

# Spring SAVINGS EVENT

THURSDAY, APRIL 18  
1 DAY ONLY

FROZEN  
COD FILLET

Product of Fogo Island  
5 lb • Cello wrapped portions



29<sup>99</sup>



5 LB  
BOX!



Newfoundland's Favorite!  
RUSSET POTATOES

10 lb Bag

3<sup>99</sup>

GROWN  
RIGHT  
HERE!



SWIFT  
PREMIUM  
SLICED BACON

375g

3<sup>99</sup>

PARKAY  
MARGARINE

850g

3<sup>99</sup>



JACOB'S CREAM CRACKERS

200g

3/\$5



1<sup>99</sup>

FUSSELL'S THICK CREAM

170mL

FRASER FARM  
GRAVY AND MEATBALLS

425g

2/\$5



# Spring SAVINGS EVENT

THURSDAY, APRIL 18  
**1 DAY ONLY**



APPLE VALLEY  
8" DUTCH APPLE PIE  
Seconds



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



CHRIS BROTHERS  
BOLOGNA  
1.5 kg

**7<sup>99</sup>**



LA PERLA  
VEGETABLE or  
CANOLA OIL  
946mL

**3<sup>47</sup>**



COTTONELLE ULTRA CLEAN  
BATHROOM TISSUE  
9 Mega Rolls

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

WHILE SUPPLIES LAST, NO RAINCHECKS.



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

**SWEET CRUNCHY  
RED AND GREEN GRAPES**  
South Africa or Chile #1  
8.80 kg



**LEAN GROUND BEEF**  
Family Pack  
11.00 kg

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

**MÈRE MICHEL  
SMOKED DINNER HAM**  
800g



**7<sup>99</sup>**

**PLUMP RIPE  
BLACKBERRIES**  
Mexico #1  
6 oz Clamshell



**2/\$5**

**HOT  
DEAL**



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

**FRESH CRISP ROMAINE LETTUCE**  
US #1



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

**FRESH  
PORK SPARE RIBS**  
Family Pack • 8.80 kg



**FRENCH'S KETCHUP**  
1L

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



**2/\$4**

**MAPLE LEAF  
FLAKES OF MEAT**  
156g • Assorted



**3/\$4**

**HEINZ  
TOMATO SOUP**  
284mL



**CHAPMAN'S FROZEN YOGURT 2 L, NO SUGAR ADDED ICE CREAM 1L  
or FROZEN TREATS 8-20 pk • Assorted**

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



**HOT  
DEAL**

**4/\$5**

**PRIMO PASTA**  
454g • Assorted



**CLASSICO PASTA SAUCES**  
410-650mL • Assorted



**3<sup>27</sup>**



**BEN'S  
HOLSUM  
BREAD**  
570g

**2/\$6**



**POWERADE SPORTS DRINKS**  
24x591mL

**16<sup>99</sup>**



**COKE PRODUCTS**  
24x355mL • Assorted

**11<sup>99</sup>**

**50¢  
A CAN**



**BLACK DIAMOND CHEESE BLOCKS 400g, SHREDS 300-320g  
or NATURAL CHEESE SLICES 220-280g • Assorted**

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

**Lactose Free  
Options!**

# Fresh Produce

SWEET JUICY  
CLEMENTINES  
Morocco #1  
2 lb Bag

4<sup>99</sup>



SWEET CRUNCHY  
RED DELICIOUS  
APPLES  
Washington #1  
6.59 kg

2<sup>99</sup>  
lb



SWEET JUICY  
BLACK PLUMS  
Chile #1  
8.80 kg

3<sup>99</sup>  
lb



GRAPE  
TOMATOES  
Mexico #1  
1 lb Basket

2<sup>99</sup>



LARGE SWEET JUICY  
ORANGES  
California #1  
4.39 kg

1<sup>99</sup>  
lb



SWEET BELL  
RAINBOW PEPPERS  
Ontario #1  
3 pk

5<sup>99</sup>



GRAPES  
US #1  
1 lb Bag

2<sup>99</sup>



SWEET SUCCULENT  
MANGOES  
Mexico #1

2<sup>99</sup>



WHOLE WHITE  
MUSHROOMS  
Ontario #1  
8 oz Cello

3<sup>49</sup>



5<sup>99</sup>

ROASTED PEANUTS IN THE SHELL  
US #1 • 908g

ZESTY  
LEMONS  
California #1

4/\$5



GREEN PEPPERS  
Florida #1  
6.59 kg



2<sup>99</sup>  
lb



CLASSIC BRAND  
ORGANIC  
SALADS  
US #1  
5 oz Clamshell

4<sup>49</sup>

*Organic*



## Breakfast



3<sup>99</sup>

KELLOGG'S EGGO WAFFLES  
280-330g • Assorted



6<sup>49</sup>

CAMP 100% PURE MAPLE  
SYRUP 250mL • Assorted



7<sup>99</sup>

BECEL MARGARINE  
850g • Assorted



Quality  
Quality  
USA  
USA  
ASSORTED



5<sup>99</sup>

JIF PEANUT BUTTER 1kg, SMUCKER'S DOUBLE FRUIT JAMS or  
PURE JAMS and MARMALADES 500mL • Assorted • Excluding Raspberry



