


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)

3 DAY SALE!
FRIDAY, SATURDAY & SUNDAY, FEB 15TH, 16TH & 17TH

Frozen • New Zealand Whole Leg of Lamb

Limit 4



\$388 Per lb. 8.55/lb **SAVE OVER \$2.00/LB**

BRAND NAME GROCERIES

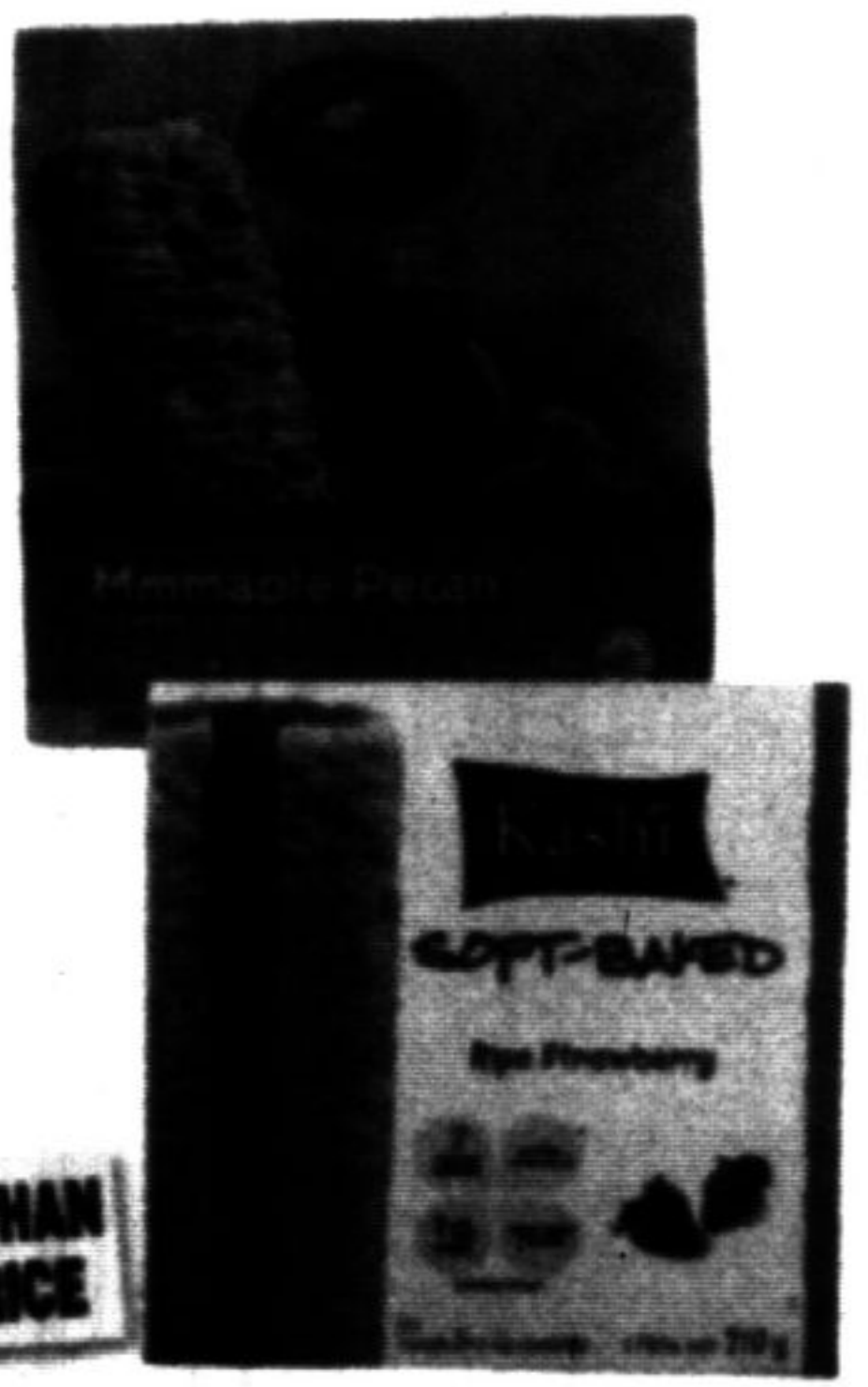
<p>Ceres or Kiju Organic Fruit Juices</p>  <p>\$1.99 1L SAVE \$1.40</p>	<p>Bonifanti Premium Panettone</p> <p>*While Quantities Last*</p>  <p>\$9.99 1kg SAVE \$20.00</p>
<p>Nestlé Chocolate Chip Drumstick Cones</p>  <p>\$2.49 3 Pack 1/2 PRICE</p>	<p>Coco Samba Pure Coconut Water</p>  <p>\$2.99 1L 1/2 PRICE</p>
<p>Pacific Foods Organic Soups</p>  <p>\$2.49 1L SAVE \$1.50</p>	<p>Primo Tuna in Oil</p>  <p>69¢ 99g SAVE 50¢</p>
<p>Powerade Sports Beverages 710ml or Galvanina Mineral Water 1L</p>  <p>99¢ Each 1/2 PRICE</p>	<p>Granaria Pasta</p>  <p>99¢ 500g SAVE 70¢</p>
<p>Ritter Sport Jumbo Chocolate Bars 250g or Special K Bars or Crisps 125-138g</p>  <p>\$2.99 Each SAVE UP TO 1/2 PRICE</p>	<p>Casa Rinaldi Gourmet Crackers 250g or Jacobs Cream Crackers 200g</p>  <p>\$1.49 Each SAVE UP TO 1/2 PRICE</p>
<p>Nature's Path Organic Waffles</p>  <p>\$2.99 210g SAVE \$1.30</p>	<p>Food Should Taste Good Tortilla Chips</p>  <p>\$2.49 156g SAVE \$1.50</p>
<p>Royal Dansk Oatmeal Cookies 125g or Nestlé Quik Chocolate Syrup 340ml</p>  <p>\$1.79 Each SAVE UP TO \$1.70</p>	<p>Brown Gold Premium Single Origin Coffee</p>  <p>\$6.99 340g SAVE \$3.00</p>
<p>Malizia Body Wash</p>  <p>\$2.49 300ml LESS THAN 1/2 PRICE</p>	<p>Regina Savoiardi Cookies 400g or Loacker Wafer Biscuits 175g</p>  <p>\$1.79 Each SAVE UP TO \$1.20</p>

