

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)

VALENTINE'S SAVINGS FEB 7-14

Product of the Caribbean
Wild Caught Rock Lobster Tails
Limit 16 Tails



\$3.99 4 on Tail **1/2 PRICE**

BRAND NAME GROCERIES

Product of Italy DiMartino Premium Pasta	99¢ 453-500g LESS THAN 1/2 PRICE	Product of Italy Antica Torroneria Piemontese Gourmet Chocolate Truffles	\$11.99 250g SAVE \$8.00
Nutella Chocolate Hazelnut Spread	\$2.99 350g SAVE \$1.50	Uncle Ben's Fast 'N Fancy Rice	99¢ 165g 1/2 PRICE
Oasis Health Break, Smoothie or Nature's Collection Beverages	\$2.49 1.75L SAVE \$1.50	Milk Bone Soft 'N Chewy Chicken or Beef Biscuits	99¢ 1.42g LESS THAN 1/2 PRICE
Lundberg Wild Rice Blends	\$2.49 454g SAVE \$1.50	Rondolletti Cream Wafers	99¢ 110g 1/2 PRICE
Prima Goccia Extra Virgin Olive Oil	\$5.99 1L SAVE \$4.00	T.G.I.Fridays Mozzarella Sticks, Potato Skins or Cheddar Fries	\$1.99 170-227g SAVE \$1.50
Allens Drinking Boxes	\$1.99 8x200ml SAVE \$1.30	Higgins & Burke Premium Hot Chocolate	\$2.99 240g SAVE \$1.00
Ara Azzurro Espresso Coffee	\$4.99 454g SAVE \$3.00	Lundberg Brown Rice Chips	\$2.49 170g SAVE \$1.50
or Brown Gold K-Cups Premium Coffee	\$6.99 12x SAVE \$3.00	or La Gallinella Organic Rice Cakes	\$1.49 100g SAVE \$1.00
Higgins & Burke Gourmet Teas	\$2.49 20x SAVE \$1.00	Probios Organic Tri-Colour Fusilli Pasta	99¢ 300g SAVE \$2.50

We Would Like To Be Treated®
Closing Wednesday, February 13th, 2013


Ruth's Chia Goodness Hot or Cold Cereal

- Gluten & Lactose Free
- Good source of Protein, Calcium & Iron
- High in Fibre & Omega 3
- Raw



\$3.99 300g **SAVE \$3.00** original original

Native Organic Demerara Sugar



\$1.99 1kg **LESS THAN 1/2 PRICE**

MEAT SHOP

Fresh • Ontario • Thinly Sliced Chicken Breast Cutlets



\$6.99 Per lb. 15.41/lb **SAVE \$2.00/LB**

Fresh • Ontario Veal T-Bone Grilling Steaks



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

Fresh Trout Fillets



\$7.99 Per lb. 17.41/lb **SAVE \$2.00/LB**

Ara Azzurro Espresso Coffee	\$4.99 454g SAVE \$3.00	Lundberg Brown Rice Chips	\$2.49 170g SAVE \$1.50
or Brown Gold K-Cups Premium Coffee	\$6.99 12x SAVE \$3.00	or La Gallinella Organic Rice Cakes	\$1.49 100g SAVE \$1.00
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T-TO-GO

Sushi
8 Pcs of California Rolls & 8 Pcs of Salmon Rolls



\$8.99

Fresh in Store Made Daily Chocolate Dipped Long Stem Strawberries



4/\$7.00 or \$1.99 each

Homestyle Two Bite Valentines Cupcakes



\$3.69 12 Pack **SAVE 30¢**

Dufflet Chocolate Fudge Heart or Pink Velvet Heart Cakes



\$12.99 6" Cake

Boullart • Artisan French or Ciabatta Baguette



\$2.69 Each **SAVE UP TO 50¢**