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 29 TO TUESDAY, APRIL 4, 2017

FRESH LEAN

GROUND

CANADA GR. "AA" BEEF

CROSS RIB

ROAST

CANADA GR. "AA" BEEF

CROSS RIB

STEAK

FRESH NO BACK ATTACHED

CHICKEN

BREAST

VACUUM PACK SLICED IATURAL

VACUUM PACK SLICED
BLACK FOREST

GOLDEN VALLEY GR. A

EXTRA LARGE

WHITE EGGS

CHOPPED

SPINACH

Froz. 300 g Pkg.

ISLAND FARMS

CREAM

500 mL Tub

OMEGA 3

HEALTHY ATTITUDE

MARGARINE 427 g Tub

SOUR

1 Dozen Ctn.

LIBBY'S

999

813_{kg} 369

BONELESS 49

6⁵⁹kg

7⁶⁹kg

6⁵⁹kg

BACON

375 g Pkg.

IAM

175 g Pkg.

799

lb.

lb.

lb.

68

189

99

OCEAN'S CHUNK LIGHT TUNA

170 g DR. OETKER

CASA DI MAMA PIZZA

799 Frozen ALL VARIETIES 385-410 a

NO NAME

RICE **CRACKERS**

100 g Pkg. ALL VARIETIES

DELI WORLD LIGHT RYE

BREAD

99

500 g Loaf MacKAY'S

PURE JAMS or

MARMALADE 199 340 g

ALL VARIETIES Jar **WOOLWICH DAIRY**

CHEVRAI **GOAT CHEESE**

199

ALL VARIETIES 113 g

COMPLIMENT'S

EXTRA VIRGIN

OLIVE OIL

599

Btl. **ISLAND FARMS**

COUNTRY CREAM ICE CREAM

Froz.

U.S. GROWN SMALL

IAVEL

ORANGES

1.74 kg

IMPORTED Œ

1.96 kg

FRESH BONELESS

PORK LOIN

CHOPS or ROASTS

Buy One and Get One Free OF EQUAL OR LESSER VALUE

NEW ZEALAND BEEF

STRIP LOIN ROAST 13⁸⁷kg

lb. **NEW ZEALAND BEEF** STRIP LOIN

STEAK 14⁵³kg

MAPLE LEAF CHICKEN WEINERS

375 g Pkg. **PEPPERONI**

SAUSAGE 500 g Chub STEAK HOUSE PIECES & STEMS

MUSHROOMS 284 mL Tin ... PINATA REFRIED

BEANS 398 ml Tin TROPIC ISLE

COCONUT MILK

ORANGE PEKOE TY-PHOO TEA BAGS 199 80's Box, Not Decaf. ...

IMPORTED HOT HOUS OMATO

B.C. GROWN LONG ENGLISH

1.96 kg .. IMPORTED NO. 1 **U.S. GROWN** 1.52 kg ... 10 lb. Bag