

EXTRA LARGE  
RED & GREEN  
GRAPES  
South Africa #1  
7.69 kg

**3<sup>49</sup>**  
lb



FRESH  
CHICKEN LEGS  
5.05 kg • Family Pack

**2<sup>29</sup>**  
lb

FRESH



FRESH  
PORK LOIN CHOPS  
5.49 kg • Family Pack  
Tenderloin & Rib Combination

**2<sup>49</sup>**  
lb



RUSSET POTATOES  
PEI #1 • 10 lb bags

**4<sup>99</sup>**

SWEET GRAPE TOMATOES  
Mexico #1 • Pint basket



HOT DEAL  
**2/\$5**

BONELESS  
CHICKEN THIGHS  
or TENDERS  
2 kg bag • Individually  
Quick Frozen

2 KG  
SIZE!



HOT  
DEALS

HOT DEAL  
**12<sup>99</sup>**



SCOTIABANK FAMILY  
FAVORITES ICE CREAM  
1.5 L • Assorted

**4<sup>99</sup>**



CAVENDISH CRISPY  
TEMPURA ONION RINGS  
1.5 kg

**8<sup>99</sup>**



CHRISTIE  
PREMIUM PLUS CRACKERS  
450-481g • Assorted

**3<sup>99</sup>**



PHILADELPHIA DIPS  
227g • Assorted

**2<sup>99</sup>**



IMPERIAL MARGARINE  
637g

**3<sup>99</sup>**



CATELLI MEAT PASTA SAUCE 398ml  
or PASTA NOODLES 500g • Selected

**1<sup>77</sup>**



FAVORITE  
PIECES & STEMS  
MUSHROOMS  
284ml

**.99**



MINUTE RICE  
350g • Regular only

**2<sup>49</sup>**



FAVORITE NL STYLE  
SWEET MUSTARD PICKLES  
750ml

**4<sup>99</sup>**



SPARKLING  
ICE WATER  
503ml  
Assorted

**3/\$4**



BLACK DIAMOND CHEESE BLOCKS 400g or SHREDS 300-320g • Assorted

**4<sup>99</sup>**



BLACK DIAMOND CHEESE SLICES  
410g • Assorted

**3<sup>99</sup>**



COKE or PEPSI PRODUCTS 6x710mL • Assorted

**2/\$8.50**

# Fresh Produce



**GROWN RIGHT HERE!**

**SWEET CRUNCHY GALA APPLES**  
Washington #1 • 6.59 kg

**2<sup>99</sup>**  
lb

**5<sup>99</sup>**

**SWEET CARROTS or SMALL TURNIP**  
Grown Right Here #1  
or **YELLOW ONIONS** Nova Scotia #1 • 5 lb bags



**2<sup>99</sup>**

**PLUMP RIPE TOMATOES**  
Florida #1 • 4 pk



**4<sup>99</sup>**

**FRESH CRISP ROMAINE HEARTS**  
US #1 • 3 pk



**3<sup>99</sup>**

**RED RIPE RASPBERRIES**  
Mexico #1 • 6 oz clamshell

**SWEET JUICY CARA CARA ORANGES**  
California #1  
6.59 kg

**2<sup>99</sup>**  
lb



**2/\$5**

**SWEET SUCCULENT MANGOES**  
Mexico #1



**2/\$5**

**SEEDLESS CUCUMBERS**  
Ontario #1



**5<sup>99</sup>**

**BABY BELL PEPPERS**  
Mexico or Spain #1 • 4 pk



**3/\$4**

**GREEN KIWIFRUIT**  
Greece #1



**2<sup>99</sup>**  
lb

**CLASSIC BRAND ORGANIC SALADS**  
US #1  
5 oz clamshell

**4<sup>49</sup>**

## Bakery & Deli



**4<sup>99</sup>**

**9" CHERRY PIE**



**6<sup>99</sup>**

**QUINN'S CINNAMON COFFEE LOAF**  
450g



**3<sup>49</sup>**

**OAKRUN FARM ENGLISH MUFFINS**  
340g • White or Whole Wheat



**2<sup>99</sup>**

**JOHNSTON SALADS**  
9.90 kg • Assorted



