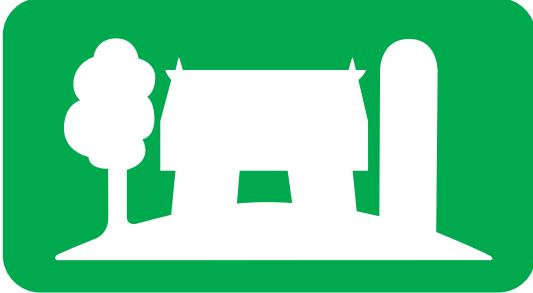


Fresh savings effective
Friday, November 6 to
Thursday, November 12, 2015

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



Check out our
fresh new look
Visit highlandfarms.ca for a
new and delicious experience

HIGHLAND FARMS



START FRESH

Canada AAA

AGED
21
DAYS



Fresh Beef
Eye of Round Roast
Product of Canada

SAVE MORE!

5.99
/lb
13.21/kg



Fresh Apples
McIntosh, Red or Golden
Delicious Fancy Grade

NEW CROP



Picked Fresh
at Highland Farms
Orchards

SAVE MORE!

2.99
4lb
cello bag



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

2.99
each



Unico
Tomatoes 796ml or
Beans 540ml
Selected Varieties

97¢
each



Sealtest
Chocolate Milk

99¢
750ml

Freshly Picked



Hachiya
Persimmons
Product of U.S.A.
Large Size

99¢
each

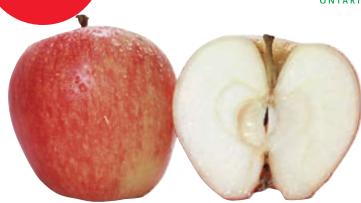


Ontario
Homegrown
White Potatoes
No. 1 Grade

1.99
10lb
paper bag



NEW CROP



Ontario
Homegrown
Royal Gala Apples
Fancy Grade

1.49
/lb
3.28/kg



Ontario
Homegrown
Bosc Pears
Fancy Grade

1.49
/lb
3.28/kg



Ontario
Homegrown
Greenhouse Grown
Tomatoes
No. 1 Grade

1.49
/lb
3.28/kg



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

1.49
each



Pom Wonderful
Pomegranates
Product of U.S.A.
Jumbo Size

2/5.00



Extra Sweet
Golden Pineapples
Product of
Costa Rica

3.99
each



Eggplants
Product of U.S.A.

99¢
/lb 2.18/kg



Sweet
Green Peppers
Product of U.S.A.
No. 1 Grade
Extra Large Size

1.29
/lb
2.84/kg



Anjou Pears
Product of B.C.
Canada
Extra Fancy Grade

1.99
/lb
4.39/kg



Avocados
Product of Mexico

1.99
each



Mini Peeled
Carrots
Product of U.S.A.

1.99
1lb
cello bag



Floral

Premium
Jumbo Bouquets
Product of Ontario

16.99
each



Dempster's
Sliced Bread
Whole Grains or
Garden Vegetable
Assorted Varieties

2/500
600g



Dimpflemeier
Healthy Living
Multigrain or
Schweden Brot
Light Rye Bread

219
454g

Fresh Artisan Bread
Whole Clove Garlic, Henry's
Harvest, Moroccan Olive,
Semolina Raisin or
Potato & Rosemary

349
454g



BAKED
IN-STORE



SAVE MORE!

1699
each

La Rocca
Fresh
6" Red Velvet Cake



Natrel
Lactose Free Milk
2%, 1% or Skim

299
1L

Black Diamond
Cheese Slices



349
450g



Astro
Athentikos
Greek Yoghurt
Assorted Varieties

349
500g



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

349
pkg of
12x100g



Sealtest
Sour Cream
Assorted Varieties

199
500ml



Western
Pressed Dry
Cottage Cheese
Salted or Unsalted

499
500g



I Can't Believe
It's Not Butter!
Regular & Light

199
454g



Yoplait
Minigo 6x60g
or Tubes 8x60g
or Source 650g
Assorted Varieties

249
each

Brands You Love



Unico
Sunflower Oil

SAVE MORE!

6.99
3L



Unico
Ripe Black Olives
Pitted or Sliced

99¢
375ml



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

3.49
500g



Nescafé
Rich &
Taster's Choice
Instant Coffee
Assorted Varieties

4.99
100-170g



Heinz
Tomato Ketchup

3.49
1L



Martelli
Premium
Peach Halves

2.99
580ml



Ara Azzurro
Espresso
Coffee Beans

8.99
1kg



Podravka Vegeta
All Purpose
Seasoning

5.99
1kg



Aurora or
Goumas
Kalamata Figs

2.49
284g



Gloria
Pickled
Cabbage Leaves

3.49
1.5L



Mamma Nuccia
Traditional
Gnocchi

99¢
500g

Everyday Essentials



Red Rose Tea
Orange Pekoe 72's or
Canadian Breakfast 60's



349
1L



Seafood

Frozen



Fresh
Wild Sole Fillets

SAVE MORE!

