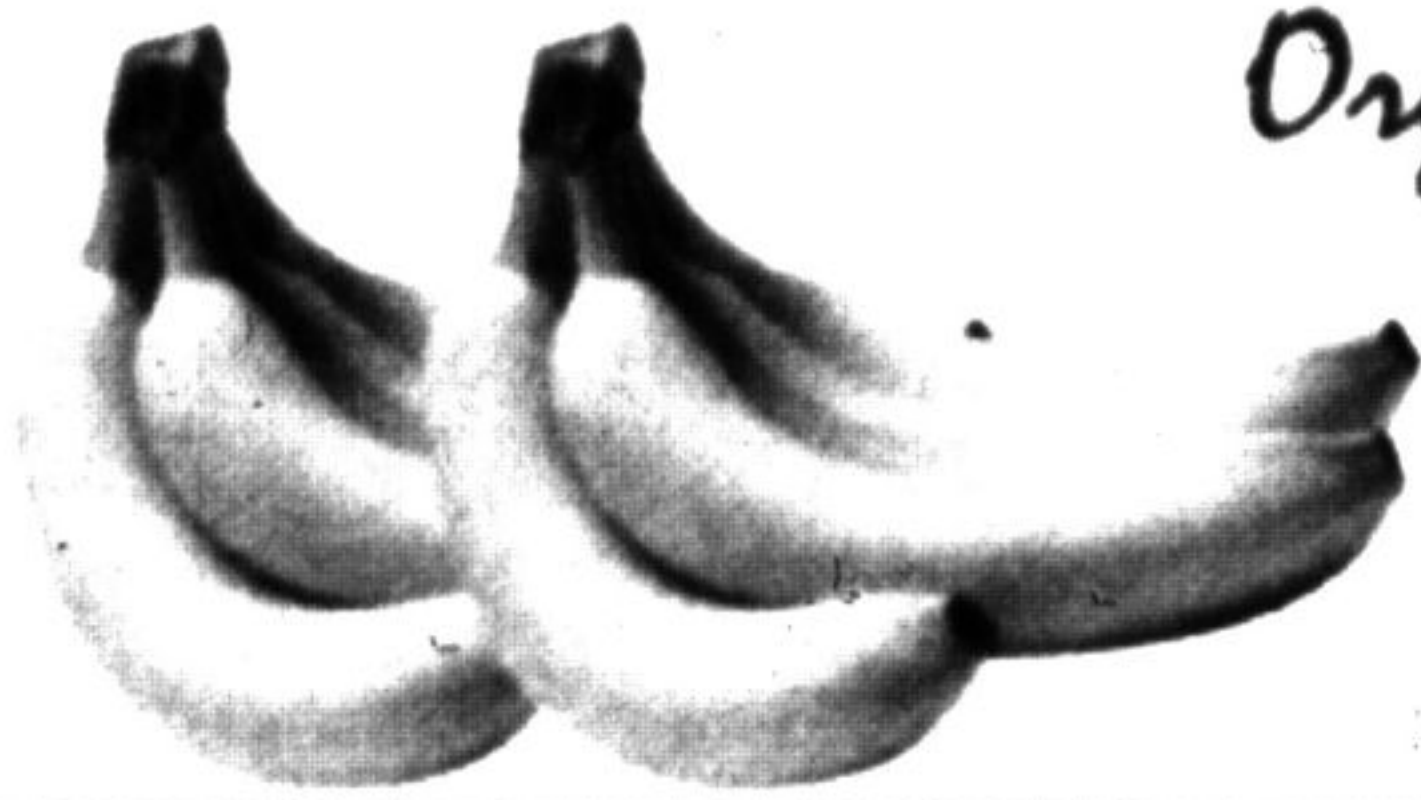


FARM FRESH PRODUCE

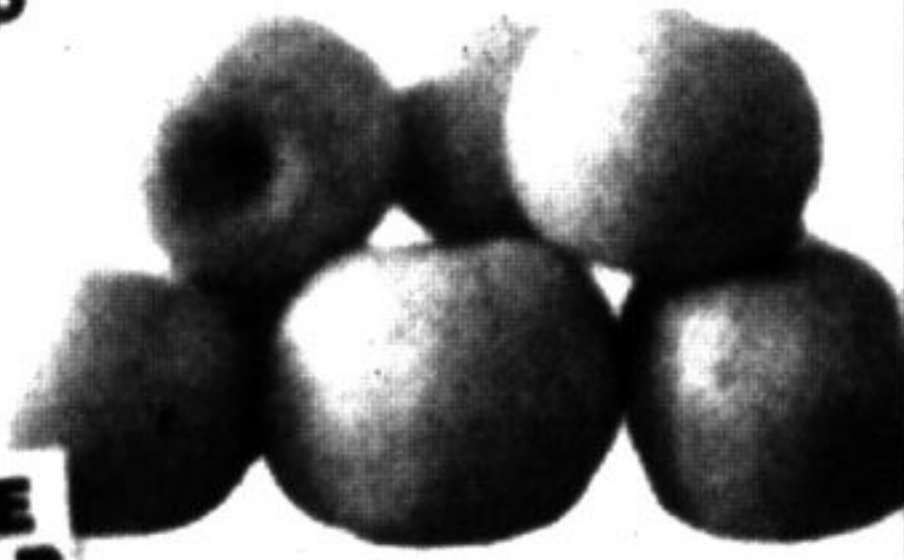
"Fresh from the Tropics!"
Organic Bananas



