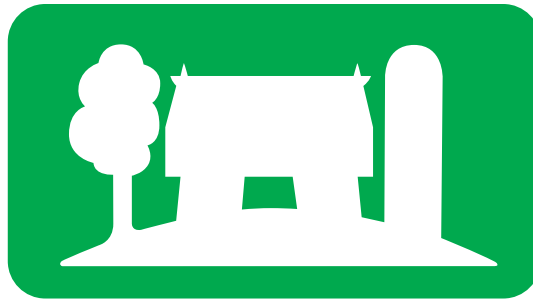


Fresh savings effective

Friday, September 2 to
Thursday, September 8, 2016

Closed

Labour Day –
Monday, September 5



BACK TO
SCHOOL
Everything you need, from A-Z

HIGHLAND FARMS



START FRESH

Canada **AAA**

AGED
21
DAYS



Fresh Beef
Striploin Steaks
Product of Canada

SAVE MORE!

9⁹⁹
/lb
22.02/kg



Ontario Homegrown
Fresh Broccoli

SAVE MORE!

99¢
bunch

Buy 2 Kellogg's® Family Size cereals
& instantly redeem one 4L Natrel®
Fine-filtered Milk

FREE!

* © 2016, Trademark of Kellogg Company used under licence by Kellogg Canada Inc. † Free 4L Natrel Fine-filtered milk 1%, 2% and Skim (Excludes Natrel Homogenized, Natrel Lactose Free and Natrel Organic) when you purchase two (2) Kellogg's® Family Size cereals (515-755g), selected varieties. Offer valid from September 2nd - September 8th, 2016. While quantities last. Redeemable at checkout at Highland Farms in Ontario.

Kellogg's
Cereal & Milk



Tropicana
Pure Premium
Orange Juice
Assorted Varieties

4⁹⁹
2.63L

Produce



Honeydew Melons
Product of U.S.A
Jumbo Size

3⁹⁹
each



Ontario Homegrown
Field Grown
Fresh Sweet
Red Sheppard Peppers
No. 1 Grade

99¢
/lb
2.18/kg



Ontario Homegrown
White Peaches
No. 1 Grade

1⁹⁹
/lb
4.39/kg



Ontario Homegrown
Italian Prune Plums
No. 1 Grade

1⁹⁹
/lb
4.39/kg



Romaine Lettuce
Product of Canada

99¢
each



Ontario Homegrown
Roma Tomatoes
No. 1 Grade

79¢
/lb
1.74/kg



Kiwi Fruit
Product of
New Zealand

1⁴⁹
/lb
3.28/kg



Honey Murcott
Tangerines
Product of
Argentina

1⁴⁹
/lb
3.28/kg



Ontario Homegrown
Eggplant

99¢
/lb
2.18/kg



Ontario Homegrown
Baking Potatoes
No. 1 Grade

2⁹⁹
10lb
poly bag



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

3⁹⁹
/lb
8.80/kg



Avocados
Product of Mexico

1⁹⁹
each



Celery
Product of U.S.A.
No. 1 Grade
Large Stalk

1⁹⁹
each



Floral

Premium
Roses, 50cm
Assorted Colours
Product of Ecuador

17⁹⁹
dozen

Bakery

Dairy



Dempster's
Sliced Bread White,
100% Whole Wheat,
Smart with Supergrains
or Smooth Multigrains

1.99
675g



Dempster's
Original Hot Dog or
Hamburger Buns
White &
Whole Wheat

1.99
pkg of 8



La Rocca
Fresh 6" Cake
Chocolate Fudge or
Chocolate Chip Banana

SAVE MORE!

