

**FROZEN RIB & SIRLOIN
PORK LOIN CHOPS**
5.49 kg • Combination
Family Pack

RED RIPE STRAWBERRIES
California #1
1 lb clamshell

2/\$7



2.49
lb



**FRESH
CHICKEN DRUMSTICKS
or THIGHS**
7.69 kg • Family Pack

**RUSSET
POTATOES**
PEI #1 • 10 lb bags



4.99



3.49
lb



CREMINI MUSHROOMS
Ontario #1 • 8 oz cello

HOT DEAL
2.99



**HOT
DEALS**

**FRESH WHOLE
STEELHEAD TROUT** 11.00 kg
Product of Newfoundland

4.99
lb



**JANES
PUB STYLE WINGS**
660g • Assorted

HOT DEAL
8.99



CATELLI MEAT PASTA SAUCE 398mL or PASTA 375-500g • Selected

1.77



SCOTSBURN PREMIUM ICE CREAM 1.5 L • Assorted

5.49



**DEMPSTER'S
HOLSUM
BREAD**
570g • Assorted

2/\$6



KRAFT CHEESE SINGLES
410g • Assorted

4.49



**50¢
A CAN!**

**COKE or PEPSI
PRODUCTS**
24x355mL • Assorted

11.99

HOT DEALS



4/\$5

CORDON BLEU GRAVY
284mL • Assorted



2.99
HOT DEAL

COUNTRY CROCK MARGARINE
427g



9.99
HOT DEAL

KRAFT DINNER
12 pk



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

4.99
HOT DEAL

Fresh Produce



SWEET CARROTS Mexico #1
or YELLOW ONIONS US #1
2 lb bags

3⁹⁹

GROWN
RIGHT
HERE!



Rideout's Farm,
Cormack NL



SMALL TURNIPS
Grown Right Here #1 • 5 lb bag

4⁹⁹



COSMIC CRISP APPLES
Washington #1 • 5.49 kg

2⁴⁹
lb



GREEN PEPPERS
Georgia #1 • 6.59 kg

2⁹⁹
lb



3 PK
CRISP
ROMAINE
HEARTS
US #1

5⁹⁹

SWEET JUICY
PINEAPPLES
Costa Rica #1



4⁹⁹



SEEDLESS CUCUMBERS
Ontario #1

2/\$3



PLUMP RIPE TOMATOES
Florida #1 • 4 pk

3⁴⁹



GRAPE TOMATOES
Florida #1 • Pint basket

2⁹⁹



ZESTY LEMONS
South Africa #1
OR FRESH LIMES
Mexico #1

5/\$5



FRESH GOURMET
CROUTONS
128-142g • Assorted

2⁹⁹



CLASSIC BRAND
ORGANIC SALADS
US #1
5 oz clamshell

4⁴⁹

Breakfast



HEINZ TOMATO JUICE
540mL

2⁹⁹



SMUCKER'S JAM OR MARMALADE
250mL • Assorted • Excludes raspberry

3⁹⁹



YOPLAIT SOURCE YOGURT
630-750g • Assorted

4⁹⁹



ASTRO YOGURT
12x100g • Assorted

6⁹⁹



RED ROSE DECAF TEA
48 pk

4⁹⁹



MAXWELL HOUSE INSTANT
COFFEE 150g • Assorted

5⁹⁹



TIM HORTONS COFFEE
300g • Assorted

9⁴⁹



INTERNATIONAL DELIGHT
946mL • Assorted

7⁹⁹



KRAFT CHEEZ WHIZ
450g • Assorted

6⁴⁹



POST FRUITY OR COCOA PEBBLES
311g

4⁴⁹



DEMPTER'S
BAGELS
450-510g
Assorted

4⁴⁹



BONNE MAMAN HAZELNUT
COCOA SPREAD 250g

5⁹⁹



KRAFT PEANUT BUTTER
500g • Assorted

5⁴⁹



PEARL MILLING
PANCAKE
SYRUP
710mL
Assorted

4⁴⁹



BILLY BEE HONEY BEAR
375g

8⁴⁹

ChoiceCuts



**FRESH BONELESS
CROSS RIB STEAK or ROAST**
17.61 kg
Family Pack



7⁹⁹
lb



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

4⁹⁹
lb

**FROZEN
CENTER CUT
PORK LOIN CHOPS**
7.25 kg • Family Pack

3²⁹
lb



**SUNRISE WHOLE
BOLOGNA**
1 kg average

10⁹⁹



CHRIS BROTHERS PIZZA VARIETY VALU PAK
175g

2⁹⁹



5⁹⁹

SUNRISE DELI STICKS
250g • Assorted



5⁹⁹

**MITCHELL'S
HERITAGE SLICED
BACON**
375g

It's Grilling Season!