**6<sup>57</sup>**  
lb

**TOUPEE HAM**  
Store sliced • 14.49 kg



**3<sup>99</sup>**

**LECLERC CELEBRATION COOKIES**  
240-270g • Assorted



**3<sup>49</sup>**

**GRAVES APPLE JUICE**  
1.36L Assorted



**HOT DEAL 3<sup>99</sup>**

**ARNOTT'S TIM TAM COOKIES**  
175-200g • Assorted



**4<sup>77</sup>**

**CROSBY'S FANCY MOLASSES**  
675g



**6<sup>99</sup>**

**KRAFT PEANUT BUTTER**  
750g • 1kg • Assorted



**4<sup>99</sup>**

**QUAKER CEREALS**  
350-500g • Selected



**4<sup>99</sup>**

**HEINZ TOMATO JUICE**  
1.36L  
Reg. 5.99



**13<sup>99</sup>**

**PRIMO VEGETABLE OIL**  
3L



**6<sup>99</sup>**

**KRAFT MIRACLE WHIP**  
650-890mL • Assorted



**4<sup>99</sup>**

**PURITY JAM JARS 425g or CREAM CRACKERS**  
300-350g • Assorted



**3<sup>49</sup>**

**NATURE VALLEY SWEET & SALTY or FIBRE 1 GRANOLA BARS**  
130-210g • Assorted



**2/6<sup>50</sup>**

**MINUTE MAID JUICE BOXES**  
Fruit Punch only and FUZE JUICE BOXES 10 pk



**2/\$6**

**KELLOGG'S RICE KRISPIES SQUARES**  
176-220g Assorted



**3<sup>99</sup>**

**ROSE'S LIME CORDIAL or GRENADINE**  
739mL



**6<sup>99</sup>**

**HIDDEN VALLEY SALAD DRESSING 1.06L**

# ChoiceCuts

CANADIAN AA OR HIGHER  
PRIME RIB GRILLING  
STEAK or OVEN ROAST  
33.05 kg • Family Pack



**4.99**  
lb

FRESH  
CRYOVAC PORK BACK RIBS 11.00 kg

**14.99**  
lb



IRRESISTIBLE  
MOZZARELLA  
BATTERED  
CHEESE STICKS  
750g

**12.99**

**15.99**

SUNRISE  
WHOLE BOLOGNA  
2 kg



**2.99**  
lb

FRESH  
PORK LOIN CENTER  
CUT CHOPS  
6.59 kg • Family Pack



**2/\$5**

SCHNEIDERS  
LUNCH MATE BOLOGNA KIT  
90g • Bologna only



**5.99**

SUNRISE DAWN HAM  
300g



**5.99**

MAPLE LEAF PREMIUM SLICED  
BACON 375g • Assorted



**3.99**

MAPLE LEAF NATURAL SELECTIONS  
HONEY HAM 175g

From the Sea



**9.99**  
lb

FRESH ATLANTIC SALMON STEAKS  
22.02 kg



**8.99**

LARSEN WIENERS  
900g • Assorted



**10.99**

MAPLE LEAF SMOKED HAM  
600g • Regular only



**7.99**

MAPLE LEAF  
PREPPED & READY NATURAL MEATS  
250g • Assorted



**3.99**

CHRIS BROTHERS  
SHAVED CHICKEN, TURKEY  
or BEEF 150g



**7.99**  
lb

NEWFOUNDLAND  
WHOLE SALT COD 17.61 kg



**11.99**

IRRESISTIBLE  
PUFF PASTRY PARTY PACK 432g  
or GOURMET SAUSAGES IN PUFF PASTRY 468g



**6.99**

IRRESISTIBLE  
CHEDDAR & BACON  
BATTERED CHEESE STICKS 325g  
or MINI QUICHE FLORENTINE 360g



**3.77**

CAVENDISH FRIES  
800g • Assorted



**5.99**

KELLOGG'S EGGO WAFFLES  
560g • Assorted



**4.99**

ALASKA FAJITA BLEND  
1kg



**4.99**

FAVORITE  
BREAD & ROLL  
MIX  
3 lb



**3.99**

ROBIN HOOD  
ALL PURPOSE  
FLOUR  
1 kg



