

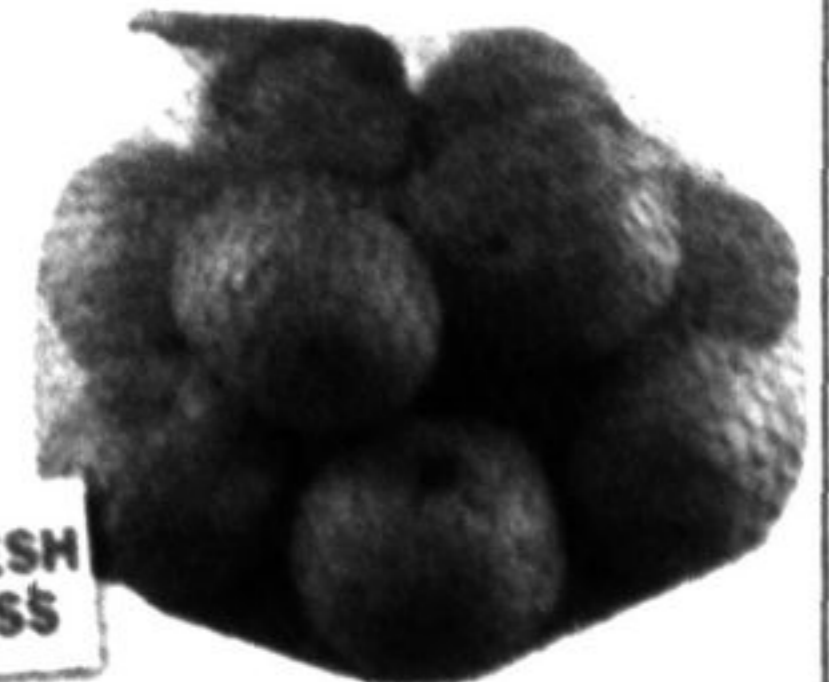
QUALITY FRESH PRODUCE

"Fresh from the Tropics!"
Bananas



59¢
Per lb. BUY FRESH FOR LESS
1.30 /kg

Sweet 'N Seedless
"Easy to Peel!"
Clementines



\$3.49
Bag BUY FRESH FOR LESS

Ontario • Green House Grown
Seedless
English
Cucumbers



99¢
Each BUY FRESH FOR LESS

Ontario • Crisp 'N Sweet
Premium
McIntosh Apples



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

Sweet 'N Juicy
Cantaloupes
or Honeydews



\$2.99
Each BUY FRESH FOR LESS

Tender • Fresh
Snow Peas



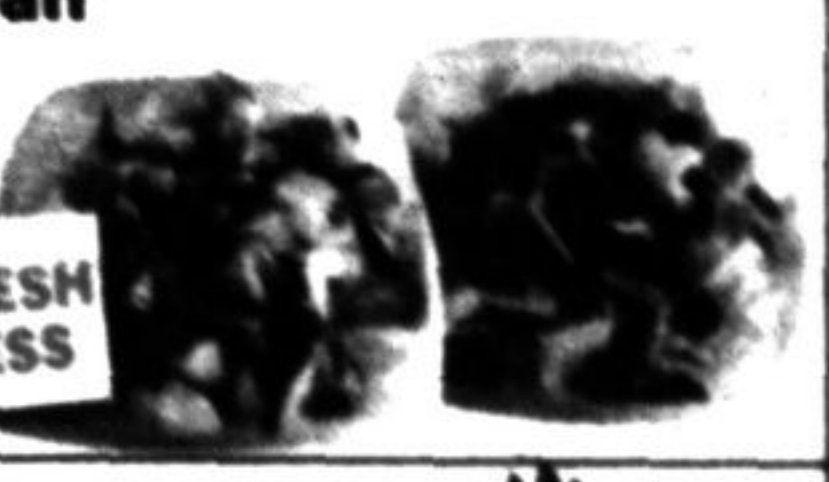
\$2.99
Per lb. BUY FRESH FOR LESS
6.59 /kg

"Bring Home the Tropics!"
Super Sweet, Golden Ripe
Jumbo Size
Pineapples



\$2.99
Each BUY FRESH FOR LESS

In Store Made
Salad Bowls (complete with dressing)
*Napa Valley *Classic Chicken, Caesar,
Canadian, European



\$4.99
Each BUY FRESH FOR LESS

Organic Kale, Dinosaur Kale,
Red Kale, Swiss Chards
& Collards



2/\$5.00
BUY FRESH FOR LESS
MIX 'N MATCH

Arriving Daily
Fresh Herbs



\$1.99
Pkg/Bch ALWAYS ON SPECIAL

Fresh
Organic
Classic Salads



\$3.79
5 oz Pkg ALWAYS ON SPECIAL

"Flown in fresh from Hawaii!"
Tree Ripened • Flavourful
Hawaiian
Papayas



\$4.99
Each BUY FRESH FOR LESS
DEMO IN STORE

"Spring Bulbs are here!"
Tulips, Daffodils
& Hyacinths
(with decorative pot cover)



\$4.99
Each BUY FRESH FOR LESS

SUPER SPECIAL!

Tide Total Care
Laundry Detergent
2.95L - 40 Loads
or Cascade
Dishwashing
Action Packs
72/90 Count



\$8.99
Each SAVE UP TO 1/2 PRICE



Fresh from our Garden
Prices in effect Thursday, March 20th until

Aged for 28 Days
Cut from Canada AA, AAA Beef
Cap-Off Top Sirloin
Grilling Medallions



\$6.99
Per lb. SAVE \$5.00/LB
15.41 /kg

100% Chicken • Traditionally Raised
Boneless
Chicken Breasts



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



\$7.17
Per lb. SAVE \$3.55/LB
17.13 /kg

THE BUTCHER

Aged for 28 Days • Cut from, AA, AAA Beef
Boneless Blade Eye
Pot Roasts



\$4.99
Per lb. SAVE \$2.00/LB
11.00 /kg

100% Beef • Traditionally Raised
Boneless Blade Eye
Steaks • Antibiotic Free • Hormone Free
• Vegetable Grain Fed



\$6.99
Per lb. SAVE \$2.90/LB
15.41 /kg

100% Chicken • Traditionally Raised
Buffalo Seasoned
Split Chicken Wings



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



\$5.99
Per lb. SAVE \$1.70/LB
13.21 /kg

FROM OUR DELICATESSEN

Cedarvale
Oven Roasted
Turkey Breast



\$2.20
/100g

Cedarvale
Black Forest Ham



\$1.19
/100g

Saputo
Di Campagna
Ricotta Cheese



\$2.09
400g

Saputo
Provolone Cheese



\$1.99
/100g

GOURMET

100% Chicken • Traditionally Raised
Oven Roasted
Chicken Thighs



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



8/\$10.00
SAVE \$2.00