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, JANUARY 9 TO TUESDAY, JANUARY 15, 2019 FRESH CHICKEN OCEAN'S **FRESH LEAN GROUND** CHUNK LIGHT **THIGHS** BEEF TUNA **7**39 **9**79 **5²⁷**kg 6¹⁵kg 170 g CANADA GR. "AA" BEEF CROSS RIB **FRESH** PRESIDENT'S CHOICE **CHICKEN** ORIENTAL **WINGS ENTREES** ROAST **BONELESS** 198 8³⁶kg **5⁴⁹**kg 3 VARIETIES

350 -365 g ISLAND BAKERY LUMBERJACK BREAD 98

Froz.

680 a

Loaf

Box

VARIETIES SIMPLY POULTRY "STUFFED" **CHICKEN BREASTS**

ALL

198 Froz. • SWISS 284 g BROC. & CHEESE

CANNED VEGETABLES 341 -398 mL

NO NAME

VARIETIES PRESIDENT'S CHOICE KETTLE COOKED

POTATO CHIPS **|78**

Bag

ISLAND FARMS

VARIETIES "CLASSIC" 298

ICE CREAM 1.65 L Tub, All Var TROPICAL ISLE APRICOT

398 mL Tin

HONEYCRISP APPLES

B.C. GROWN

1.94 kg U.S. GROWN LARGE

IAVEL

ORANGES

2.16 kg U.S. GROWN **FRESH**

DOL

1.50 kg .

STEAK BONELESS 299 880 kg

CANADA GR. "AA" BEEF CROSS RIB

CANADA GR. "AA" BEEF **SHORT** RIBS 13⁶⁵kg

19

99

69

SMOKED IAM 1 kg Piece ...

MITCHELL'S

SCHNEIDER'S
HOT & SPICY GRILL'EMS'

450 g Pkg. GOLDEN VALLEY LARGE WHITE EGGS 788

1 Dozen Can. Gr. A .. EMMA MARINATED

ARTICHOKE

Q¢ **HEARTS** 170 mL Jar ...

HOBNOBS 48 **BISCUITS**

lb.

300 g Pkg. All Var..

McVITIES

U.S. GROWN BROCCOLI

CROWNS 3.73 kg

U.S. GROWN

GREEN

U.S. GROWN RUSSET

LETTUCE Each

LEAF

POTATOES

227 g Bag

lb.

FRESH BONELESS **PORK LOIN**

CHOPS

or ROASTS

Buy One and

Get One Free

OF EQUAL OR LESSER VALUE

149

99

198

MAPLE LEAF SLICED

VACUUM PACK SLICED
TURKEY

ROAST

BEEF

175 g Pkg.

BREAST

175 g Pkg.

APPLE

SAUCE

YORKSHIRE

KELLOGG'S CEREAL

ALL-BRAN

TEA BAGS

650 mL Jar

TAYLORS

80's Box

BUDS

500 g Box

PC ORGANICS