**7.99**

ROBIN HOOD or DAINTY  
GLUTEN FREE FLOUR 907g



**3/\$5**

JELL-O  
INSTANT  
PUDDING MIX  
30-113g • Assorted



**5.99**

LACTANTIA HEALTHY ATTITUDE  
MARGARINE 850g



**3/\$5**

HEINZ TOMATO SOUP  
284mL



**2/\$5**

MARIO'S  
LUNCHEON MEAT  
340g



**2/\$5**

KRAFT PASTA SALAD MIX  
200g



**5.99**

BERTOLLI PASTA SAUCE  
630mL • Assorted



**3.99**

YOPLAIT SOURCE YOGURT  
630-750g • Assorted



**4.99**

PHILADELPHIA  
CREAM CHEESE  
227g • Assorted



**2.49**

DEL MONTE VEGETABLES  
341-398mL • Assorted



**2.99**

HEINZ BEANS and PASTA  
398mL • Assorted



**3.79**

KNORR LIPTON SOUP MIX  
4 pk • Assorted



**2.99**

SENSIBLE PORTIONS  
GARDEN VEGGIE  
STRAWS  
120-143g  
Assorted



**2.99**

RYVITA SNACK BREAD  
125g • Assorted

# VALUE PICKS

MR. NOODLES - NOODLES IN A CUP 64g • Assorted **4/\$5**

FAVORITE FLAKED LIGHT TUNA 170g **3/\$4**

CARNATION EVAPORATED MILK 354ml • Assorted **2/\$4**

CARNATION 2% Partly Skimmed **2/\$4**

STOVE TOP STUFFING 120g • Assorted **2.77**

SWISS CHALET BEEF GRAVY and DIPPING SAUCES 284ml **3/\$5**

MINUTE MAID or FIVE ALIVE 1L • Assorted **3/\$5**

PARKAY MARGARINE 2 lb • 1/2 cup squares **6.99**

PRIMO KETCHUP 1L Squeeze **3.77**

SWIFT PREMIUM COOKED HAM 4.54g **4.99**

DAINTY CHICKEN and BEEF **2/\$5**

DAINTY RICE 265g • Assorted **2/\$5**

MEOW MIX CAT FOOD 500g • Original **HOT DEAL 2.99**

MAPLE LEAF VIENNA SAUSAGES 113g **3/\$5**

RED BARON PIZZA 584-665g • Classic Crust • Assorted **5.99**

HUNT'S PUDDINGS or GELS 4 pk • Assorted **2/\$5**

QUAKER INSTANT OATMEAL 264-304g • Assorted **2.99**

BURNS FLAKES OF MEAT 156g • Assorted **2/\$4**

MCCAFE GROUND COFFEE 875g or COFFEE PODS 30 ct • Assorted **19.99**

SELECTION MINI SAUSAGE IN PASTRY 281g **6.49**

GENERAL MILLS CHEERIOS 342-420g • Assorted **4.99**

PUREX LIQUID LAUNDRY DETERGENT 1.47-2.03L • Assorted **6.99**

AYLMER TOMATOES 796ml or ACCENTS 540ml • Assorted **2/\$5**

CHRISTIE COOKIES 156-225g • Assorted **2/5.50**

LYNCH SAUCES 375g • Assorted **3.99**

VACHON SNACKS 220-410g • Assorted **3.99**

DR. OETKER SHERRIFF LEMON PIE FILLING 328g **HOT DEAL 2.99**

PURE LIFE SPARKLING WATER 1L • Assorted **.99**

MCCAIN SYMPHONY FRIES 5lb **8.99**

DARE BRETON and VINTA CRACKERS 120-250g • Assorted **2.99**

DOLE GELS or FRUIT BOWLS 4 pk • Assorted **3.99**

BEN'S VILLAGGIO BREAD 675g and SAUSAGE or CRUSTINI BUNS 6 pk **2/\$7**

KRAFT DINNER 12 pk or KD CLUB PACK 10 pk **12.99**

PRINGLES CHIPS 148-182g • Assorted **2/\$5**

CHEETOS or DORITOS 180-285g • Assorted **2/\$9**

COKE or PEPSI PRODUCTS 12x355ml • Assorted **7.49**