We Would Like To Be Treated®
Closing Wednesday, February 20th, 2013

Nature's Path Organic Granola Bars


- Mmm Maple Pecan
- Peanut Choco
- Chococonut

or Kashi Soft Baked Cereal Bars



\$1.99 175-210g **LESS THAN 1/2 PRICE**

Voted Best Olive Oil in The World Quattrociocchi Extra Virgin Olive Oil



\$11.99 500ml **LESS THAN 1/2 PRICE**

MEAT SHOP

Fresh • New Zealand Lamb Loin Chops



\$8.99 Per lb. 19.82/lb **SAVE \$3.70/LB**

100% Beef Traditionally Raised Boneless Rump Oven Roasts

- Antibiotic Free
- Hormone Free
- Vegetable Grain Fed



\$5.99 Per lb. 13.21/lb **SAVE \$3.00/LB**

Fresh • Wild Caught Pacific Snapper Fillets



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

TAKE-TO-GO

Sushi

8 Pcs of Vegetable Rolls & 8 Pcs of California Rolls



\$7.99

In Store Baked 100% Whole Wheat Bread



\$1.69 Loaf **SAVE 50¢**

Italian Home Bakery Sliced French Bread



\$1.39 Loaf **1/2 PRICE**

Homestyle Crostata Tortes



\$4.99 Each **SAVE \$1.00**

Sarsfield Lemon Meringue Pie



\$3.99 6" Pie **SAVE \$1.00**