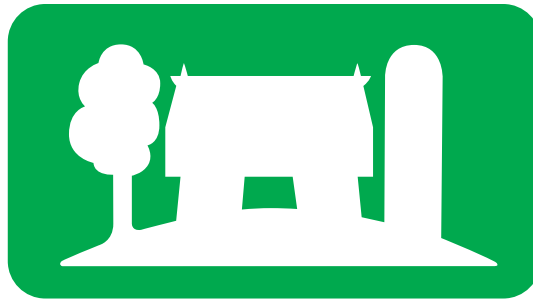


Fresh savings effective  
Friday, August 12 to  
Thursday, August 18, 2016

Sign-up for your E-flyer  
today at [highlandfarms.ca](http://highlandfarms.ca)



Inspire your  
summer menu!  
Download our catering brochure  
at [highlandfarms.ca](http://highlandfarms.ca)

# HIGHLAND FARMS

—  **START FRESH** —



Fresh Ontario  
Pork Tenderloin

**SAVE MORE!**

**4<sup>99</sup>**  
/lb  
11.00/kg



Fresh Head Lettuce  
No. 1 Grade  
Product of Canada

**SAVE MORE!**

**99¢**  
each



Cashmere Bathroom Tissue  
Double 12's, Sponge Towels  
Ultra Paper Towels 6's or  
Scotties Facial Tissue 6pk

**5<sup>99</sup>**  
each



Black Diamond  
Cheese Slices  
Assorted Varieties

**2<sup>49</sup>**  
450g



Five Alive or Fruitopia  
Fruit Beverages or  
Nestea Iced Tea  
Assorted Varieties

**1<sup>29</sup>**  
1.75L

# Produce



Ontario Homegrown  
Fresh  
Sugar Babe Melon

**3<sup>99</sup>**  
each



Ontario Homegrown  
Fresh  
Roma Tomatoes  
No. 1 Grade

**79¢**  
/lb  
1.74/kg



Ontario Homegrown  
Fresh  
Freestone Peaches  
No. 1 Grade

**1<sup>49</sup>**  
/lb  
3.28/kg



Fresh  
Freestone Italian  
Prune Plums  
Product of U.S.A.  
No. 1 Grade

**1<sup>99</sup>**  
/lb  
4.39/kg



Ontario Homegrown  
Fresh Dill Pickles  
Large or Small Size

**79¢**  
/lb  
1.74/kg



Ontario Homegrown  
Zucchini  
Green or Yellow

**99¢**  
/lb  
2.18/kg



Fresh  
Honey Tangerines  
Product of Argentina

**1<sup>49</sup>**  
/lb  
3.28/kg



Fresh  
Black Figs  
Product of U.S.A.

**4<sup>99</sup>**  
1lb



Ontario Homegrown  
Fresh Sweet  
Cubanelle Peppers  
No. 1 Grade

**1<sup>49</sup>**  
/lb  
3.28/kg



Ontario Homegrown  
Fresh  
Green Cabbage  
No. 1 Grade  
Jumbo Size

**1<sup>49</sup>**  
each



Red Seedless  
Grapes  
Product of U.S.A.  
No. 1 Grade

**3<sup>99</sup>**  
/lb  
8.80/kg



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

**1<sup>99</sup>**  
each



Broccoli  
Product of Canada

**1<sup>99</sup>**  
bunch



Floral

Premium  
Jumbo Bouquets

**18<sup>99</sup>**  
each



# Bakery

# Dairy



Sliced Bread  
White or  
Whole Wheat

**1<sup>99</sup>**  
675g



Hot Dog or  
Hamburger Buns

**2<sup>49</sup>**  
pkg of 12



Fresh  
Baked In-Store  
Strudel  
Assorted Varieties

**3<sup>99</sup>**  
425g



Ace Bakery  
Crostino Croutons  
Parmesan or  
Roasted Garlic

**3<sup>49</sup>**  
125g



Baker Street  
Fresh 8" Red Velvet Cheesecake  
or 8" Black Forest Cake

**SAVE MORE!**

**22<sup>99</sup>**  
each



Natre!  
Hershey's  
Milk Shakes  
Assorted Varieties

**3/4<sup>00</sup>**  
350ml



Western  
Cream Cheese  
Assorted Varieties

**2<sup>49</sup>**  
250g



Gay Lea  
Nordica Smooth  
Cottage Cheese  
Assorted Varieties

**2<sup>99</sup>**  
4x100g



Butter  
Salted or Unsalted

**3<sup>99</sup>**  
454g



Danone  
Activia Yogurt 8x100g  
or Danino Drinkable  
Yogurt 8x93ml  
Assorted Varieties

