

# QUALITY FRESH PRODUCE

Plump n' Sweet Canadian Blueberries

**\$1.99**  
Pint

**BUY FRESH FOR LESS**



"Fresh from the Tropics!" Bananas

**57¢**  
Per lb. \$1.26/kg

**BUY FRESH FOR LESS**



**4 DAY SALE! THURSDAY TO SUNDAY**

Sweet Red Bing Cherries

**\$2.99**  
Per lb. \$6.59/kg

**BUY FRESH FOR LESS**



Ontario Fresh n' Crisp Celery Stalks

**2/\$3.00**

**BUY FRESH FOR LESS**



Ontario Fresh "Hand Picked" Sweet Peas or Fava Beans

**\$1.99**  
Per lb. \$4.39/kg

**BUY FRESH FOR LESS**



Sweet n' Juicy Large Size Cantaloupes

**2/\$4.00**

**BUY FRESH FOR LESS**



Freshly Squeezed Daily "High in Antioxidants" 100% Pure Pomegranate Juice

**\$7.99**  
500ml Bottle

**BUY FRESH FOR LESS**



Sweet California Seedless Oranges

**\$1.47**  
Per lb. \$3.24/kg

**BUY FRESH FOR LESS**



Freshly Squeezed Daily 100% Pure Organic Orange Juice

**\$7.99**  
1L Bottle

**BUY FRESH FOR LESS**



Ontario Grown Organic Cluster Tomatoes

**\$2.99**  
Per lb. \$6.59/kg

**1/2 PRICE**



**IN OUR BULK FOOD DEPARTMENT**

White Quinoa Grain (Random Weight Packed)

**\$4.99**  
Per lb. \$11.00/kg

**1/2 PRICE**



Sweet n' Juicy Jumbo Size Stringless Mangoes

**2/\$4.00**

**BUY FRESH FOR LESS**



**GARDEN CENTRE**

Organix Garden Soil 30L Bag

**4/\$10.00**

**EASY CARRY BAG**



# SUPER SPECIAL!!

Toppits, Extra Jumbo 21/25 or 21/27 Size Cooked or Raw Peeled Shrimp

Limit 6

**\$7.99**  
340g Bag

**SAVE UP TO 1/2 PRICE**



The **GARDEN BASKET** FOOD



Fresh from our Garden

Prices in effect Thursday, July 9th

100% Beef, Traditionally Raised Lean Ground Beef



- Antibiotic Free
- Hormone Free
- Vegetable Grain Fed



**\$4.88**  
Per lb. \$10.76/kg

**SAVE \$4.10/LB**

New Zealand, Frozen Frenched Rack of Lamb



**\$8.88**  
10-12oz Rack

**SAVE \$6.10**

# THE BUTCHER

100% Pork, Traditionally Raised Boneless Pork Sirloin Chops



- Antibiotic Free
- Hormone Free
- Vegetable Grain Fed



**\$3.99**  
Per lb. \$8.80/kg

**SAVE \$2.00/LB**

100% Chicken, Traditionally Raised Seasoned Chicken Drumsticks

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

**\$3.99**  
Per lb. \$8.80/kg

**SAVE \$1.40/LB**



100% Beef, Traditionally Raised Frozen T-Bone Grilling Steaks

- Antibiotic Free
- Hormone Free
- Vegetable Grain Fed

**\$11.99**  
Per lb. \$26.43/kg

**SAVE \$8.00/LB**



# FROM OUR DELICATESSEN

Burns Honey Ham or Black Forest Ham

**\$1.19**  
Per 100g



Bittners Oven Roasted Chicken Breast

**\$1.99**  
Per 100g



Artisan Pepper or Hungarian Salami

**\$1.99**  
Per 100g



Schneiders Jalapeno Grill'ems

**\$3.49**  
375g



In Store Made Several Times Daily Family Size Macaroni & Cheese

**\$11.99**  
Huge 5lb Tray

**SAVE \$8.00**

