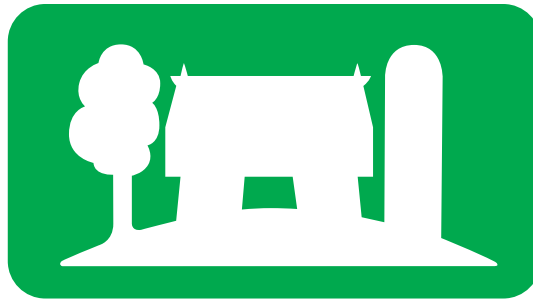


Fresh savings effective
Friday, August 5 to
Thursday, August 11, 2016

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



HIGHLAND FARMS

—  **START FRESH** —

Bring home
the Sizzle
Freshly seasoned in-store meats
ready-to-grill

BRING HOME THE
SIZZLE
THIS SUMMER



Fresh Ontario
Store-Made Pork Sausages
Hot or Mild
Assorted Varieties

SAVE MORE!

3⁹⁹
/lb
8.80/kg



Ontario Homegrown
Fresh Broccoli

SAVE MORE!

99¢
bunch



Breyers Family Classic
Rich & Creamy
Frozen Dessert
Assorted Varieties

2⁹⁹
1.66L



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

2⁹⁹
12x100g



San Benedetto
Spring Water
Natural & Carbonated

4⁹⁹
6x1.5L

Produce



Ontario Homegrown
Fresh Peaches
No. 1 Grade

4⁹⁹
3L
basket



Ontario Homegrown
Fresh
Field Tomatoes
No. 1 Grade

3⁹⁹
3L
basket



Ontario Homegrown
Fresh Yellow Plums
No. 1 Grade

5⁹⁹
1.5L



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

2⁹⁹
/lb
6.59/kg



Fresh
Head Lettuce
No. 1 Grade
Product of Canada

99¢
each



Ontario Homegrown
Greenhouse Grown
Seedless Cucumbers
No. 1 Grade

99¢
each



Extra Sweet
Pineapples
Product of
Costa Rica

3⁹⁹
each



Fresh Canary or
Santa Claus
Melons
Product of U.S.A.
Jumbo Size

4⁹⁹
each



Ontario Homegrown
Fresh Eggplant

1⁴⁹
/lb
3.28/kg



Ontario Homegrown
Fresh Sweet Corn
No. 1 Grade

3⁹⁹
pkg of 8



Sunrise Apples
Product of B.C.
Canada
Extra Fancy Grade

2⁹⁹
/lb
6.59/kg



Romaine Lettuce
Product of Canada

1⁹⁹
each



Cauliflower
Product of Canada
No. 1 Grade

2⁹⁹
each



Floral

Fresh Gladiolas
Assorted Colours
Product of Ontario

3⁹⁹
5 stem
bunch

Bakery

Dairy



Dempster's
Sliced Bread
Whole Grains
Selected Varieties

2/5⁰⁰
600g



Dempster's
7'' Tortillas
Selected Varieties

2/5⁰⁰
pkg of
6-10



Oakrun Farm
English Muffins
Regular &
Whole Wheat

2⁷⁹
680g



Stonemill Bakehouse
Organic Sourdough
Rye Bread
Whole Wheat or
Flax Seed

2⁹⁹
550g



Fresh
Store-Made 9'' Mixed Berry
Fruit Flan

SAVE MORE!

19⁹⁹
each



Burnbrae Farms
Naturegg
Omega 3
Large White Eggs

3⁴⁹
dozen



Oasis 100% Premium
Valencia Orange Juice
1.75L or Del Monte Classic
100% Juice Blends and
Fruit Juice Cocktails 1.6L

2⁴⁹
each



Danone
Danette Pudding
Assorted Varieties

2⁴⁹
4x100g



Saputo
Shredded Cheese
Assorted Varieties

4⁹⁹
320g



2⁹⁹
1L

Elite Dairy
Organic Kefir
Assorted Varieties



2⁹⁹
750g

Elite Dairy
Organic Yogurt
0%, 2% or 3%



3⁴⁹
500g

Elite Dairy
Organic Sour Cream
Regular or Light



2⁴⁹
500g

Sealtest
Cottage Cheese
1%, 2% or 4%



2⁶⁹
1L

Natrel
Lactose Free Milk
2%, 1% or Skim



4⁹⁹
2L

Natrel Organic Milk
2% or 1%
Homogenized 1L \$5.49

Brands You Love



NuPak
Long Grain Rice
White or Parboiled

SAVE MORE!

7⁹⁹
8kg



General Mills
Family Size Cereals
Cheerios, Oatmeal
Crisp, Pre-Sweets
Selected Varieties

4⁹⁹
525-710g



Blue Diamond
Almond Breeze
Non-Dairy
Beverage
Assorted Varieties

1⁹⁹
946ml



Ara Azzurro
Espresso
Coffee Beans

8⁹⁹
1kg



Reko Pizzelle
Italian Waffle
Cookies
Assorted Varieties

2⁹⁹
200g



Loacker
Wafers
Assorted Varieties

1⁹⁹
175g



Litehouse
Salad Dressing
Assorted Varieties

3⁴⁹
355-384ml



Pasta Sauce
Assorted Varieties

5⁹⁹
473ml-1L



Newman's Own
Salad Dressing
Assorted Varieties

2/5⁰⁰
350ml



The Keg Steakhouse
Salad Dressings 475ml
or BBQ Sauce 455ml
Assorted Varieties
Seasonings 140-180g \$5.49 each

4⁴⁹
each



Frank's
Red Hot Sauce
Assorted Varieties

3⁹⁹
354ml

Everyday Essentials



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

4.49
3x80g



SAVE MORE!