**3<sup>99</sup>**  
each



Yoplait Yogourt  
Source 16x100g,  
Yoptimal 12x100g or  
Source Greek 8x100g  
Assorted Varieties

**4<sup>99</sup>**  
each



Tropicana Lemonade  
Original,  
With Tangerine or  
Watermelon  
Fruit Beverage

**3<sup>49</sup>**  
1.75L



Liberté  
Organic  
Greek Yogourt  
Assorted Varieties

**3<sup>99</sup>**  
500g



# Brands You Love



Italpasta  
Pasta  
Assorted Regular Cuts

SAVE MORE!

**4/5<sup>00</sup>**  
900g



Christie Snacking  
Crackers 175-225g,  
Bits & Bites 175-200g  
or Crispers 175g  
Assorted Varieties

**2/5<sup>00</sup>**



Kettle Brand  
Potato Chips  
Selected Varieties

**3/8<sup>00</sup>**  
220g



Primo  
Tomato Ketchup

**1<sup>99</sup>**  
1L



La Grille  
Wet Rub Marinade  
200ml or Seasonings  
120-203g  
Selected Varieties

**4<sup>99</sup>**  
each



Fruit Cake  
Panettone

**3<sup>99</sup>**  
800g



Kellogg's Cereal  
Müslix 450g  
Assorted Varieties  
or Just Right 475g

**3<sup>99</sup>**  
each



Gloria  
Roasted Peppers

**4<sup>99</sup>**  
1.5L



Martelli  
Organic  
Apple Cider Vinegar

**3<sup>99</sup>**  
500ml



GimMe Organic  
Roasted Seaweed  
Snacks  
Assorted Varieties

**2/5<sup>00</sup>**  
10g



GT'S  
Organic Raw  
Kombucha Drink  
Assorted Varieties

**3<sup>49</sup>**  
480ml

# Everyday Essentials



Monterey  
Pure  
White Vinegar

**1.97**  
4L



Unico  
Tomatoes 796ml  
or Beans 540ml  
Selected Varieties

**97¢**  
each



**NEW!**

Persil Laundry Detergent  
Cold Water or Original 2.21L or  
Power Pearls 1.26L

**SAVE MORE!**

**10.99**  
each



Sardo  
Cucina Pickled  
Mixed Vegetables,  
Hot Pepper Rings  
or Peperoncini

**1.99**  
750ml



Unico  
Vegetable Oil

**4.49**  
3L



Clorox  
Toilet Bowl Cleaner

**1.99**  
709ml



Dawn or Ivory  
Liquid Dish Soap  
Assorted Varieties

**2.49**  
532-709ml



San Pellegrino  
Sparkling  
Fruit Beverage  
Assorted Varieties

**4.49**  
6x330ml



Clover Leaf  
Wild Red Pacific  
Sockeye Salmon  
Regular or  
Low Sodium

**3.49**  
213g



Kellogg's  
Special K  
Granola Bars or  
Fruit Crisps  
Assorted Varieties

**2/5.00**  
125-138g



Basso  
Extra Virgin  
Olive Oil

**7.99**  
1L



## Seafood

## Frozen Foods



Fresh  
Steelhead Trout Fillets

SAVE MORE!

**9<sup>99</sup>**  
/lb  
22.02/kg



Fresh  
P.E.I.  
Cultivated Mussels

**4<sup>49</sup>**  
2lb  
bag



Fresh  
Swordfish Steaks

**13<sup>99</sup>**  
/lb  
30.84/kg



High Liner  
Frozen Fish  
Family Pack  
Fish Sticks, Fish Fries  
or Fish in Tempura

