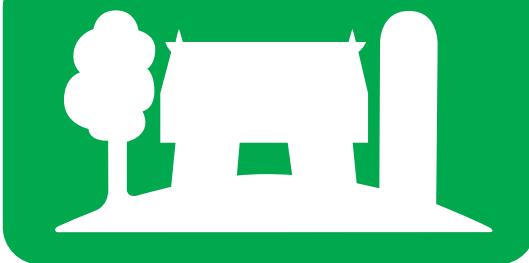


Fresh savings effective
Thursday, June 8 to
Wednesday, June 14, 2017

Sign-up for your E-flyer
today at highlandfarms.ca



Follow us
to find delicious recipes,
food tips & more!

HIGHLAND FARMS



START FRESH



Fresh Ontario
Pork Back Ribs



Seedless Grapes
Red, Green or Black
Product of Mexico, No. 1 Grade

SAVE MORE!

3.99
/lb
8.80/kg

SAVE MORE!

1.99
/lb
4.39/kg

Buy One, Get One
FREE

BUY 1 Country Kitchen
8" Apple Pie at
\$4.99 each
and GET 1
Chapman's Original
Ice Cream
2L Carton
FREE



Europe's Best
Frozen Fruit
Selected Varieties

3.79
500-600g



Oasis
Premium Orange Juice
Assorted Varieties

3.49
2.5L

Produce

FIRST
OF THE
SEASON



Ontario Homegrown
Strawberries
No. 1 Grade

499
1 quart



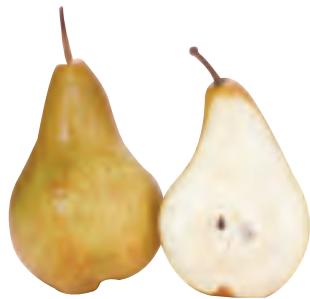
Broccoli
Product of U.S.A.

149
bunch



Ataulfo Mangos
Product of Mexico

99¢
each



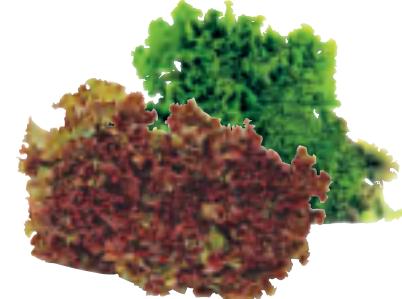
Bosc Pears
Product of
Argentina
Extra Fancy Grade

149
/lb
3.28/kg



Roma Tomatoes
Product of Mexico
No. 1 Grade

99¢
/lb
2.18/kg



Leaf Lettuce
Red or Green
Product of Canada

149
each



Honeydew Melons
Product of U.S.A.
Jumbo Size

399
each



Sharon Fruit
Product of
South Africa

499
1lb
tub



Eggplant
Product of U.S.A.
Large Size

149
/lb
3.28/kg



Sweet Corn
Product of U.S.A.
No. 1 Grade

299
pkg of 5



Tree-Ripened
Peaches
No. 1 Grade or
Nectarines
Product of U.S.A.

499
/lb
11.00/kg



Premium Bananas
From the Tropics



99¢
/lb
2.18/kg



Organic
Classic Salads
Product of U.S.A.
Assorted Varieties



399
141g



Large
Premium Orchids
Product of Ontario

1999
6" ceramic pot

Bakery

Dairy



Villaggio
Sliced Bread 675g,
Crustini Buns
pkg of 8 or Sausage
Buns pkg of 6

1.99
each



Empire Bakery
Strudel
Selected Varieties

4.99
520-570g



Highland Farms
Country Kitchen
Fresh Scones
Assorted Varieties

4.99
pkg of 6



Dufflet Pastries
Fresh Cakelets
Assorted Varieties

SAVE MORE!

