

fiesta farms



"The Store to Explore"



Arriving Fresh Daily

Whole Chickens

1.89
4.17kg lb

Product of USA, No.1

Andy Boy Rappini

3/\$5

Product of USA, No.1

Fresh Almonds

2.99
6.59kg lb

Product of Ontario
Canada No.1

Honey Crisp Apples

1.49
3.28kg lb

Rougement
100% Pure
Apple
Juice
1.89L

1.99



Imported from Italy

Agnesi
Pasta

Assorted Cuts
500g

.99



Pacific
Organic
Soups or
Broths
Assorted Flavours
946ml

3/\$10



Sale Starts Saturday November 14 to Friday November 20, 2009

Certified Angus Beef
Boneless
Cross Rib
Roast **2.99**
6.59kg lb



Fresh Canadian Pork
Family Pack
Pork Chops **1.99**
4.39kg lb

MEAT

Certified Angus Beef
Boneless Cross
Rib Steak **3.49**
7.70kg lb



Ontario White Veal
Veal Stew
Boneless **3.99**
8.80kg lb



KERR FARMS
Fresh Kerr Farms
Ontario Raised Angus Beef
Naturally Grain Fed Antibiotic Free
Striploin Steak **13.99**
30.84kg lb



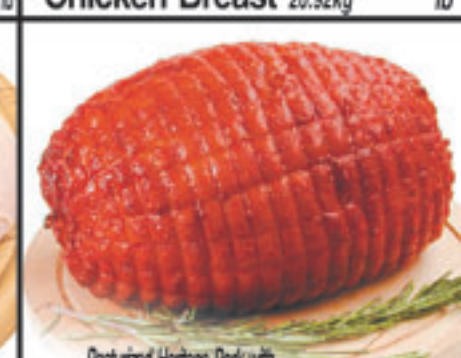
Fresh Rowe Farms
Ontario Raised Naturally
Ground Pork **4.49**
9.90kg lb



Fresh Rowe Farms
Ontario Raised Naturally
Chicken Legs **4.99**
11.00kg lb



Ferwood "Fed Vegetable Grains,
Antibiotic Free, Air Chilled"
Boneless, Skinless
Chicken Breast **9.49**
20.92kg lb



Fresh Canadian
Centre Cut
Pork Chops **2.49**
5.49kg lb



Arriving Fresh Daily, Ontario
Chicken Breast
Bone-In **2.99**
6.59kg lb



Pasturized Heritage Pork with
Beta Carotene CLA Omega
Free Antibiotic Free
Boneless Golden
Smoked Ham **6.99**
15.41kg lb



PRODUCE

Product of USA, No.1
Jumbo
Pomegranates **2.99**
ea



Product of Mexico
Avocadoes **.99**
ea



Product of Ontario
Canada No.1
Cello Carrots
or Onions **.99**
3lb Bag



Product of USA
"Florida Grown"
Red Grapefruit **.69**
1.52kg lb



Product of Ontario
Canada No.1
Jumbo Red, Green
or Savoy Cabbage **.99**
ea

Product of Ontario
Assorted
Squash **.49**
1.08kg lb

Product of Ontario
Canada No.1
Bosc
Pears **.99**
2.18kg lb



Product of Ontario
Canada No.1
Extra Large
Hot House
Tomatoes **1.49**
3.28kg lb



fiesta farms

"The Store to Explore"

*Natural & Organic Foods
the Alternative Choice!*

Product of USA
#1 Organic

**Orange
or Yellow
Baby
Peeled
Carrots**



1.99
1lb Pkg.

Product of Mexico
Organic

Avocadoes

1.49
ea



Product of USA
Organic

**Red or
Yellow
Cooking
Onions**

2.99
5lb Bag



Product of Ontario
Canada #1 Organic

**Heirloom
Carrots
or Beets**

3.99
500g Pkg.



Product of Argentina
Organic

**Fresh
Blueberries**

2/5
Pkgs.



