

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



3⁹⁹
lb

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



2⁴⁹
lb

**FRESH
CHICKEN WINGS**
8.80 kg
Family Pack



3⁹⁹
lb



3⁹⁹

SWEET JUICY CLEMENTINES
Morocco #1
2 lb bags

BABY BELL PEPPERS
Ontario #1
4 pk



3⁹⁹



**2 KG
SIZE!**

12⁹⁹

FROZEN BREADED CHICKEN STRIPS or PIECES
2 kg

Don't forget the ice cream!

HOT DEAL

2⁹⁹
HOT DEAL

8" PECAN PIE
Seconds

5⁴⁹

SCOTSBURN PREMIUM ICE CREAM
1.5L • Assorted

HOT DEAL

3⁹⁷
HOT DEAL

KRAFT CHEEZ WHIZ
450g • Assorted

3⁹⁹

KELLOGG'S CEREALS 320-425g • Selected

4⁴⁹

FAVORITE BREAD & ROLL MIX
3 lb

3⁹⁹

BLACK DIAMOND CHEESE SLICES
410g • Assorted

COKE or PEPSI PRODUCTS
6x710mL • Assorted

1⁷⁷

CATELLI PASTA
375-500g • Selected

1⁹⁹

DAINTY FRIED RICE
350g • Assorted

CRUNCH INTO CHAOS™

2/\$7.50
(198 g - 288 g any flavour / variety)

