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 Giant 2 lb Tin 3⁷³kg **ROASTS** VARIETIES **SKINLESS & BONELESS** Buy One and **ALL VARIETIES** CHICKEN THIGHS UNICO **PASTA**

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 Bag

BLACK DIAMOND CHEDDAR

CHEESES Block VARIETIES

SALTED or UNSALTED NATREL

BUTTER

399

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.

Get One Free

OF EQUAL OR LESSER VALUE

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

880 kg

WHOLE

17⁶¹kg

99

99

SCHNEIDER'S

900 g Bag

BACK

BACON

ALL VARIETIES

ROYAL GOURMET

DIPS & SAUCE

SKIN/BONELESS

GOLD SEAL

MACKEREL

115 g Tin, 2 Var.

CLASSICO

200 g Pkg.

227 g Tub...

RED PEPPER

SMOKIES

MAPLE LEAF SLICED

FRESH AUSTRALIAN
BONELESS

LAMB LEGS

CANADA GR. "AA" BEEF

PORTERHOUSE

or T-BONE STEAK

ROUND ROAST lb.

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

ROUND STEAK lb.

MAPLE LEAF CHICKEN **WIENERS** 375 g Pkg.

MAPLE LEAF SLICED
SPICE CAPICOLLO

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

88 **EGGS**

1 Dozen Can. Gr. A

GINGER or CHOCOLATE CHIP

BREAKTIME

COOKIES

250 g Box.....

399

473 mL Carton

C

ISLAND FARMS 33% WHIPPING CREAM

C

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

PASTA

SAUCE 650 mL Jar, All Var

IOUS

lb.

lb.

99

TOMATO 2.18 kg.....

U.S. GROWN RES CARROTS

2 lb Bag U.S. GROWN

1.30 kg

1.08 kg