

SWEET JUICY ORANGES
South Africa #1
3 lb bags

5⁹⁹

CUT IT YOURSELF AND SAVE!



Country RibbonTM

3⁹⁹
lb



FRESH BONE-IN CHICKEN BREAST
8.80 kg
Family Pack



2⁴⁹
lb

FRESH WHOLE CRYOVAC BONELESS PORK LOINS
5.49 kg • Limit of 2

PLUMP RIPE RASPBERRIES & BLACKBERRIES
Mexico #1
6 oz clamshell

2/\$6



4⁹⁹

BABY BELL PEPPERS
Ontario #1
4 pk



2⁹⁹

CARVER'S CHOICE SLICED BACON
375g

2/\$7

VH COOKING, STIR FRY or DIPPING SAUCES 341-355mL • Assorted

1⁹⁹

COKE or PEPSI PRODUCTS 24x355mL • Assorted

4⁹⁹

CHAPMAN'S FROZEN TREATS 8-20 pk or **NO SUGAR ADDED NOVELTIES** 4-6 pk • Assorted

3⁴⁹

PREGO PASTA SAUCE 645mL Assorted

3⁹⁹

DORITOS 230-235g Assorted

1⁹⁹

MAPLE LEAF FLAKES OF MEAT 156g • Assorted

2/\$6⁵⁰

DEMPSTER'S SANDWICH BREAD 675g Assorted

HOT DEALS

HOT DEAL
.99

CORDON BLEU GRAVY 284mL Assorted

4⁹⁹
HOT DEAL

PARKAY MARGARINE 850g

HOT DEAL
3⁴⁷

LA PERLA VEGETABLE or CANOLA OIL 946mL • Assorted

HOT DEAL
7⁴⁷
HOT DEAL

SUNLIGHT DISHWASHER PACKS 48 ct

Fresh Produce

4⁹⁹
lb



**EXTRA LARGE
RED AND GREEN GRAPES**
California #1
11.00 kg



2⁹⁹
lb

**SWEET JUICY
GOLDEN DELICIOUS APPLES**
Washington #1
6.59 kg



3⁴⁹

**LARGE STALK
CELERY**
US #1



2⁹⁹

**BABY PEELLED
CARROTS**
US #1
1 lb bags

**GOLDEN RIPE
PINEAPPLES**
Costa Rica #1



5⁹⁹

3⁴⁹

WHOLE WHITE MUSHROOMS
Ontario #1 • 8 oz cello



SWEET JUICY ANJOU and BARTLETT PEARS
Northwest #1 • 6.59 kg

2⁹⁹
lb

3⁹⁹



**PLUMP RIPE
TOMATOES**
California #1
4 pk



2/\$5

**FRESH
AVOCADOS**
Mexico #1



Organic

GALA APPLES
Washington #1
2 lb bags

5⁹⁹



2/\$5

FRESH CRISP GREEN LEAF LETTUCE
California #1

Breakfast



2/\$4

MINUTE MAID JUICE OR FIVE ALIVE
1 • Assorted



3⁹⁹

DEMPSTER'S WHOLE GRAIN BREAD
600g • Assorted



6⁴⁹

ACTIVIA YOGURT
8 pk • Assorted



5⁹⁹

**SCOTSBURN
COTTAGE CHEESE**
500g • Assorted



3⁹⁹

MOTT'S FRUITATIONS
6 pk • Assorted



4⁴⁹

**DEMPSTER'S
BAGELS**
450-510g
Assorted



4⁹⁹

JIF PEANUT BUTTER
375-500g • Assorted



7⁹⁹

**CROSBY'S
MAPLE • MOLASSES**
250mL



6⁹⁹

QUAKER INSTANT OATMEAL
18 pk • Assorted



3⁹⁹

TETLEY SPECIALTY TEA
20 ct • Assorted



6⁹⁹

**TIM HORTONS
FRENCH
VANILLA
CAPPUCCINO**
454g
or INSTANT
COFFEE 100g
Assorted



21⁹⁹

MCCAFÉ PREMIUM ROAST COFFEE
875g



7⁹⁹

**INTERNATIONAL
DELIGHT
COFFEE
CREAMERS**
946mL
Assorted

ChoiceCuts



14⁹⁹
lb



CANADIAN BEEF
CANADIAN AA OR HIGHER
T-BONE GRILLING STEAKS
33.05 kg • Family Pack



FRESH
BONELESS RIB CUT PORK LOIN CHOPS
8.80 kg • Family Pack

3⁹⁹
lb



FRESH PORK SPARE RIBS 8.80 kg • Family Pack

3⁹⁹
lb

HOT DEALS



BURNS
WIENSERS
375g

HOT DEAL
2⁹⁹



900g
SIZE!

