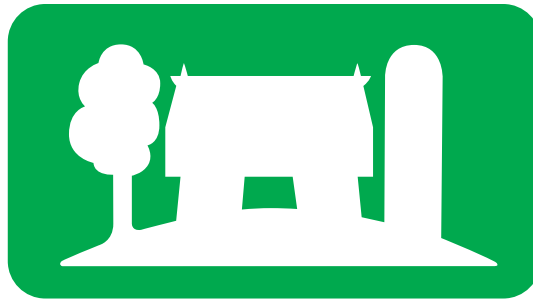


Fresh savings effective
Friday, November 4 to
Thursday, November 10, 2016

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



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

HIGHLAND FARMS

 **START FRESH**



Canada AAA

**AGED
21
DAYS**

Fresh Beef
Eye of Round Roast
Product of Canada

SAVE MORE!

5⁹⁹
/lb
13.21/kg

Picked Fresh
from our own
Highland Farms Orchards



McIntosh Apples
Fancy Grade

SAVE MORE!

79¢
/lb
1.74/kg



Aurora
Strained Crushed Tomatoes

99¢
660ml



Riscossa
Pasta
Assorted Varieties

89¢
500g



Tropicana Tropics 1.75L
or **Del Monte Classic 1.6L**
Juice Blends
Selected Varieties

1⁹⁹
1.75L

Produce



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

1⁹⁹
/lb
4.39/kg



Romaine Lettuce
Product of U.S.A.

99¢
each



Ontario Homegrown
Flemish Pears
Fancy Grade
Extra Large Size

1⁴⁹
/lb
3.28/kg



Extra Sweet
Pineapples
Product of
Costa Rica

2⁹⁹
each



Ontario Homegrown
Greenhouse
Tomatoes
on the Vine
No. 1 Grade

1⁴⁹
/lb
3.28/kg



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

1⁴⁹
/lb
3.28/kg



Pomegranates
Product of U.S.A.
Jumbo Size

1⁹⁹
each



Honeydew Melons
Product of Mexico
Jumbo Size

3⁹⁹
each



Eggplant
Product of U.S.A.

99¢
/lb
2.18/kg



Ontario Homegrown
Green Cabbage
No. 1 Grade
Jumbo Size

1⁴⁹
each



Blueberries
Product of
Argentina
No. 1 Grade

2⁹⁹
125g



Broccoli
Product of U.S.A.

2⁴⁹
bunch



Mini Peeled
Carrots
Product of U.S.A.

1⁹⁹
1lb
cello bag



Floral

Premium
Roses, 50cm
Assorted Colours
Product of Ecuador

17⁹⁹
dozen

Bakery

Dairy



Dempster's Sliced Bread White, 100% Whole Wheat, Smart with Supergrains, Smooth Multigrains 675g or Original Hot Dog or Hamburger Buns pkg of 8

1.99
each



SAVE MORE!

22.99
each



Two-Bite Cinnamon Rolls or Danish Selected Varieties

2.99
284-340g



Highland Farms Country Kitchen Fresh Scones Assorted Varieties

4.99
pkg of 6

La Rocca Fresh 8" Red Velvet Cake



Beatrice Fruit Bottom or Astro Yogourt Assorted Varieties

2/1.00
175g



Black Diamond Shredded Cheese Assorted Varieties

4.99
340g



Burnbrae Farms Naturegg Simply Egg Whites

3.99
1kg



International Delight Coffee Whitener Assorted Varieties

2.29
473ml



Yoplait Yop Yogourt Drink Assorted Varieties

79¢
200ml



Shepherd Gourmet Dairy Skyr Icelandic Style Yogurt Assorted Varieties

3.49
500g



NatreL Lactose Free Milk 2%, 1% or Skim

7.99
4L

Brands You Love



Basso
Extra Virgin Olive Oil

SAVE MORE!

7⁹⁹
1L



Aurora
Diced Tomatoes
Product of Italy

99¢
398ml



Aurora
Broth
Assorted Varieties

1⁷⁹
900ml



Mastro
Balsamic Vinegar

2⁴⁹
500ml



Gloria
Roasted Peppers

4⁹⁹
1.5L



Gullon
Original
Maria Biscuits

1⁹⁹
800g



Loacker
Quadratini Wafers
Selected Varieties

3⁴⁹
220-250g



General Mills
Fibre 1 425-450g
or Oatmeal Crisp
425-505g
Selected Varieties

3⁹⁹
each



Chef Boyardee
Pasta
Selected Varieties

3/4⁰⁰
212-425g



Pam
Cooking Spray
Assorted Varieties

3⁹⁹
113-170g



Nestlé
Nesquik
Chocolate Syrup
510-700ml or
Powder 540-750g

3⁹⁹
each

Everyday Essentials



Highland Farms
Country Kitchen
Fruit Cake
Panettone

3⁹⁹
800g



Perrier
Carbonated
Mineral Water
10x250ml or 6x500ml
Selected Varieties

5⁹⁹
each



Unico
Vegetable Oil

SAVE MORE!

