

FOR 25 YEARS

3 DAY SALE!  
FRIDAY, SATURDAY & SUNDAY

BRAND NAME GROCERIES

CELEBRATING  
**25**  
YEARS  
ZMARKHAM  
1988-2013

Product of The Caribbean • Wild Caught  
**Rock Lobster Tails**



**\$1.99**  
2 lb  
SAVE \$1.50

into your Basket since 1929®  
Closing Wednesday, September 4<sup>th</sup>, 2013

\*CASE SALE\*  
Product of Italy  
Pastore  
Passata  
Sauce  
12 x 720ml  
or  
Pomilia  
Tomatoes  
12 x 800g



PASSATA DI POMODORO



**\$9.99**  
Case  
LESS THAN 1/2 PRICE

Product of Italy  
Pietro Coricelli  
Premium  
Extra Virgin  
Olive Oil



**\$4.99**  
1L  
LESS THAN 1/2 PRICE

Dempster's  
White or Whole Wheat  
Bread

**\$1.99**  
675g  
SAVE UP TO \$1.00



Kellogg's  
Nutri-Grain  
or Rice Krispie Square  
Bars

**\$1.99**  
161-299g  
SAVE UP TO \$1.80



L'Antica Mola  
or Mamma Nuccia  
Gnocchi or Tortellini

**99¢**  
250-300g  
1/2 PRICE



Heinz  
White Vinegar

**\$1.99**  
4L  
SAVE \$1.80



Simply Natural Organic  
Salad Dressings

**\$2.99**  
354 ml  
SAVE \$1.50



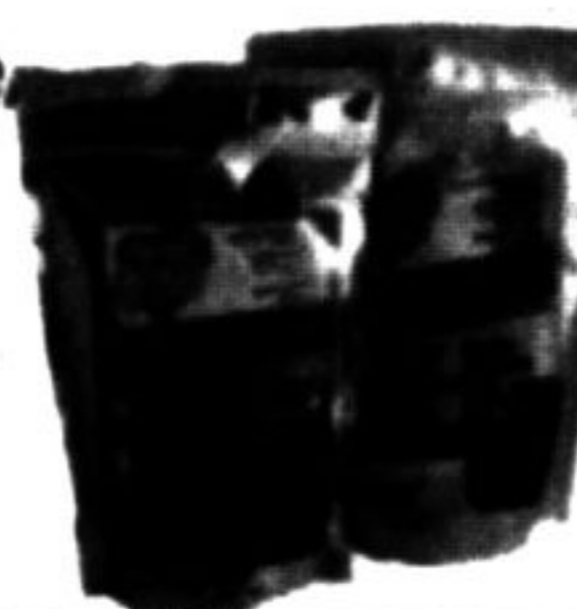
Kiwa  
Vegetable Root, Plantain  
or Native Potato Chips

**\$2.99**  
130-250g  
SAVE \$2.00



X.O. Baking Company  
Gluten Free Mixes - Brownie,  
Cookie, Pancake, Flour  
or Bread

