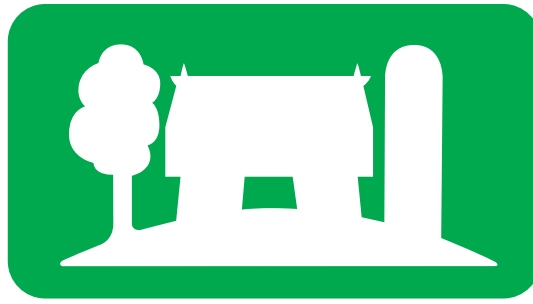


**Fresh savings effective**  
Friday, January 15 to  
Thursday, January 21, 2016

Sign-up for your E-flyer  
today at [highlandfarms.ca](http://highlandfarms.ca)



# HIGHLAND FARMS

—  **START FRESH** —

**Healthy  
Eating  
Starts Here**  
Stock up on  
nutritious options



Fresh Ontario  
Pork Rib & Sirloin Chops

**SAVE MORE!**

**1.99**  
/lb  
4.39/kg



Fresh  
Andy Boy Rapini  
Product of U.S.A.

**SAVE MORE!**

**1.99**  
bunch



Beatrice  
Chocolate Milk

**89¢**  
750ml



Allen's  
100% Pure Apple Juice

**99¢**  
1.05L



Mazola Oil  
100% Pure Corn or Canola

**5.98**  
2.84L

# Produce

Grown  
at Highland Farms  
Orchards



McIntosh Apples  
Fancy Grade

**99¢**  
/lb  
2.18/kg



Ontario Homegrown  
Green Cabbage  
No. 1 Grade  
Extra Large Size

**1.69**  
each



Mangos  
Product of Peru  
Large Size

**3/4.00**



Strawberries  
Product of U.S.A.  
Florida  
No. 1 Grade

**3.99**  
1lb  
tray



Dill Pickles  
Product of Mexico

**99¢**  
/lb  
2.18/kg



Chinese  
Long Eggplant  
Product of  
Dominican Republic

**1.49**  
/lb  
3.28/kg



Red Globe Grapes  
Product of Peru  
No. 1 Grade

**1.99**  
/lb  
4.39/kg



Blood Oranges  
Product of U.S.A.

**1.99**  
/lb  
4.39/kg



Spinach  
Product of U.S.A.

**1.49**  
227g  
cello bag



Ontario Homegrown  
Carrots  
No. 1 Grade

**1.49**  
3lb  
cello bag



Pink Lady Apples  
Product of B.C.  
Canada  
Extra Fancy Grade

**2.49**  
/lb  
5.49/kg



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

**3.99**  
5lb  
cello bag



Kale  
Green, Red or  
Black  
Product of U.S.A.

**2.49**  
bunch

pickOntario.ca



Floral

Tulips or  
Hyacinths  
Product of Ontario  
Assorted Colours

**4.99**  
6" pot



# Bakery

# Dairy



Wonder Classic  
or +Fibre  
Sliced Bread  
White or 100%  
Whole Wheat

**1.99**  
675g



SAVE MORE!

**19.99**  
each



Country Goodness  
Bagels  
Assorted Varieties

**1.79**  
510g



Dimpflmeier  
Bakery  
Sliced Schwenen  
Light Rye Bread

**2.19**  
454g

Fresh  
Store-Made 9" Mixed Fruit Flan



Oasis  
100% Premium  
Valencia  
Orange Juice  
With or Without Pulp

**1.99**  
1.75L



Black Diamond  
CheeStrings  
Assorted Varieties

**2.99**  
168g



Yoplait  
Yop Yogourt Drink  
Assorted Varieties

**79¢**  
200ml



Liberté Greek  
Yogourt 4x100g  
Assorted Varieties  
or Naturegg Simply  
Egg Whites 500g

**2.49**  
each



Liberté Organic  
Kéfir 454ml or  
Méditerranée  
Yogurt 500g  
Assorted Varieties

**2.99**  
each



iögo  
Smoothie or  
Protein Drinks  
Assorted Varieties

**3.99**  
1L



# Brands You Love



Hellmann's Mayonnaise Regular or Light

SAVE MORE!

