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, SEPT. 19 TO TUESDAY, SEPT. 25, 2018 FRESH BONELESS **FRESH ALL VARIETIES** CHICKEN **PORK BUT** UNICO HIGHS ROAST 729 **5⁰⁵**kg **5⁴⁹**kg lb. **FRESH FRESH BONELESS EMMA** CHICKEN ORK BUT **EXTRA VIRGIN** STEAK WINGS **OLIVE OIL 59** 199 **5**⁷¹kg 6¹⁵kg lb. SANTA CRUZ **CANADA GR. "AA" BEEF**



750 mL

ORGANIC LEMONADES

Btl

946 mL Btl

ALL VARIETIES RYVITA

89

CRISPBREAD 200-

250 a Pkg. **ALL VARIETIES**

CHEEMO **PEROGIES** Froz. \bigcirc 22 907 g (2 lb)

ISLAND BAKERY ORGANIC

BREAD **22** ALI Loaf VARIETIES

ISLAND FARMS

SOUR

CREAM

500 mL Tub

ISLAND FARMS

COUNTRY CREAM ICE CREAM

B.C. GROWN ROYAL GALA APPLES

1.65 L Tub All Varieties.

1.96 kg

U.S. GROWN RED EEDLES

GRAPES

3.73 kg..... U.S. GROWN

FRESH OUPE CANTAL

_ 2.18 kg.....

1.30 kg

NEW ZEALAND BEEF STRIP LOIN

ROAST 15⁴¹kg lb. **NEW ZEALAND BEEF**

STRIP LOIN STEAK 39 16²⁹kg

MAPLE LEAF SLICED SPICE CAPICOLLO '

125 g Pkg.

SWIFT OKED AUSAGE 300 g Pkg.

GOLDEN VALLEY CAN. GR. A

LARGE WHITE EGGS **7**89 1 DOZEN CARTON....

BLACK DIAMOND

CHEESE

SLICES 450 g Pkg All Varieties

|99

POLISH DILL PICKLES

800 mL Jar.....

EURO GOODS

U.S. GROWN

FRES

COOKING MOIN

U.S. GROWN MEDIUM

3 Lb Mesh Bag..... RESH EXPRESS

SAL

227 g Bag......

39

lb.

lb.

99

BLADE CHUCK

ROAST or STEAK

1

FRESH AUSTRALIAN BONELESS

CRAVER CHOICE SLICED

BONELESS

11⁰⁰kg

BON

WHOLE

lb.

69

149

99

ICEBERG

U.S. GROWN

13²¹kg

THICK

BACON

MITCHELL'S SUMMER

SAUSAGE

TRIBAL WHOLE BEANS

500 G CHUB

ORGANIC

COFFEE

454 g (1 LB) Bag ..

COCKTAIL

CHOPPED

SPINACH

Froz. 300 g Pkg

OWER

TROPIC ISLE

398 mL Tin

FRUIT

LIBBY'S

1 kg PKG

LAMB