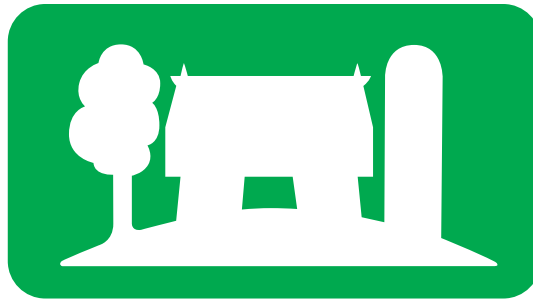


Fresh savings effective
Friday, April 1 to
Thursday, April 7, 2016

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



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

HIGHLAND FARMS

—  **START FRESH** —




SAVE MORE!

3⁹⁹
/lb
8.80/kg

Fresh Ontario
Chicken Breast
Boneless & Skinless



SAVE MORE!

69¢
/lb
1.52/kg

Fresh
Premium Bananas
From the Tropics



Nature Valley
Granola Bars 130-230g or
Betty Crocker Snacks 120-226g
Selected Varieties

1⁹⁹
each



Oasis
Premium Orange,
Apple Juice, Health Break
Blends or Smoothies
Selected Varieties

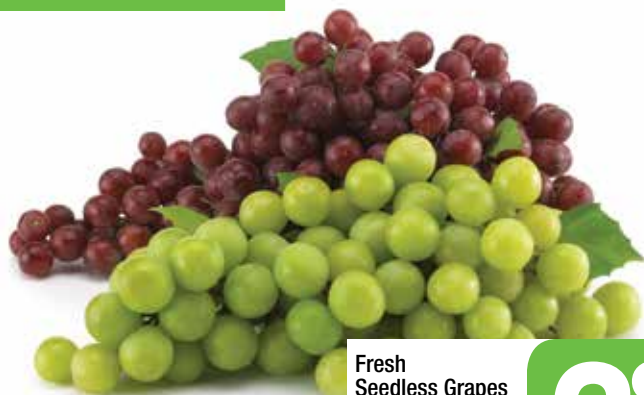
2⁴⁹
1.65-1.75L



Astro
Yogourt
Original, Fat Free Zero or
Smooth 'n Fruity

2⁹⁹
12x100g

Produce



Fresh
Seedless Grapes
Red or Green
Product of Chile
No. 1 Grade

2⁹⁹
/lb
6.59/kg



Ontario Homegrown
Greenhouse Grown
Fresh Sweet Bell Peppers
Red, Yellow or Orange
No. 1 Grade, Extra Large Size

2⁹⁹
/lb
6.59/kg



Seedless
Navel Oranges
Product of U.S.A.
Large Size

99¢
/lb
2.18/kg



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

1⁹⁹
/lb
4.39/kg



Spinach
Product of U.S.A.

1⁴⁹
bunch



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

1⁴⁹
each



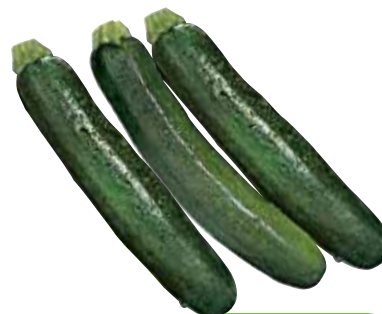
Avocados
Product of Mexico

3/4⁰⁰



Honeydew Melons
Product of Honduras
Jumbo Size

3⁹⁹
each



Zucchini
Product of Mexico

99¢
/lb
2.18/kg



White Potatoes
Product of P.E.I.
Canada No. 1 Grade

2⁴⁹
10lb
paper bag



Abate Pears
Product of Argentina
Extra Fancy Grade

2⁹⁹
/lb
6.59/kg



Leaf Lettuce
Green or Red
Product of U.S.A.

1⁹⁹
each



Sweet Potatoes
Product of U.S.A.

4⁹⁹
3lb bag



Floral

Premium
Jumbo Bouquets
Product of Ontario

18⁹⁹
each

Bakery

Dairy



Grainhouse
Soft Slice Bread
White or 100%
Whole Wheat

1.99
675g



Oakrun Farm
English Muffins or
Crumpets

3/5.00
284-340g



Dimpfmeier
Bavarian
Multigrain Bread

2.19
500g



Fresh
Store-Made
7" Boston Cream Cake
with Fresh Fruit

SAVE MORE!
14.99
each



Astro
KiY Yogourt Drinks
Assorted Varieties

69¢
200ml



Black Diamond
CheeStrings
Assorted Varieties

2.99
168g



Black Diamond
Cheese Slices

2.99
450g



The Laughing Cow
Processed Cheese
Selected Varieties

2.99
133g



Sealtest Milk
2%, 1% or
Skim

4.29
4L



Beatrice
Chocolate Milk

99¢
750ml



Pillsbury Chocolatey
Crescents 265g,
Cookies 428-468g
or Turnovers 383g
Selected Varieties

2.29
each



Liberté Organic
Greek Yogourt
Assorted Varieties

4.49
500g

Brands You Love



General Mills
Cheerios 260-500g,
Presweet Cereal 330-380g
Selected Varieties

SAVE MORE!