12.99
5.5" x 4"
each



Natrel
Fine-Filtered Milk
2%, 1% or Skim
Homogenized 4L
\$5.99

4.99
4L



Natrel
Chocolate Milk

3.99
6x200ml



Black Diamond
Cheese Sticks
Assorted Varieties

5.49
252g



Becel
Margarine
Selected Varieties

2.79
454g



Tropicana Tropics
or Pure Leaf
Iced Tea
Selected Varieties

2.49
1.75L



Astro Kik
Drinkable Yogurt
Assorted Varieties

69¢
200ml



Liberté
Greek or
Méditerranée
Yogourt
Selected Varieties

2.99
500g



Danone
Activia Yogurt 650g,
Danette 4x100g or
Yo Crunch 2x143g
Assorted Varieties

2.49
each

Brands You Love



General Mills
Cheerios 260-500g,
Presweet Cereal 330-380g
Selected Varieties

SAVE MORE!
299
each



Mother Parkers
Original Roast
Ground Coffee

799
925g



Emma
Italian Peeled
Tomatoes
Product of Italy

99¢
796ml



Sardo
Black Olives
Assorted Varieties

99¢
398ml



Rio Mare
Solid Light Tuna
in Water, Olive Oil
or with Chili

449
3x80g



Unico
Wine Vinegar
Red or White

129
500ml



Yamarka
Buckwheat Kasha

199
800g



Fino Fine Foods
Traditional Ajvar
Hot or Mild

599
580ml



S&F
Cream Crackers

99¢
200g



Cuétara
Maria Biscuits

199
800g



Golden Valley
Deglet Nour
Pitted Dates

499
795g

Everyday Essentials

Pepsi Soft Drinks
12x355ml or
7up Lemon Lemon
8x355ml
Assorted Varieties

3.99
each



SAVE MORE!

1.99
24x500ml



5.99
1.42L

Ice River Springs
Natural Spring Water



Dole Sparklers
12x355ml or
Juice or Cocktails
12x340ml
Selected Varieties

3.99
each



Burke's
Pure Natural
Honey

7.99
1kg



Nutella
Chocolate
Hazelnut Spread

3.49
375g



Persil
Laundry Detergent

19.99
4.12kg



Lärabar
Energy Bars
Multipack
Assorted Varieties

5.99
225-240g



Three Works
Apple Chips
Assorted Varieties

2.69
50g



Oasis NutriSource
Juice Blends
Assorted Varieties

2.79
1.36L



Vita Coco
Pure
Coconut Water
Case of 12x500ml
\$18.99

3/5.00
500ml

Seafood

Frozen Foods



Fresh
Wild Pacific Snapper
Fillets

SAVE MORE!

6.99
/lb
15.41/kg



Wild



Fresh
Wild Turbot
Fillets

12.99
/lb
28.64/kg



Wild



Fresh
Whole Dressed
European
Sea Bass

7.99
/lb
17.61/kg



Ocean Prime
Frozen Squid Rings
Plain or Breaded
908g or
Squid Tubes 1.13kg

11.99
each



Maple Leaf
Prime Naturally
Burgers
Chicken or Turkey

8.99
680g



Highland Farms
Country Kitchen
Frozen Lasagna,
Cannelloni or
Cabbage Rolls

12.99
1.85-2.27kg



Yves
Frozen Veggie
Burgers, Nuggets,
Tenders or Meatballs
Selected Varieties

3.99
328-435g



Popsicle
Ice Treats
Selected Varieties

3.99
pkg of
10-12



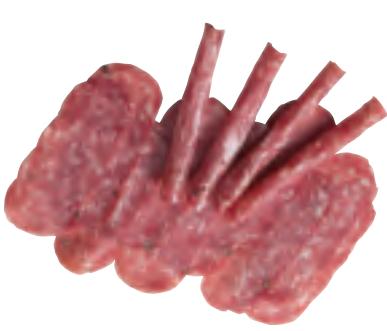
McCain
Deep'n Delicious
Cake
Selected Varieties

3.99
510g



Mastro
Prosciutto Cotto
Freshly Sliced
at the Deli

4⁴⁹
/lb
9.90/kg



Mastro Calabrese
Sopressata Salami
Sweet or Hot
Freshly Sliced
at the Deli

9⁹⁹
/lb
22.02/kg



Santa Lucia
Bocconcini
At the Deli

7⁹⁹
/lb
17.61/kg



Santa Lucia
Swiss Cheese
Freshly Sliced
at the Deli

8⁹⁹
/lb
19.82/kg



Saputo
Mini Friulano Cheese

SAVE MORE!