99¢
2L

Cott
Soft Drinks
Assorted Varieties



Perrier
Carbonated
Mineral Water
Slim Cans

5.99
10x250ml



Pure Leaf Iced Tea 547ml,
Starbucks Iced Coffee &
Frappuccino 325-444ml,
O.N.E. Coconut Water 500ml
or Ocean Spray Pact 473ml

2/4.00



Orangina
Sparkling Orange
Beverage

2.69
1.75L



Trophy Dry
Roasted or
Honey Roasted
Peanuts

3.99
700g



Mr. Clean
All Purpose
Cleaner
Assorted Varieties

2.99
1.2L



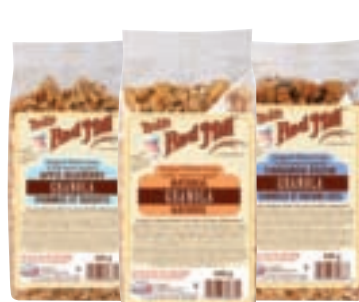
Muir Glen
Organic Tomatoes
Assorted Varieties

2.99
796ml



Larabar
Bars
Assorted Varieties
Case of 16x45g or
16x48g \$19.99 each

3/5.00
45-48g



Bob's Red Mill
Granola
Assorted Varieties

4.99
340g



Vita Coco
100% Pure
Coconut Water
Regular and
with Pineapple

3.29
1L

Seafood

Frozen Foods



Fresh
Atlantic Salmon
Fillets

SAVE MORE!

9⁹⁹
/lb
22.02/kg



Wild



Fresh
Wild Pickerel
Fillets

16⁹⁹
/lb
37.46/kg



Fresh
Halibut Steaks

19⁹⁹
/lb
44.07/kg



NEW!

High Liner Marinated
Mesquite Salmon,
Lime Chili Tilapia or
Roasted Garlic Haddock
Frozen

8⁹⁹
454g



Paradise Farms
Frozen
Canadian Highland
Beef Burgers

14⁹⁹
680g



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

2⁹⁹
each



Daiya
Frozen Dairy-Free
Cheesecake
Assorted Varieties

6⁹⁹
400g



Gardein
Meat-Free Products
Frozen
Assorted Varieties

4⁴⁹
255-350g



Minute Maid
Orange Juice
Frozen
Assorted Varieties

3/5⁰⁰
295ml

Deli

Country Kitchen



Bittner's
Oven Roasted
Turkey Breast
Freshly Sliced
at the Deli

9⁹⁹
/lb
22.02/kg



San Daniele
Boneless
Prosciutto
Freshly Sliced
at the Deli

9⁹⁹
/lb
22.02/kg



Saputo Provolone
Gigantino Cheese
Regular or Light
Freshly Cut
at the Deli

8⁹⁹
/lb
19.82/kg



Dofino
Havarti Cheese
Freshly Cut
at the Deli

7⁹⁹
/lb
17.61/kg



Imported from Italy
Grana Padano Parmigiano
Freshly Cut at the Deli

SAVE MORE!

12⁹⁹
/lb
28.64/kg



Anco
Gouda Cheese
Assorted Varieties

3⁹⁹
170g



Anco
Havarti Cheese
Assorted Varieties

3⁴⁹
180g



Santa Lucia
Bocconcini Cheese

3⁹⁹
200g



Tre Stelle
Mozzarella Cheese

5⁴⁹
340g



Schneiders
Chicken
Wings, Nuggets,
Strips or Burgers
Frozen

6⁹⁹
840g



Veal or
Chicken Cutlet
on a Panuozzo Bun
2 Toppings
Included

5⁹⁹
each

Chickpea
Jardiniere Salad

1⁸⁹
/100g

Meat

Poultry

Canada AAA

100% Canadian.
Freshly Ground.
Every day.

Canada AAA

AGED
21
DAYS



AGED
21
DAYS



Fresh Lean
Ground Beef

4.49
/lb
9.90/kg



Fresh Beef
Boneless
Top Sirloin
Medallion Steaks
Product of Canada

11.99
/lb
26.43/kg

Fresh Beef
Boneless Top Sirloin Steaks
Product of Canada

SAVE MORE!

7.99
/lb
17.61/kg



GREAT FOR
PULLED
PORK



Fresh Ontario
Pork Shoulder
Blade Steaks

2.99
/lb
6.59/kg



Fresh Ontario
Boneless
Pork Shoulder
Blade Roast

3.49
/lb
7.69/kg

BRING HOME THE
SIZZLE
THIS SUMMER



Marc Angelo
Seasoned Chicken
Drumsticks
Sweet BBQ or
Piri-Piri

5.49
450g



Marc Angelo
Chicken or Pork
Souvlaki
Value Pack

9.99
480-640g



Freshly Seasoned
In-Store
Jumbo Split
Chicken Wings

3.99
/lb
8.80/kg



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

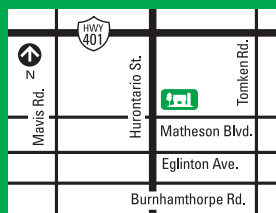
6.99
/lb
15.41/kg



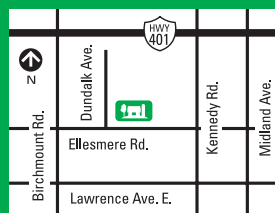
We sell only Canadian Beef



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:
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Thursday, August 11, 2016



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