6.99
/lb
15.41/kg

Wild



Fresh
Cod Fillets
Product of Iceland

9.99
/lb
22.02/kg



Fresh
Whole European
Sea Bream
(Orata)

7.99
/lb
17.61/kg



Janes
Pub Style Fish
Fillets

9.99
580g



Janes
Pub Style Chicken
Nuggets, Strips or
Burgers

7.99
800g



Dr. Oetker Frozen
Pizza Ristorante,
Casa di Mama or
Panebello
Selected Varieties

3.99
325-450g



Earthbound Farm
Frozen
Organic Fruits
Selected Varieties

5.99
300-400g

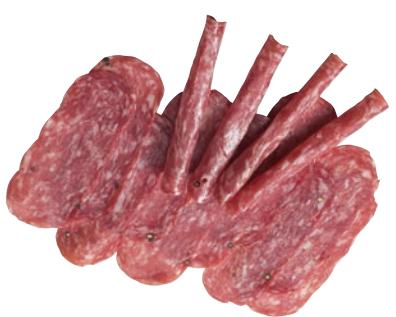
2/5.00
196-340g



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

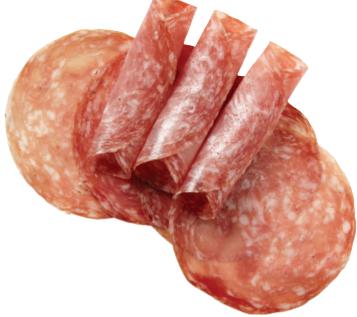
2.99
each

From the Deli



Mastro Calabrese
Sopressata Salami
Sweet or Hot
Freshly Sliced
at the Deli

11⁹⁹
/lb 26.43/kg



Casa Italia
Boneless
Prosciutto
Freshly Sliced
at the Deli

10⁹⁹
/lb 24.23/kg

SAVE MORE!

9⁹⁹
/lb 22.02/kg

Cuddy
Oven Roasted
Chicken Breast
Freshly Sliced at the Deli



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

7⁹⁹
/lb 17.61/kg



Dofino
Havarti Cheese
Freshly Cut
at the Deli

6⁹⁹
/lb 15.41/kg



Saputo
Sliced Cheese
Selected Varieties

2⁹⁹
90-100g



Stella
Asiago Cheese
At the Deli

8⁹⁹
500g



Tre Stelle
Mozzarella
Cheese

4⁹⁹
340g



Tre Stelle
Bocconcini
Regular,
Mini Light
or Medallions

3⁹⁹
200g



Mastro
Sliced Genoa
Salami
Hot or Mild

3⁴⁹
150g



Springer's
Whole Smoked
Bone-In Pork
Picnic Shoulder

1⁶⁹
/lb 3.73/kg



Zabiha Halal
Juicy Supreme
Chicken
Frankfurters

4⁹⁹
900g



Zabiha Halal
Frozen Homestyle
Pepperoni Pizza

6⁹⁹
570g

NEW!

NEW!

Fresh Meat



100% Canadian.
Freshly Ground.
Every day.



SAVE MORE!

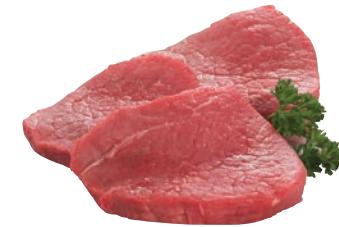
149
/lb
3.28/kg

Fresh
Lean Ground Beef

499
/lb
11.00/kg

Fresh Beef
Eye of Round
Steaks
Product of Canada

799
/lb
17.61/kg



Fresh Beef
Boneless Top
Sirloin Steaks
Product of Canada

899
/lb
19.82/kg



AGED
21
DAYS



Fresh Ontario
Pork Side Ribs

299
/lb
6.59/kg



Fresh Ontario
Pork Side Ribs
for Sweet & Sour

449
/lb
9.90/kg



Foodland
ONTARIO



Fresh Ontario
Outside Round
Veal Cutlets

799
/lb
17.61/kg

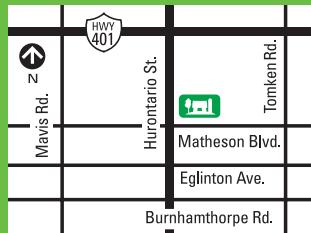


Fresh Ontario
Veal Stew



Foodland
ONTARIO

**Visit our
2 grand
locations.
Open 7 days
a week.**



50 MATHESON BLVD. EAST,
AT HURONTARIO ST.
905.501.9910



850 ELLESMERED 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 6 to
Thursday, November 12, 2015



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