HOT DEAL
8⁹⁹

SCHNEIDERS SMOKIES SHARP CHEDDAR
SAUSAGES 900g



SUNRISE
SALAMI
DELI STICKS
250g • Salami only

HOT DEAL
3⁹⁹



SUNRISE WHOLE BOLOGNA
2 kg average

15⁹⁹



SCHNEIDERS MAIN STREET DELI SLICED MEATS
200-250g • Assorted

5⁴⁹



MAPLE LEAF SAUSAGE ROUNDS or LINKS
300g • Fully Cooked

6⁹⁹



HORMEL GATHERINGS'S SNACK TRAYS
425g • Assorted

9⁹⁹



SOUTHERN FRIED BREADED CHICKEN 1 kg

14⁹⁹



SUNRISE
BEEF BURGERS
500g

9⁹⁹

From the Sea



SALT TURBOT 19.81 kg
Product of Newfoundland

8⁹⁹
lb

Locally Caught!



LOCALLY CAUGHT
COLD WATER SHRIMP
2 lb • Cooked and Peeled
Product of Newfoundland

23⁹⁹

BIG
2 LB!



HIGH LINER
SIGNATURE
WILD PACIFIC SALMON
FILLETS
400g

9⁹⁹

Frozen

HEINZ
BAGEL BITES
9 pk • Assorted

3⁴⁹



NESTLÉ PARLOUR
NOVELTIES 12 pk
and ICE CREAM 1.5 L
Assorted

3⁹⁹



3⁹⁹



8⁹⁹



ALASKO STRAWBERRIES
1 kg



6⁹⁹



MCCAIN OVAL HASH BROWNS
3.5 lb



3⁷⁷

CAVENDISH FRIES
800g • Assorted



7⁹⁹

MCCAIN PIZZA POCKETS
600g

Grocery



1.99
GREEN GIANT VEGETABLES
341-398mL • Assorted



2.99
MINUTE RICE
250g • Assorted Ready to Eat



4.99
PURITY LEMON CREAMS
400g



4.49
CHRISTIE COOKIES
258-271g • Assorted



7.99
BLACK DIAMOND CHEESTRINGS
252-336g • Assorted



2.49
CATELLI MEAT PASTA SAUCE
398mL



4.49
CATELLI CANNELLONI, MANICOTTI or LASAGNA
225-500g • Assorted



2/\$4
HUNT'S MANWICH SAUCE
398mL



3/\$5
GATTUSO PIZZA SAUCE
213mL • Assorted or PIZZA CRUST MIX
165g



2.69
FRENCH'S MUSTARD
400mL • Regular



3.99
MARIO'S COOKED HAM
340g



3/\$4
MARIO'S MINI VIENNA SAUSAGE
113g



2/\$7
HOLIDAY LUNCHEON MEAT
340g



5.49
BICK'S BANANA PEPPERS OR SLICED BEETS
750mL



4.99
MINUTE RICE
500g • Assorted



2.99
QUAKER CHEWY OR DIPPS
120-156g • Assorted



4.49
DOLE FRUIT BOWLS OR GELS
4 pk • Assorted



6.49
CLOVER LEAF FLAKED LIGHT TUNA
3x80g • Assorted



10.99
BERTOLLI OLIVE OIL 500mL or MIRACLE WHIP 1.5 L • Assorted



3.49
FIBRE 1 BARS
125-175g • Assorted



3.29
CHEEZ-IT CRACKERS
191-200g • Assorted



2.99
HOSTESS SNACKS
202-300g • Assorted



5.49
CHOLULA SALSA
325mL • Assorted



3.69
TAKIS ROLLED TORTILLA CHIPS
200-280g • Assorted



7.99
ROYALE TIGER TOWELS
3 Double Rolls = 6 Rolls



3.99
ROYALE DINNER NAPKINS
120 ct



3.99
FEBREZE AIR
250g • Assorted



5.99
DOWNY FREE AND GENTLE
1.7L



5.99
PINESOL CLEANER
1.41 L Assorted



5.99
BOUNCE FABRIC SOFTENER SHEETS
80 ct • Assorted



7.99
GAIN LAUNDRY DETERGENT
1.36 L • Assorted



4.99
FEBREZE FABRIC REFRESHER
438mL



5.49
LIVE CLEAN SOAP
500mL • Assorted



6.99
TIDE PODS
16 ct • Assorted

Pet Supplies



2/\$7
TEMPTATIONS CAT TREATS
180g • Assorted



6.99
MEOW MIX ORIGINAL CHOICE CAT FOOD
1.42 kg



9.99
PURINA PUPPY OR DOG CHOW
2 kg Assorted



2/\$6
PURINA BENEFUL DOG FOOD
283g • Assorted



PUP OF THE WEEK

Sawyer

Bakery & Deli

SAPUTO
FETA CRUMBLE
170g

4.29



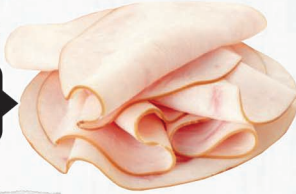
4.59

WRAPS
Store made



SLICED TURKEY ROLL
13.99 kg • Store made

6.35
lb



CHRIS
