

## Joseph's-Pick-of-the-Week

**Nutritional value (1/2 large grapefruit):**  
52 calories, 2 g fibre, contains large amounts of vitamins C and A.

**Disease-fighting factor:**  
Pink grapefruit contains lycopene and flavonoids, which may help protect against some types of cancer. Grapefruit also boasts an ample supply of pectin, a soluble fibre that may help lower cholesterol levels.

Florida Fresh Sweet N' Juicy  
**Pink Grapefruit**

**1/2 PRICE**

**.48** lb  
1.06kg



## Quality-Fresh-Produce

Product of USA  
Sweet N' Juicy  
**Bosc Pears**

**SAVE .70/LB**

**.98** lb  
2.16kg



Product of USA  
Fresh  
**Organic Cauliflower**

**1/2 PRICE**

**2/3.00**



Product of USA  
Fresh N' Crisp  
**Romaine Hearts**

**SAVE \$1.00**

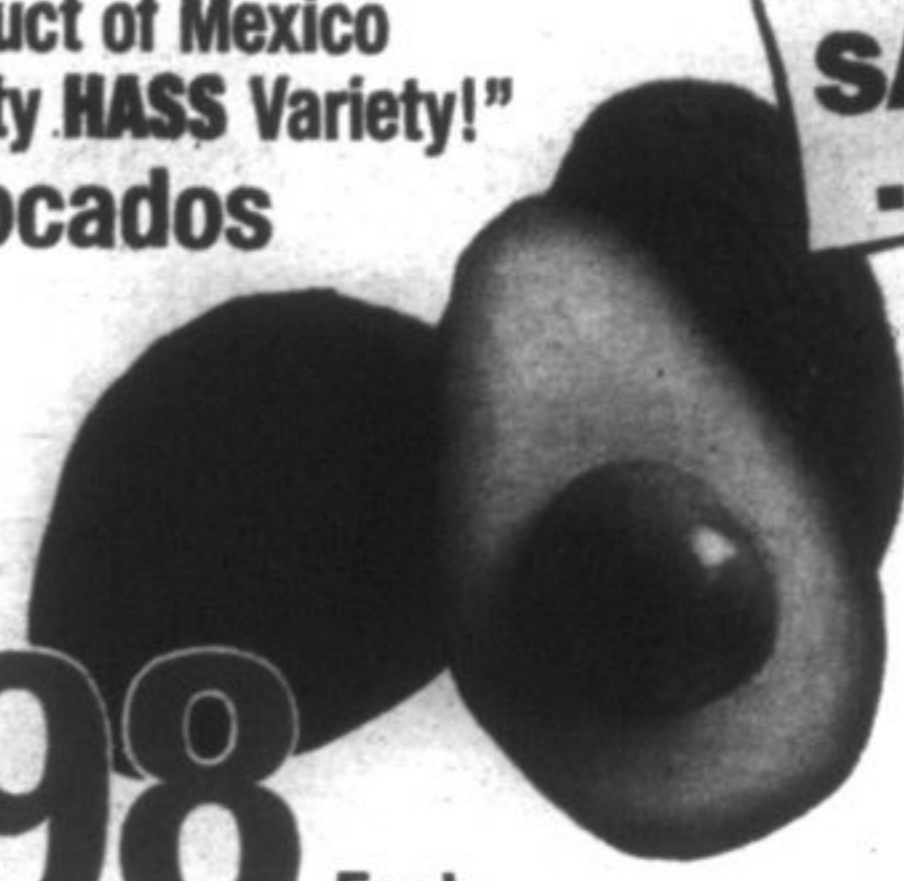
**1.98**  
(Pkg. of 3)



Product of Mexico  
"Tasty HASS Variety!"  
**Avocados**

**SAVE .50**

**.98** Each



Product of Brazil  
Sweet N' Juicy  
**JUMBO Papaya**

**SAVE \$3.00**

**2/5.00**



Product of USA  
Fresh  
**Radicchio or Anise (Fennel)**

**1/2 PRICE**

**2/3.00**



### Bulk-Food

California Fresh  
**Shelled Pecan Halves**

**SAVE \$4.00/LB**

**8.98** lb  
19.80kg



### Juice-Bar

Freshly Squeezed  
**Orange Juice**

**SAVE \$2.00**

**2.98**  
1L Bottle



### Salad-Bar

Fresh  
**Fruit & Veggie Family Packs**

**SAVE UP TO \$3.00**

Starting at  
**9.98**



### The-Flower-Garden

Ontario Greenhouse Grown  
Colourful, Potted  
**Mum's**

**SAVE \$3.00**



**2/5.00**  
4-1/2" Pot

**16 piece Sushi**  
Fresh, In-Store Made Daily  
16 Pcs. California Rolls



**6.98**

# The GARDEN BASKET

Prices in effect Thursday, January 29, un

Fresh, Canadian  
**Pork Tenderloins**

**SAVE \$3.00/LB**

**3.98** lb  
8.78kg



Made Fresh Several Times Daily  
**Extra Lean Ground Beef**

**SAVE \$1.60/LB**

**2.68** lb  
5.91kg



Great for Super Bowl  
Chili & Burgers!