**6<sup>99</sup>**  
700g



Waterview Market  
Frozen  
Raw White Shrimp  
Caribbean or  
Lemon & Garlic

**9<sup>99</sup>**  
480g



Belmont Meats  
Frozen  
Home Style  
Beef Burgers  
Selected Varieties

**10<sup>99</sup>**  
852g



Chapman's  
Canadian  
Collection Novelties  
Stickwich, Bars or  
Cones

**2<sup>99</sup>**  
4-8 pack



Krinos  
Fillo Twisters  
Assorted Varieties

**6<sup>99</sup>**  
840g



Minute Maid  
Frozen Lemonade,  
Nestea, Five Alive  
or Fruitopia

**4/5<sup>00</sup>**  
295ml



Kawartha Dairy  
Ice Cream  
Assorted Varieties

**5<sup>99</sup>**  
1.5L

## Deli

## Country Kitchen



Brandt  
Corned Beef or  
Pastrami  
Freshly Sliced  
at the Deli

**7<sup>99</sup>**  
/lb  
17.61/kg



San Daniele  
Boneless  
Prosciutto  
Freshly Sliced  
at the Deli

**9<sup>99</sup>**  
/lb  
22.02/kg



Agropur  
Havarti Cheese  
Regular  
Freshly Sliced  
at the Deli

**7<sup>99</sup>**  
/lb  
17.61/kg



Tre Stelle  
Provolone Cheese  
Regular or Light  
Freshly Sliced  
at the Deli

**8<sup>99</sup>**  
/lb  
19.82/kg



Piller's  
Black Forest Ham  
Freshly Sliced at the Deli

**SAVE MORE!**

**4<sup>99</sup>**  
/lb  
11.00/kg



Agropur Vaudreuil  
Double Crème Brie  
or Camembert  
Freshly Cut  
at the Deli

**11<sup>99</sup>**  
/lb  
26.43/kg



Tre Stelle  
Cheese Slices  
Assorted Varieties

**3<sup>49</sup>**  
145-175g



Castello  
Blue Cheese  
Traditional or  
Extra Creamy

**3<sup>99</sup>**  
125g



Santa Lucia  
Bocconcini Cheese  
Assorted Varieties

**3<sup>99</sup>**  
200g



Maple Leaf  
Prime Naturally  
Chicken Wings  
Assorted Varieties

**7<sup>99</sup>**  
800g



Schneiders  
Red Hots  
Original Style  
Wieners

**3<sup>99</sup>**  
450g



**IDEAL  
FOR  
PICNICS!**

Fresh Summer Salads  
Macaroni, Potato,  
Coleslaw, Potato & Egg  
or Creamy Coleslaw  
Min. Weight 680g

**3<sup>99</sup>**  
each



# Meat

# Poultry

BRING HOME THE  
**SIZZLE**  
THIS SUMMER

Canada **AAA**

AGED  
**21**  
DAYS



Fresh Beef  
Capless Rib Steaks  
Product of Canada

SAVE MORE!

**11.99**  
/lb  
26.43/kg

100% Canadian.  
Freshly Ground.  
Every day.

BRING HOME THE  
**SIZZLE**  
THIS SUMMER



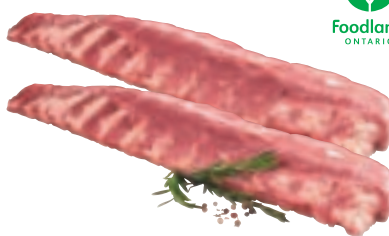
Fresh  
Extra Lean  
Ground Beef

**4.99**  
/lb  
11.00/kg



Fresh  
Store-Made  
Lean Beef Burgers

**5.99**  
/lb  
13.21/kg



Fresh Ontario  
Pork Back Ribs

**4.99**  
/lb  
11.00/kg



GREAT FOR  
SOUVLAKI



Fresh Ontario  
Boneless Pork  
Sirloin Cubes

**2.99**  
/lb  
6.59/kg



Fresh, Organic  
Whole Chickens  
Grade A

**4.99**  
/lb  
11.00/kg



Fresh, Organic  
Boneless &  
Skinless Chicken  
Breast

**12.99**  
/lb  
28.64/kg



Fresh, Organic  
Chicken Thighs  
Bone-in

**4.99**  
/lb  
11.00/kg



Fresh, Organic  
Chicken  
Drumsticks

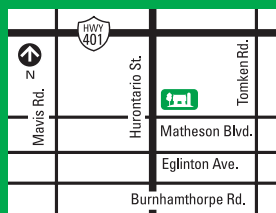
**5.99**  
/lb  
13.21/kg



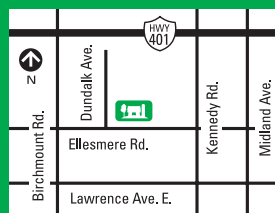
**We sell only Canadian Beef**



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.

**Fresh Savings Effective:**

Friday, August 12 to  
Thursday, August 18, 2016



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