Organic

55¢
Per lb. 1.21/kg
BUY FRESH FOR LESS

Washington Premium Very Sweet, Crisp Fuji Apples



\$1.49
Per lb. 3.28/kg
SAVE 50¢/LB

Canada No. 1 Grade Tender Fresh - XLarge Organic Broccoli

Organic



2/5.00
BUY FRESH FOR LESS

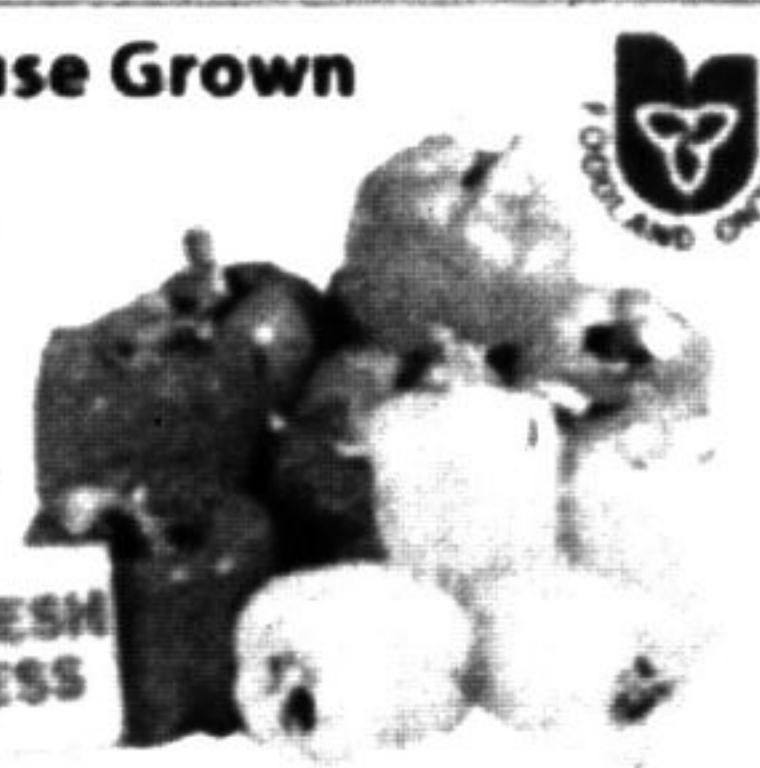
Organic Quinoa

GLUTEN FREE



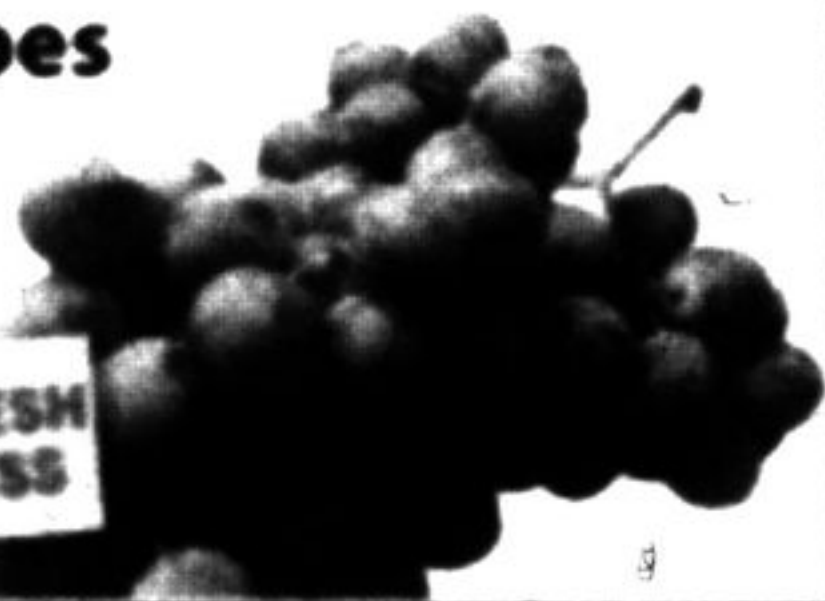
\$3.99
Per lb. 8.59/kg
SAVE \$2.00/LB

Ontario - Greenhouse Grown Fresh, Sweet Yellow, Orange or Red Peppers



\$1.99
Per lb. 4.39/kg
BUY FRESH FOR LESS

California Sweet Extra Large Red Globe Grapes



99¢
