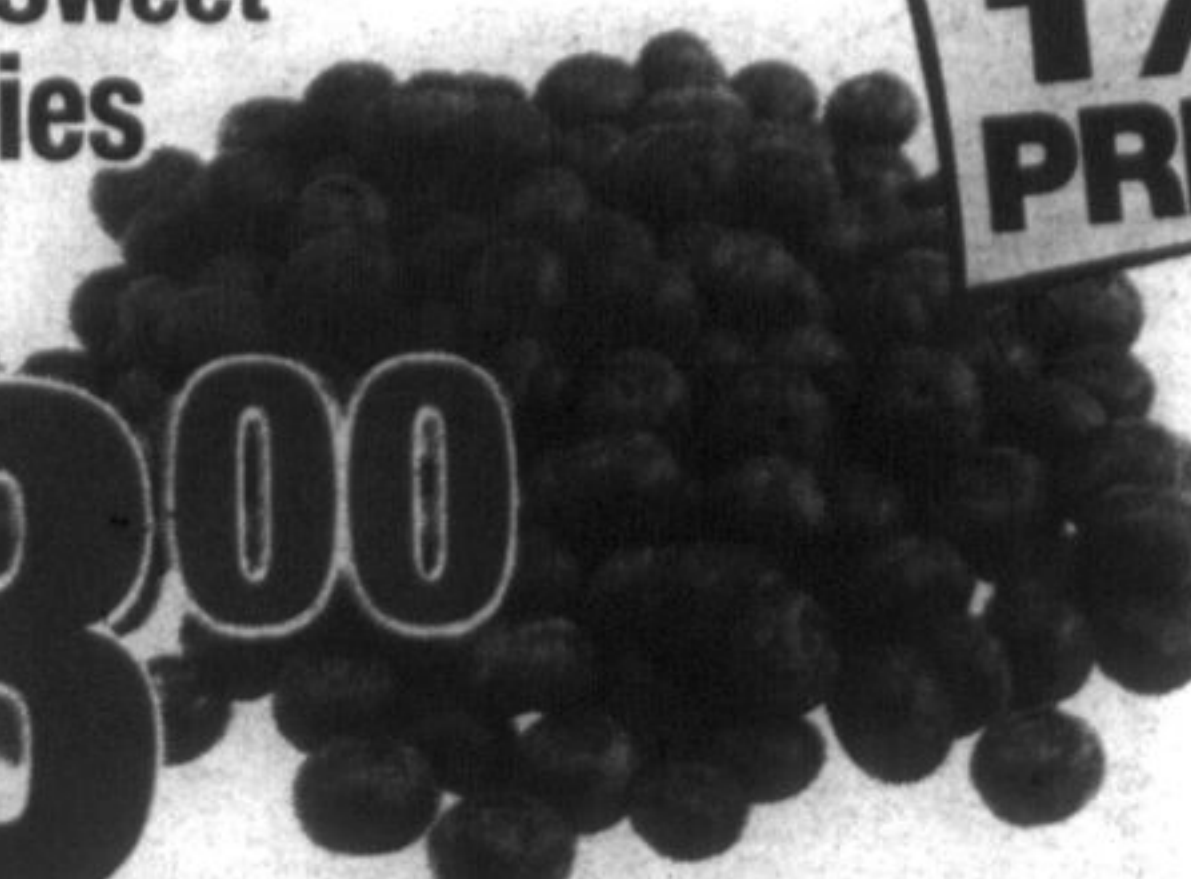


## Joseph's Pick of the Week

Product of Canada  
Plump N' Sweet  
Blueberries

**2/3<sup>00</sup>**



**1/2  
PRICE**

### Nutritional Information

Blueberries are a very good source of vitamin C, manganese, and both soluble and insoluble fiber like pectin. Blueberries are also a good source of vitamin E.

