## 271 COOK ST. STORE HOURS MON. - FRI. WE RESERVE THE RIGHT TO LIMIT QUANTITIES 9:00-8:15 SAT. 9:00-5:15 SUN. & HOLIDAYS 10:00-5:15

PRICES EFFECTIVE "ONE FULL WEEK"
WEDNESDAY, MAY 29 TO TUESDAY, JUNE 4, 2019 FRESH BONELESS

THIGHS

CHICKEN

WINGS

**NEW ZEALAND BEEF** 

STRIP LOIN

ROAST

**NEW ZEALAND BEEF** 

STRIP LOIN

STEAK

CARVER CHOICE SLICED
THICK

MAPLE LEAF HONEY SMOKED HAM 600 g Piece.......99

RESIDENT'S CHOICE

**ENGLISH CREAM** 

**CRACKERS** 

HERBAL

20's Box All Varieties

200 g Pkg. ...

**TWININGS** 

TEA

**5<sup>49</sup>**kg

14<sup>52</sup>kg

15<sup>41</sup>kg

BACON

\_\_\_\_ 1 kg Pkg ...

lb.

lb.

lb.

99

**49** 

**PORK LOIN** 

**CHOPS** 

or ROASTS

Buy One and

Get One Free

**OF EQUAL OR LESSER VALUE** 

**CANADA GRADE "AA" BEEF** 

**EYE OF ROUND** 

ROAST

**CANADA GRADE "AA" BEEF EYE OF ROUND** 

STEAK

TOP DOGS

**VIENERS** 

VACUUM PACK SLICED
CHICKEN
BOLOGNA

880<sub>kg</sub>

375 g Pkg ....

500 g Pkg. ..

**CHOPPED** 

SPINACH

Froz. 300 g Pkg. ..

**EURO GOODS** 

SAUERKRAUT

**KRISPIES** 

**NATURAL** 

KELLOGG'S

RICE

CHICK

**SAN REMO CHICK PEAS or** KIDNEY BEANS

BLACK MIXED LENTIL ROMANO 483 540 mL

**OCEAN'S** CHUNK LIGHT

TUNA IN WATER 170 g

**ALL VARIETIES** KETTLE **CHIPS** 199 220 g

Bag **ISLAND BAKERY** LUMBERJACK

BREAD 199 680 g ALL VARIETIES

Loaf **ISLAND FARMS** 

COTTAGE CHEESE

**199** 500 g Tub VARIETIES PRESIDENT'S CHOICE

INDIAN ENTREES

299 BUTTER CHICKEN CHICKEN KORMA Froz. 350 g

**GOLDEN VALLEY "LARGE"** BROWN

**EGGS** 

**FAITH FARMS** 

CHEDDAR

Approx. 380 g Block, All Var.

1.74 kg......

**U.S. GROWN RED** 

**DELICIOUS** 

U.S. GROWN LARGE

PRESIDENT'S CHOICE **PASTA** CHEESES 499

SAUCE 700 mL Jar

**B.C. GROWN** 

NG ENGL

EACH ..... IMPORT

2.62 kg

**IMPORTED** ROM

**FOR** Bunch .....

1.96 kg ..... IMPORTED

IMPORTED SEEDLESS

3.29 kg....

ΓΟΜΑΤΟΕS