Per lb. 2.18/kg
BUY FRESH FOR LESS

Farm Fresh - Ontario Onions or Carrots



99¢
2lb Bag
BUY FRESH FOR LESS

Farm Fresh - Ontario Jumbo Size Leeks



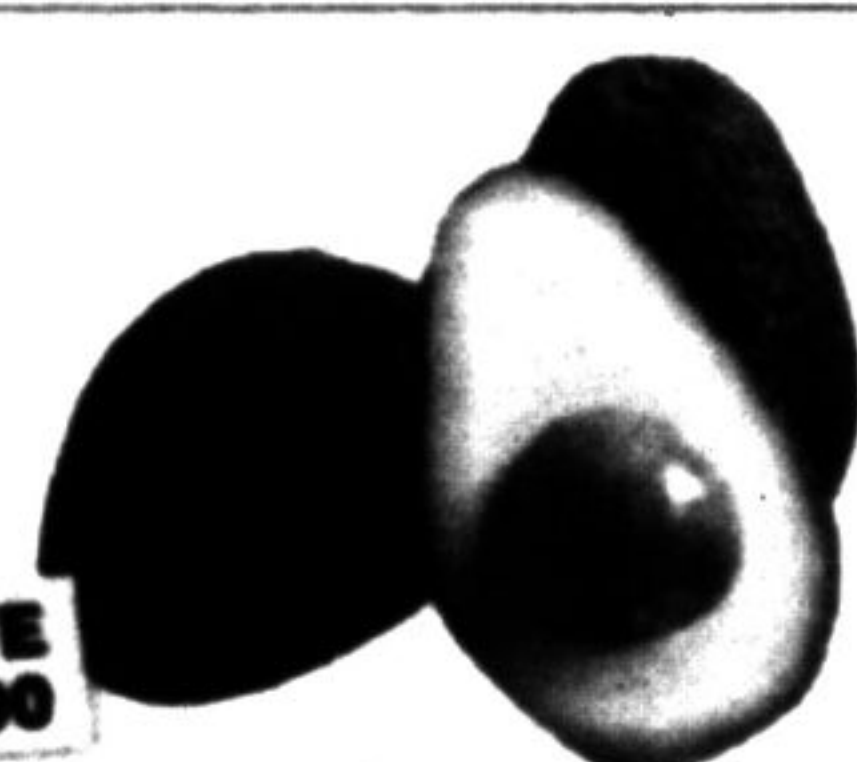
99¢
Each
BUY FRESH FOR LESS

Large Size Pumpkins



\$4.99
Each
SAVE \$1.00

Fresh Tasty Hass Avocados



2/4.00
SAVE \$1.00

Florida Fresh Okra



\$1.99
Per lb. 4.39/kg
BUY FRESH FOR LESS

Ontario - Fresh Fall Harvest White or Yukon Gold Potatoes



\$3.99
3L Basket
BUY FRESH FOR LESS

Fresh - Ontario Fall Harvest - Crisp 'N Sweet Empire, Cortland or MacIntosh Apples



