

# QUALITY FRESH PRODUCE

Sweet n' Juicy Seedless Clementines

**\$3.99**  
Bag  
**BUY FRESH FOR LESS**



**4 DAY SALE!!! THURSDAY - SUNDAY**

Sweet Organic Red Seedless Grapes

**\$2.99**  
Per lb. 6.59/kg  
**BUY FRESH FOR LESS**



Jumbo, Super Sweet, Golden Ripe Pineapples

**\$3.99**  
Each  
**BUY FRESH FOR LESS**



Cored \$3.99

Ontario Fresh Seedless English Cucumbers

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



"Tasty Hass Variety!" Fresh, Extra Large Avocados

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



Fresh Yams

**\$1.29**  
Per lb. 2.84/kg  
**BUY FRESH FOR LESS**



Crisp n' Sweet Premium Red Delicious Apples

**\$1.29**  
Per lb. 2.84/kg  
**BUY FRESH FOR LESS**



Fresh, Extra Large Organic Broccoli

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



Premium California Raw Almonds Random Weight Packed

**\$6.99**  
Per lb. 15.41/kg  
**BUY FRESH FOR LESS**



California Fresh Pomegranates

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



Fresh Sweet, California Organic Persimmons

**\$14.99**  
Case  
**BUY FRESH FOR LESS**



Italian Sweet n' Juicy, Tree Ripened Abate Pears

**\$1.79**  
Per lb. 3.95/kg  
**BUY FRESH FOR LESS**



From Ontario Greenhouses Seasonal Mixed Bouquets

**\$8.99**  
Bunch  
**SAVE \$2.00**



From Ontario Greenhouses Xmas Poinsettias 4" Pot

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



From Ontario Greenhouses Multicolour Amaryllis 6" Pot

**\$6.99**  
Each  
**SAVE \$2.00**



# SUPER SPECIAL!!

Wild Caught From The Caribbean Lobster Tails

2oz Tail

**\$1.99**  
Each  
**1/2 PRICE**



The **GARDEN BASKET** FOOD



CELEBRATING 1929-2016 **87** YEARS

Fresh from our Garden

Prices in effect Thursday, December 01st

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



- Antibiotic Free
- Hormone Free
- Vegetable Grain Fed

**\$3.99**  
Per lb. 8.80/kg  
**SAVE \$2.50/LB**



Aged For 21 Days, Cut From Black Angus Beef Boneless Rump Oven Roasts



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

**\$4.99**  
Per lb. 11.00/kg  
**SAVE \$3.00/LB**



# THE BUTCHER

100% Beef, Traditionally Raised Skirt Marinating Steaks



- Antibiotic Free
- Hormone Free
- Vegetable Grain Fed

**\$6.77**  
Per lb. 14.93/kg  
**1/2 PRICE**



Aged for 21 Days, Cut From Black Angus Beef Boneless Stewing Beef Cubes



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

**\$5.49**  
Per lb. 12.10/kg  
**SAVE \$2.50/LB**



Aqua Star, 31/40 Size Large Cooked Shrimp

**\$7.99**  
340g Bag  
**SAVE \$4.00**



# FROM OUR DELICATESSEN

Maple Leaf Black Forest Ham Schneiders Honey Ham

**\$1.29**  
Per 100g



Maple Lodge Cooked Chicken Breast

**\$1.79**  
Per 100g



Product of Italy Olivia Dry Cured Prosciutto

**\$2.99**  
Per 100g



Canadian Oka Cheese

**\$2.49**  
Per 100g



Cooked Fresh Several Times Daily Oven Roasted Chicken Thighs 8 Pack

**8/\$7.00**  
**SAVE \$3.00**



# GOURMET