17.99
each



Stonemill
Bakehouse
Sliced Grain Bread
Selected Varieties

2.99
454g



Store-Baked
Cookies
Assorted Varieties

2.99
pkg of 12



Sealtest
1% Chocolate Milk
or No Sugar Added
Chocolate Dairy
Beverage

99¢
1L



The Laughing Cow
Processed Cheese
Selected Varieties

2.99
133g



Black Diamond
Cheese Portions
Marble or Gouda

2.99
6x21g



Shepherd
Gourmet Dairy
Skyr Icelandic Style
Yogurt
Assorted Varieties

3.49
500g



iögo Yogurt 0%
16x100g or
Probio Lactose Free
12x100g

4.99
each



Yoplait
Yop Yogourt Drink
Assorted Varieties

79¢
200ml



Burnbrae Farms
Egg Creations
Assorted Varieties

2.99
500g

Pantry Solutions



Minute Maid, Five Alive or Nestea Iced Tea 10x200ml or Minute Maid Fruit Punch, Lemonade or Nestea 1.89L Assorted Varieties

SAVE MORE!

1⁹⁹
each



Dare Bear Paws Selected Varieties

1⁹⁹
150-270g



Planters Peanut Butter Smooth or Crunchy

3⁹⁹
1kg



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

3⁹⁷
500g



Sun-Maid Raisins Mini-Packs

2/5⁰⁰
196g



Welch's 100% Grape Juice Concord or White

2⁹⁹
1.36L



Mott's Fruitsations Apple Sauce pkg of 6, Fruit Rockets pkg of 4 or Hawaiian Punch Fruit Punch 6x296ml Assorted Varieties

1⁹⁹
each

Let's get kids cooking

Take our interactive cooking lessons at Unclebens.ca

YOU COULD **WIN 1 of 3** \$10,000^{CAD} RESP'S

Uncle Ben's Rice & Grains or Bistro Express Rice & Risotto Side Dishes Selected Varieties

3/8⁰⁰ (170-250g)

NO PURCHASE NECESSARY. Go to beginners.unclebens.ca for Official rules, full prize details, odds break out, entry requirements and entry limit. 3 Grand Prizes available to be won (value \$10,000 CAD each). Closes October 30/2016 (11:59:59 ET). Skill testing question required. Open only to legal residents of Canada who are the parent or legal guardian of a minor under the age of majority in his/her province of residence on the closing date. † Each Grand Prize consists of \$10,000.00 CAD awarded as a cheque which may be used towards an RESP. ©/TM Trademarks. ©Mars Canada Inc., 2016. All rights reserved.

Begin with **Ben**



Pepperidge Farms Goldfish Crackers Assorted Varieties

2/5⁰⁰
156-200g



Clif Energy Bars Assorted Varieties

3/5⁰⁰
68g



Lunchbox Essentials



Lay's
Potato Chips 255g
or Kettle Cooked
Chips 220g
Assorted Varieties

3/8⁰⁰



Ice River Springs
Natural Spring Water

SAVE MORE!

1⁹⁹
24x500ml



Unico
Red Kidney Beans or
Chick Peas 796ml or
Clark Beans 398ml
Assorted Varieties

99¢
each



Allen's
Apple Juice

2⁴⁹
1.89L



Pepsi or Coca Cola
Soft Drinks
Mini Cans
Assorted Varieties

2/5⁰⁰
6x222ml



Pepsi
Soft Drinks
Assorted Varieties

3/5⁰⁰
2L
bottle



Pepsi or Coca Cola
Soft Drinks
Assorted Varieties

3/11⁰⁰
case of
12x355ml



Clover Leaf
Light Skipjack Tuna
in Water
Chunk or Flaked

4/5⁰⁰
170g



Kellogg's Nutri-Grain Bars
295g, Rice Krispies Squares
176g, Special K Crisps
125g or Cracker Chips 113g
Selected Varieties

1⁹⁹
each



Ziploc
Sandwich Bags

3⁴⁷
box of 90



Jamieson Vitamin C
Chewables 100-120's
Selected Varieties, Vitamin D
240's or Digestive Care
Daily Fibre 193g

30%
OFF
regular retail

Seafood

Frozen Foods



Fresh
Rainbow Trout
Fillets

SAVE MORE!

