

QUALITY FRESH PRODUCE

Sweet n' Juicy
Mini Seedless Watermelon

\$2.81
Each
BUY FRESH FOR LESS



Super Sweet
Peaches N' Cream
Corn

\$2.81
4 Pack
BUY FRESH FOR LESS



Plump n' Sweet
Blueberries
Pint

2/\$5.00
BUY FRESH FOR LESS



WEEKEND SPECIAL!!! SATURDAY & SUNDAY

Eat Smart
Kale Salad Kits

2/\$5.00
1/2 PRICE



WOW!

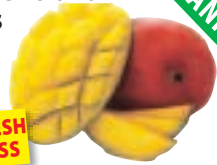
Tropical Sweet, Jumbo
Papaya

\$1.81
Per lb.
4.12/kg
BUY FRESH FOR LESS



Sweet n' Juicy
Organic or Conventional
Haden Mangoes

3/\$5.00
BUY FRESH FOR LESS



ORGANIC

Ontario Fresh
Burger Best
Tomatoes

\$1.81
Per lb.
4.12/kg
BUY FRESH FOR LESS



FOODLAND ONTARIO

"Squeezed Fresh Daily!"
100% Pure Organic
Orange Juice

\$6.99
1L
BUY FRESH FOR LESS



ORGANIC

Fresh
White
Cauliflower

\$2.99
Each
BUY FRESH FOR LESS



Sweet n' Juicy
Abate Pears

\$1.81
Per lb.
4.12/kg
BUY FRESH FOR LESS



Ontario Sweet
Green Peas

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



White Quinoa
Grain
Random Weight
Packages

\$2.99
Per lb.
6.59/kg
LESS THAN 1/2 PRICE



Product of Ontario
10" Hanging Flower
Baskets
Select
Varieties

\$10.81
Each
SAVE \$5.00



Tropical
Kimberly
Ferns
2 Gallon Pot

\$14.81
Each
SAVE \$10.00



SUPER SPECIAL!!

100% Beef,
Traditionally Raised
Boneless
Top Sirloin
Grilling
Medallions



- Antibiotic Free
- Hormone Free
- Vegetable Grain Fed

\$10.99
Per lb.
24.23/kg

SAVE OVER \$7.00/LB

GREAT ON THE GRILL!

CELEBRATING
1929-2016
87
YEARS



The
GA
BA
FOOD

Twitter Facebook Facebook

Fresh from our Garden
Prices in effect Saturday July 2

100% Fish, Wild Caught
Family Pack Sockeye
Salmon Fillets



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

\$10.99
Per lb.
24.23/kg

SAVE \$8.00/LB

GREAT ON THE GRILL!



100% Pork,
Traditionally Raised
St. Louis Style
Pork Ribs



- Antibiotic Free
- Hormone Free
- Vegetable Grain Fed

\$4.49
Per lb.
9.90/kg

SAVE \$2.50/LB

GREAT ON THE GRILL!



THE BUTCHER

100% Pork,
Traditionally Raised
Family Pack Boneless
Pork Sirloin
Chops



- Antibiotic Free
- Hormone Free
- Vegetable Grain Fed

\$3.99
Per lb.
8.80/kg

SAVE \$2.50/LB

GREAT ON THE GRILL!



Aged for 21 Days,
Cut From Canada AA, AAA Beef
Boneless Rump
Oven Roasts

\$4.99
Per lb.
11.00/kg

SAVE \$3.00/LB

Yorkshire Valley
Organic Chicken
Nuggets

\$7.99
454g
Box

SAVE \$2.00



FROM OUR DELICATESSEN

Olivieri
Chicken &
Prosciutto
Cannelloni
Pasta

\$4.99
540g
1/2 PRICE



Castello
Blue
Cheese

\$2.49
Per
100g



Tre Stelle
Bocconcini
Tubs

\$3.99
200g
SAVE \$2.00



Schneiders
Fat Free Oven
Roasted
Chicken
Breast

\$1.99
Per
100g



Cooked Fresh Several Times Daily
Family Pack Breaded
Chicken Cutlets

\$12.99
8 Pack
SAVE \$7.00



GOURMET