2/\$4

CLARK BEANS  
336mL • Assorted



4<sup>99</sup>

PILLSBURY  
GRANDS  
CINNAMON  
ROLLS  
496g



4<sup>99</sup>

HEINZ TOMATO JUICE  
1.36 L



4<sup>99</sup>

TIM HORTONS PACKETS  
8 ct • Assorted



6<sup>99</sup>

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



5<sup>99</sup>

ASTRO YOGURT  
12x100g • Assorted



6<sup>49</sup>

BEAR NAKED GRANOLA  
340g • Assorted



6<sup>69</sup>

DEL MONTE STEWED PRUNES  
767mL



6<sup>99</sup>

PG TIPS BRITISH TEA  
80 ct



17<sup>99</sup>

FOLGERS K CUPS COFFEE  
30 ct

# ChoiceCuts

CHICKEN THIGHS  
8.31 kg • Family Pack

**377**  
lb



Country Ribbon



**19.99**

WATSON RIDGE  
SEASONED BONELESS SKINLESS  
CHICKEN BREAST 1.5 kg



**7.99**  
lb

CANADIAN AA OR HIGHER  
OUTSIDE ROUND ROAST OR STEAK  
17.61 kg • Family Pack

## HOT DEALS



MÈRE MICHEL SLICED COMBO PACK  
375g

**HOT DEAL**  
**6.00**



SUNRISE  
DELI STICKS  
250g

**HOT DEAL**  
**4.99**



SCHNEIDERS  
OKTOBERFEST  
SAUSAGES  
375g

**HOT DEAL**  
**4.99**



SUNRISE THICK SLICED BOLOGNA  
375g

**4.99**



SUNRISE DAWN HAM  
300g

**5.99**



LARSEN'S BBQ WIENERS  
900g

**7.99**



LARSEN'S SMOKED BONELESS  
HAM SLICES 375g

**7.99**



SIMPLY MOZZARELLA CHEESE STICKS  
500g

**8.99**



SCHNEIDERS CHICKEN WINGS  
615g • BBQ or Buffalo

**9.99**



SCHNEIDERS 1/4 POUND OUTLAW BEEF BURGERS  
1.81 kg

**24.99**

## From the Sea



NEWFOUNDLAND  
SALT FISH BITS 19.82 kg  
Product of Newfoundland

**8.99**  
lb



SEAFRESH  
ENCRUSTED COD  
8.80 kg

**3.99**  
lb



COMEAU  
BACON WRAPPED SCALLOPS 340g

**15.99**



AQUA STAR TEMPURA  
TORPEDO STYLE SHRIMP 500g

**12.99**

## Frozen

MCCAIN TASTIEZ  
400-600g • Assorted

**7.99**



GIUSEPPE  
GARLIC FINGERS 317g  
or PANINIS 250g  
Assorted

**4.44**



WONG WING  
EGG ROLLS  
1.25 kg • Assorted

**12.99**



P.F. CHANG'S & BERTOLLI  
SKILLET MEALS 624g • Assorted

**10.99**



ALASKA CALIFORNIA MIX  
1 kg

**5.99**



CAVENDISH HASH BROWNS  
800g

**3.99**

# Grocery



**4<sup>29</sup>**

CHRISTIE COOKIES  
220-325g • Assorted



**2/\$6**

QUAKER CHEWY GRANOLA  
BARS 120g • Assorted



**1<sup>99</sup>**

ALLEN'S  
MALT or CIDER VINEGAR 500mL



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

NO YOLKS EGG NOODLES  
340g • Assorted



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

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



**1<sup>69</sup>**

FAVORITE SLICED or WHOLE  
MUSHROOMS 284mL



**8<sup>49</sup>**

KRAFT PIZZA KIT  
850g • Makes 2 Pizzas



**2<sup>77</sup>**

HUNT'S HEIRLOOM TOMATOES  
398mL



**11<sup>99</sup>**

CARAPELLI ORGANIC  
EXTRA VIRGIN  
OLIVE OIL  
500mL  
Assorted



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

HORNE'S GRAVY  
1.36 L



**7<sup>99</sup>**

BLACK DIAMOND CHEESE  
STRINGS 16 pk • Assorted



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

DEMPSTER'S TORTILLAS  
10 inch • Assorted



**2/\$5**

MARIO'S LUNCHEON MEAT  
340g



**2/\$5**

CHEF BOYARDEE PASTAS  
418-425g • Assorted



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

DIANA'S BBQ SAUCES  
500mL • Assorted



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

REALLEMON or REALLIME JUICE  
440mL



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

MINUTE MAID - NO SUGAR  
ADDED - JUICE 1.54 L • Assorted



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

DOLE GELS or FRUIT BOWLS  
4 pk • Assorted



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

BLACK DIAMOND COMBOS  
129g • Assorted



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

IOGO NANO YOGURT DRINKS  
6 pk • Assorted

# Around the Home



PUREX LIQUID  
LAUNDRY DETERGENT  
4.43 L • Assorted

**14<sup>97</sup>**



STATIC GUARD  
