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 28 TO TUESDAY, APRIL 3, 2018 **READY TO SERVE SKINLESS & BONELESS ALL VARIETIES** HAM CHICKEN **UNICO** BUTT TOMATOES BREAST 49 990_{kg} 139 **5²⁷**kg lb. **NEW ZEALAND BEEF ALL VARIETIES** FRESH BONELESS STRIP LOIN **PORK BUT** OLYMPIC YOGURT ROAST ROAST 122 NOT KREMA 650 g lb.



ALL VARIETIES

OR ORGANIC

5⁷¹kg **FRESH BONELESS**

PORK BUTT

STEAK

13⁹⁰kg

14⁹⁷kg

17⁶¹kg

MAPLE LEAF

NEW ZEALAND BEEF STRIP LOIN STEAK

CANADA GR. "AA" BEEF

PRIME RIB

ROAST or STEAK

lb.

lb.

lb.

|99

HEINZ BEANS **in TOMATO SAUCE** 398 mL **99**¢

Tub

CELESTIAL SEASONINGS

HERBAL TEAS

199 20's Bag **BLACK DIAMOND** CHEDDAR

CHEESES

1 99

LIBBY'S

CHOPPED

SPINACH

400 -

Block

300 a Pkg.

SNOWCREST

Froz. 500 g Pkg.

WHOLE

ALL VARIETIES

VARIETIES

990_{kg} MITCHELL'S

SMOKED 1.7 kg Piece

SALAMI SOPPRESSATA

175 g Pkg. WALKER'S SHORTBREAD **FINGERS**

500 g Box

CORTINA **EXTRA VIRGIN OLIVE OIL**

500 mL Btl. ISLAND FARMS **CHOCOLATE**

HOULDER **AMB CHOPS** lb.

lb.

TOP DOG **6**99 **WIENERS** 450 g Pkg.

> PATE 200 g Pkg. EURO GOODS MARINATED RED PEPPERS 1

800 mL Jar..... UNICO **FILLETS OF ANCHOVIES**

50 g Tin KELLOGG'S CEREAL **RAISIN** BRAN

425 g Box IMPORTED ROUND

COUNTRY GOLDEN YOLK EGGS **FREE RANGE**

RASPBERRIES 299

LARGE BROWN

VOCADOS

Each

1 Dozen Carton ..

IMPORTED

MILK 1 L Carton ..

=C

88

1.96 kg

IMPORTED <u>GREEN</u> PEPPERS 1.96 kg

MANGOES Each

IMPORTED

ATAUL

U.S. GROWN

RUBY

U.S. GROWN **RED COOKING**

1.74 kg ..

MOI

U.S. GROWN MEDIUM MS or SVVI∃∃U POTAT