99¢
Per lb. 2.18/kg
BUY FRESH FOR LESS

4 DAY SALE! THURSDAY, FRIDAY, SATURDAY & SUNDAY

Natural Selections Oven Roasted Turkey Breast

natural

\$1.69
/100g

PROUD TO BE PART OF THE MARKET



The Garden Basket logo

Putting Quality & Freshness
Prices in effect Thursday, Oct. 17th until

Aged for 21 Days
Cut from Black Angus Beef
Boneless Cross Rib Pot Roasts

- Superior Flavour
- Aged for minimum of 21 days for maximum tenderness
- Consistent Quality
- Carefully Selected



AGED FOR 21 DAYS



\$3.49
Per lb. 7.69/kg
SAVE OVER \$2.00/LB

Fresh Ontario - Family Pack Boneless Chicken Breasts

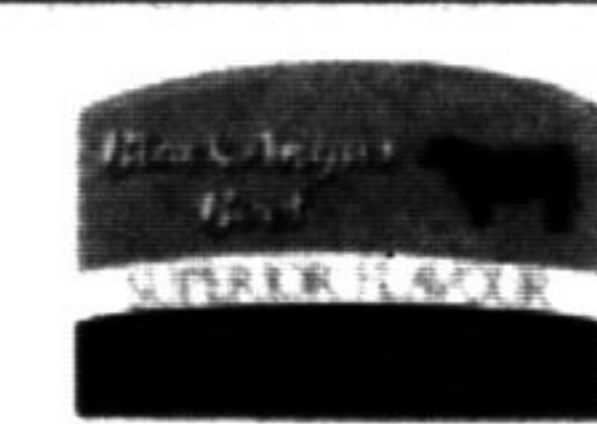


\$3.99
Per lb. 8.80/kg
SAVE OVER \$3.00/LB

THE BUTCHER

Aged for 21 Days
Cut from Black Angus Beef
Cap-Off Prime Rib Premium Roasts

- Superior Flavour
- Aged for minimum of 21 days for maximum tenderness
- Consistent Quality
- Carefully Selected