125g

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



CONCENTRATED  
CLOROX BLEACH  
1.27 L

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



SUNLIGHT DISHWASHER PACKS  
48 ct

**9<sup>77</sup>**



LYSOL  
BOWL CLEANER  
710mL

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



LESTOIL  
HEAVY DUTY  
MULTI-PURPOSE  
CLEANER  
800mL

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



CERAMA  
BRYTE  
COOKTOP  
CLEANER  
650mL

**7<sup>99</sup>**



EASY-OFF  
OVEN CLEANER  
400g • Assorted

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



ARM & HAMMER FRIDGE  
FRESH DEODORIZER 1 unit

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



ALCAN  
PARCHMENT PAPER  
75 sheets

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

REYNOLDS UNBLEACHED  
PARCHMENT PAPER 75 sheet  
or ALCAN NON-STICK FOIL 50 feet



SOLO PAPER PLATES  
7-10" • 22-48 ct • Assorted

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



ENERGIZER MAX BATTERIES  
9 Volt, C 2 pk, D 2 pk AAA 2 pk  
or AA 4 pk

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

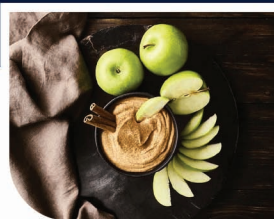
## Apple Pie Hummus Overnight Oat Parfaits

In a small mixing bowl, combine oats, almond milk, chia seeds, maple syrup and cinnamon.

Begin to fill two mason jars evenly with alternating layers of apple pie hummus, graham cracker crumbs, chopped pecans and the oats mixture. Seal with lid, then refrigerate overnight.

### Variations

Garnish with apples, extra pecans, and cinnamon sticks.



### Ingredients

- 1 cup old-fashioned rolled oats
- 1 cup almond milk
- 1 tbsps chia seeds 2 tsp maple syrup
- 1/2 tsp ground cinnamon
- 1 container Bear's Head Apple Pie Dessert Hummus
- 1 cup graham cracker crumbs
- 3 tbsps pecans, chopped
- 1 apple, diced

# Bakery & Deli



DISCOVERY SALADS  
9.90 kg Assorted

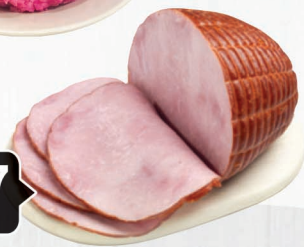
**.99**  
per 100g



SAPUTO SLICED CHEESE  
160-180g Assorted

**6<sup>49</sup>**

TOOPIE SLICED HAM  
14.49 kg Store sliced



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



KAISER SANDWICHES  
Store made

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

2 PK CREAM HORNS  
Store made

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



STONEFIRE NAAN FLAT BREAD  
250g Original or Garlic

**3<sup>79</sup>**



FANCY POKKET BAGELS  
540g Assorted

**4<sup>89</sup>**



ORIGINAL CAKERY TRIPLE LAYER CAKES

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

## Baking

## EASY CHERRY PIE TOASTER TARTS



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

LACTANTIA BUTTER  
454g • Salted or Unsalted



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

PILLSBURY APPLE TURNOVERS 383g



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

HERSHEY'S CHIPS  
835-935g • Assorted



**2/\$5**

DR. OETKER SHRIEFF PIE CRUST 270g

1 pkg prepared pie crusts  
1 egg lightly beaten  
1/2 cup whipped cream cheese  
1/2 cup E.D. SMITH® Pie Filling  
1 cup icing sugar  
2 tsp milk or cream  
1/4 tsp vanilla  
2 tsp rainbow sprinkles

PREP TIME  
40 minutes  
COOK TIME  
25 minutes  
RESTING TIME  
30 minutes  
TOTAL TIME  
1 hour 35 minutes



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

CERTO LIQUID PECTIN  
170mL



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

NATURAL HONEY FARMS HONEY 750g



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

BERTOLLI OLIVE OIL SPRAY  
155mL Assorted



**6<sup>49</sup>**

E.D. SMITH PIE FILLING  
540-796mL • Assorted

On lightly floured surface, roll out pie pastry; cut into 4 x 3-inch rectangles, re-rolling scraps to make 16 rectangles. Whisk egg with 1 tsp water; brush over edges of half of the rectangles.

