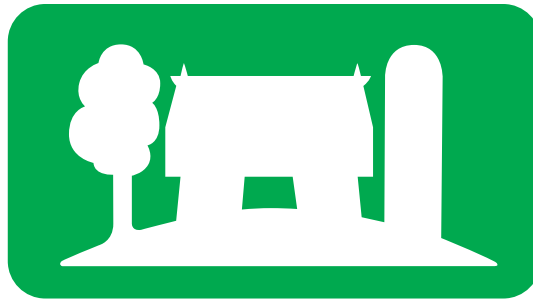


Fresh savings effective
Friday, January 6 to
Thursday, January 12, 2017

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



HIGHLAND FARMS

—  **START FRESH** —

Visit our website
Check out highlandfarms.ca
for more tasty goodness.



Fresh Ontario
Pork Back Ribs

SAVE MORE!

3⁹⁹
/lb
8.80/kg



Fresh Broccoli
Product of U.S.A.

SAVE MORE!

99¢
bunch



Allen's
Fruit Juice & Cocktails
Assorted Varieties

1⁹⁹
8x200ml



Unico
Vegetable Oil

4⁴⁹
3L



Black Diamond
Cheese
Assorted Varieties

4⁹⁹
400-450g

Produce



Picked Fresh
from our own
Highland Farms Orchards

Fresh Apples
Cortland, Matsu,
McIntosh, Spy, Red
or Golden Delicious
Fancy Grade

1.99
4lb
cello bag



Field Tomatoes
Product of U.S.A.
No. 1 Grade

99¢
/lb
2.18/kg



Blueberries
Product of Chile
No. 1 Grade

2.99
1 pint



Cantaloupes
Product of
Guatemala
No. 1 Grade
Jumbo Size

2.99
each



Head Lettuce
Product of U.S.A.
No. 1 Grade

99¢
each



Sweet
Cubanelle Peppers
Product of U.S.A.
No. 1 Grade

1.49
/lb
3.28/kg



Bartlett Pears
Product of U.S.A.
Extra Fancy Grade

1.49
/lb
3.28/kg



Extra Sweet
Pineapples
Product of
Costa Rica

2.99
each



Harvest Fresh
Spinach

1.29
227g
cello bag



Eggplants
Product of Mexico
Large Size

1.49
/lb
3.28/kg



Fuji Apples
Product of U.S.A.
Extra Fancy Grade

2.49
/lb
5.49/kg



Celery
Product of U.S.A.
No. 1 Grade
Large Stalk

1.99
each



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

2.99
141g



Premium
Roses, 50cm
Assorted Colours
Product of Ecuador

17.99
dozen

Bakery

Dairy



Weight Watchers
Bread, Bagels,
English Muffins
or Tortillas

349
248-450g



SAVE MORE!

21⁹⁹
each



Highland Farms
Country Kitchen
8" No Sugar Added Pies
Apple, Blueberry, Cherry
or Rhubarb Strawberry

399
660g



Ace Bakery
Baguettes
White,
Country Wheat or
Harvest Multigrain

279
350-400g

La Rocca
Fresh 8" Dulce Napoleon Cake



Oasis
100% Premium
Valencia
Orange Juice
With or Without Pulp

299
1.75L



Sealtest
Cottage Cheese
1%, 2% or 4%

229
500g



Saputo
Shredded Cheese
Assorted Varieties

499
320g



iögo
Nano 6x60g or
Zip Tubes 8x60g
Assorted Varieties

199
each



Natrel Fine-Filtered
Organic Milk
1% or 2%
Homogenized 2L
\$5.49

499
2L



Liberté
Organic Kéfir
Assorted Varieties

299
454ml



Liberté
Organic
Greek Yogourt
Assorted Varieties

299
4x100g



Olympic
Organic Yogourt
Assorted Varieties

349
650g

Brands You Love



Mother Parkers
Original Roast Ground Coffee

SAVE MORE!

6⁹⁹
925g



Christie Cookies
Chips Ahoy!,
Original Oreo,
Chips Ahoy!
Chunks

3⁹⁷
500g



Planters
Peanut Butter
Smooth or
Crunchy

3⁹⁹
1kg



Yogo
Fruit Nectar
or Juice
Selected Varieties

1⁷⁹
700ml-1L



Dare
Bear Paws
Selected Varieties

2/5⁰⁰
150-270g



Unico
Solid Light Tuna
in Vegetable Oil

79¢
99g



Chef Boyardee
Pasta
Selected Varieties

3/4⁰⁰
212-425g

SPECIAL



MORE DOING.
LESS DOUBTING.



\$3⁹⁹
each

Kellogg's*
Cereals (310-553g)
Selected Varieties
Activity Tracker offer
details in store.

\$1⁹⁹
each

Special K*
Cracker Chips (113-127g)
Selected Varieties



\$2⁹⁹
each

Special K*
Bars (165-180g)
Selected Varieties

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Everyday Essentials



Emma
Italian Peeled
Tomatoes
Product of Italy

99¢
796ml



Divella
Passata di Pomodoro

SAVE MORE!