## Quality-Fresh-Produce

Ontario  
Tender N' Fresh  
Broccoli

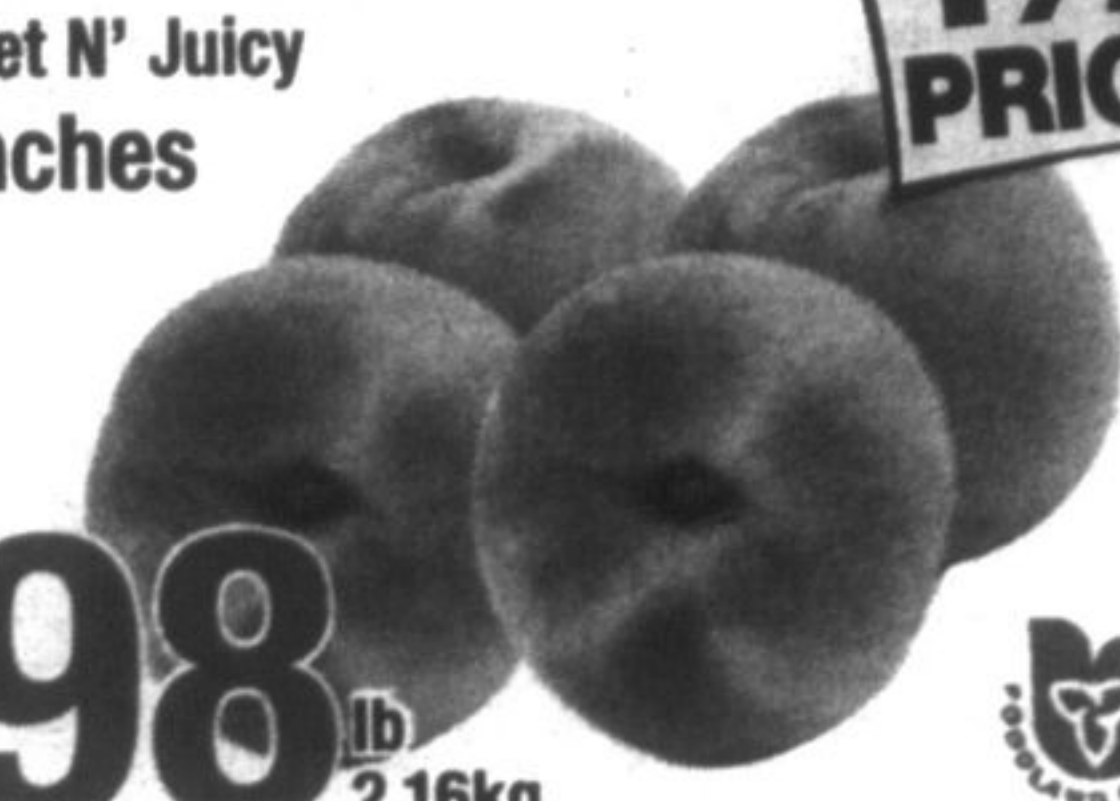
**.98**  
Bch



**SAVE  
.50**

Fresh From Ontario Orchards  
Sweet N' Juicy  
Peaches

**.98**  
lb  
2.16kg



**1/2  
PRICE**

California Fresh  
Plump N' Sweet  
White Figs

**5<sup>98</sup>**  
Case



**SAVE  
\$4.00**

Product of USA/Canada  
Sweet N' Juicy  
Cantaloupes

**2/3<sup>00</sup>**



**SAVE  
\$1.00**

Product of USA/Canada  
Fresh  
Cubanelle Peppers &  
Sicilian Eggplants

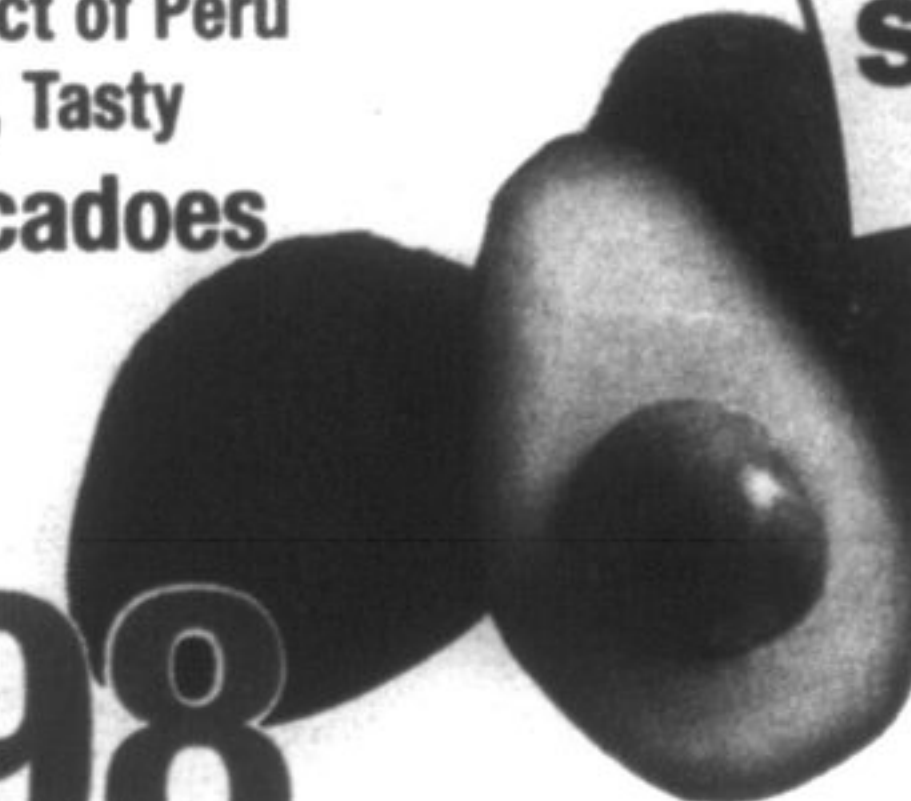
**.98**  
lb  
2.16kg



**1/2  
PRICE**

Product of Peru  
Fresh, Tasty  
Avocados

**.98**  
Each



**SAVE  
.70**

Product of USA  
Sweet, Fresh  
Vidalia  
Onions

**2<sup>98</sup>**  
3lb  
Bag



**SAVE  
\$1.00**

*Organic*

Product of USA  
Fresh N' Crisp  
**ORGANIC**  
Celery

**.98**  
Each



**1/2  
PRICE**

*Organic*  
Product of Ontario  
Tender N' Fresh  
**ORGANIC**  
Green &  
Yellow Beans

**2<sup>98</sup>**  
1lb  
Tub



**SAVE  
\$2.00**

*The Flower Garden*  
Ontario Grown  
Fresh Cut  
Colourful, Elegant  
Sweet-Heart  
Roses

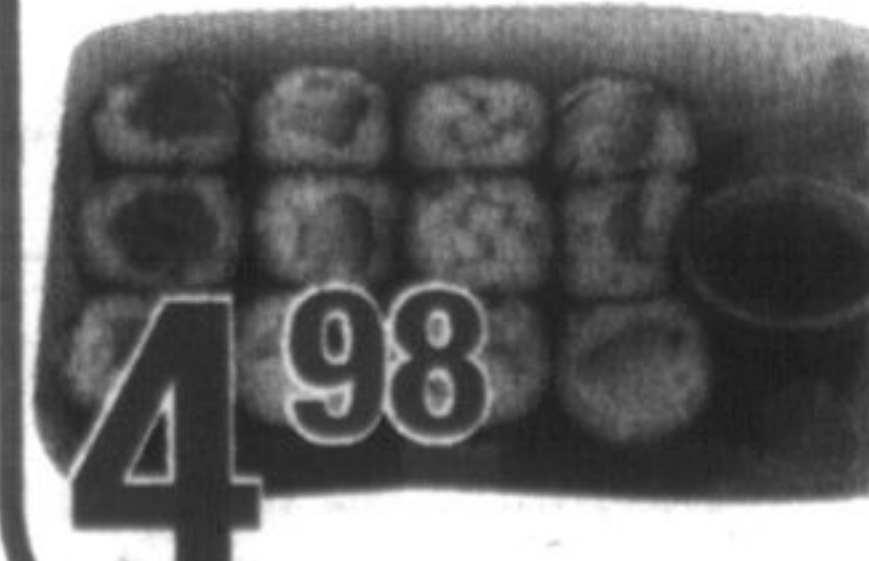
**9<sup>98</sup>**  
Doz



**SAVE  
\$3.00**

*12-Piece-Sushi*  
Fresh, In-Store Made Daily  
