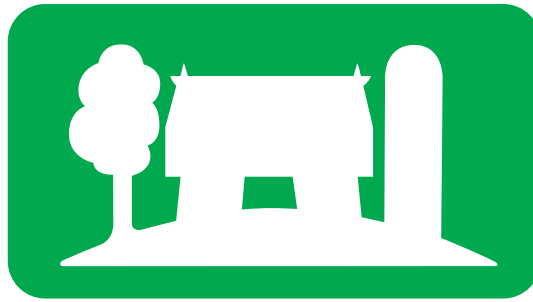


Fresh savings effective  
Friday, April 8 to  
Thursday, April 14, 2016

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



Check out  
our website  
Visit [highlandfarms.ca](http://highlandfarms.ca)  
for fresh Spring recipes!

# HIGHLAND FARMS

—  **START FRESH** —



Fresh Ontario  
Milk-Fed Veal  
Shoulder Blade

**SAVE MORE!**

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



Broccoli  
Product of U.S.A.  
Large Size

**SAVE MORE!**

**99¢**  
bunch



Kellogg's Family Size Cereal  
Froot Loops, Frosted Flakes,  
Corn Pops, Rice Krispies,  
Krave, Special K, Raisin Bran  
or Mini-Wheats

**3<sup>99</sup>**  
515-755g



Aurora  
Strained Crushed  
Tomatoes

**99¢**  
660ml



Chapman's  
Original Ice Cream 2L  
or Super Lolly 18x75ml  
Selected Varieties

**2<sup>99</sup>**  
each

# Produce



Bartlett Pears  
Product of Argentina  
Extra Fancy Grade

**1.49**  
/lb  
3.28/kg



Andy Boy  
Romaine Hearts  
Product of U.S.A.

**2/5.00**  
pkg of 3



Mini Seedless  
Watermelons  
Product of  
Guatemala

**2.99**  
each



Seedless  
Pink Muscato  
Grapes  
Product of Chile  
No. 1 Grade

**3.99**  
/lb  
8.80/kg



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

**1.49**  
each



Ontario Homegrown  
Greenhouse Grown  
Tomatoes  
No. 1 Grade

**1.49**  
/lb  
3.28/kg



Avocados  
Product of Mexico

**3/4.00**



Blood Oranges  
Product of Italy

**1.49**  
/lb  
3.28/kg



Eggplants  
Product of Mexico  
Large Size

**1.49**  
/lb  
3.28/kg



Beans  
Green, Yellow  
or Flat  
Product of U.S.A.

**1.99**  
/lb  
4.39/kg



Blueberries  
Product of Chile  
No. 1 Grade

**3.99**  
125g



Romaine Lettuce  
Product of U.S.A.

**1.99**  
each



Kale  
Green, Red  
or Black  
Product of U.S.A.

**1.99**  
bunch



Orchids  
Assorted Colours  
Product of Ontario

**14.99**  
5" ceramic pot

Floral



# Bakery

# Dairy



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

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



**SAVE MORE!**

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



**NUT  
FREE**

Treasure Mills  
School Safe Snacks  
Mini Loaves,  
Brownie Bars or  
Cookie Bars

**2<sup>99</sup>**  
296-320g



Fresh  
Store-Baked  
Mini Danish  
Assorted Varieties

**2<sup>99</sup>**  
pkg of 8

La Rocca  
Fresh 8" Dulce Napoleon Cake



Yoplait Yogourt  
Source 16x100g  
or Yoplait  
12x100g  
Assorted Varieties

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



Danone Activia or Oikos  
Greek Yogurt 4x100g or  
Oikos Creations 4x95g  
Assorted Varieties  
Oikos 500g - \$4.49

**3<sup>39</sup>**  
each



Gay Lea Nordica  
Cottage Cheese 4x113g  
Assorted Varieties  
or Western Pressed  
Cottage Cheese 250g

**2<sup>99</sup>**  
each



Becel  
Margarine  
Selected Varieties

**2<sup>79</sup>**  
454g



Natrel  
Lactose Free Milk  
Homogenized,  
2%, 1%, Skim  
or Chocolate

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



Naturegg  
Organic  
Medium Eggs

**5<sup>49</sup>**  
dozen



Liberté  
Organic Yogourt  
Selected Varieties

**3<sup>49</sup>**  
650-750g



Liberté  
Organic Kéfir  
Assorted Varieties

**2<sup>99</sup>**  
454ml



# Brands You Love



DeCecco  
Pasta  
Product of Italy  
Assorted Regular Cuts

SAVE MORE!