**\$3.49**  
425-595g  
LESS THAN 1/2 PRICE



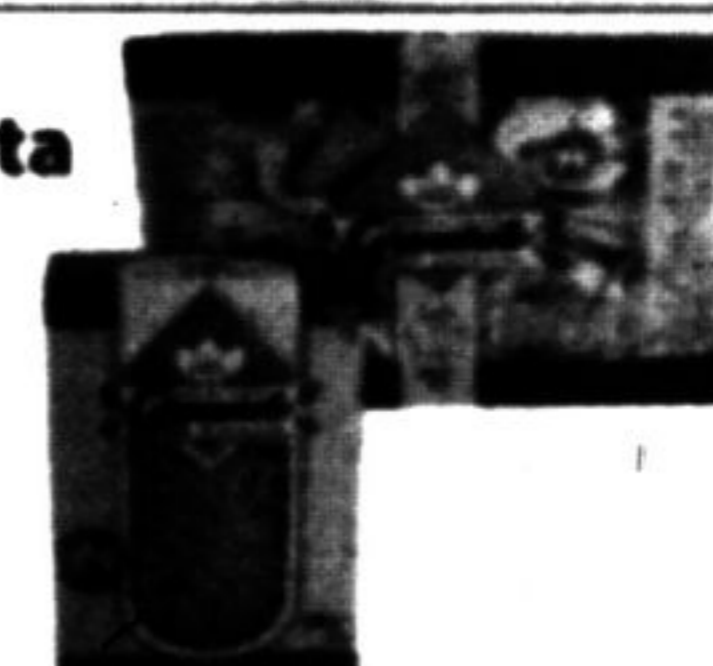
Pomilia  
Pasta Sauce

**\$1.49**  
350ml  
1/2 PRICE



Granarolo Premium  
Egg Nest or Egg Pasta

**\$1.49**  
250g  
1/2 PRICE



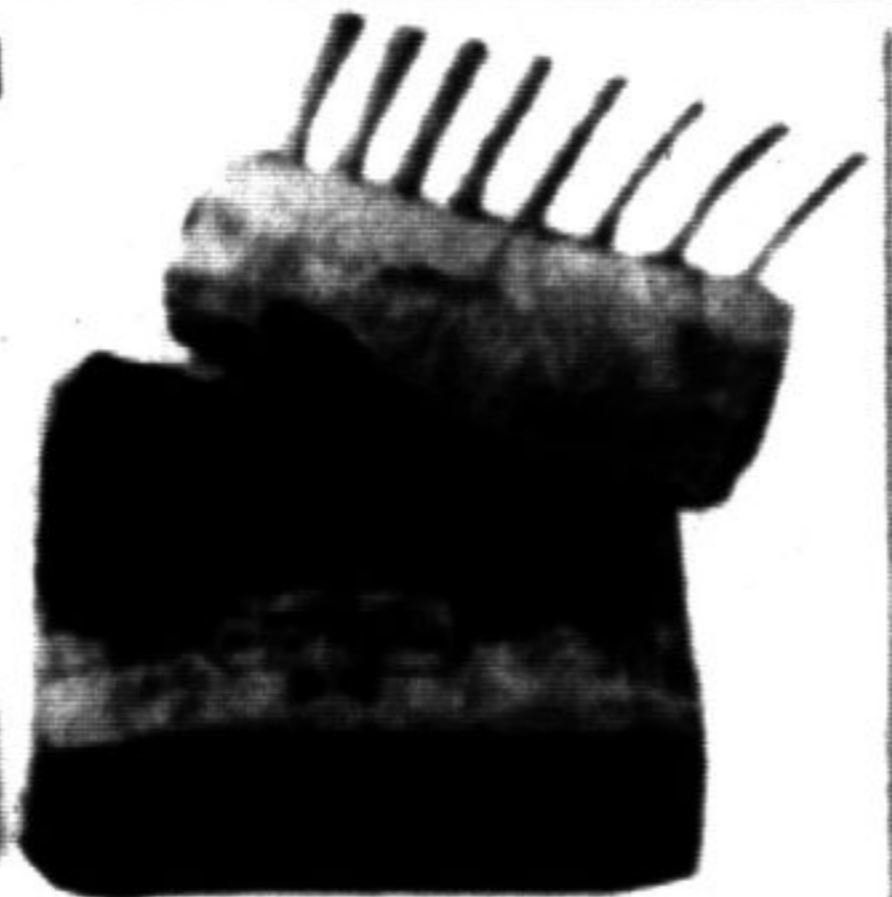
Astro  
Greek Yogourt

**\$2.99**  
500g  
SAVE \$2.00



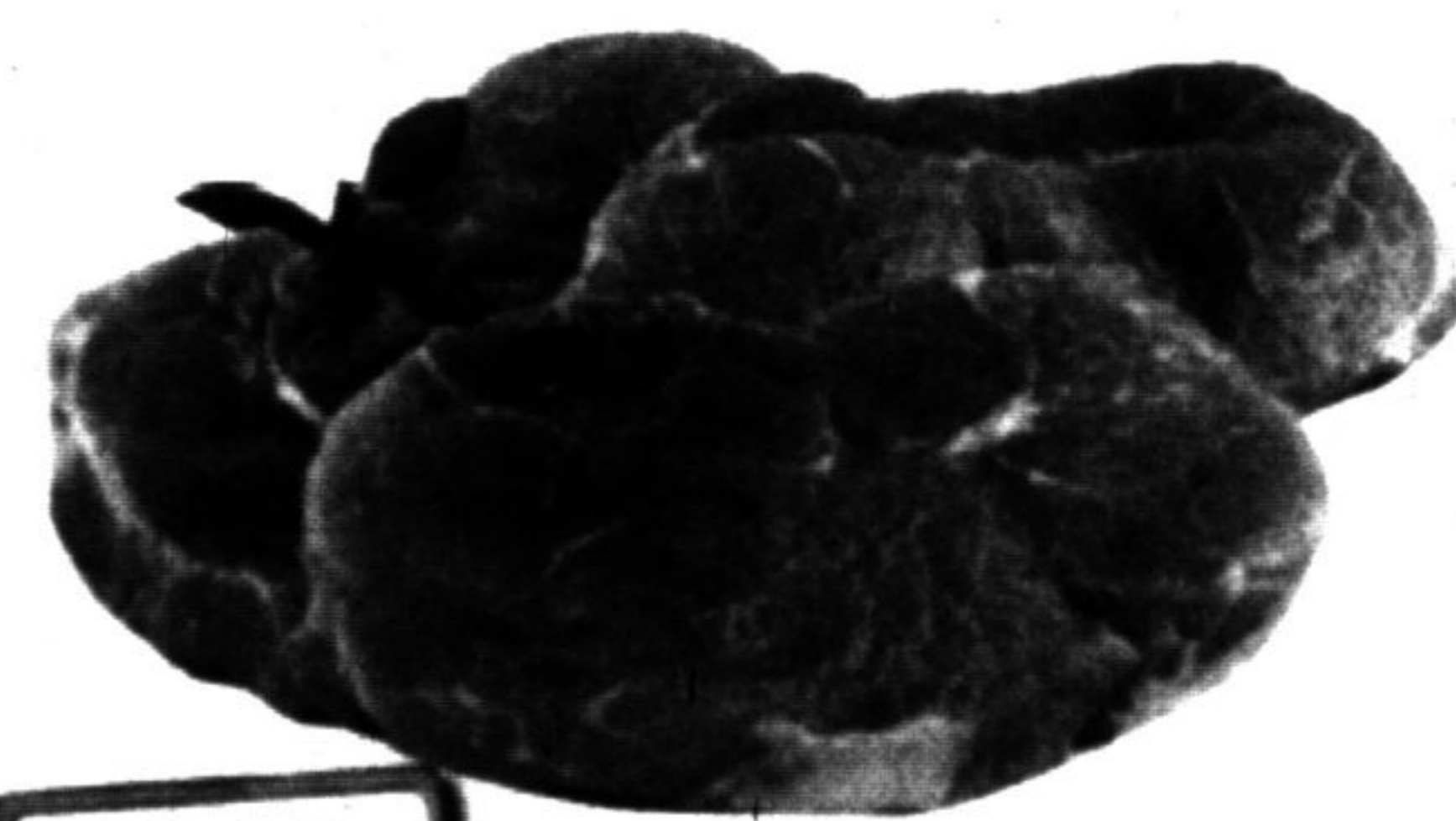
HER SHOP

Frozen • New Zealand  
Frenched  
Rack of Lamb



**\$9.99**  
Each  
SAVE \$5.00

Fresh  
Boneless Pork  
Sirloin Chops



**\$2.99**  
Per lb.  
6.59/lb  
SAVE \$1.50/LB

