg

**SAVE
.50/LB**

Product of
South America
Plump 'N Sweet
Red Seedless
Grapes

1.48 lb
3.26kg

**SAVE
.50/LB**

Product of USA,
Fresh
Extra Large
Organic
Broccoli

1.68 /Bch

**SAVE
\$1.00**

Product of USA
Super Sweet
Peeled
Organic Mini
Carrots

3.98 5lb Bag

**SAVE
\$3.00**

Product of Canada
Fresh, Crisp
Organic
Macintosh
Apples

3.48 3lb Bag

**SAVE
\$1.50**

Product of USA
California Crisp
Celery
Stalks

.98 Each

**SAVE
.30**

Bulk Food
All Natural
"Great in cereals
or salads!"
Dried
Cranberries

4.98 lb
10.98kg
(Random weight pkg.)

**SAVE
\$4.00/LB**

The Flower Garden
Ontario Greenhouse
Grown
Cut Tulips
(A Variety of Colours)

3/10.00 or **3.99** ea.

**SAVE
\$2.00**

GARDEN BASKET

Putting Quality & Freshness in Prices in effect Thursday, March 27, 2008

Fresh
Air Chilled and Grain Fed
**Chicken
Drumsticks**

1.24 lb
2.73kg

**1/2
PRICE**

Aged for 28 Days,
Cut from Canada AA or
USDA Select Beef
**Strip Loin
Grilling
Steaks**

6.98 lb
15.39kg

**SAVE
\$5.00/LB**

**AGED FOR
28
DAYS**

The Butcher Shop

Fresh, Ontario
**Veal T-Bone
Grilling Steaks**

5.98 lb
13.18kg

Fresh, Ontario
Boneless
Veal
Shoulder

3.88 lb
8.55kg

**SAVE
\$1.10/LB**

Fresh, Under 10 Size
Colossal
Sea
Scallops

9.88 lb
21.78kg

**SAVE
\$8.10/LB**

SAVE \$2.60/LB

The Delicatessen

Shopsy's
Bacon

2.98 500g

**SAVE
\$2.00**

Jarlsburg
Cheese
Slices
(Regular or
Lite)

1.98 120g Pkg

Schneiders 1890
Steak Spice
Roast Beef or
Roast Pork

1.48 /100g

Buffalo
Turkey
Breast

1.58 /100g

Gizella's
Cheesecake

• Mango
• Lychee
• Caramel Pecan

8.99 Ea