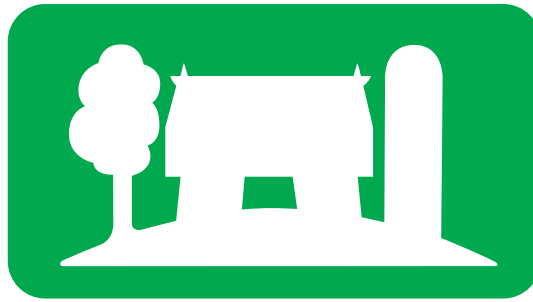


Fresh savings effective
Friday, October 14 to
Thursday, October 20, 2016

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** —



Canada **AAA**

AGED
21
DAYS

SAVE MORE!

4⁹⁹
/lb
11.00/kg

Fresh Beef
Sirloin Tip Roast
Product of Canada

**NEW
CROP**



Grown
at Highland Farms
Orchards



SAVE MORE!

99¢
/lb
2.18/kg

Cortland or Red Delicious Apples
Fancy Grade



Janes
Pub Style Chicken
Fries, Nuggets, Strips or
Burgers

5⁹⁹
800g



Burnbrae Farms
Naturegg Omega 3
Large White Eggs

2⁹⁹
dozen



Mazola
Oil
100% Pure Corn or Canola

5⁹⁹
2.84L

Produce



Ontario Homegrown
Fresh Bartlett Pears
Fancy Grade

1.49
/lb
3.28/kg



Ontario Homegrown
Greenhouse Grown
Tomatoes
on the Vine
No. 1 Grade

1.49
/lb
3.28/kg



Red Plums
Product of Spain
No. 1 Grade

1.99
/lb
4.39/kg



POM Wonderful
100% Pomegranate
Juice

5.99
710ml



Ontario Homegrown
Greenhouse Grown
Seedless
Cucumbers
No. 1 Grade

99¢
each



Classic Salads
Spring Mix or
Baby Spinach
Product of U.S.A.

4.99
283g



Kiwi Fruit
Product of
New Zealand

1.49
/lb
3.28/kg



Clementines
Product of Chile

3.99
2lb
bag



Ontario Homegrown
Green Cabbage
No. 1 Grade
Jumbo Size

1.49
each



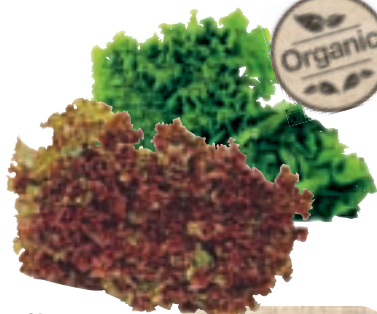
Harvest Fresh
Spinach

1.29
227g
cello bag



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

3.99
/lb
8.80/kg



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

1.99
each



Mini
Peeled Carrots
Product of U.S.A.

1.99
1lb
cello bag



Floral

Premium
Roses, 50cm
Assorted Colours
Product of Ecuador

17.99
dozen

Bakery

Dairy



Villaggio
Sliced Bread
Assorted Varieties

2/5⁰⁰
675g

Villaggio
Sausage or
Crustini Buns
Assorted Varieties

2/5⁰⁰
pkg of
6-8



La Rocca
Fresh
6" Mixed Fruit
Torte

16⁹⁹
each



Stonemill Bakehouse
Organic
Live Sprouts Bread
Selected Varieties

3⁹⁹
550g



Store-Baked
All Butter Cookies
Chocolate Chunk, Triple
Chocolate, Macadamia or
Oatmeal Cranberry Lemon

4⁹⁹
pkg of 10



Dufflet Pastries
8" Pumpkin Spice
Cheesecake

22⁹⁹
each



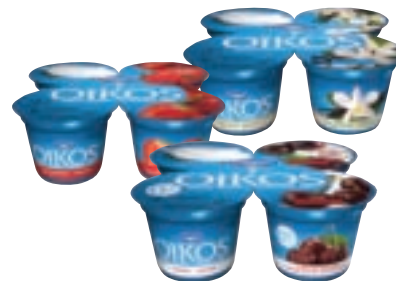
Danone
Activia Yogurt
Assorted Varieties

3⁹⁹
8x100g



Liberté
Classique or
Western Yogourt
Selected Varieties

2⁴⁹
750g



Danone
Oikos Greek Yogurt
Assorted Varieties

3/10⁰⁰
4x100g



Black Diamond
Cheese Sticks
Assorted Varieties

5⁴⁹
252g



iögo
Smoothie or
Protein Drinks
Assorted Varieties

3⁷⁹
1L



Lactantia
Lactaid
Lactose Free Milk
Homogenized,
2%, 1% or Skim

3⁹⁹
2L



Western
Sour Cream
Regular or Light

1⁹⁹
500ml



Nathan's
New York Style
Pickles

3⁴⁹
710ml-1L

Brands You Love



Kashi
Cereal
Selected Varieties

SAVE MORE!