2⁹⁹
each



Quaker
Instant Oatmeal
Assorted Varieties

2/5⁰⁰
228-430g



Allen's
100% Pure
Apple Juice

99¢
1.05L



Patak's
Cooking Sauce
Selected Varieties

3⁹⁹
320-400ml



Aylmer Accents
Tomatoes
Assorted Varieties

2/3⁰⁰
540ml



Gloria
Roasted Peppers

4⁹⁹
1.5L



Unico
Solid Light Tuna
in Vegetable Oil

69¢
99g



Unico
Vegetable Oil

4⁴⁹
3L



Monterey
Pure White
Vinegar

1⁹⁷
4L



Italpasta
Macaroni & Cheese
Pasta Dinner

2/99¢
200g



Mamma Nuccia
Traditional
Gnocchi

99¢
500g

Everyday Essentials



Fruit Cake
Panettone

3⁹⁹
800g



Primo
Soup
Assorted Varieties

SAVE MORE!

3/4⁰⁰
540ml



Lavazza Espresso
Ground Coffee
Qualità Rossa &
Crema E Gusto

2⁹⁹
250g



Old Dutch
Restaurante
Tortilla Chips
Assorted
Varieties

2/6⁰⁰
276-384g



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

3⁹⁹
250-400g



Del Monte
Fruit Nectar or
Oasis Classic
100% Juice
Selected Varieties

99¢
960ml



Colussi
Biscolussi
Biscuits

99¢
250g



Penotti
Cookinotti Spread

4⁹⁹
400g



General Mills
Trix Cereal

3⁴⁹
300g



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

3⁹⁹
each



Persil Laundry
Detergent

19⁹⁹
4.12kg

Seafood

Frozen Foods



Fresh
Steelhead Trout
Fillets

SAVE MORE!

11⁹⁹
/lb
26.43/kg



Wild



Fresh
Wild Sea Smelts

6⁹⁹
/lb
15.41/kg



Fresh
Swordfish Steaks

14⁹⁹
/lb
33.05/kg



Ocean Prime
Frozen
Basa Fillets

8⁹⁹
1.13kg



Ocean Prime
Frozen Sole Fillets

11⁹⁹
1.13kg



Janes
Pub Style Chicken
Nuggets, Strips
or Burgers

7⁹⁹
800g



Kellogg's
Frozen
Eggo Waffles &
Pancakes
Assorted Varieties

2/5⁰⁰
280-310g



Barba Stathis
Frozen Vegetables
450g-1kg
Assorted Varieties

20% OFF
regular retail

VH or Healthy
Choice Steamers
Frozen Entrées
Assorted Varieties

3/10⁰⁰
283-306g



Chapman's
Gelato 1.5L
or Super Lolly
18x75ml
Selected Varieties

2⁹⁹
each

Deli

Country Kitchen



Piller's Salami
Hungarian, German
or Pepperseed
Freshly Sliced
at the Deli

7⁹⁹
/lb
17.61/kg



Mastro
Prosciutto Cotto
Freshly Sliced
at the Deli

3⁹⁹
/lb
8.80/kg



Santa Lucia
Havarti Cheese
Freshly Sliced
at the Deli

6⁹⁹
/lb
15.41/kg



Santa Lucia
Swiss Cheese
Freshly Sliced
at the Deli

8⁹⁹
/lb
19.82/kg



San Daniele
Mortadella
Regular, Light or Hot
Freshly Sliced at the Deli

SAVE MORE!

3⁹⁹
/lb
8.80/kg



Tre Stelle
Cheese Slices
Assorted Varieties

3⁴⁹
145-175g



Tre Stelle
Ricotta Cheese
Regular or Light

3⁹⁹
475g



Silani
Mozzarella
Cheese

2⁴⁹
260g



Silani
Shredded Cheese
Assorted Varieties

3⁴⁹
340g



Schneiders
Red Hots or
Regular Wieners

3⁴⁹
450g



Schneiders
Grill'em's
Smoked Sausages
Assorted Varieties

3⁹⁹
375g



Veal or Chicken
Cutlet with
Tomato Sauce on a
Panuozzo Bun
2 Toppings Included

6⁹⁹
each

Chickpea
Jardiniere Salad

1⁹⁹
/100g

Meat

Poultry

Canada AAA



AGED
21
DAYS

Fresh Beef
Striploin Steaks
Product of Canada

SAVE MORE!

9⁹⁹
/lb
22.02/kg

100% Canadian.
Freshly Ground.
Every day.

Canada AAA



Fresh
Extra Lean
Ground Beef

4⁹⁹
/lb
11.00/kg



Fresh
Stewing Beef
Product of Canada

4⁹⁹
/lb
11.00/kg



Fresh Ontario
Boneless
Pork Loin
Centre Steaks

3⁹⁹
/lb
8.80/kg



Fresh Ontario
Pork Loin
Cutlets

5⁹⁹
/lb
13.21/kg



GLUTEN
FREE

Marc Angelo
Fresh Pork
Sausages
Selected Varieties

3⁹⁹
500g



Freshly Seasoned
In-Store Chicken Breast
Boneless, Skinless,
Mango & Chili,
Mediterranean or Avignon

6⁹⁹
/lb
15.41/kg



Fresh Ontario
Boneless
Chicken Breast
Cutlets

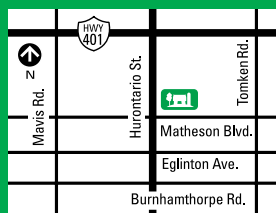
7⁹⁹
/lb
17.61/kg



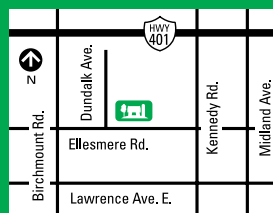
We sell only Canadian Beef



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, April 1 to
Thursday, April 7, 2016



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