Fresh Produce



**SWEET CRUNCHY
RED DELICIOUS, CORTLAND, GALA
or MCINTOSH APPLES**
Nova Scotia #1
3 lb bags

6⁹⁹



**SWEET CRUNCHY
HONEYCRISP APPLES**
Washington #1
6.59 kg

2⁹⁹
lb



**WHOLE BROWN
MUSHROOMS**
Ontario #1 • 8 oz cello

3⁴⁹



**PLUMP RIPE
TOMATOES
ON THE VINE**
Ontario #1 • 6.59 kg

2⁹⁹
lb

**SWEET JUICY
SEEDLESS
WATERMELON**
Mexico #1
½'s and ¼'s
4.39 kg

1⁹⁹
lb



**WHOLE BROWN
MUSHROOMS**
Ontario #1 • 8 oz cello

3⁴⁹



ORGANIC CARROTS
US #1 • 2 lb bag

4⁹⁹



**FRESH
CAULIFLOWER**
US #1

4⁹⁹



**SWEET RIPE
CANTALOUPE**
Imported #1

3⁹⁹

**HOT
DEAL**

2/\$5



GRAPE TOMATOES
Mexico #1 • Pint baskets



**FRESH EXPRESS
GARDEN SALAD**
US #1
12 oz bag

2⁹⁹



**SWEET JUICY
BARTLETT PEARS**
Argentina #1 • 6.59 kg

2⁹⁹
lb



FRESH LIMES
Mexico #1

.99



**FRESH EXPRESS
COLESLAW**
US #1
14 oz bag

3⁴⁹

Breakfast



4⁹⁹

BECEL MARGARINE
427g • Assorted



7⁹⁹

FOLGER'S INSTANT COFFEE
200g



6⁹⁹

KRAFT PEANUT BUTTER
750g • 1 kg • Assorted



6⁴⁹

**BONNE MAMAN MARMALADE
OR JAM 250-290mL • Assorted**



3⁹⁹

SUNRYPE SLIM JUICES
1.36 L • Assorted



7⁴⁹

BERNARD PURE MAPLE SYRUP
375mL



12⁹⁹

RED ROSE TEA BAGS
216 ct



4⁴⁹

**INTERNATIONAL DELIGHT COFFEE
CREAMERS 473mL • Assorted**



7⁹⁹

KRAFT HAZELNUT SPREAD
725g • Assorted



3⁹⁹

PILLSBURY CINNAMON ROLLS
351g



5⁹⁹

BETTY CROCKER BISQUICK
454g



6⁹⁹

ASTRO YOGURT
12x100g • Assorted



3⁹⁹

ASTRO YOGURT
750g • Assorted



8⁹⁹

BOB'S RED MILL CHIA SEEDS
340g



2/\$4

GRAVES APPLE JUICE
1L

ChoiceCuts



4⁹⁹
lb

FRESH
WHOLE CRYOVAC
PORK TENDERLOIN
11.00 kg



CANADIAN AA OR HIGHER
STRIMLOIN GRILLING STEAK
37.46 kg
Family Pack



16⁹⁹
lb

CANADIAN AA OR HIGHER
TRIMMED LEAN
STEWING BEEF
15.41 kg
Family Pack



6⁹⁹
lb

CANADIAN AA OR HIGHER
FRESH SIRLOIN TIP
or EYE OF ROUND ROASTS
17.61 kg



7⁹⁹
lb

HOT DEALS



3⁹⁹
HOT DEAL
MAPLE LEAF
WIENERS
375g • Assorted



2⁹⁹
HOT DEAL
BONELESS
SLICED FRYING
HAM
6.59 kg



2/\$6
CHRIS BROTHERS
COMBO PACK
250g • Assorted



SUNRISE
BOLOGNA
2 kg average

15⁹⁹



LEADBETTERS SMOKED SLICED BACON
375g

5⁹⁹



JOHNSONVILLE ROUND BREAKFAST
SAUSAGES 250g

5⁹⁹



CHRIS BROTHERS DONAIR DIPPERS
633g

12⁹⁹



GOLDEN
MAPLE
CHICKEN
BALLS
1 kg

9⁹⁹



BELMONT MEATS HOMESTYLE
ANGUS BEEF BURGERS 852g

12⁹⁹

From the Sea

Get Hooked ON quality



FROZEN
NEWFOUNDLAND
HALIBUT STEAKS
30.84 kg
Product of
Newfoundland

13⁹⁹
lb



FURLONG'S
TRADITIONAL
FISH CAKES 2 lb
Product of
Newfoundland

6⁹⁹



FROZEN FISH BURGERS
5 lb bag

9⁹⁹



AQUA STAR
WILD PINK SALMON FILLETS 440g

9⁹⁹

Frozen

HEALTHY CHOICE
GOURMET STEAMERS
283-306g
Assorted



4⁴⁹



8⁹⁹
CAVENDISH
STRAIGHT CUT FRIES
5 lb



9⁹⁹
CAVENDISH
CRISPY ONION RINGS
1 kg



3⁹⁹

GREEN GIANT VALLEY
SELECTIONS 300-500g • Assorted



6⁹⁹
MCCAIN OVAL HASH BROWNS
3.5 lb



14⁹⁹
OXFORD FROZEN BLUEBERRIES
1.5 kg



3⁷⁷
CAVENDISH FRIES
800g • Assorted



14⁹⁹
MCCAIN PIZZA POCKETS
12 pk • Assorted

Grocery



4.49

PURITY CREAM CRACKERS
350g or JAM JAMS 425-470g
Assorted



4.99

BLACK DIAMOND CHEESTRINGS
168g Assorted



2/\$4

DEL MONTE VEGETABLES
341-398mL Assorted



2/4.50

HEINZ BEANS OR PASTA
398mL Assorted



4.99

DEMPTSTER'S TORTILLAS
10 inch Assorted



6.99

HELLMANN'S MAYONNAISE
890mL Assorted



4.49

BULL'S-EYE BBQ SAUCE
425mL Assorted



4.49

MAPLE LEAF KLIK OR KAM
340g



2.99

HEINZ SEAFOOD SAUCE
285mL



6.99

STEFANO SOUP OR SAUCES
605-648mL Assorted



4.99

FRANK'S RED HOT SAUCE
354mL Assorted



6.49

SHAKE 'N BAKE
283g Original



2.99

JOHN WEST KIPPERS
190g



2/\$6

PURITAN MEATBALL, IRISH OR
BEEF STEW 410g



3.99

LIPTON/KNORR CHICKEN
NOODLE SOUP 4pk Assorted



2.69

HEINZ MUSTARD
380mL



3.99

KOOL-AID JAMMERS
