

QUALITY FRESH PRODUCE

SUPER SPECIAL!!

Fresh Yams



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

Fresh Cranberries



\$1.99 Bag BUY FRESH FOR LESS

Super Sweet Peaches n' Cream Corn



\$2.99 4 Pack BUY FRESH FOR LESS

Ontario Fresh Squash
Pepper, Butternut or Buttercup



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

Super Sweet, Arriving Fresh By Air Cargo Yellow Hawaiian Papaya



\$4.99 Each BUY FRESH FOR LESS

Fresh n' Crisp Celery Stalks



2/\$3.00 BUY FRESH FOR LESS

Super Sweet, Golden Ripe Jumbo Pineapples
Whole or Cored



\$3.99 Each BUY FRESH FOR LESS

Andy Boy Cactus Pears
Extra Large Case



\$18.88 Case BUY FRESH FOR LESS

Sweet n' Juicy Organic Cantaloupes



\$2.99 Each BUY FRESH FOR LESS

Fresh, Extra Large Organic Broccoli



2/\$5.00 Bchs BUY FRESH FOR LESS

Fresh, Roasting Chestnuts



\$4.99 Per lb. 11.00/kg BUY FRESH FOR LESS

Fresh Green Cabbage



49¢ Per lb. 1.08/kg BUY FRESH FOR LESS

"A Chef's Favourite" Sweet n' Juicy Meyer Lemons



\$1.99 Per lb. 4.39/kg 1/2 PRICE

Boston Ferns Hangers 10" Pot
Kimberly Ferns 3 Gal Pot



\$10.99 Each SAVE \$5.00
\$6.99 Each SAVE \$2.00

100% Lamb, Traditionally Raised Boneless Lamb Leg Roasts



\$5.99 Per lb. 13.21/kg SAVE \$4.00/LB

- Hormone Free
- Antibiotic Free
- 100% Grass Fed



CELEBRATING 1929-2016
87 YEARS

Fresh from our Garden
Prices in effect Thursday, October 6th

Aged for 28 Days, Cut From Canada AA, AAA Beef Cap-Off Prime Rib Premium Oven Roasts



\$7.99 Per lb. 17.61/kg 1/2 PRICE

100% Pork, Traditionally Raised Family Pack Boneless Centre Cut Pork Loin Chops or Roasts



\$4.49 Per lb. 9.90/kg SAVE \$2.50/LB

- Antibiotic Free
- Hormone Free
- Vegetable Grain Fed

100% Turkey, Traditionally Raised Whole Turkeys



\$3.69 Per lb. 8.13/kg SAVE 30¢/LB

- Hormone Free
- Antibiotic Free
- Vegetable Grain Fed

Fresh Ontario, Air Chilled Jumbo Roasting Chickens



\$2.79 Per lb. 6.15/kg SAVE 70¢/LB

Aqua Star, 26/30 Size Extra Large Raw Easy Peel Shrimps



\$6.99 340g Bag SAVE \$3.00

FROM OUR DELICATESSEN

Schneiders Bacon 375g



\$3.99 Each SAVE \$3.00

Natural Selections Shaved Chicken Breast 175g



\$1.49 Per 100g SAVE \$6.10/KG

Medium Light Cheddar Cheese



\$2.49 Per 100g SAVE \$15.00/KG

Casa Italia Dry Cured Prosciutto



\$2.99 260g SAVE \$1.30

Fontaine Sante Hummus Dips



\$9.99 Pkg

GOURMET-TO-GO®

Sushi
8 Pcs California Roll & 8 Pcs Salmon Roll