Product of Mexico
Organic

**Green
Zucchini**

.99
lb/2.18kg



Product of Canada
or USA
Organic

Apples
Assorted
Varieties

3.99
5lb Bag



Product of USA
Organic

**Celery
Stalks**

1.99
ea



rowe farms
quality with a conscience

KERR FARMS

Ontario
Raised
Naturally
**Chicken
Wings**

4.99
lb/11.00kg



Ontario
Raised
Naturally

**Beef
Brisket**

4.99
lb/11.00kg



NEW

"Award
Winning"

**Smoked
Pork
Bacon**

5.99
lb/13.21kg



*Natural & Organic Foods
the Alternative Choice!*

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"The Store to Explore"

*Natural & Organic Foods
the Alternative Choice!*



Eden Soy Beverage
Vanilla, Original or Unsweetened,
946ml
2/\$5



Eden Organic Whole Grain Flakes
Rye, Kamut, Oat or Spelt,
454g
3.99



Filsinger's Organic Sweet Apple Cider
3.78L
12.99



Nuts to You Natural Almond Butter
500g
7.99



Ecover Natural Auto Dishwasher Powder
1.36kg
7.99



Ecover Natural Dishwashing Liquid
946ml
3.99



Ecover Natural Auto Dishwasher Tablets
510g
6.99



Ecover Natural Laundry Liquid
2.96L
19.99



Wolf Gang Organic Canned Soup
Assorted Varieties, 396ml
3/\$10



Blue Diamond Nut-Thins
Wheat-Free, Gluten-Free
Nut Thin Crackers
120g
2.99



Cocoa Camino Organic Chocolate Bars
100g
3/\$10



Cocoa Camino Organic Hot Chocolate
336g
5.99



Seventh Generation Recycled Bathroom Paper
4 Roll
4.99



Seventh Generation Chlorine-Free Baby Diapers
All Sizes
14.99



Seventh Generation Chlorine-Free Travel Size Refill Baby Wipes
70's
4.99



My Organic Baby Organic Baby Food
Assorted Flavours, 125ml
.79



Stash Organic Herbal Tea
Assorted Varieties, 227g
3/\$10



Blue Diamond Whole Almond Milk
Vanilla, Chocolate or Original,
946ml
2/\$5



Nature's Path Organic Hot Oat Cereal
Assorted Varieties
454g
3/\$10



Neal Brothers Organic Tortillas
454g
2.99



Mary's Organic Gourmet Crackers
Wheat-free & Gluten-free, 184g
3.99



Mum's Organic Boxed Cereal
Assorted Varieties, 330g
3.99



Annie's Homegrown Organic All Natural Macaroni & Cheese
Assorted Varieties, 170g
4/\$10



My Organic Baby Organic Baby Cereal
227g
3.99



Wholesome Organic Agave Syrup
1.25L
9.99



Rice Dream Rice Beverage
Vanilla, Chocolate or Original, 946ml
2/\$5



Knudsen Organic Black Cherry Juice
946ml
3.99



Ineeka Organic Whole Leaf Loose Tea
Assorted, 14 Bags
10.99



Manitoba Harvest Organic Hemp Seed Nut
227g
7.99



Manitoba Harvest Organic Non-Dairy Hemp Beverage
Vanilla, Chocolate or Original, 946ml
3/\$10



Raincoast Solid White Albacore Tuna
Assorted Flavours, 100g
3.99



Raincoast Pink Salmon
160g
2/\$5

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"The Store to Explore"