10pk Assorted



4.99

KRAFT VELVEETA
250g



7.99

EVERSWEET MARGARINE
850g



3.49

BERTOLLI WINE VINEGAR
500mL Assorted



7.49

OCEAN SPRAY COCKTAILS
3L Assorted



4.49

KRAFT COOL WHIP
225g Assorted



3.49

MOTT'S FRUITSACTIONS
6pk Assorted



4.99

DOLE PINEAPPLE JUICE
4x250mL Assorted



6.99

NESTLE PURE LIFE WATER
24x500mL

Around the Home



7.99



3.99

OLD DUTCH
LAUNDRY DETERGENT
2L Assorted



5.49

SNUGGLE FABRIC SOFTENER
SHEETS 120 ct



4.49

GLADE
AIR FRESHENERS
235g
Assorted



5.49

CLOROX
BLEACH
2.4L



7.49

SIMPLY BABY WIPES
192-216 ct Assorted



1.29

PHILIPS CLEAR APPLIANCE BULB
2pk x 40 Watt



7.99

CARINO OMEGA 3 SEAL OIL
CAPSULES 120 ct



2/\$7

BILLY BOOT RECYCLING BAGS
20 pk Assorted



3.99

PALMOLIVE DISH LIQUID
591mL Assorted



2/\$5

SOS SOAP PADS
10pk

Bakery & Deli

KAISER SANDWICH
Store made

3.49



SLICED BUTTERBALL
TURKEY
19.99 kg
Store sliced

9.07
lb



SAVE \$2.80
5.99

BALDERSON
CHEESE
PORTIONS
126g
Reg. 8.79



Make your own Charcuterie Board

4.29

SUMMER FRESH
DIPS AND HUMMUS
227g • Assorted



3.99

2 PK LONG JOHNS
200g • Store baked



APPLE
VALLEY
8"
CHERRY PIE
Reg. 6.99

2.99

STONE FIRE
MINI NAAN
BREAD
4 pk • 200g



GARLIC
BREAD
400-500g
Store made

3.99

Baking



7.99

PARKAY MARGARINE
3 lb • 1/2 cup squares



3.99

MAGIC BAKING POWDER
225g



3/\$5

JELLO PUDDING MIX
30-113g • Assorted



3.99

KRAFT CARAMELS
269g



Gluten Free

4.99

MI-DEL GRAHAM FLAVOURED
PIE CRUST 200g



6.99

ROBIN HOOD FLOUR
2.5 kg • Assorted



4.99

QUAKER OATS
900g • 1 kg • Assorted



2.99

KRAFT JET-PUFFED
MARSHMALLOWS
400g • Assorted



4.99

KRAFT COOL WHIP
1 L • Assorted



2.99

GRUMPERTS READY TO USE
GRAHAM PIE CRUST 170g

Pet Supplies

PUP OF THE WEEK



9.99

PURINA CAT CHOW
1.6 - 2 kg • Assorted



2.99

MEOW MIX CAT FOOD
500g Original • Reg. 4.49



18.99

NATURE'S RECIPE VARIETY PACK
DOG FOOD 12 pk



8.99

DENTALIFE CHEWS
485-595g • Assorted



Zeus

More great Savings



LECLERC CELEBRATION COOKIES
180-270g • Assorted

3⁴⁹



HEINZ TARTAR SAUCE
354ml • Squeeze

3⁹⁹



CLOVER LEAF
SKIP JACK TUNA
170g • Chunk or Flaked

2/\$4



CARNATION EVAPORATED MILK
354ml • Assorted

1⁹⁹



FOLGERS K-CUPS
12 ct • Assorted

6⁹⁹



PURITAN
CORNED BEEF HASH
425g

4⁷⁷



CLOVER LEAF
CHICKEN or TUNA SNACKS 90-99g



1⁹⁹



PILLSBURY EASY ROLL PIE CRUST 400g
or CHOCOLATE CHIP COOKIES 428-468g • Assorted

3⁹⁹



LACTANTIA CREAM CHEESE
250g • Original or Light

3⁴⁹



CATELLI GARDEN SELECT
PASTA SAUCE 640ml • Assorted

3⁴⁹



CAMPBELL'S SOUPS
195ml • Pull Top Assorted

2/\$3



HOLIDAY LUNCHEON MEAT
340g

2⁹⁹



DR. OETKER PLANK PIZZA
3 pk • Assorted

5⁹⁹



HUNGRY-MAN DINNERS
360-455g • Assorted

3⁹⁹



STONE CREEK TOMATOES
796ml • Assorted

3/\$5



SWISS CHALET SOUPS
540ml • Assorted

3⁷⁷



IOGO NANO YOGURT DRINKS
6 pk • Assorted

3⁹⁹



DEMPSTER'S
WHOLE GRAIN BREADS
600g Assorted

3⁷⁹



LACTANTIA HEALTHY ATTITUDE
MARGARINE 850g

5⁹⁹



CHRISTIE COOKIES
345-498g • Large pack • Assorted

5⁶⁹



HEINZ KETCHUP
1L • Squeeze

5⁴⁴



HELLMANN'S SPICY CHIPOTLE or CLASSIC
BURGER SAUCE 325ml

4⁹⁹



SELECT BEEF GRAVY
1.36L • Reg. 10.49

7⁹⁹



DR. OETKER PIZZAIOLO KIT
700g

4⁹⁹



MR. NOODLES SOUP BOWLS
110g • Assorted

3/\$5



KRAFT
KD CUPS
58g Assorted

3/\$5



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

4⁹⁹



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

6⁹⁹



TIM HORTONS
HOT CHOCOLATE
500g

4⁹⁹



ALLEN'S PEACH or FRUIT PUNCH
JUICE BOXES 8x200ml • Assorted

3⁴⁹



HOSTESS SNACKS
202-360g • Assorted

2/\$7



PEPSI PRODUCTS
12x355ml • Assorted

2/\$14



DORITOS 230-235g
or CHEETOS 170g • Assorted

2/\$9

