STORE HOURS MON. - FRI. 9:00-8:15 SAT. 9:00-5:15 SUN. & HOLIDAYS 10:00-5:15 271 COOK ST. WE RESERVE THE RIGHT TO LIMIT QUANTITIES PRICES EFFECTIVE "ONE FULL WEEK" WEDNESDAY, AUGUST 29 TO TUESDAY, SEPTEMBER 4, 2018 **FRESH BEST GOURMET** FRESH BONELESS **PORK LOIN** CHICKEN GROUND DRUMSTICKS COFFEE CHOPS **3**99 69 Giant 2 lb Tin 3⁷³kg **ROASTS** VARIETIES **SKINLESS & BONELESS** Buy One and **ALL VARIETIES** CHICKEN THIGHS UNICO Get One Free **PASTA** 880 kg OF EQUAL OR LESSER VALUE

450 g Pkg. TROPIC ISLE APRICOT HALVES

398 mL **BASSILI'S BEST**

SHEPHERD'S PIE or LASAGNA 144

Froz. 907 g (2 lb)

ALL VARIETIES

KETTLE CHIPS

 \bigcirc 22 220 g Bag **BLACK DIAMOND**

CHEDDAR **CHEESES**

450 g Block VARIETIES

SALTED or UNSALTED NATREL

399 BUTTER

454 g (1 lb) Brick ..

ISLAND FARMS

VANILLA PLUS

ICE CREAM

NEW ZEALAND ROYAL GAL

APPLES 1.74 kg

U.S. GROWN

FRES

2.18 kg......

IMPORTED

1.52 kg

IMPORTED NO.

C

CANADA GR. "AA" BEEF

ROUND ROAST lb.

RUMP or BOTTOM

CANADA GR. "AA" BEEF **BOTTOM**

ROUND STEAK lb.

MAPLE LEAF CHICKEN **WIENERS**

375 g Pkg. MAPLE LEAF SLICED SPIC

CAPICOLLO

125 g Pkg. **GOLDEN VALLEY LARGE** BROWN

88 **EGGS**

1 Dozen Can.Gr. A

GINGER or CHOCOLATE CHIP

BREAKTIME

COOKIES

250 g Box.....

ISLAND FARMS 33%

WHIPPING CREAM

399

473 mL Carton

C

B.C. GROWN **HOT H**(

2.18 kg.....

1.08 kg

SAUCE

C

650 mL Jar, All Var HOT

IOU:

TOMATO

lb.

lb.

99

FRESH AUSTRALIAN
BONELESS

LAMB LEGS

CANADA GR. "AA" BEEF

PORTERHOUSE

or T-BONE STEAK

WHOLE

17⁶¹kg

99

99

SCHNEIDER'S

900 g Bag

BACK

BACON

200 g Pkg.

227 g Tub.....

ALL VARIETIES

ROYAL GOURMET

DIPS & SAUCE

SKIN/BONELESS

GOLD SEAL

MACKEREL

115 g Tin 3 Var.

CLASSICO

PASTA

RED PEPPER

SMOKIES

MAPLE LEAF SLICED

U.S. GROWN RES CARROTS 2 lb Bag

U.S. GROWN 1.30 kg