**4<sup>99</sup>**  
1.42L



Gallo Extra Virgin Olive Oil

**6<sup>99</sup>**  
1L



Lavazza Espresso Ground Coffee Qualità Rossa & Crema E Gusto

**2<sup>99</sup>**  
250g



Uncle Ben's Rice Long Grain Converted 2kg or Whole Grain Brown 1.6kg

**5<sup>99</sup>**  
each



Uncle Ben's Bistro Express Rice & Risotto Side Dish Assorted Varieties

**2/5<sup>00</sup>**  
240-250g



Milupa Baby Cereal Assorted Varieties

**3<sup>27</sup>**  
227g



Jordans Morning Crisp Cereal Selected Varieties

**4<sup>99</sup>**  
450-500g



Nutella Chocolate Hazelnut Spread

**5<sup>49</sup>**  
725g



Gullon Original Maria Biscuits

**1<sup>99</sup>**  
800g



Maxwell House Original Roast Coffee

**8<sup>99</sup>**  
925g



General Mills Oatmeal Crisp Cereal Assorted Varieties

**3<sup>49</sup>**



# Everyday Essentials



Quaker Instant Oatmeal Assorted Varieties

**2/5<sup>00</sup>**  
228-430g



Campbell's Soup Tomato, Vegetable, Cream of Mushroom or Chicken Noodle

**SAVE MORE!**

**79¢**  
284ml



Majesta Regular Paper Towels

**2<sup>99</sup>**  
8 rolls



Dream Beverages Assorted Varieties

**2/4<sup>00</sup>**  
946ml



Daiya Cheese Style Slices, Shreds or Spreads Assorted Varieties

**4<sup>49</sup>**  
200-227g



Swiffer Refills Wet 24s, Dry 32s or Dusters 10s

**8<sup>99</sup>**  
each



Brita Space Saver Pour Through Water System or 3pk Water Filters

**17<sup>99</sup>**  
each

## Celebrate Chinese New Year!



Billy Bee Pure Natural Honey

**9<sup>98</sup>**  
1kg squeeze bottle



Thai Kitchen Premium Coconut Milk Regular or Lite

**2<sup>68</sup>**  
400ml



Kikkoman Soy Sauce Regular or Teriyaki Regular 591ml or SPAM Luncheon Meat Regular or Lite 340g

**3<sup>48</sup>**  
each



Knorr Chicken Broth Mix

**7<sup>98</sup>**  
1kg



# Seafood

# Frozen Foods



Fresh  
Whole Dressed Whiting  
(Merluzzo)

SAVE MORE!