4⁴⁹
3L



Continental
Chocolate
Assortment

4⁴⁹
400g



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

4⁴⁹
3x80g



Old El Paso
Dinner Kits
Selected Varieties
Salsa 650ml \$2.99

3⁹⁹
250-400g



Comet
Cleanser
Original or
Lemon Fresh

79¢
400g



Muir Glen
Organic Tomatoes
Assorted Varieties

2⁹⁹
796ml



Bob's Red Mill
Flour
Selected Varieties

5⁹⁹
2.27kg



Silk
Coffee Whitener
Almond, Coconut
or Soy

1⁹⁹
473ml



Persil
Laundry Detergent

19⁹⁹
4.12kg

Seafood

Frozen Foods



Fresh
Whole Dressed Whiting
(Merluzzo)

SAVE MORE!

3⁹⁹
/lb
8.80/kg



Fresh
Tilapia Fillets

7⁹⁹
/lb
17.61/kg



Fresh
Wild Sole Fillets

7⁹⁹
/lb
17.61/kg



Ocean Prime
Frozen Basa
Fillets

9⁹⁹
1.13kg



Ocean Prime
Frozen Tilapia
Fillets

11⁹⁹
908g



Schneiders
Chicken Nuggets,
Strips or Burgers
Frozen

7⁹⁹
840g



Chapman's
Sorbet 2L or Sweet
Canadian Options
Novelties 4-8 pk
Selected Varieties

2⁹⁹
each



McCain
Marché Pizza or
Harvest Pockets or
Protein Pop'ables
Selected Varieties

2/6⁰⁰
240-260g

NEW!



VH or
Healthy Choice
Steamers
Frozen Entrées
Selected Varieties

3/10⁰⁰
283-306g



Cookin' Greens
Frozen Vegetables
Selected Varieties

3⁹⁹
300-500g

Deli

Country Kitchen



Mastro
Oven Roasted Ham
Rosemary, Tuscany
Freshly Sliced
at the Deli

6⁹⁹
/lb
15.41/kg



Vienna Roast Beef,
Corned Beef &
Pastrami
Freshly Sliced
at the Deli

6⁹⁹
/lb
15.41/kg



Imported from Norway
Jarlsberg Cheese
Regular
Freshly Cut at the Deli

SAVE MORE!

10⁹⁹
/lb
24.23/kg



Santa Lucia
Bocconcini
At the Deli

7⁹⁹
/lb
17.61/kg



Santa Lucia
Havarti Cheese
Freshly Sliced
at the Deli

7⁹⁹
/lb
17.61/kg



NEW!

Ferrante
Scamorza Cheese

9⁹⁹
/lb
22.02/kg



Ferrante
Ricotta Cheese

4⁹⁹
500g



Saputo
Pizza Mozzarella

4⁴⁹
340g



Saputo
Poutine Cheese
Curds

3⁴⁹
200g



Mastro
Salametti Salami
Hot or Mild

5⁹⁹
300g



Mastro
Extra Lean
Capocollo
Mild or Hot
Sliced

2⁴⁹
125g



Panko
Chicken Breast
with Sweet
Chili Sauce

2⁸⁹
/100g

Glazed
Baby Carrots or
Roasted
Parisienne Potatoes

1⁸⁹
/100g

Meat

Poultry



Foodland ONTARIO

SAVE MORE!

3⁹⁹ /lb
8.80/kg

Fresh Ontario Boneless Pork Loin Centre Cut Chops

100% Canadian. Freshly Ground. Every day.

Canada AAA

Foodland ONTARIO

Fresh Lean Ground Beef **4⁹⁹** /lb
11.00/kg

Fresh Inside Round Beef Cutlets Product of Canada **6⁹⁹** /lb
15.41/kg

Foodland ONTARIO

Fresh Ontario Boneless Pork Rib End Chops **4⁴⁹** /lb
9.90/kg

Fresh Ontario Boneless Stewing Pork **3⁹⁹** /lb
8.80/kg

YORKSHIRE VALLEY FARMS

Foodland ONTARIO

Organic

Fresh, Organic Whole Chicken Grade A **5⁹⁹** /lb
13.21/kg

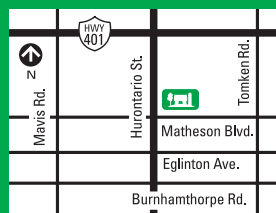
Fresh, Organic Boneless & Skinless Chicken Breast **12⁹⁹** /lb
28.64/kg

Fresh, Organic Chicken Drumsticks **5⁹⁹** /lb
13.21/kg

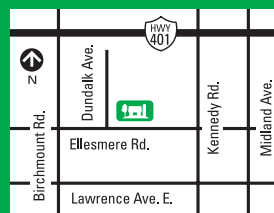
Fresh, Organic Chicken Thighs Bone-in **5⁹⁹** /lb
13.21/kg

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, November 4 to
Thursday, November 10, 2016



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