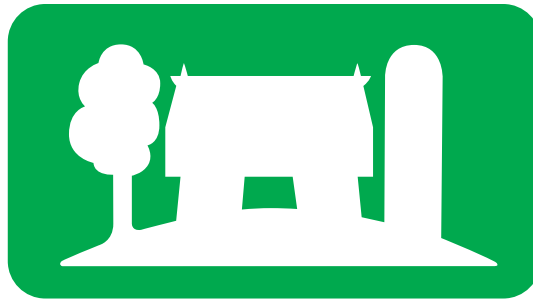


Fresh savings effective
Friday, September 16 to
Thursday, September 22, 2016

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



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our website
Visit highlandfarms.ca for a
new and delicious experience!

HIGHLAND FARMS

—  **START FRESH** —

Canada **AAA**

AGED
21
DAYS



Fresh Beef
Boneless Top Sirloin
Steaks or Roast
Product of Canada

SAVE MORE!

6⁹⁹
/lb
15.41/kg



Ontario Homegrown
Fresh White Cauliflower
No. 1 Grade, Jumbo Size

SAVE MORE!

1⁴⁹
each



McCain
Frozen Fries
Straight, Crinkle,
Shoestring or Steak Cut

1⁹⁹
900g



Allen's
100% Pure Apple Juice

99¢
1.05L



Fleecy
Liquid Concentrated
Fabric Softener

5⁹⁹
3L

Produce



Ontario Homegrown
Cantaloupes
No. 1 Grade
Jumbo Size

2/5⁰⁰



Head Lettuce
No. 1 Grade
Product of Canada

99¢
each



Ontario Homegrown
Prune Plums
No. 1 Grade

1⁹⁹
/lb
4.39/kg



Prima Peaches
No. 1 Grade
Product of U.S.A.

1⁹⁹
/lb
4.39/kg



Ontario Homegrown
Field Tomatoes
No. 1 Grade

99¢
/lb
2.18/kg



Ontario Homegrown
Celery
No. 1 Grade
Large Stalk

1⁴⁹
each



Ontario Homegrown
Seedless
Blue Grapes
No. 1 Grade

3⁹⁹
1.5L
clam shell



Cactus Pears
Product of Mexico

9⁹⁹
case



Ontario
Homegrown
Zucchini

99¢
/lb
2.18/kg



Ontario Homegrown
Collards, Dandelion,
Kale or Swiss Chard
Red or Green

2/4⁰⁰



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

3⁹⁹
2lb
bag



Broccoli
Product of U.S.A.

2⁹⁹
bunch



Sweet Potatoes
Product of U.S.A.

5⁹⁹
3lb
bag



Floral

Premium
Jumbo Bouquets

18⁹⁹
each

Bakery

Dairy



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

2/5⁰⁰



SAVE MORE!

13⁹⁹
5.5"x4"
each



Otis Spunkmeyer
Mini Loaf Cakes
340g or
Crème Cakes 397g

2⁹⁹
each



Oakrun Farm
Belgian Waffles

4⁹⁹
420g

Dufflet Pastries
Fresh Cakelets
Assorted Varieties



Natrei
Fine-Filtered Milk
3.25%, 2%, 1%
or Skim

1⁹⁹
1L



Natrei Milk
Dark Chocolate,
Milk Chocolate or
Caramel Latte

1⁹⁹
1L



Danone
Activia Yogourt
Assorted Varieties

4⁴⁹
12x100g



Danone
Activia Yogurt
650g or
Drinkable 4x93ml
Selected Varieties

2⁴⁹
each



Alphonso or AlJuice
Premium Juice
Assorted Varieties or
St. Maarten Calamansi
Fruit Beverage

2⁶⁹
1.75L



Liberté
Organic Yogourt
Selected Varieties

3⁴⁹
650-750g



Liberté
Organic Kéfir
Selected Varieties

3⁹⁹
1L



Naturegg
Organic
Large Eggs

5⁹⁹
dozen

Brands You Love



Organic Meadow Milk
1%, 2% or Skim
Homogenized 4L bag \$8.99

SAVE MORE!

7⁹⁹
4L



Primo Pasta Regular Cuts
900g, Thick & Zesty
Pasta Sauce, Tomato Sauce
Assorted Varieties or
Passata di Pomodoro 680ml

4/5⁰⁰



Quaker
Granola Bars
Chewy or Dipp's
Selected Varieties

3/5⁰⁰
150-156g



Kellogg's
All-Bran Cereal
Original 525g,
Strawberry Bites 465g
or Bran Flakes 670g

3⁹⁹
each



Kellogg's
Special K Cereal
Selected Varieties

2⁹⁹
320-435g



Paese Mio
Potato Gnocchi

1⁹⁹
1kg



Snacks, Cranberry
Harvest Mix 390g,
Youth Mix 400g,
Tropical Island Mix
390g or Cajun 315g

4⁹⁹
each



Knorr Lipton
Soup Mix
Chicken Noodle or
Recipe Onion

1⁹⁹
pkg of 4



Colussi
Biscolussi Biscuits

99¢
250g



Lavazza
Qualità Rossa
Espresso
Coffee Beans

12⁹⁹
1kg



Fiji
Natural Spring Water
Case of 12x1.5L \$24.99

2/5⁰⁰
1.5L

Everyday Essentials



Limited
Edition
Bottles
While supplies
last

Bertolli
Olive Oil
Classico,
Extra Virgin or
Extra Light

9⁹⁹
1L



Pepsi
Soft Drinks
Assorted Varieties

3⁹⁹
case of
12x355ml



2L bottles 2/\$4.00



Tropical Grove
Fruit Cocktails
Assorted Varieties

SAVE MORE!