12 Pcs. Variety Rolls

**4<sup>98</sup>**



# The GARDEN BASKET

Prices in effect Thursday, August 6, un

Aged for 28 Days  
Cut From  
Canada AA, AAA Beef  
Family Pack, Cap-Off  
Prime Rib Grilling Steaks

**5<sup>98</sup>**  
lb  
13.19kg

**SAVE  
\$4.75/LB**

**28  
DAYS**

Great on the GRILL!

Fresh  
Air Chilled & Grain Fed  
Whole  
Chicken Wings

**1<sup>78</sup>**  
lb  
3.92kg

**1/2  
PRICE**

Great on the GRILL!

Fresh, Canadian  
Family Pack  
Pork Tenderloins

**3<sup>98</sup>**  
lb  
8.77kg

Great on the GRILL!

**SAVE 3.00/LB**

*The-Butcher-Sh*  
Fresh, In-Store Made  
Extra Lean  
Pork Sausages

**2<sup>98</sup>**  
lb  
4.37kg

Great on the GRILL!

Schneider's  
Mini Sizzlers or  
Octoberfest Sausages

**1<sup>98</sup>**  
450g  
Pkg

Great on the GRILL!

**1/2  
PRICE**

*The-Delicatessen*

Dofino  
Creamy  
Havarti Cheese  
• By The Piece Only

**.98**  
/100g

Rosenberg  
Blue Cheese  
with Pear

**2<sup>48</sup>**  
125g

**1/2  
PRICE**

Parma  
Dry Cured  
Prosciutto

**1<sup>98</sup>**  
/100g

Apetina  
Garlic & Herb  
Feta

**2<sup>48</sup>**  
200g

**1/2  
PRICE**

*Gourm*  
Beretta Ranc  
Fully Cooked  
Ready to Eat  
Naturally F  
Chicken Ti

• Hormone Free  
• Air Chilled  
• Veg. Grain Fed

**5/5**