

## FARM FRESH PRODUCE

Tender • Fresh (Clipped)  
**French Green Beans**



**\$2.99** Pkg  
**BUY FRESH FOR LESS**

Tender • Fresh  
**Organic Broccoli** *Organic*



**2/\$4.00** Bchs  
**BUY FRESH FOR LESS**

Red & Golden Delicious, Fuji or Pink Lady  
**Apples**



**\$1.49** Per lb. 3.28 /kg  
**BUY FRESH FOR LESS**

Mexican "Tasty Hass Variety!"  
**Extra Large Size Avocados**



**3/\$5.00**  
**BUY FRESH FOR LESS**

Florida Fresh  
**Celery Stalks**



**2/\$3.00**  
**BUY FRESH FOR LESS**

Fresh  
**Sweet Potato Yams**



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

Tender • Fresh  
**Okra**



**\$2.49** Per lb. 5.49 /kg  
**BUY FRESH FOR LESS**

Fresh  
**Organic Collards, Bunch Carrots, Fennel, Kales, Swiss Chards & Dinosaur Kale** *Organic*



**2/\$5.00** Bchs  
**BUY FRESH FOR LESS**

MIX 'N MATCH!

All Natural  
**Dried Cranberries**



**\$3.99** Per lb. 8.80 /kg  
**1/2 PRICE**

RANDOM WEIGHT PACKED

Tropical  
**Orchids or Anthurium Plants**



**\$19.99** Each  
**SAVE \$5.00**

"Healthy Mix Snacks!"  
Trail Mix, Sierra Mix, Hawaiian, Cranberry Nibbler, Fruit Burst, Harvest or Cranberry Cocktail  
**Nut Mixes**



**\$2.99** ALL 290g Pkg  
**SAVE \$1.00**

Fresh  
**Cut Tulips**



**3/\$10.00** Bchs  
**SAVE \$2.00**

## FROM OUR DELICATESSEN

Maple Leaf Natural Selections  
**Oven Roasted Turkey**



**\$1.99** /100g

Maple Leaf Natural Selections  
**Roast Beef**



**\$1.49** /100g

Cappola  
**Old Fashioned Capocollo**



**\$1.49** /100g

Cappola  
**Skinless Dry Cured Prosciutto**



**\$1.69** /100g

Saputo  
**Friulano Cheese**



**\$9.99** 500g  
**SAVE \$4.00**

In Store Baked  
**Jumbo Raisin Bran or Blueberry Bran Muffins**



**\$2.99** 4 Pack  
**SAVE \$1.00**

In Store Baked  
**No Sugar Added Apple or Pumpkin Pies**



**\$3.99** 8" Pie  
**SAVE \$1.00**

**GOURMET-TO-GO®**

100% Chicken • Traditionally Raised  
**Oven Roasted Chicken Thighs**



**8/\$10.00**  
**SAVE \$2.00**

100% Chicken  
ANTIBIOTIC FREE  
Hormone Free (like all poultry)  
Vegetable Grain Fed • Air Chilled

**Sushi**

**8 Pcs of Vegetable Rolls & 8 Pcs of California Rolls**



**\$7.99**

## THE BUTCHER SHOP & SEAFOOD

100% Beef • Traditionally Raised  
**Centre Cut Beef Shanks**



**\$3.99** Per lb. 8.80 /kg  
**SAVE \$2.00/LB**

100% Beef  
ANTIBIOTIC FREE  
Hormone Free (like all beef)  
Vegetable Grain Fed

100% Beef • Traditionally Raised  
**Cap-Off Boneless Top Sirloin Medallions**



**\$9.99** Per lb. 22.02 /kg  
**SAVE \$5.85/LB**

100% Beef  
ANTIBIOTIC FREE  
Hormone Free (like all beef)  
Vegetable Grain Fed

100% Pork • Traditionally Raised  
**Extra Lean Ground Pork**



**\$3.33** Per lb. 7.34 /kg  
**SAVE \$2.00/LB**

100% Pork  
ANTIBIOTIC FREE  
Hormone Free (like all pork)  
Vegetable Grain Fed

100% Pork • Traditionally Raised  
**Pork Shoulder Blade (Butt) Chops**



**\$2.69** Per lb. 5.93 /kg  
**SAVE \$1.30/LB**

100% Pork  
ANTIBIOTIC FREE  
Hormone Free (like all pork)  
Vegetable Grain Fed

Product of Norway • Fjord  
**Smoked Salmon**



**\$6.99** 200g Board  
**SAVE \$3.00**

100% Fish  
WILD CAUGHT  
Sustainable  
Never Farm Raised  
Caught in North American Waters

100% Fish • Wild Caught  
**Sockeye Salmon Fillets**



**\$12.99** Per lb. 28.64 /kg  
**SAVE \$5.00/LB**

100% Fish  
WILD CAUGHT  
Sustainable  
Never Farm Raised  
Caught in North American Waters

Herb & Garlic Marinated  
**Black Tiger Shrimp Skewers**



**\$5.99** 6 Pack  
**SAVE \$4.00**

Blue Goose  
**Antibiotic Free & Certified Humane Chicken Wings, Strips or Bites**



**\$7.99** 500-585g Box  
**SAVE \$4.00**

Blue Goose  
ANTIBIOTIC FREE  
Hormone Free (like all poultry)  
Vegetable Grain Fed

100% Turkey • Traditionally Raised  
**Bone-In Turkey Breasts**



**\$5.55** Per lb. 12.24 /kg  
**SAVE \$2.60/LB**

100% Turkey  
ANTIBIOTIC FREE  
Hormone Free (like all turkey)  
Vegetable Grain Fed

Maple Leaf Country Kitchen  
**Mini Hams**



**\$3.99** 800g Ham  
**SAVE \$7.00**

WHILE SUPPLIES LAST

Maple Leaf  
Country Kitchen  
More Michel  
Smoked Ham  
Cranberry Sauce

## OVEN FRESH BAKERY

Udi's • Gluten Free  
**Sliced Breads**



**20% OFF**

In Store  
**100% Whole Wheat Bread**



**\$1.49** 675g Loaf  
**1/2 PRICE**

In Store Baked  
**Artisan Harvest Grain Bread**



**\$2.69** Loaf  
**SAVE \$1.30**

Sweets From the Earth  
**Gluten Free or Vegan Boxed Cakes**



**20% OFF** SELECTED VARIETIES

## GOURMET-TO-GO®

## Sushi