8⁹⁹
/lb
19.82/kg



Fresh
Whole Dressed
European
Sea Bass

7⁹⁹
/lb
17.61/kg

Fresh
Wild Whole Dressed
Red Snapper

9⁹⁹
/lb
22.02/kg



Ocean Prime
Frozen Lobster
Tails

14⁹⁹
227g



Ocean Prime
Frozen Tilapia
Fillets

9⁹⁹
908g



Belmont Meats
Home Style
Beef Burgers
Selected Varieties
Frozen

8⁹⁹
852g



Kellogg's
Frozen Eggo
Waffles &
Pancakes
Assorted Varieties

2/5⁰⁰
280-310g



Stouffer's &
Lean Cuisine
Frozen Entrées
Assorted Varieties

2/5⁰⁰
196-340g



Häagen-Dazs
Ice Cream
500ml tub or
Bars 3-4pk

4⁹⁹
each

Tofutti
Frozen Milk Free
Dessert 500ml or
Cuties Dairy Free
Novelties pkg of 8

4⁴⁹
each

Deli

Country Kitchen



Cuddy
Oven Roasted
Turkey Breast
Freshly Sliced
at the Deli

7⁹⁹
/lb
17.61/kg



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

6⁹⁹
/lb
15.41/kg



Santa Lucia
Havarti Cheese
Freshly Sliced
at the Deli

8⁹⁹
/lb
19.82/kg

Santa Lucia
Provolone Cheese
Freshly Sliced
at the Deli

8⁹⁹
/lb
19.82/kg



Imported from Italy
Marc Angelo Prosciutto
Freshly Sliced at the Deli

SAVE MORE!

8⁹⁹
/lb
19.82/kg

RULE YOUR ROUTINE

PACK. EAT. REPEAT.



Tre Stelle
Bocconcini
Regular, Mini Light
or Medallions

3⁹⁹
200g



Agropur
L'Extra Brie
At the Deli

9⁹⁹
/lb
22.02/kg



4⁹⁹ Schneiders®
Blue Ribbon Bologna
Freshly Sliced at the Deli
/lb
11.00/kg



4⁹⁹ Maple Leaf®
Country Kitchen®
Smoked Deli Ham
Freshly Sliced at the Deli
/lb
11.00/kg



8⁹⁹ Schneiders®
Bittners Oven Roasted
Turkey Breast
Freshly Sliced at the Deli
/lb
19.82/kg



Roasted
Barbeque Chicken
Min. Weight 800g

7⁹⁹
each

Potato Wedges
Savoury Herb or
Sweet Potato

2⁹⁹
/lb
6.59/kg

Fresh Meat



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

SAVE MORE!

3⁹⁹
/lb
8.80/kg



GREAT FOR
PULLED
PORK



Fresh Ontario
Pork Shoulder
Blade Steaks

2⁹⁹
/lb
6.59/kg

Fresh Ontario
Boneless Pork
Shoulder Blade
Roast

3⁴⁹
/lb
7.69/kg

BRING HOME THE
SIZZLE
THIS SUMMER



Fresh Store-Made Burgers
Smoked Jalapeño & Tequila,
Coffee & Black Pepper,
Montreal Steak or Pork &
Veal with Feta & Peppers

5⁹⁹
/lb
13.21/kg

It's time for **MARC ANGELO**



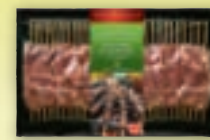
IMPORTED ITALIAN DELI MEATS
SELECTED VARIETIES - 100g OR 125g

\$5⁹⁹
each



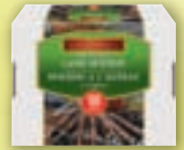
PORK DINNER SAUSAGES
SELECTED VARIETIES - 500g

\$4⁹⁹
each



FROZEN LAMB SPIEDINI
30 SKEWERS

\$16⁹⁹
600g



FROZEN LAMB SPIEDINI
100 SKEWERS

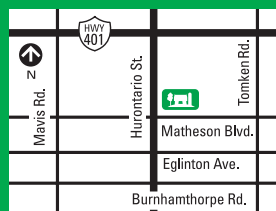
\$59⁹⁹
2kg



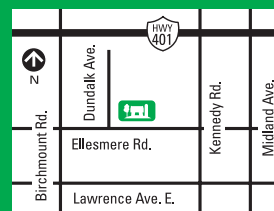
We sell only Canadian Beef



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, September 2 to
Thursday, September 8, 2016



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