

EN ET ETS

Foodmarkets

Book your FREE
"Nutritional" Grocery Store Tour
with our
Certified Holistic Nutritionist,
Rosemary Seguin



Visit our Website for details and to book
your complimentary tour today
(a \$75.00 value)

SUPER SPECIAL!

Schneiders • Frozen
Chicken Wings



\$5.77
12x 300g Box
SAVE OVER
\$6.00

BRAND NAME GROCERIES

Baci Perugina
Box Chocolates

\$2.99
12 pc
1/2 PRICE

Nestle Favourites
Mini Chocolate Bars

\$5.99
40%
SAVE
\$5.00

"CASE SALE"
Product of Italy
Pomi
Passata Sauce

\$11.99
12x 700g
LESS THAN
1/2 PRICE

Buitoni
Spinach Goat Cheese
Pizza

\$2.99
300g
1/2 PRICE

La Gioia Premium
Italian Cakes

99¢
100g
LESS THAN
1/2 PRICE

Oasis 100% Pure
Not From Concentrate
Valencia Orange Juice

\$2.49
1.75L
SAVE
\$2.00

Pastore
Balsamic Vinegar

\$1.49
500ml
1/2 PRICE

Robertson's Premium
Marmalade

\$1.99
250g
1/2 PRICE

Delfino
Taralli

\$1.49
250g
1/2 PRICE

Champanade
Peach or Raspberry
Sparkling Beverage

\$2.49
750ml
1/2 PRICE

Marinelli's Gourmet
Pasta Sauce

\$2.99
700ml
SAVE
\$2.00

Polli
Mixed Vegetables
or Green Olive Paste

\$1.69
190-285g
1/2 PRICE

Jordans
All Natural or Organic
Muesli or Granola
Cereal

\$3.99
500-550g
SAVE
\$1.50

Liberté
Greek Yogourt

\$2.99
4x100g
SAVE
\$1.00

Product of Italy
Spuma Di Sciampagna
Floor Cleaner

\$1.99
1L
1/2 PRICE

Il Coccio Premium
Dried Beans

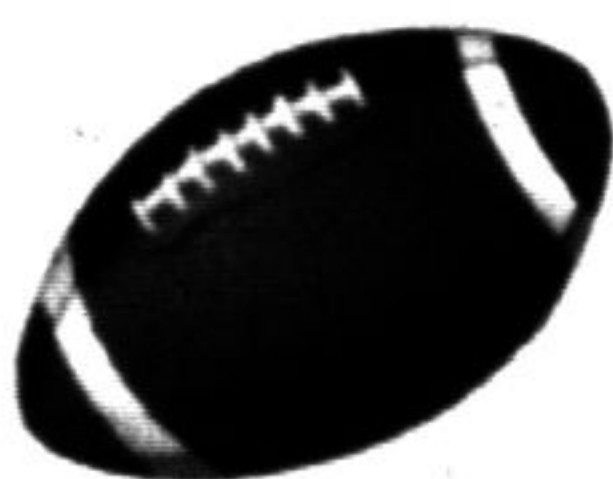
\$2.99
250g
SAVE
\$1.00

Boulder Canyon
Kettle Cooked
Chips
Angie's
Gourmet
Popcorn
or Rumba
Tostada
Shells 32's



\$1.69
120-374g
LESS THAN
1/2 PRICE

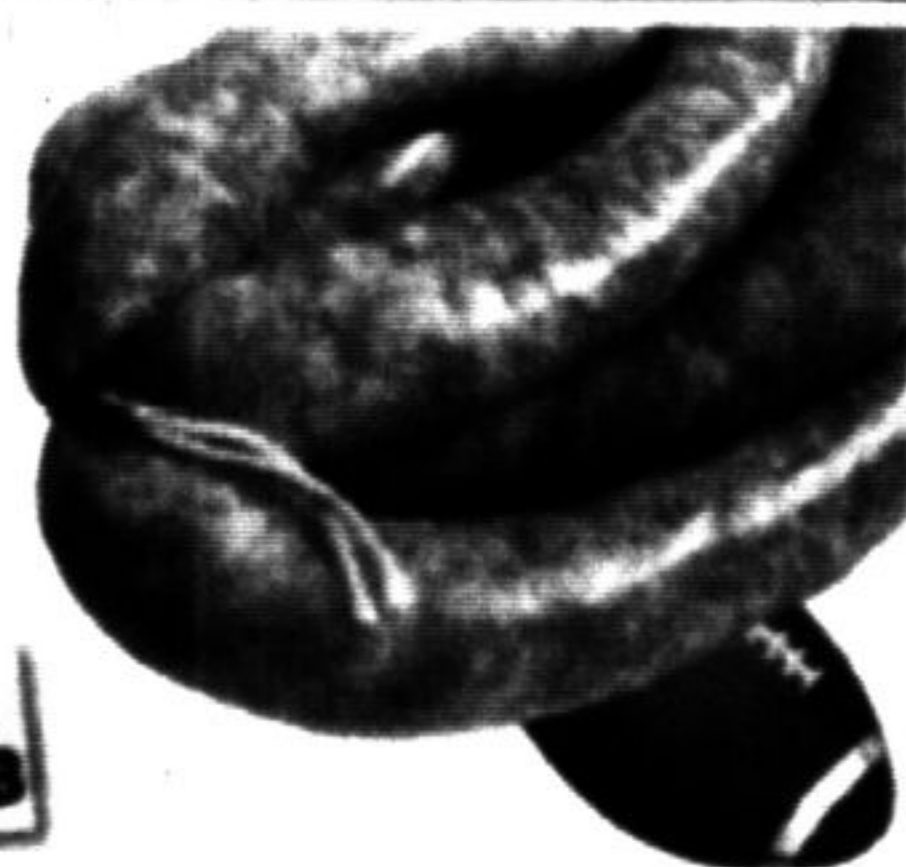
Product of Italy
Santal
Peach or Pear
Nectar



79¢
1L
SAVE
\$2.20

MEAT SHOP

In Store Made
Extra Lean
Pork Sausages
Gluten Free



\$3.99
Per lb.
5.00/lb
SAVE
\$1.00/LB

Fresh Ontario
Veal T-Bone
Grilling Steaks



\$4.99
Per lb.
11.00/lb
1/2 PRICE

Ocean Prime
Cooked Shrimp
Ring Platter



\$7.99
454g
SAVE
\$2.00

T-TO-GO

Sushi
16 pcs California Rolls



\$7.99

In Store Baked
Sourdough Bread

Great with
Chili for
the Big Game!



\$2.49
Loaf
SAVE
50¢

Compliments
Coffee Cakes



\$5.49
800g
Cakes
SAVE
\$2.00

Pita Break
Breakfast Rounds
Pitas



\$2.99
450g
SAVE
80¢

La Rocca
Assorted
Cakes



\$13.99
6" Cakes
SAVE
\$2.00

OVEN FRESH BAKERY

Hours: Mon. - Wed. 8:00 a.m. - 9:00 p.m.; Thurs. - Fri. 8:00 a.m. - 9:30 p.m.;
Saturday 7:00 a.m. - 8:00 p.m.; Sunday 8:00 a.m. - 7:00 p.m.