AGED FOR 21 DAYS



\$6.99
Per lb. 15.41/kg
SAVE OVER \$6.00/LB

Frozen - New Zealand Lamb Loin Chop Ends

\$9.99
Huge 2.5lb Bag
1/2 PRICE

Jane's Pub Style Chicken or Natural Goodness Strips & Nuggets

\$7.99
700-800g
SAVE \$4.00



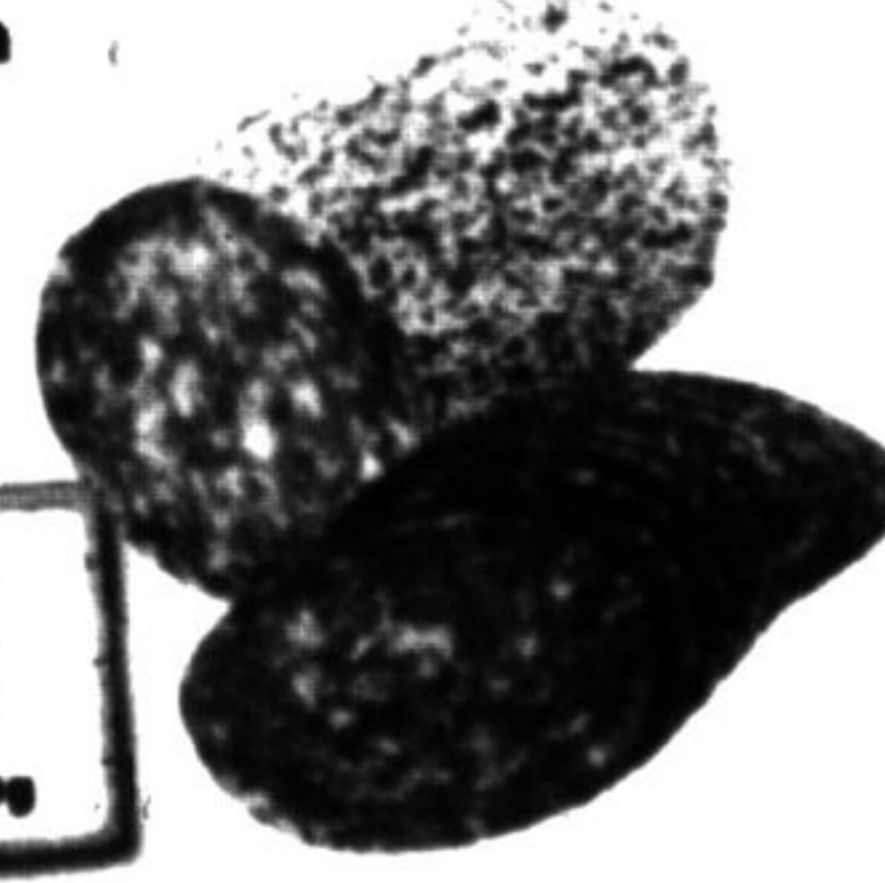
FROM OUR DELICATESSEN

Natural Selections Black Forest Ham



\$1.49
/100g

Casa Italia Genoa Salami



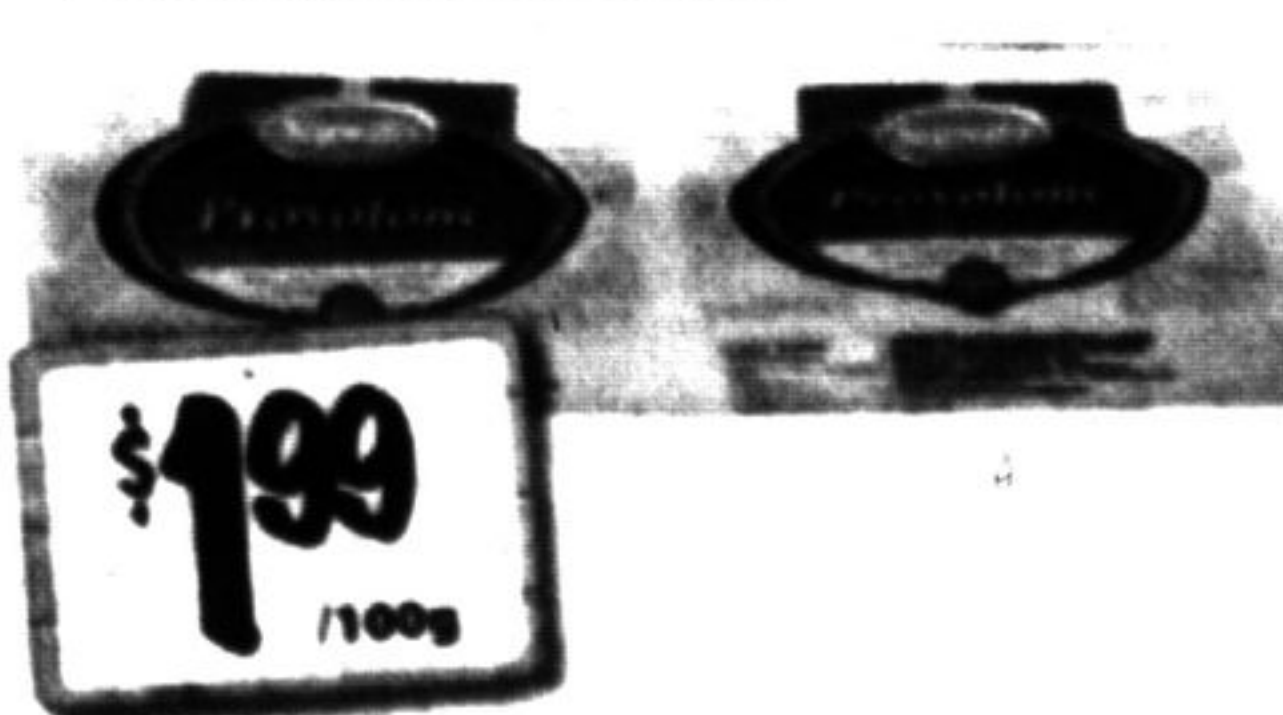
\$1.69
/100g

Casa Italia Prosciutto Ham



\$1.49
/100g

Saputo Provolone Cheese



\$1.99
/100g

100% Chicken - Traditionally Raised Oven Roasted Chicken Thighs

- Hormone Free • Antibiotic Free
- Vegetable Grain Fed
- Air Chilled

8/10.00
SAVE \$2.00