**CANADIAN AA OR HIGHER
STRIPLOIN GRILLING STEAKS**
35.25 kg
Family Pack



15⁹⁹
lb



4⁹⁹
HOT DEAL

**MAPLE LEAF HONEY
GARLIC SAUSAGES**
375g



3⁹⁹

LARSEN COACHMAN WIENERS
375g



24⁹⁹

OUTLAW BEEF BURGERS 1/4 lb • 1.81 kg



12⁹⁹

**BELMONT
MEATS
CHEESE
& BACON
BURGERS**
852g



13⁹⁹

**CARDINAL
ROADHOUSE
VEGGIE OR
CHICKEN
BURGERS**
852g

From the Sea



**NEWFOUNDLAND
FROZEN COD FILLET**
5 lb • Cello wrapped

35⁹⁹



**COMEAU
MARINATED
HERRING** 265g

5⁴⁹



LAND & SEA FISH CAKES
380g

2/\$7

Frozen



6⁹⁹

PILLSBURY PIZZA BITES
693g • Assorted

12⁹⁹

**CAVENDISH
CRISPY TEMPURA
ONION RINGS**
1.5 kg



4⁴⁹

**HEALTHY CHOICE
GOURMET STEAMERS**
283-306g • Assorted



3⁹⁹

CAVENDISH HASH BROWNS
800g



6⁹⁹

CAVENDISH FRENCH FRIES
2 kg • Assorted



6⁴⁹

**FURLANI GARLIC PARMESAN
BREAD STICKS** 480g



13⁹⁹



6⁹⁹

MCCAIG DEEP 'N DELICIOUS
510g • Assorted

Grocery



MOTT'S CLAMATO
1.89L • Assorted

4⁹⁹



CARNATION EVAPORATED MILK
354mL • Assorted

2/\$5



KD CUPS
58g • Assorted

2/\$4



KRAFT PASTA SALAD MIX
200g

2/\$5



HOLIDAY LUNCHEON MEAT
340g

3⁴⁹



MINUTE RICE
250g • Assorted Ready to Eat

4⁹⁹



CLASSICO PASTA SAUCE
410-650mL • Assorted

5⁴⁹



LIPTON CUP-A-SOUP
4 pk • Assorted

2/\$5



DR. OETKER PIZZAIOLO KIT
700g

5⁴⁹



MAPLE LEAF PREMIUM COOKED HAM 454g

6⁴⁹



HEINZ BEANS OR PASTA
398mL • Assorted

2⁴⁹



IOGO NANO YOGURT DRINKS
6 pk • Assorted

4⁴⁹



P.F. CHANG'S COOKING SAUCES
350mL • Assorted

4⁹⁹



ALLEN'S WHITE VINEGAR
500mL

2/\$3



HEINZ BURGER OR AIOLI SAUCE
355mL • Assorted

4⁹⁹



KRAFT COOL WHIP
225g • Regular or Light • Reg. 5.49

3⁹⁹



MOTT'S FRUITITATIONS APPLE SAUCE
620mL • Assorted

2⁹⁹



DEMPSTER'S WHOLE GRAINS BREAD 600g • Assorted

3⁹⁹



HELLMANN'S MAYONNAISE
750-890mL • Assorted

6⁹⁹



HERSHEY'S BIG BOX BARS
105-141g • Assorted

2/\$5



PURITY SYRUP
750mL • Assorted

3⁹⁹



PEPPERIDGE FARM GOLDFISH CRACKERS 167-227g • Assorted

2/\$7



OASIS JUICE BOXES
8 pk • Assorted

4²⁹



NATURE VALLEY SWEET & SALTY GRANOLA BARS
130-210g • Assorted

3⁴⁹



CHEETOS OR DORITOS
170-235g • Assorted

2/\$9

Around the Home



CHARMIN TRIPLES BATHROOM TISSUE
8 Rolls • Assorted

8⁹⁹



BOUNTY PAPER TOWELS
4 Rolls

9⁹⁹



SCOTTIES FACIAL TISSUES
6 pk

7⁹⁹



ROYALE DINNER NAPKINS
120 ct

3⁴⁹



PUREX LIQUID LAUNDRY DETERGENT
4.43L • Assorted

14⁹⁷



OLD DUTCH CONCENTRATED BLEACH
2.4L

4⁴⁹



CLUB SUPREME FABRIC SOFTENER SHEETS
40 ct • Assorted

2/\$4



IRISH SPRING SOAP
104g • Assorted

4⁴⁹



DAWN NON-CONCENTRATED DISH LIQUID 431mL • Original

1⁴⁹



CLOROX WIPES
35 ct Assorted

2/\$7



SOS SOAP PADS
10 pk

2/\$5



SPRAY NINE MULTI-PURPOSE CLEANER
650mL

6⁹⁹



LYSOL DISINFECTANT SPRAY
350g Assorted

6⁹⁹



SIMPLY KIDS UNSCENTED BABY WIPES
192-216 ct • Assorted

7⁴⁹

Bakery & Deli



3.49

KAISER SANDWICH
Store made



ARLA
HAVARTI
200g
Assorted

5.49



