## STORE HOURS 271 COOK ST. MON. - FRI. 9:00-8:15 SAT. 9:00-5:15 SUN. & HOLIDAYS 10:00-5:15 WE RESERVE THE RIGHT TO LIMIT QUANTITIES PRICES EFFECTIVE "ONE FULL WEEK" WEDNESDAY, MARCH 22 TO TUESDAY, MARCH 28, 2017 **CANADA GRADE "AA" BEEF FRESH** CHICKEN **ASTRO** TOP ROUND DRUMSTICKS ROAST

ALL VARIETIES

**YOGURTS** | 98 650-

750 g Tub BEST GOURMET

GROUND COFFEE Large 2lb. 907 g ALL VARIETIES

SAN REMO

CHICK PEAS or KIDNEY BEANS

+Black +Mixed +Lentil +Roman **ALL VARIETIES** 

UNICO

**PASTA** 454 g Pkg.

SILVER HILL'S **16-GRAIN** 

BREAD **1**98 615 g

**OCEAN'S** SOCKEYE

Loaf

SALMON **1**88 Wild

213 g

**SNOWCREST** FRUIT MIX or

BERRY BLEND **198** 600 q Pkg.

CLOVER LEAF CHEDDAR

CHEESE

340 g Block

1.74 kg .....

488 •Old •Medium •Marble •White **B.C. GROWN** 

1BROSIA

69 3<sup>73</sup>kg

**SKINLESS & BONELESS** CHICKEN THIGHS

lb.

lb.

68

88

48

188

STEAKS

Buy One and

Get One Free

OF EQUAL OR LESSER VALUE

CANADA GR. "AA" BEEF CHUCK EYE

ROAST

CANADA GR. "AA" BEEF

**BLADE CHUCK** 

STEAK

lb.

lb.

88

880 kg **3**99

9<sup>24</sup><sub>kg</sub> 4 19

SCHNEIDER'S

SAUSAGE

300 g Ring .....

SCHNEIDER'S

SAUSAGE

500 g Chub ....

TROPIC ISLE

398 mL Tin .....

**NO NAME** 

CANNED

**OLIVES** 

COCKTAIL

**VEGETABLES** 

341-398 mL Tin All Var

UNICO STUFFED

**MANZANILLA** 

**FRUIT** 

THURINGER

4 9<sup>68</sup>kg CANADA GR. "AA" BEEF

**PRIME RIB** ROAST

lb. **CANADA GR. "AA" BEEF** PRIME RIB

STEAK 19<sup>82</sup>kg 899

CAMPFIRE SLICED BACON

MAPLE LEAF SLICED SPICE CAPICOLLO'

PRESIDENT'S CHOICE

125 g Pkg. .....

**SMALL** SWEET PEAS **94**8

375 g Pkg. ....

Froz. 750 g Bag...... LECLERC

**CELEBRATION** COOKIES

240 g Box All Var. ALL VARIETIES

**QUE PASA** SALSA

420 mL Jar ...... **ISLAND FARMS 10%** LIGHT

CREAM 1 L Carton .....

375 mL Jar. KELLOGG'S SPECIAL-K **58** CEREAL 435 g Box or Red Berry

**U.S. GROWN** FRES

Bunch .....

.86 kg ..

198

**IMPORTED** DARIN

GES 1.74 kg ...... **IMPORTED** 

U.S. GROWN MEDIUM

IGOES Each ...

COO