**1.49**  
500g



Kellogg's All-Bran  
Cereal Original 525g,  
Cranberries & Clusters  
380g, Strawberry Bites  
465g or Bran Flakes 670g

**3.99**  
each



Kellogg's Nutri-Grain  
Bars 175-295g or  
Rice Krispies  
Squares 176g  
Assorted Varieties

**1.99**  
each



VH  
Cooking or  
Stir-Fry Sauce  
Assorted Varieties

**2/5.00**  
341-355ml



Basso Extra  
Virgin Olive Oil 1L,  
Organic 750ml or  
Grapeseed Oil 1L

**7.99**  
each



Top quality  
products  
you trust!



Aurora Broth  
Assorted Varieties

**1.79**  
900ml



Mastro  
Balsamic Vinegar

**2.49**  
500ml



Baci  
Perugina  
Chocolates

**9.99**  
24 pieces



Reko  
Pizzelle  
Italian  
Waffle Cookies  
Assorted Varieties

**2.99**  
200g



Loacker  
Gran Pasticceria  
Chocolate Biscuits  
Assorted Varieties

**1.99**  
100g



# Everyday Essentials



Fruité  
Fruit Drinks or  
Tetley  
Lemon Iced Tea

**4/5<sup>00</sup>**  
2L



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

**SAVE MORE!**

**3<sup>49</sup>**  
500g



Purex  
Laundry Detergent  
Assorted Varieties

**3<sup>99</sup>**  
2.03L



Sun-Maid  
Raisins  
Mini-Packs

**2/5<sup>00</sup>**  
196g



Nestlé Coffee-mate  
425-450g or  
Carnation Hot  
Chocolate 130-280g  
Assorted Varieties

**2<sup>99</sup>**  
each



Starbucks  
K-Cups pkg of 10  
or Ground or Whole  
Bean Coffee 340g  
Assorted Varieties

**9<sup>99</sup>**  
each



Vita Coco  
100% Pure  
Coconut Water

**15<sup>99</sup>**  
case of 12x330ml



Nutiva  
Organic  
Coconut Oil

**9<sup>99</sup>**  
445ml



So Delicious  
Organic  
Coconut Milk  
Beverage  
Assorted Varieties

**2<sup>49</sup>**  
946ml



Annie's  
Macaroni  
and Cheese  
Selected Varieties

**1<sup>99</sup>**  
170g



Annie's  
Cookies  
and Crackers  
Selected Varieties

**2<sup>99</sup>**  
213g



# Seafood

# Frozen Foods



Fresh  
Rainbow Trout Fillets

SAVE MORE!

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



Wild



Fresh Wild  
Ocean Perch  
Fillets

**6<sup>99</sup>**  
/lb  
15.41/kg



Fresh Whole  
European Sea Bass

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



Ocean Prime  
Frozen Cooked  
White Shrimp  
31/40ct

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



Ocean Prime  
Frozen  
Raw Pacific  
White Shrimp  
21/25ct

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



Maple Leaf  
Prime Naturally  
Frozen Chicken  
Nuggets, Strips  
or Burgers

**7<sup>99</sup>**  
750g



Michelina's  
Frozen Entrées  
Assorted Varieties

**99¢**  
128-284g



Little Northern  
Bakehouse  
Frozen Bread  
Assorted Varieties

**5<sup>49</sup>**  
454-482g



Furlani's  
Texas Toast  
Garlic or  
Three Cheese

**3/5<sup>00</sup>**  
240-288g



Fruittare  
Frozen  
Fruit &  
Dessert Bars  
Assorted Varieties

**4<sup>99</sup>**  
pkg of 4-6



Breyers  
Klondike  
Frozen Novelties  
Bars, Sandwiches  
or Cones

**4<sup>99</sup>**  
pkg of 4

## Deli

## Country Kitchen



Brandt  
Kolbassa Coil  
Regular  
At the Deli

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



Cuddy  
Oven Roasted  
Turkey Breast  
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



