

# THE BUTCHER SHOP & SEAFOOD



**100% Lamb, Traditionally Raised  
Frenched Rack of Lamb**

- Hormone Free
- Antibiotic Free
- 100% Grass Fed

**\$9.99**  
10-12 oz Rack

**SAVE \$6.00**

**Ocean Mama, 31/40 Size  
Organic Large Raw Easy Peel Shrimp**

**\$8.99**  
340g

**SAVE \$3.00**

**Liberterre, Antibiotic & Hormone Free  
Honey Glazed Spiral Sliced Hams**

**\$3.49**  
Per lb. 7.69/kg

**SAVE \$1.50/LB**

**Maple Leaf, Country Kitchen  
Smoked Hams**

**\$8.99**  
800g

**SAVE \$4.00**

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

- Sustainable
- Never Farm Raised
- Caught In North American Waters

**\$13.99**  
Per lb. 30.84/kg

**SAVE \$5.00/LB**

**Aged for 28 Days  
Cut From Black Angus Beef  
Boneless Top Sirloin Medallions**

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

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

**SAVE \$4.00/LB**

**100% Pork, Traditionally Raised  
In Store Made Sausages**

- Antibiotic Free
- Hormone Free
- Vegetable Grain Fed

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

**SAVE \$1.50/LB**

**Fresh, Family Pack  
Tilapia Fillets**

**\$7.99**  
Per lb. 17.61/kg

**SAVE \$3.00/LB**

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

- Antibiotic Free
- Hormone Free
- Vegetable Grain Fed

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

**SAVE \$4.00/LB**

## GOURMET-TO-GO®

**Cooked Fresh Several Times Daily  
Family Size Meat & Cheese Lasagna**

**\$15.99**  
5lb Tray

**SAVE \$4.00**

**Ace Bakery  
Mini or Regular  
Baguette Crisps**

**\$3.99**  
150-180g

**SAVE \$1.50**

**Apple Valley  
Lemon Meringue or  
Coconut Crème Pie**

**\$4.49**  
8" Pie

**SAVE \$1.00**

**Ace Bakery  
Pane Bianco, Olive Oval,  
Sourdough Miche or  
Potato Chive Focaccia**

**\$3.99**  
Loaf

**SAVE \$1.00**

**Sushi**

**8 Pcs Vegetable Roll &  
8 Pcs California Roll**

**\$8.99**  
Pkg

**Boulart, Artisan  
White Demi  
Ciabatta**

**\$2.99**  
2 Pk

**SAVE 50¢**

**Boulart, Artisan  
Olive or  
Raisin Walnut  
Demi Ciabatta**

**2/\$4.00**

**SAVE 98¢**

**In Store Baked, Bon Appe  
Nutella Filled  
Pastry Sticks**

**\$2.99**  
4 Pack

**SAVE \$2.00**