5.99

FANTINO & MONDELLO SLICED MEATS 100-125g,
DRY CHUBS 175g, SLICED PEPPERONI 200g or
DICED PANCETTA 125g • Assorted

SUMMER
FRESH
DIPS AND
HUMMUS
Assorted



4.29



2 PK
CREAM
PUFFS
58g

4.49

FANCY POKKET
BAGELS
540g • Assorted

4.49



QUINN'S
CINNAMON
COFFEE LOAF
450g

7.99



TWO BITE
CANADA DAY CUPCAKES
284g • Chocolate and Vanilla

SAVE \$2.00

5.99

Baking



6.49

FAVORITE FLOUR
7lb



2.99

FAVORITE SWEETENED
CONDENSED MILK 340mL



5.99

DAINTY GLUTEN FREE MIXES
340-450g



3.99

BETTY CROCKER MIXES
337-496g • Selected



3.99

ROBIN HOOD OATS
1kg • Assorted



9.49

SNO' FLAKE SHORTENING
1.13 kg



2.99

FOLEY'S CHIPPERS
300g



3.99

MAGIC BAKING POWDER
225g



4.49

TENDERFLAKE PIE SHELLS
225-350g • Assorted

Pet Supplies

PUP OF THE WEEK



2/\$7

WHISKAS TEMPTATIONS
180g • Assorted



4/\$5

FANCY FEAST CAT FOOD
85g • Assorted



10.49

ALPO MOIST & MEATY
1.53 kg • Assorted



2/\$4

PEDIGREE DOG FOOD
375g • Assorted



More great Savings



2/\$3

CLOVER LEAF
SKIP JACK TUNA
170g • Assorted



2/\$4

MAPLE LEAF FLAKES OF MEAT
156g • Assorted



2/\$5

FRENCH'S MUSTARD 400mL • Regular only
or BICK'S RELISH 375mL



2/\$4

KRAFT BBQ SAUCE
455mL • Assorted



4⁹⁹

FRENCH'S KETCHUP
1 L



2/\$5

HUNT'S THICK & RICH PASTA
SAUCE 680mL • Assorted



4⁴⁹

MAPLE LEAF KLIK OR KAM
340g



4⁷⁷

PURITAN CORNED
BEEF HASH
425g



1⁶⁹

HUNT'S MANWICH
398mL



3⁹⁹

LACTANTIA HEALTHY
ATTITUDE MARGARINE
427g



4⁹⁹

PAM
COOKING
SPRAY
170g



4⁹⁹

BLACK DIAMOND COMBOS 129g
or NATURAL CHEESE SLICES 220-280g • Assorted



8⁹⁹

TETLEY TEA BAGS
144 ct



19⁹⁹

TIM HORTONS K-CUPS
30 ct • Assorted



22⁹⁹

TIM HORTONS COFFEE
875-930g • Original or Dark Roast



3⁹⁹

VACHON SNACK CAKES
220-410g • Assorted



2/5⁵⁰

PRINGLES CHIPS
148-182g • Assorted



2/\$7

DEMPTER'S HOT DOG or
HAMBURGER BUNS 8 pk • Assorted



4/\$5

FRUIT 20 SPARKLING WATER
502mL • Assorted



10⁹⁹

NESTLÉ PURE LIFE SPLASH BLAST
BOTTLED WATER 24x500mL



6⁹⁹

RED BARON RISING CRUST PIZZA
740-775g • Assorted



3⁹⁹

HIDDEN VALLEY
SALAD DRESSING
473mL • Assorted



3⁴⁹

MINUTE MAID NO SUGAR ADDED
JUICE 1.54 L • Assorted



4⁴⁹

DEL MONTE FRUIT
796mL • Assorted



3⁹⁹

QUAKER HARVEST CRUNCH
400-510g • Assorted



4⁹⁹

POPSICLE NOVELTIES
12 pk • Assorted



2⁹⁹

QUAKER
CHEWY GRANOLA BARS
120g • Assorted



4⁷⁷

HERSHEY'S SYRUP
462mL • Assorted



3⁹⁹

PHILADELPHIA DIPS
227g • Assorted



3⁴⁹

OLD DUTCH POTATO CHIPS or RIDGITS
200-235g • Assorted



12⁹⁹

KINGSFORD MATCH LIGHT
CHARCOAL 8 lb



6⁹⁹

BECEL CANOLA &
SUNFLOWER OIL
1 L



4⁴⁹

PURITY LEMON CREAMS
400g

Canada Day
BIKE RODEO
IN THE PARK
RETURNS FOR 2024!

70 BIKES WILL BE GIVEN AWAY
IN PARKS ACROSS NEWFOUNDLAND

SPONSORED BY:



POWERADE
SPORTS DRINK
710mL
Assorted

only 99¢

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



72 Elizabeth Drive, Gander 709-256-4843