Spread 1 tbsp cream cheese in centre of each egg-brushed rectangle; dollop 1 tbsp pie filling over top. Top with remaining rectangles. Press edges firmly with fork to seal. Transfer to parchment paper-lined baking sheets, about 2 inches apart. Refrigerate for 30 minutes.

Preheat oven to 375°F (190°C). Pierce top of tarts with knife to make steam vents. Bake for 25 to 30 minutes or until golden and flaky. Let cool.

Simple Icing: Mix together icing sugar, milk and vanilla until smooth; spread evenly over top of each tart. Sprinkle with rainbow sprinkles.

## Pet Supplies



**3/\$4**

WHISKAS PERFECT PORTIONS  
75g • Assorted



**14<sup>99</sup>**

TIDY CATS CAT LITTER  
2.72 kg • Assorted



**2/\$6**

PURINA BENEFUL PREPARED MEALS  
283g • Assorted



**2/\$8**

PURINA BEGGIN' STRIPS  
170g • Assorted



PUP OF THE WEEK

Toby

# Poutine NIGHT



CAVENDISH CLEAR COAT CRISPY FRIES 4.5 lb **8.49**



BLACK DIAMOND SHREDDED CHEESE 300-320g • Assorted **4.99**



SWISS CHALET GRAVY and DIPPING SAUCE 284mL • Assorted **1.67**



MAPLE LEAF READY CRISP BACON SLICES 65g or BACON BITS 85g Assorted **5.99**



MAPLE LEAF PRIME POPCORN CHICKEN 560g **12.99**



VLASIC GARLIC DILL PICKLES 1L • Garlic Dill only **1.99**



CLOVER LEAF FLAVOURED FLAKED LIGHT TUNA 85g • Assorted **1.89**



KRAFT MIRACLE WHIP 650mL Squeeze or 890mL • Assorted **5.99**



BEN'S VILLAGGIO BREAD 675g • White or Whole Wheat **3.49**



DOLE PINEAPPLE 398mL • Assorted **2/\$4**



GENERAL MILLS CEREALS 300-380g • Selected **4.49**



SIMPLY MINUTE MAID 1.54L • Assorted **4.99**



KRAFT SANDWICH SPREAD 475mL or HEINZ CHILI SAUCE 455mL **4.99**



BETTY CROCKER CAKE MIXES 375-461g or FROSTINGS 340-450g • Assorted **2/4.44**



FAVORITE FLOUR 7 lb Bag **5.99**



MAPLE LEAF PREMIUM COOKED HAM 454g **4.99**



PHILADELPHIA CREAM CHEESE 250g Brick • Original only **4.99**



PARKAY MARGARINE 3 lb • 1/2 cup squares **6.99**



PILLSBURY PIZZA CRUST or COUNTRY BISCUITS 340g **3.49**



PEPSI PRODUCTS 1L • Assorted or AQUAFINA WATER 1L **4/\$5**



KRAFT CHEESE SINGLES 410g • Assorted **4.99**



KELLOGG'S RICE KRISPIES SQUARES 176-220g • Assorted **2/\$6**



JELL-O PUDDINGS or GELS 4 pk • Assorted **2/\$7**



TOSTITOS CHIPS 205-295g or SALSAS 418-430mL • Assorted **2/8.50**



TETLEY SPECIALTY TEA 20-24 ct • Assorted **3.99**



TETLEY TEA BAGS 144 ct **8.99**



VACHON SNACK CAKES 220-410g • Assorted **3.99**



LAY'S CHIPS 235g • Family size or POPCORNERS 142g • Assorted **2/\$8**



PHILADELPHIA CREAM CHEESE DIPS 227g • Assorted **3.99**

## Monkey Bread

Preheat oven to 350 degrees. Grease bunt pan with cooking spray. Cut the 2 packages of ready made biscuits into 4 sections (should have 8 pieces). In gallon size zip bag put 1 cup granulated sugar and 2 tbsp ground cinnamon. Add biscuit pieces to bag, a couple at a time, and shake to coat. Put in bunt pan. Continue until all pieces coated and in bunt pan. Bake for 20 minutes or until golden brown. Take out of oven and put serving plate on top, turning plate and bunt pan over. Remove pan and cool. Drizzle with caramel sauce.



## Ingredients

- 2 tbsp ground cinnamon
- 1 jar caramel sauce
- 2 packages refrigerator biscuits
- 1 can no stick cooking spray
- 1 cup granulated sugar



72 Elizabeth Drive, Gander 709-256-4843



We reserve the right to limit quantities. Prices do not include sales tax where applicable. Text prevails over photos.