Dofino  
Havarti Cheese  
Freshly Cut  
at the Deli

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



Brandt  
Black Forest Ham  
Freshly Sliced at the Deli

**SAVE MORE!**

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



Silani  
Cheese Slices  
Assorted Varieties

**1<sup>99</sup>**  
100g



Santa Lucia  
Bocconcini  
Regular or Mini

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



Mastro  
Cacciatore Salami  
Mild or Hot

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



Mastro  
Baby Genoa  
Salami  
Mild or Hot

**8<sup>99</sup>**  
600g



Schneiders  
Juicy Jumbos  
All Beef Weiners

**4<sup>99</sup>**  
375g



Schneiders  
Bacon  
Regular, Thick  
or Less Salt

**4<sup>99</sup>**  
375g



Selected Varieties

**1<sup>99</sup>**  
/100g



# Meat

# Poultry

Canada AAA

AGED  
21  
DAYS



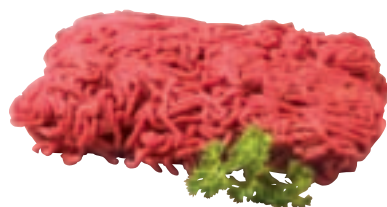
**Fresh Beef**  
**Boneless Outside Round Roast**  
Product of Canada

SAVE MORE!

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

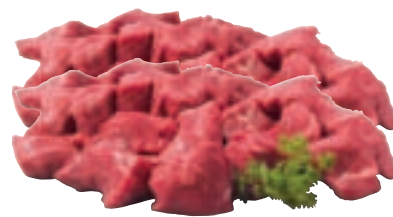
100% Canadian.  
Freshly Ground.  
Every day.

Canada AAA



**Fresh**  
**Extra Lean**  
**Ground Beef**

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



**Fresh**  
**Stewing Beef**  
**Product of Canada**

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



**Fresh Ontario**  
**Boneless Pork**  
**Sirloin Chops**

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



**Fresh Ontario**  
**Boneless Pork**  
**Sirloin Roast**

**2<sup>99</sup>**  
/lb  
6.59/kg



**Fresh Ontario**  
**Veal Stew**

**6<sup>99</sup>**  
/lb  
15.41/kg



**Fresh Ontario**  
**Extra Lean**  
**Ground Veal**

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



GLUTEN  
FREE

**Marc Angelo**  
**Chicken Sausages**  
**Assorted Varieties**

**4<sup>99</sup>**  
375g



**Marc Angelo**  
**Seasoned**  
**Chicken Drumsticks**  
**Sweet BBQ or**  
**Piri-Piri**

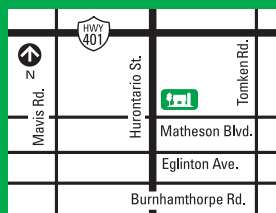
**5<sup>99</sup>**  
450g



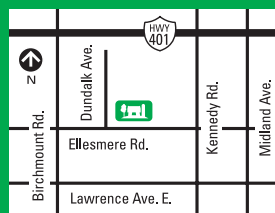
**We sell only Canadian Beef**



**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, April 8 to**  
**Thursday, April 14, 2016**



Although we strive for accuracy in illustration, copy and regulatory requirements, unintentional errors may occur. We reserve the right to correct any errors. We reserve the right to limit quantities. Unauthorized reproduction or use of this advertisement without the written consent of Highland Farms and its marketing agency is strictly prohibited.