99¢
720ml



Sensible Portions
Snacks
Assorted Varieties

2/5.00
113-142g



Mott's Fruitsations
Apple Sauce
pkg of 6 or
Fruit Rockets
pkg of 4

1.99
each



Welch's
100% Grape Juice
Concord or White

2.99
1.36L



Hunt's
Snack Pack
Pudding & Gels
Assorted Varieties

1.29
4x99g



Tim Hortons
Iced Capp
Original, Vanilla
or Mocha

2/4.00
300ml



Primo
GrainWise Pasta
Whole Grain
Selected Varieties

99¢
375g



Primo
GrainWise
Gluten Free Pasta
Selected Varieties

2.79
340g



Kleenex
Multipack
Facial Tissue

5.97
3x160 +
1 FREE box



Persil
Laundry Detergent

19.99
4.12kg

Seafood

Frozen Foods



Fresh
Whole Dressed Rainbow Trout

SAVE MORE!

6⁹⁹
/lb
15.41/kg



Wild



Fresh
Wild Ocean Perch
Fillets

7⁹⁹
/lb
17.61/kg



Fresh
Steelhead Trout
Fillets

12⁹⁹
/lb
28.64/kg



Frozen
Wild
Sockeye Salmon
Fillets

10⁹⁹
/lb
24.23/kg



Ocean Prime
Frozen
Tilapia Fillets

11⁹⁹
908g



Janes
Frozen Chicken Wings
Barbeque, Buffalo or
Sea Salt & Pepper

13⁹⁹
900g



Stouffer's &
Lean Cuisine
Frozen Entrées
Assorted Varieties

1⁹⁹
196-340g



Chapman's
Frozen Yogurt
Assorted Varieties

3⁹⁹
2L



Magnum
Mini Ice Cream
Bars
Assorted Varieties

4⁹⁹
4x55mL



U-Be-Livin-Smart
Karmaffin
Nutrient Dense
Muffins
Assorted Varieties

4⁹⁹
312g

Deli

Country Kitchen



Casa Italia
Vera Mortadella
Regular or Light
Freshly Sliced
at the Deli

5⁹⁹
/lb
13.21/kg



Casa Italia
Prosciutto Cotto
Freshly Sliced
at the Deli

4⁹⁹
/lb
11.00/kg



SAVE MORE!

2⁹⁹
/lb
6.59/kg

Maple Leaf
Country Kitchen Deli Ham
Freshly Sliced at the Deli



Cayer
Domestic
Swiss Cheese
Freshly Sliced
at the Deli

8⁹⁹
/lb
19.82/kg



Cayer
Havarti Cheese
Regular or Light
Freshly Sliced
at the Deli

7⁹⁹
/lb
17.61/kg



Silani
Fresh
Ricotta Cheese
Regular or Light

2⁹⁹
300g



Silani
Mozzarella Cheese

2⁹⁹
260g



Saputo
Parmesan Cheese
Petals

3⁹⁹
125g



Saputo
Bocconcini
Regular, Mini or
Cocktail

3⁶⁹
200g



Maple Leaf
Prime Naturally
Bacon Style Turkey

4⁴⁹
375g



Schneiders
Red Hots
Original Style
Wieners

3⁹⁹
450g

Salads Tossed Fresh Daily

Broccoli
Sunflower Crunch,
Multigrain or
Kale & Cabbage

1⁸⁹
/100g

Meat

Poultry

Canada AAA

100% Canadian.
Freshly Ground.
Every day.

Canada AAA



AGED
21
DAYS

Fresh Beef
Boneless Top Sirloin
Steaks or Roast
Product of Canada

SAVE MORE!

7⁹⁹
/lb
17.61/kg



Fresh
Extra Lean Ground
Sirloin Beef

5⁹⁹
/lb
13.21/kg



Fresh
Inside Round Beef
Cutlets
Product of Canada

6⁹⁹
/lb
15.41/kg



Fresh
Bone-in Beef Shank
Cut from Canada AA
Grade Beef or Higher
Product of Canada

5⁹⁹
/lb
13.21/kg



Fresh
Beef Chuck Short Ribs
Cut from Canada AA
Grade Beef or Higher
Product of Canada

7⁹⁹
/lb
17.61/kg



Maple Leaf
Prime Naturally
Fresh
Whole Chicken

2⁹⁹
/lb
6.59/kg



Maple Leaf
Prime Naturally
Fresh
Boneless Skinless
Chicken Breasts

5⁹⁹
/lb
13.21/kg



Maple Leaf
Prime Naturally
Fresh Chicken
Drumsticks

3⁹⁹
/lb
8.80/kg



Maple Leaf
Prime Naturally
Extra Lean
Ground Chicken
or Turkey

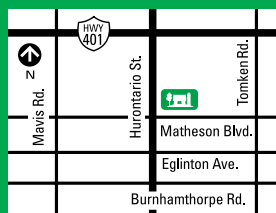
5⁹⁹
454g



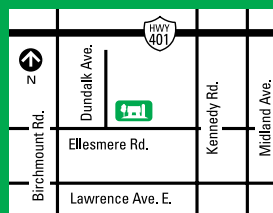
We sell only Canadian Beef



Visit our
2 locations.
Open 7 days
a week.



50 MATHESON BLVD. EAST,
AT HURONTARIO ST. 905.501.9910



850 ELLESMERE RD.
AT KENNEDY RD. 416.298.1999

Store Hours:

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

Fresh Savings Effective:

Friday, January 6 to
Thursday, January 12, 2017



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