

Joseph's Pick of the Week

Product of USA, Sweet N' Juicy
ORGANIC Seedless Watermelon

3⁹⁸
Each

1/2 PRICE

Did you know that Watermelons have the highest amounts of lycopene than any other fruit or vegetable? Two cups of watermelon contain 18 mg of lycopene. Compare that with 1 medium sized tomato with 4 mg and you do the math. Studies have shown that lycopene may provide a preventative effect against certain types of cancer, including esophageal and prostate, as well as against heart disease and stroke. So if you want the biggest lycopene hit for your nutritional buck that tastes like summer itself, pass the watermelon, please!

Quality fresh Produce

Product of USA, California Fresh N' Sweet Strawberries

1⁹⁸
1lb. Pkg.

1/2 PRICE

Product of USA Organic Earthbound Spring Mix Salad & Baby Spinach

3⁹⁸
1lb Tub

SAVE \$2.00

Product of USA, Sweet N' Juicy, Tree Ripened Peaches

.98
lb 2.16kg

1/2 PRICE

Product of USA, Fresh, Plump N' Sweet Blueberries

1⁹⁸
Pint

SAVE \$1.00

Ontario, Fresh N' Crisp, Sweet MacIntosh Apples

.74
lb 1.63kg

1/2 PRICE

Product of USA, California Sweet Black Mission Figs

6⁹⁸
Flat/Case

SAVE \$3.00

Ontario, Tender N' Fresh Zucchini

.98
lb 2.16kg

SAVE .50/LB

Product of USA, Flavourful Red Klondike Rose Potatoes

.68
lb 1.50kg

SAVE .60/LB

Product of USA, Tender N' Fresh Eggplants

.98
lb 2.16kg

SAVE .70/LB

Product of Ontario, Fresh, Sweet Bunch Carrots

.98
Bch.

SAVE .50

Juice Bar Refreshing, "Ready to Serve!" (Assorted Flavours) POM Teas

.98
Bottle

SAVE \$2.00

The Flower Garden Colourful, Elegant & Dramatic, Fresh Cut Long Stem Roses

14⁹⁸
/doz.

SAVE \$5.00

With Babies' Breath

Tropicana Premium Orange Juice

2⁴⁸
1.89L (Limit 6)

SAVE \$2.00

General Mills

- Cheerios
- Honey Nut Cheerios
- Multi-Grain Cheerios
- Multigrain Cheerios
- Apple Cinnamon Cheerios
- Honey Nut Cheerios

2⁴⁸
Each 390-525g (Limit 6)

1/2 PRICE

The Butcher Shop

Aged for 28 Days, Cut from Certified Angus Beef Cap-Off Prime Rib Grilling Steaks

8⁹⁸
lb 19.80kg

AGED FOR 28 DAYS

CERTIFIED ANGUS BEEF

Premium Quality Peameal Bacon Pieces

3⁸⁸
lb 8.55kg

SAVE \$1.50/LB

Sea Deli, Imitation Crab Legs or Flakes

2/5⁰⁰
300g

SAVE \$1.00

The Delicatessen

San Daniele Dry Cured Prosciutto

2²⁰
/100g

Schneiders Deli Best Montreal Style Corned Beef

1¹⁸
/100g

Imported from Italy Galbanone Provolone Cheese

2²⁰
/100g

Domestic Feta Cheese

.98
/100g

Gourmet

Cooked Fresh Several Times Daily Baby Pork Back Ribs

2/8