7⁹⁹
500g



Santa Lucia
Fresh
Ricotta Cheese

3⁹⁹
500g



Agropur
Grand Cheddar
Aged for 1, 2 or
3 Years

4⁹⁹
200g



Boursin
Cheese
Assorted Varieties

4⁹⁹
125-150g



Silani
Shredded Cheese
Assorted Varieties

3⁹⁹
340g

NEW!



Piller's
Grillwurst Sausages
Regular, Spicy or
Cheddar

5⁹⁹
375g

Carl Buddig
Deli Meats
Assorted Varieties

3⁹⁹
250g



Salads Tossed Fresh Daily



Selected Varieties

1⁹⁹
/100g

Meat

Poultry



Fresh Ontario
Pork Tenderloin

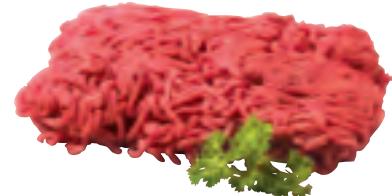
SAVE MORE!

3.99
/lb
8.80/kg



Fresh
Store-Made
Lean Beef Burgers

4.99
/lb
11.00/kg



Fresh
Extra Lean Ground
Sirloin Beef

5.49
/lb
12.10/kg

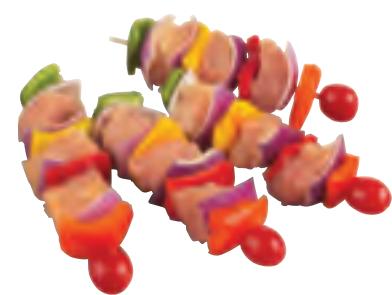
Canada AAA

AGED
21
DAYS



Fresh Beef
Sirloin Tip Steaks
Product of Canada

4.99
/lb
11.00/kg



Freshly
Seasoned In-Store
Shish-Ka-Bob
Beef or Chicken

6.99
/lb
15.41/kg



Freshly Seasoned In-Store
Chicken Breast
Boneless, Skinless
Mango & Chili,
Mediterranean or Avignon

5.99
/lb
13.21/kg



Freshly
Seasoned In-Store
Chicken Thighs
Boneless, Skinless
Bombay Sweet Curry

4.99
/lb
11.00/kg



Freshly
Seasoned In-Store
Jumbo Split
Chicken Wings

4.49
/lb
9.90/kg



Freshly
Seasoned In-Store
Chicken Drumsticks
Piri Piri

3.99
/lb
8.80/kg

BRING HOME THE
SIZZLE
THIS SUMMER

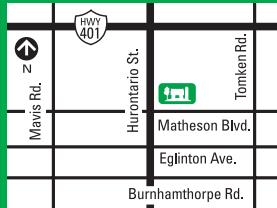
We sell only Canadian Beef

Visit our 3 locations.
Open 7 days a week.

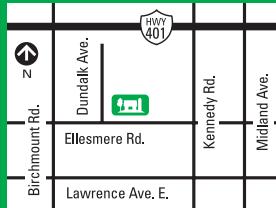
Store Hours:

Monday – Saturday:
7:00a.m. till 10:00p.m.
Sunday: 8:00a.m. till 8:00p.m.

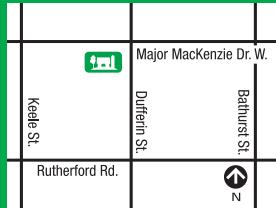
Fresh Savings Effective:
Thursday, June 8 to
Wednesday, June 14, 2017



50 MATHESON BLVD. E.
AT HURONTARIO ST.
905.501.9910



850 ELLESMORE RD.
AT KENNEDY RD.
416.298.1999



9940 DUFFERIN ST.
AT MAJOR MACKENZIE DR. W.
905.832.4481

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