1⁹⁹
9x300ml



Pepsi
Soft Drinks
Limited Edition
Cans

1⁰⁰
473ml



Gatorade
Thirst Quencher
Beverages
Assorted Varieties

2/4⁰⁰
950ml



Clover Leaf
Flavoured
Light Tuna
Assorted Varieties

3/4⁰⁰
85g



Ziploc
Storage or
Freezer Bags
Selected Varieties

3⁴⁹
pkg of
10-30



Larabar
Energy Bars
Assorted Varieties

99¢
45-48g



Jordans
Morning Crisp
Cereal
Selected Varieties

4⁹⁹
450-500g



Shady Maple Farms
Organic Medium
Pure Maple Syrup

14⁹⁹
500ml



Grace
Organic
Virgin Coconut Oil

14⁹⁹
1L

Seafood

Frozen Foods



Wild



Fresh
Wild Sole Fillets

SAVE MORE!

8⁹⁹
/lb
19.82/kg



Wild



Fresh
Whole Dressed
European
Sea Bream
(Orata)

7⁹⁹
/lb
17.61/kg



Fresh
Wild Ocean Perch
Fillets

7⁹⁹
/lb
17.61/kg



High Liner
Frozen
Pan-Sear Selects
Assorted Varieties

11⁹⁹
500-540g



The Keg
Frozen Prime Rib Beef
Burgers, Regular 1.02kg,
with Horseradish 908g
or Sliders 852g

11⁹⁹
each



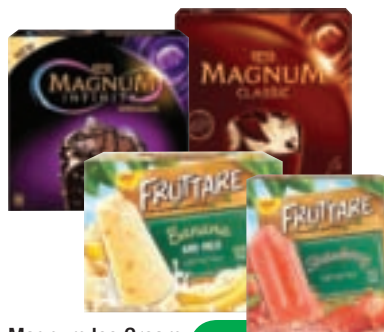
Krinos
Fillo Twisters
Assorted Varieties

6⁹⁹
1kg



Breyers
Family Classic
Rich & Creamy
Frozen Dessert
Assorted Varieties

3⁹⁹
1.66L



Magnum Ice Cream
Bars pkg of 3 or
Fruttare Frozen
Fruit & Dessert
Bars pkg of 4-6

4⁹⁹
each



Tofutti
Frozen Milk Free
Novelties
Selected Varieties

6⁴⁹
pkg of
12x52ml

Deli

Country Kitchen



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

9⁹⁹
/lb
22.02/kg



Casa Italia
Boneless Prosciutto
Freshly Sliced
at the Deli

9⁹⁹
/lb
22.02/kg



Santa Lucia
Provolone Cheese
Freshly Sliced
at the Deli

8⁹⁹
/lb
19.82/kg



Agropur
Havarti Cheese
Regular
Freshly Sliced
at the Deli

7⁹⁹
/lb
17.61/kg



Cuddy
Oven Roasted Turkey Breast
Freshly Sliced at the Deli

SAVE MORE!

8⁹⁹
/lb
19.82/kg



Silani
Fresh
Ricotta Cheese
Regular or Light

1⁹⁹
300g



Silani
Mozzarella
Cheese

2⁴⁹
260g



Silani
Mascarpone
Cheese

7⁴⁹
475g



Santa Lucia
Bocconcini
Cheese
Assorted Varieties

3⁹⁹
200g



Maple Leaf
Natural Selections
Sliced Deli Meats,
Oven Roasted Turkey
or Chicken Breast

4⁴⁹
175g



Maple Leaf
Bacon
Selected Varieties

4⁹⁹
375g



Stuffed Peppers
with Meat
in Tomato Sauce
Min. Weight 300g

3⁴⁹
each

Parmesan
Roasted Potatoes

1⁸⁹
/100g

Meat

Poultry



Fresh Ontario
Loin of Pork
Rib or Sirloin Half
Sliced 2.29/lb-5.05/kg



SAVE MORE!

1⁹⁹
/lb
4.39/kg

100% Canadian.
Freshly Ground.
Every day.

Canada AAA

AGED
21
DAYS



Fresh
Extra Lean Ground
Sirloin Beef

5⁹⁹
/lb
13.21/kg



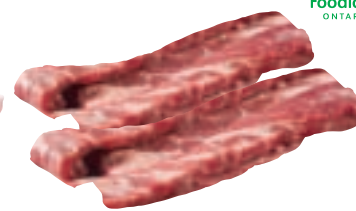
Fresh Beef
Boneless
Top Sirloin
Medallion Steaks
Product of Canada

9⁹⁹
/lb
22.02/kg



Fresh Ontario
Pork Side Rib

2⁹⁹
/lb
6.59/kg



Fresh Ontario
Pork Side Rib
for Sweet & Sour

4⁴⁹
/lb
9.90/kg



Marc Angelo
Fresh
Pork Sausages
Selected Varieties

4⁹⁹
500g



Freshly
Seasoned In-Store
Chicken Drumsticks
Piri Piri

5⁹⁹
/lb
13.21/kg

Freshly
Seasoned In-Store
Chicken Thighs
Boneless, Skinless
Sweet & Spicy

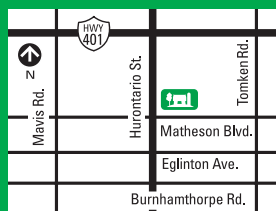
4⁴⁹
/lb
9.90/kg



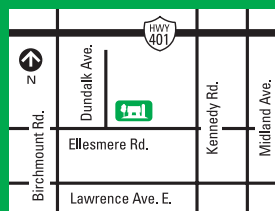
We sell only Canadian Beef



**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.

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