**349**  
/lb  
7.69/kg



Fresh  
Steelhead Trout  
Fillets

**999**  
/lb  
22.02/kg



Fresh  
Wild Sole  
Fillets

**799**  
/lb  
17.61/kg



Ocean Prime  
Mussel Meat

**799**  
862g



Ocean Prime  
Frozen Pollock  
Fillets

**799**  
1.13kg



Maple Leaf  
Prime Naturally  
Frozen Chicken  
Nuggets, Strips or  
Burgers

**799**  
750g



Breyers Classic  
Rich & Creamy  
Frozen Dessert  
Assorted Varieties

**299**  
1.66L



Stouffer's &  
Lean Cuisine  
Frozen Entrées  
Assorted Varieties

**199**  
196-340g



McCain  
Pizza Pockets  
Deluxe or  
Pepperoni

**499**  
800g



K. J. Foods  
Frozen Entrées  
Assorted Varieties

**299**  
450g



K. J. Foods  
Frozen Dumplings  
or Wontons

**249**  
300-380g

**Deli**

**Country Kitchen**

**STAY FIT**  
and Step in for  
**SAVINGS**



Mastro  
Prosciutto Cotto  
Freshly Sliced  
at the Deli

**4<sup>49</sup>**  
/lb  
9.90/kg



Cuddy  
Oven Roasted  
Turkey Breast  
Freshly Sliced  
at the Deli

**9<sup>99</sup>**  
/lb  
22.02/kg



Cayer  
Havarti Cheese  
Regular or Light  
Freshly Sliced  
at the Deli

**7<sup>99</sup>**  
/lb  
17.61/kg



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

**7<sup>99</sup>**  
/lb  
17.61/kg

**\$12<sup>99</sup>**  
/lb  
28.64/kg

Maple Leaf®  
Natural Selections®  
Deli Sliced  
Turkey or Chicken

**\$12<sup>99</sup>**  
/lb  
28.64/kg

Maple Leaf®  
Natural Selections®  
Deli Sliced  
Black Forest Ham

**\$10<sup>99</sup>**  
/lb  
24.23/kg

Schneiders®  
Fat Free®  
Deli Sliced Ham

**\$10<sup>99</sup>**  
/lb  
24.23/kg

Schneiders®  
Fat Free®  
Deli Sliced Turkey or  
Chicken



Saputo  
Parmesan Cheese  
Petals

**3<sup>99</sup>**  
125g



Stella  
Asiago Cheese  
At the Deli

**12<sup>99</sup>**  
500g



Tre Stelle  
Bocconcini  
Regular,  
Mini Light or  
Medallions

**3<sup>99</sup>**  
200g



Tre Stelle  
Mozzarella  
Cheese

**4<sup>49</sup>**  
340g



Carl Buddig  
Deli Meats  
Assorted Varieties

**4<sup>49</sup>**  
250g



Freybe  
European Wieners

**5<sup>99</sup>**  
375g



Sausage Rolls  
Pork or Beef  
Min. Weight 140g

**2<sup>49</sup>**  
each

Meat Pies  
Selected Varieties  
Min. Weight 227g

**4<sup>99</sup>**  
each



# Meat

# Poultry

Canada AAA

100% Canadian.  
Freshly Ground.  
Every day.

Canada AAA

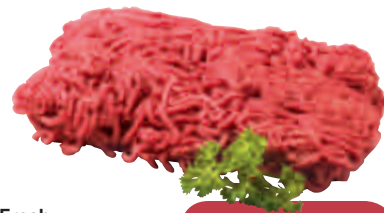


AGED  
21  
DAYS

Fresh Beef  
Eye of Round Roast  
Product of Canada

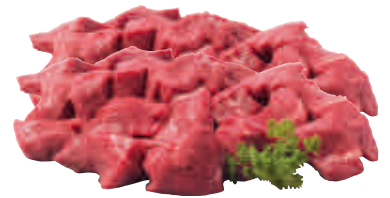
SAVE MORE!

**5<sup>99</sup>**  
/lb  
13.21/kg



Fresh  
Lean Ground Beef

**4<sup>99</sup>**  
/lb  
11.00/kg



Fresh  
Stewing Beef  
Product of Canada

**5<sup>99</sup>**  
/lb  
13.21/kg



Fresh Beef  
Eye of Round  
Steaks  
Product of Canada

**7<sup>99</sup>**  
/lb  
17.61/kg



Fresh Ontario  
Pork Loin  
Centre Cut Chops

**2<sup>99</sup>**  
/lb  
6.59/kg



Maple Leaf  
Prime Naturally  
Fresh Whole  
Chickens

**2<sup>99</sup>**  
/lb  
6.59/kg



Maple Leaf  
Prime Naturally  
Fresh Boneless  
Skinless Chicken  
Breasts

**6<sup>99</sup>**  
/lb  
15.41/kg



Maple Leaf  
Prime Naturally  
Fresh Boneless  
Skinless Chicken  
Thighs

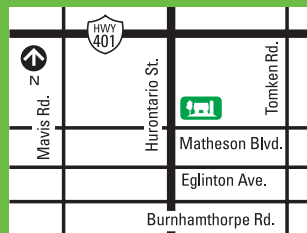
**5<sup>99</sup>**  
/lb  
13.21/kg



Maple Leaf  
Prime Naturally  
Extra Lean  
Ground Chicken  
or Turkey

**4<sup>99</sup>**  
454g

Visit our  
2 grand  
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, January 15 to  
Thursday, January 21, 2016



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