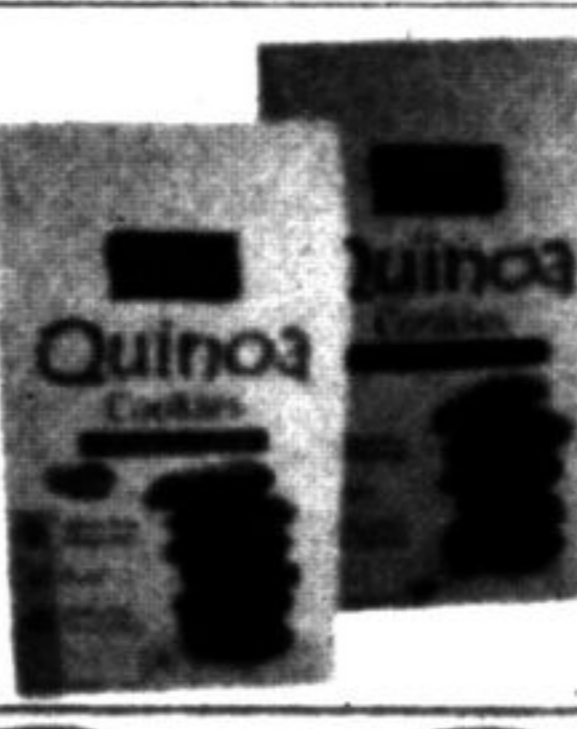
100% Fish • Wild Caught  
Haddock Fillets



**\$7.99**  
Per lb.  
17.51/lb  
SAVE \$3.00/LB

GoGo Quinoa  
Chocolate Chip  
or Mango Orange  
Cookies

**\$3.00**  
190g  
SAVE \$2.30



Thai Kitchen  
Coconut Milk

**\$1.99**  
400ml  
SAVE UP TO 80¢  
OR  
**\$2.49**  
600ml  
Organic  
Coconut Milk



Gatorade  
Sports Beverage

**79¢**  
391ml  
1/2 PRICE



Kellogg's Jumbo  
Frosted Flakes  
or Rice Krispies

**\$4.99**  
640-680g  
SAVE \$3.00



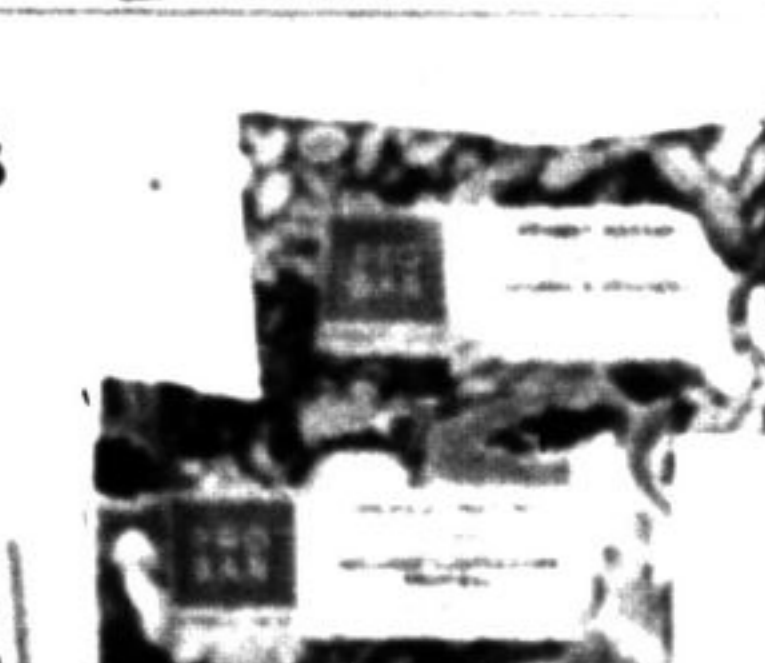
Florida's Natural  
Fruit Snacks

**\$1.99**  
Jumbo  
12 PK  
SAVE \$1.50



Pro Bar  
Whole Food Bars

**\$1.99**  
65g  
1/2 PRICE



T-TO-GO

OVEN FRESH BAKERY

Sushi  
8 Pcs of Vegetable Rolls  
& 8 Pcs of California Rolls



**\$7.99**

Homestyle  
Two Bite Tarts



**\$2.49**  
9 Pack  
SAVE 80¢

In Store Baked  
Carrot Muffins



**\$2.99**  
4 Pack  
SAVE 80¢

Ace Bakery  
Olive or Red Pepper  
Ciabatta



**2/\$4.00**  
12"  
SAVE \$1.38

Ace Bakery  
White or Multigrain  
Ciabatta



**2/\$3.00**  
12"  
SAVE 98¢

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.