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, OCTOBER 3 TO TUESDAY, OCTOBER 9, 2018 FRESH LEAN **READY TO SERVE OCEAN'S GROUND** HAM BEEF PORTIONS 997 199 BUT 6⁵⁹kg WILD PACIFIC **5²⁷**kg lb. CANADA GR. "AA" BEEF SHANK



PRESIDENT'S CHOICE **CROSS RIB** WILD ROAST BLUEBERRIES

600 g

570 g

48 -

68 g

85 a

Pkg.

398 mL

PHILADELPHIA

CREAM

CHEESE

BASSILI'S BEST

Frozen 454 g

AN

B.C. GROWN

APPLES 2.18 kg

U.S. GROWN

FRESH

Each

U.S. GROWN

FRESH

DOLE

BAR 1.52 kg.....

227-250 g, Tub or Brick

LASAGNA or

SPAGHETTI .

MBROSIA

POMEGRANATES

OXFORD FOODS

WHITE or 60%WW

BREAD

97¢

ALL VARIETIES

CLIF or LUNA

BARS

NO NAME

INSTANT

NOODLES

TROPIC ISLE

SLICED or HALVED

PEACHES

ALL VARIETIES

77

Bag

CANADA GRADE A

BONELESS **7⁹¹**kg **CANADA GR. "AA" BEEF**

CROSS RIB

STEAL

BONELESS 8³⁶ kg

SKINLESS BONELESS CHICKEN NOT BUILDER OR PROTEIN

BREAS 49 9⁹⁰kg MITCHELL'S

MAL 1.7 kg Piece. MAPLE LEAF

SMOKED

TOP DOG **SINGLES** 300 g Box

EUROGOODS NATURAL SAUERKRAUT

800 mL Jar..... **McVITIES**

HOB NOBS BISCUITS

300 g Pkg. All Var.... **ISLAND FARMS EGG**

NOG 1L Carton .

U.S. GROWN

lb

FRES Bunch...

47

97

B.C. GROWN BRUSSE SPROU

3.06 kg

U.S. GROWN

lb. C

lb.

lb.

lb.

STEAK

NEW ZEALAND BEEF

RIB EYE

ROAST or STEAK

FRESH AUSTRALIAN

LAMB

99

lb.

99

7⁰³kg

17⁶¹ kg

WHOLE

13²¹kg

MAPLE LEAF

SLICED

240 g Pkg......

HAM

175 g Pkg.

TISSUE

RAISIN

BRAN

425 g Box

CASTELLO

CHEDDARS

or HAVARTI

200 g Pkg. All Var. ...

BOLONGA

MAPLE LEAF SLICED

CASCADES FLUFF

BATHROOM

12 Double Rolls " ULTRA"...

KELLOGG'S CEREAL

lb.

lb.

lb.

STRAWBERRIES 454 g (1 Lb) Cnt. **IMPORTED NO.1**

C

1.08 kg **B.C. GROWN** 1.30 kg ...

POTATOES