BROTHERS
PEPPERONI
or SALAMI
250g

3.49



STONEFIRE
MINI NAAN
BREAD
200g

2.99



9.99

TWO-BITE
BROWNIES
608g

OAKRUN FARM
ENGLISH MUFFINS
340g • Assorted

3.49



GARLIC
BREAD
Store made

3.99

Baking



BETTY CROCKER GLUTEN FREE MIXES
425-539g • Assorted

5.99



MAGIC BAKING POWDER
450g • Assorted

6.99



MI-DEL GRAHAM CRUST
200g

Gluten
Free

4.99



CARNATION EVAPORATED MILK
354ml • Assorted



2/\$5



QUAKER
OAT FLOUR
700g

4.49



KRAFT JET-PUFFED MARSHMALLOWS
400g • Assorted

2.99



SHIRRIFF PIE FILLINGS
105-212g • Assorted

2/\$4



FRY'S COCOA
227g

5.49



QUAKER OATS
900g • 1 kg • Assorted

4.99



NUTLY PITTED DATES
460g

3.99



NUTLY FINE COCONUT
460g

4.99



FAVORITE SLICED ALMONDS 150g
or SWEETENED SHREDDED COCONUT 200g

4.49

 <p>4/\$5</p>	 <p>2/\$5</p>	 <p>2/\$3</p>	 <p>4.49</p> <p>3.49</p>
<p>CAMPBELL'S SOUPS 284mL • Cream of Mushroom, Tomato, Chicken Noodle or Vegetable</p>	<p>DAINTY RICE 265g • Assorted</p>	<p>CAMPBELL'S SPAGHETTI 425g</p>	<p>FRENCH'S KETCHUP 750mL • 1L • Assorted</p> <p>HUMPTY DUMPTY SNACKS or PARTY MIX 250-320g or RESTAURANTE TORTILLA CHIPS 290g • Assorted</p>
 <p>11.99</p>	 <p>13.99</p>	 <p>5.99</p>	<p>MCCAIN PIZZA POCKETS 12 pk • Assorted</p> <p>SMUCKER'S DOUBLE FRUIT or PURE JAMS and MARMALADES 500mL • Assorted • Excluding Raspberry</p>
 <p>3.99</p>	 <p>2/\$6</p>	<p>PEPPERIDGE FARM GOLDFISH CRACKERS 167-227g • Assorted</p>	<p>BECEL MARGARINE 427g • Assorted</p>

 <p>HOT DEAL 1.99</p>	 <p>HOT DEAL 3.99</p>	 <p>2/\$6</p>	 <p>HOT DEAL 3.49</p> <p>4.99</p>
<p>CLOVER LEAF CHICKEN or TUNA SNACKS 90-99g</p>	<p>HEINZ TOMATO JUICE 1.36 L</p>	<p>MINUTE MAID FRUIT PUNCH or NESTLE ICED TEA JUICE BOXES 10 pk</p>	<p>TOWN HOUSE CRACKERS 260-391g • Assorted</p> <p>BLACK DIAMOND CHEESE SLICES 410g • Assorted</p>

 <p>4/\$5</p>	 <p>3/\$4</p>	 <p>3.99</p>	 <p>3.99</p> <p>2/\$5</p>
<p>MR. NOODLES NOODLES IN A CUP 64g • Assorted</p>	<p>FAVORITE FLAKED LIGHT TUNA 170g</p>	<p>CATELLI PASTA 900g • Assorted</p>	<p>SHAKE 'N BAKE 140-184g • Assorted</p> <p>FRASER FARM GRAVY AND MEATBALLS 425g</p>

 <p>6.99</p>	 <p>4.77</p>	 <p>3.49</p> <p>4.49</p>
<p>BLACK DIAMOND CHEESE BLOCKS 400g or SHREDS 300-320g • Assorted</p>	<p>PURITAN CORNED BEEF HASH 425g</p>	<p>PILLSBURY CHOCOLATE CHIP COOKIES 428-463g • Assorted</p> <p>PHILADELPHIA WHIPPED CREAM CHEESE 227g • Assorted</p>

 <p>2.49</p> <p>2.99</p>	 <p>3.99</p>	 <p>3.99</p>	 <p>2/7.50</p>
<p>BETTY CROCKER CAKE MIXES 37.5-461g • Assorted</p> <p>BETTY CROCKER FROSTING 340-450g • Assorted</p>	<p>KRAFT COOL WHIP 225g • Assorted</p>	<p>HERSHEY'S CHIPITS 200-270g • Assorted</p>	<p>FRITO-LAY'S MINIS SNACKS 106-145g • Assorted</p>

 <p>4.99</p>	 <p>6.99</p>	 <p>6.99</p>	 <p>9.99</p>
<p>CASA DI MAMA or RISTORANTE PIZZA 320-410g • Assorted</p>	<p>KELLOGG'S CEREALS or GENERAL MILLS CHERIOS 500-725g Selected • Family size</p>	<p>EVERSWEET MARGARINE 850g</p>	<p>JUMPING BEAN WHOLE BEAN COFFEE 1lb or PODS 20 ct • Assorted</p>