Fresh, Bone-In  
**Chicken Breasts**  
Air Chilled & Grain Fed

**2.68** lb  
5.91kg



**SAVE \$1.40/LB**

Fresh, Thinly Sliced  
**Chicken Breast Cutlets**

**SAVE \$2.00/LB**

**6.88** lb  
15.17kg

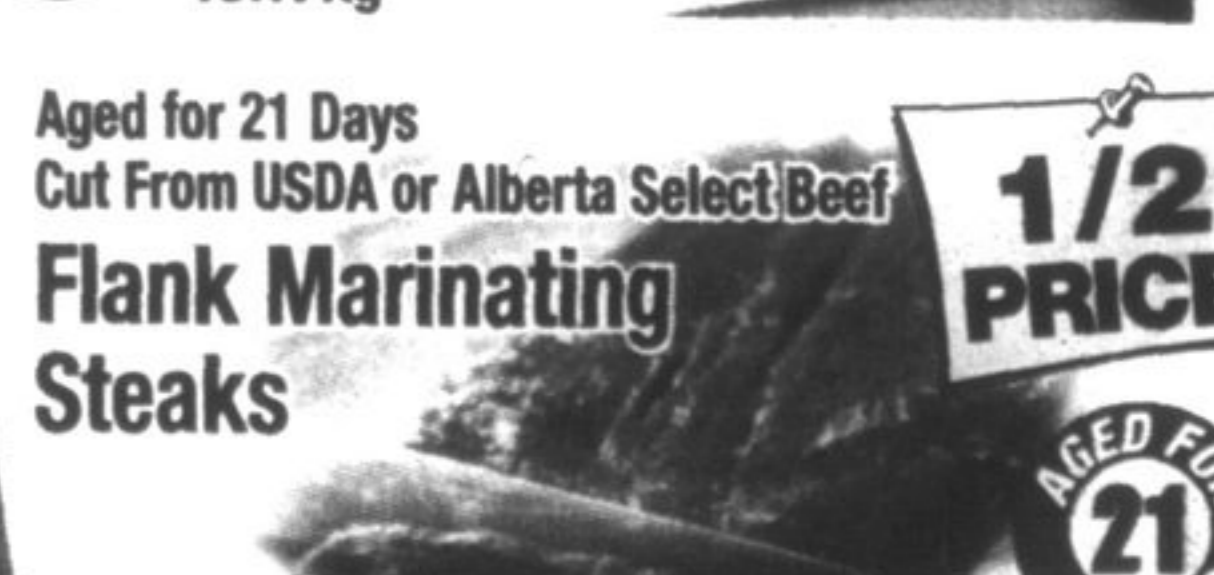


Aged for 21 Days  
Cut From USDA or Alberta Select Beef

**Flank Marinating Steaks**

**1/2 PRICE**

**3.48** lb  
7.67kg



AGED FOR 21 DAYS

## The-Delicatessen

Bittners  
**Oven Roasted Turkey**

**1.88** /100g



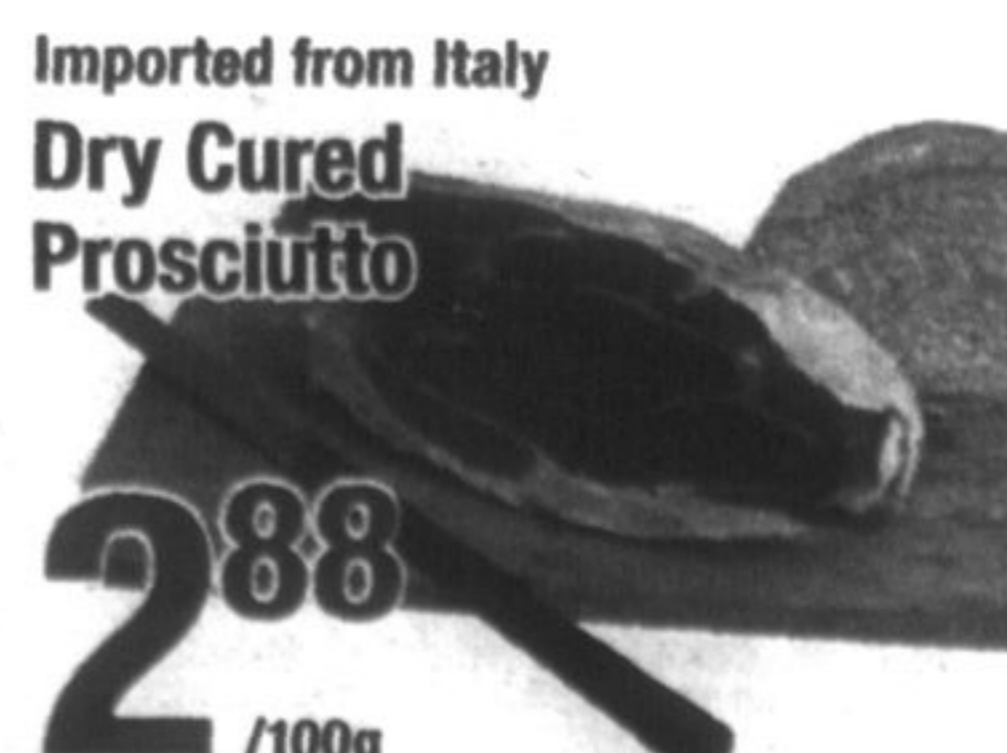
Schneiders  
**Louisiana Blackened Beef**

**1.48** /100g



Imported from Italy  
**Dry Cured Prosciutto**

**2.88** /100g



Grand  
**Camembert Cheese**

**1.88** /100g



## Gourm

Cooked Fresh Several Times  
**White M Chicken**

**6.98** Pa  
30



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 60th copy and illustrations, errors may occur. • We reserve the right to