

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, MAR 8TH, 9TH & 10TH

100% Beef • Traditionally Raised Lean Ground Beef

- Antibiotic Free
- Hormone Free
- Vegetable Grain Fed



\$3.33 Per lb. **1/2 PRICE** (7.34/lb)

BRAND NAME GROCERIES

<p>Astro Yogourt</p>  <p>\$1.99 650-750g Tub SAVE \$1.50</p>	<p>Pringles Potato Chips</p>  <p>99¢ 125g 1/2 PRICE</p>
<p>Bigelow Gourmet Teas</p>  <p>\$1.00 20's 1/2 PRICE</p>	<p>Italpasta Total High Fibre Pasta</p>  <p>99¢ 375g 1/2 PRICE</p>
<p>Product of Italy Bertagni Gourmet Filled Pasta</p>  <p>\$2.99 250g SAVE \$2.00</p>	<p>Casa Rinaldi Gourmet Pastes or Pestos</p>  <p>\$2.99 190g 1/2 PRICE</p>
<p>Product of Italy Italpasta Tuna in Oil</p>  <p>\$2.99 2x200g SAVE \$2.00</p>	<p>Casbah Tabouli, Couscous Falafel or Hummus</p>  <p>\$1.99 170-340g SAVE \$1.50</p>
<p>Casa Rinaldi Scroccoli Gourmet Crackers</p>  <p>\$1.99 300g 1/2 PRICE</p>	<p>Allen's Drinking Boxes</p>  <p>\$1.99 6x200ml SAVE \$1.30</p>
<p>Oasis Smoothies</p>  <p>\$2.49 1.75L SAVE \$1.50</p>	<p>Kellogg's Special K Cereal</p>  <p>\$2.99 600-675g 1/2 PRICE</p>
<p>Delissio Pizza</p>  <p>\$4.99 840-901g SAVE \$4.00</p>	<p>Chapman's Frozen Yogourt</p>  <p>\$3.99 2L Tub SAVE \$2.00</p>
<p>Royale Ultra Paper Towels</p>  <p>\$5.99 6 Rolls SAVE \$3.00</p>	<p>Majesta Facial Tissues</p>  <p>\$4.69 6 Pack SAVE \$1.30</p>


You Would Like To Be Treated
Closing Wednesday, March 13th, 2013

Barbera Organic Giardini Del Paradiso Extra Virgin Olive Oil



\$4.99 750ml **LESS THAN 1/2 PRICE**

Organic Meadow Frozen Organic Vegetables



\$2.25 500g **1/2 PRICE**

MEAT SHOP

Aged for 28 Days Cut from Certified Angus Beef Beef Leg Cutlets



\$5.99 Per lb. 13.21/lb **SAVE \$2.00/LB**

Fresh Ontario Centre Cut Pork Loin Chops



\$2.99 Per lb. 6.59/lb **SAVE \$2.00/LB**

Fresh • Wild Caught Sole Fillets



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

TO-GO

Sushi
Pcs of California Rolls
8 Pcs of Salmon Rolls



\$8.99

OVEN FRESH BAKERY

Sticklings Organic Raisin Bread



\$3.49 Loaf **SAVE \$1.50**

Pita Break Pita Crisps or Lavash Flatbread Crackers



\$2.69 170-220g Bag **SAVE \$1.30**

Dufflet • All Natural • Gluten Free Cake Carrot or Chocolate



\$14.99 9.5" Cakes **SAVE \$2.00**

Karma'ffin Gluten & Sugar Free Muffins



\$5.49 6 Pack **SAVE \$1.50**