3⁹⁹
185-460g



Nescafé
Rich or
Taster's Choice
Instant Coffee
Assorted Varieties

4⁹⁹
100-170g



Quaker
Instant Oatmeal
Assorted Varieties

2/5⁰⁰
228-430g



Kellogg's
Family Size Cereal
Raisin Bran 755g
or Special K
620-658g

4⁹⁹
each



Kashi
Granola Bars
Assorted Varieties

2⁹⁹
160-200g



Leclerc
Célébration
Cookies
Selected Varieties

2⁹⁹
180-350g



Rougemont
Apple Juice
Assorted Varieties

2⁴⁹
2L



Pizza Sauce

2⁹⁹
473ml



Loumidis
Papagalos
Traditional
Greek Coffee

9⁹⁹
454g



7 Days
Mini Croissants
Cocoa or
Millefeuille

1⁶⁹
185g



Vita Coco
100% Pure
Coconut Water
Regular and
with Pineapple

3⁴⁹
1L

Everyday Essentials



Arm & Hammer
2x Laundry
Detergent

3⁹⁹
1.84-2.03L



Ragu
Old World Style Pasta Sauce
Assorted Varieties

SAVE MORE!

99¢
640ml



Garofalo
Pasta
Selected Varieties

1⁹⁹
500g



Daiya
Cheese Style
Slices, Shreds or
Spreads
Assorted Varieties

4⁴⁹
200-227g



Raw
Pumpkin Seeds

5⁹⁹
400g



Sun-Maid
Raisins
Mini-Packs

2/5⁰⁰
196g



Nestlé
Fav'rites
Mini Treats
50

8⁹⁹
505g



Bakery on Main
Granola
Selected Varieties

6⁹⁹
340g



Lundberg Rice
Jasmine, Basmati
or Brown
Selected Varieties

5⁹⁹
907g



Lifesavers
Fun Size Treats
75's

7⁹⁹
502g



Lay's Classic
Potato Chips or
Doritos Hallowe'en
Treat Bags

8⁹⁹
45x16g

Seafood

Frozen Foods



Fresh
Steelhead Trout Fillets

SAVE MORE!

9⁹⁹
/lb
22.02/kg



Wild



Fresh
Wild Sea Smelts

6⁹⁹
/lb
15.41/kg



Fresh
Arctic Char Fillets

13⁹⁹
/lb
30.84/kg



Janes Frozen Fish
Lemon Pepper Cod
580g, Tavern Battered
Cod 615g or Multigrain
Haddock 610g

10⁹⁹
each



Canadian
Frozen Whitefish
Whole Dressed

3⁹⁹
/lb
8.80/kg



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

3⁹⁹
305-450g



Chapman's
Frozen Yogurt
Assorted Varieties

3⁹⁹
2L



LACTOSE
FREE

So Delicious
Lactose Free
Frozen Dessert
Made with Coconut Milk
Assorted Varieties

5⁹⁹
500ml

Kawartha Dairy
Ice Cream
Assorted Varieties

5⁹⁹
1.5L



Maple Leaf
Country Kitchen
Deli Ham
Freshly Sliced
at the Deli

4⁹⁹
/lb
11.00/kg



Lilydale
Premium Oven Roasted
Turkey Breast
Sundried Tomato, Sweet
Mesquite or Montreal Style

8⁹⁹
/lb
19.82/kg



Santa Lucia
Havarti Cheese
Freshly Sliced
at the Deli

7⁹⁹
/lb
17.61/kg



Ferrante
Provolone Cheese

7⁹⁹
/lb
17.61/kg



Castello
Blue Cheese
Traditional or
Extra Creamy

3⁹⁹
125g



Tre Stelle
Cheese Slices
Assorted Varieties

3⁴⁹
145-175g



Ferrante
Mozzarella Cheese

3⁹⁹
320g



Ferrante
Ricotta Cheese

4⁹⁹
500g



Schneiders
RedHots
Original Style
Wieners

3⁹⁹
450g



Schneiders
Bologna
Selected Varieties

4⁹⁹
375-500g

Deli

Country Kitchen



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

SAVE MORE!

4⁹⁹
/lb
11.00/kg



**Pasta Salads
Tossed Fresh Daily**



Grilled Chicken
Caesar, Greek
Orzo & Feta or
Arugula & Feta

1⁸⁹
/100g

Meat

Poultry



Fresh Ontario
Chicken Drumsticks

SAVE MORE!

1.69
/lb
3.73/kg



100% Canadian.
Freshly Ground.
Every day.

Canada AAA



Fresh
Extra Lean Ground
Sirloin Beef

4.99
/lb
11.00/kg



Fresh
Stewing Beef
Product of Canada

5.99
/lb
13.21/kg

Canada AAA



Fresh Beef
Sirloin Tip Cutlets
Product of Canada

5.99
/lb
13.21/kg



Fresh
Bone-in Beef Shank
Cut from Canada AA
Grade Beef or Higher
Product of Canada

5.99
/lb
13.21/kg

GREAT FOR
PULLED
PORK



Fresh Ontario
Boneless Pork
Shoulder Blade
Roast

3.99
/lb
8.80/kg



Fresh Ontario
Pork
Shoulder Blade
Steaks

3.49
/lb
7.69/kg



Fresh Ontario
Boneless Pork
Sirloin Roast

2.99
/lb
6.59/kg



Fresh Ontario
Boneless
Stewing Pork

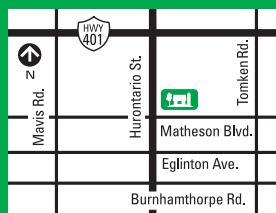
3.99
/lb
8.80/kg



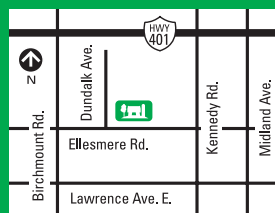
We sell only Canadian Beef



Visit our
2 locations.
Open 7 days
a week.



50 MATHESON BLVD. EAST,
AT HURONTARIO ST. 905.501.9910



850 ELLESMERE RD. 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, October 14 to
Thursday, October 20, 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.