*Natural & Organic Foods
the Alternative Choice!*



The Filo Factory
Organic Frozen Appetizers
Assorted Varieties, 284g

4.99



Nature's Path
Organic Frozen Waffles
Assorted Varieties, 210g

3.99



Alexia
Organic Oven Fries
Assorted Varieties, 460g

2.99



So Delicious
Non Dairy Frozen Dessert
Assorted Flavours, 946ml

5.99



Vitalicious
Frozen Muffins
Assorted Varieties, 220g

3.99



Food For Life
Organic Sprouted Grain Breads
Assorted Varieties, 680g

4.99



So Nice
Organic Fresh Soy Beverage
Assorted Flavours, 1.89L

3.99



L'Ancestre
Organic Raw Milk Cheddar Cheese
Medium, Old or Extra Sharp, 325g

9.99



Sol Cuisine
Wheat-Free, Dairy-Free
No GMO's
Vegetarian Burgers & Falafels
364g

4.99



Dr. Praeger's
Veggie Burgers
Assorted Varieties, 312g

4.99



Stahlbush Island
Organic Frozen Vegetables
Assorted Varieties, 300-350g

2.99



Earth Balance
Organic Buttery Spread
Assorted Flavours, 369g

3.99



Solo Fruit
Lactose Free Natural Sorbet
500ml

4.99



SeaPoint Farms
Organic Frozen Edamame
448g

2.99



Starlite Cuisine
All Natural Tacos or Taquitos
236g

5.99



Tofurky
Vegetarian Franks & Links
227g

3.99

DELI



Connoisseur
Montreal
Smoked
Meat

4.49
9.90kg lb



Sierra
Rosemary
Ham

6.29
13.87kg lb



Stella
Mozzarella
Cheese

5.89
12.90kg lb



Sabatini's
Assorted
Soups 1L

5.49
69



In Store
Grated
Parmesan
Cheese

8.99
19.82kg lb



Angus
Roast
Beef

8.39
18.51kg lb



Brandt
Oven Roasted
Turkey Breast

8.99
19.82kg lb

No Nitrates

FRESH OR FROZEN FISH

FROZEN

Fresh From Our
Fish Counter
Product of Greece

Whole
Sea Bass

6.99
15.41kg lb



Fresh From Our
Fish Counter
Product of Canada

Wild Sockeye
Salmon Fillets

9.99
22.02kg lb



Dorgel
Tartufo

Bacio, Vanilla,
Amaretto and
Chocolate and
English Trifle
4x125ml

3.99



Fresh From Our Fish Counter
Product of Canada
Cod Fillets

6.99
15.41kg lb



High Liner
Sole
Vacuum Pack, 400g

4.49



High Liner
Fish Sticks
Haddock, Sole or Cod, 350g

4.99



McCain
Regular
Fries
Straight, Crinkle,
Steak or
Julienne Cut
1kg

1.99

FROM THE FIESTA HOT TABLE...

BAKERY

DAIRY



Ready to Serve

Assorted Salads



Touche Bakery
Gourmet
Meringues
Nut Free, Fat Free
Assorted Varieties, 100g

4.99



Wonder
Bread
Sandwich,
Thin Sandwich,
Headstart
or Texax
Assorted Varieties,
675g

1.89



Western
Cream Cheese
Regular, Light or Green Onion
250ml

2.99



Nordica
Single Serve
Cottage
Cheese
1% Plain, Strawberry,
Tropical and Peach
4x113g

2.99

FRESH CHRISTMAS GREENS SALE!

3 DAYS ONLY! - FRIDAY NOVEMBER 13 TO SUNDAY NOVEMBER 15

Boughs:	REG.	SALE
White Pine - 5 lb	7.99	5.99
White Cedar - 5 lb	7.99	5.99
B.C. Cedar - 3 lb	7.99	5.99
Incense Cedar - Bunch	11.99	7.99
Box Wood - Bunch	14.99	9.99
Magnolia - Bunch	14.99	9.99
Red Twig Dogwood - Bunch/10 stem	9.99	6.99
Red Ilex Berries - Bunch	14.99	11.99

ALL
WREATHS AND
GARLANDS
30% OFF

Shop Early for Best Selection

Order Your
Winter Containers
NOW!

For Timely Delivery

- Pre-made urn inserts in assorted sizes. Ready to go.
 - Can also be custom-made for your size of container.
- OR
- Create your own arrangement from our extensive selection of specialty greens, branches and decorative accents.

GROCERY



Betty Crocker Potatoes
Assorted Varieties
141-215g

1.99



Minute Rice
Regular or Whole Grain
800-700g

3.49



Quaker Ready To Serve Oatmeal
Assorted Varieties
228-430g

2.79



Cott Soft Drinks
Assorted Flavours
2L

.99



Cheetos or Ruffles Potato Chips
275-310g

2/\$6



Christie Rice Thins
100g Assorted Varieties

2/\$5



Sun Sweet Pitted Prunes
500g

3.99



Gloria Baby Dills
750ml

2/\$5



Emma Artichoke Hearts
398ml

1.99



Nutra Fruit Red Sour Pitted Cherries
540ml

2.89



Planter's Dry Roasted Peanuts
600g

3.99



Orsini Sun Dried Tomatoes in Oil
250g

2.99



Whiskas Cat Food
85g Assorted Varieties

.59



Green Works Laundry Detergent
1.33L

8.99



Clorox Javex Bleach
Regular or Ultra
1.77-2.8L

2.49

Prices Effective: **Sat. 14 Sun. 15 Mon. 16 Tues. 17 Wed. 18 Thurs. 19 Fri. 20 November 2009**

Store Hours: Monday-Saturday 8 a.m. to 9 p.m., Sunday 9 a.m. to 7 p.m.



WE RESERVE THE RIGHT TO LIMIT QUANTITIES
ALTHOUGH WE STRIVE FOR ACCURACY IN INFORMATION, GIFT AND REGULATORY REQUIREMENTS,
UNUSUAL CIRCUMSTANCES MAY OCCUR. WE RESERVE THE RIGHT TO CORRECT ANY ERRORS.