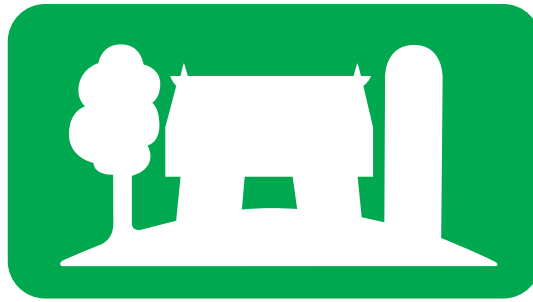


Fresh savings effective  
Friday, February 12 to  
Thursday, February 18, 2016

**Closed Family Day –  
Monday, February 15**

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



Happy Valentine's  
from Highland Farms

# HIGHLAND FARMS

—  **START FRESH** —



Fresh Ontario  
Milk-Fed Veal  
Shoulder Blade

**SAVE MORE!**

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



Fresh  
Red Seedless Grapes  
Product of Chile  
No. 1 Grade

**SAVE MORE!**

**3<sup>99</sup>**  
/lb  
8.80/kg



Unico  
Sunflower Oil

**6<sup>99</sup>**  
3L



Primo  
Soup  
Assorted Varieties

**4/5<sup>00</sup>**  
540ml



Tropicana Pure Premium  
Orange Juice & Blends or  
Pure Leaf Iced Tea  
Assorted Varieties

**2<sup>99</sup>**  
1.75L

# Produce



Apples  
Red or Golden  
Delicious  
Fancy Grade

**2<sup>99</sup>**  
4lb  
cello bag



Sweet Bell Peppers  
Red, Yellow or Orange  
Product of Spain  
No. 1 Grade  
Extra Large Size

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



Honey  
Tangerines  
Product of U.S.A.

**1<sup>99</sup>**  
/lb  
4.39/kg



Honeydew Melons  
Product of  
Guatemala  
Jumbo Size

**3<sup>99</sup>**  
each



Ontario Homegrown  
Greenhouse Grown  
Seedless  
Cucumbers  
No. 1 Grade

**1<sup>49</sup>**  
each



Fresh  
Andy Boy  
Romaine Hearts  
Product of U.S.A.

**2<sup>99</sup>**  
pkg of 3



Black Plums  
Product of Chile  
No. 1 Grade

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



Extra Sweet  
Pineapples  
Product of  
Costa Rica

**3<sup>99</sup>**  
each



Zucchini  
Product of Mexico

**1<sup>49</sup>**  
/lb  
3.28/kg



Cauliflower  
Product of U.S.A.  
No. 1 Grade  
Jumbo Size

**3<sup>99</sup>**  
each



Avocados  
Product of Mexico

**1<sup>99</sup>**  
each



Mini Peeled  
Carrots  
Product of U.S.A.

**1<sup>99</sup>**  
1lb  
cello bag



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

**3<sup>99</sup>**  
each



Premium  
Roses, 50cm  
Assorted Colours  
Product of Ecuador

**29<sup>99</sup>**  
dozen



# Bakery

# Dairy



Villaggio  
Sliced Bread 675g  
loaf, Crustini Buns  
pkg of 8 or Sausage  
Buns pkg of 6

**2/5<sup>00</sup>**



La Rocca  
Fresh  
3" Cupcakes  
Selected Varieties

**3/5<sup>00</sup>**



Country Goodness  
Bagels  
Assorted Varieties

**1<sup>79</sup>**  
510g



Rudolph's Bakesies  
Bavarian Dark Rye  
Caraway Bread

**2<sup>29</sup>**  
500g



**MADE WITH**

Layers of cocoa spice  
cake with vanilla  
mousse and pink  
cream cheese frosting

Dufflet Pastries  
Fresh  
6" Pink Velvet  
Heart Cake

**11<sup>99</sup>**  
each



Sealtest  
Cream 10%, 5%  
or Natrel  
Lactose Free  
Coffee Cream 10%

**2<sup>79</sup>**  
1L



Elite Dairy  
Natural Yogurt  
Assorted Varieties

**1<sup>89</sup>**  
750g



Liberté  
Greek Yogurt  
Assorted Varieties

**3<sup>79</sup>**  
500g



Danone  
Yogurt  
Creamy 16x100g  
or Activia 12x100g

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



Burnbrae Farms  
Egg Creations  
Assorted Varieties

**2<sup>49</sup>**  
500g



Butter  
Salted or Unsalted

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



Western  
Pressed Dry  
Cottage Cheese  
Salted or Unsalted

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



Ivanhoe  
Cheese  
Assorted Varieties  
Extra Old White  
Cheddar 500g - \$8.99

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



# Brands You Love



Kellogg's Cereal  
Froot Loops, Frosted Flakes,  
Corn Pops or Krave

SAVE MORE!

**349**  
320-425g



Kellogg's All-Bran  
Cereal Original 525g,  
Cranberries & Clusters  
380g, Strawberry Bites  
465g, or Bran Flakes 670g

**399**  
each



Fruité  
Fruit Drinks or  
Tetley  
Lemon Iced Tea

**4/500**  
2L



Kellogg's Nutri-Grain  
Bars 175-295g  
or Rice Krispies  
Squares 176g  
Assorted Varieties

**2/500**



Leclerc  
Chocomax  
Chewy Bars  
Assorted Varieties

**199**  
192g



Dad's or  
Peek Freans  
Cookies  
Assorted Varieties

**269**  
265-350g



Skippy  
Peanut Butter  
Assorted Varieties

**499**  
500g-1kg



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

**449**  
3x80g



Bick's  
Dill Pickles  
Selected Varieties

**379**  
1L



S&F  
Cream Crackers

**99¢**  
200g



La Molisana  
Egg Pasta  
Assorted Varieties

**169**  
250g



# Everyday Essentials



Pepsi  
Soft Drinks  
Assorted Varieties

**3/5<sup>00</sup>**  
2L



Pepsi  
Soft Drinks  
Assorted Varieties

**SAVE MORE!**

**3/11<sup>00</sup>**  
case of 12x355ml



Kleenex Cottonelle  
Bathroom Tissue pkg of  
12 double rolls or Viva  
Vantage Paper Towels  
Regular pkg of 6 rolls

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



Baci  
Perugina  
Chocolates

**9<sup>99</sup>**  
343g



Rotkäppchen  
De-Alcoholised  
Sparkling Wine

**7<sup>99</sup>**  
750ml



Tilda  
Steamed  
Basmati Rice  
Assorted Varieties

**2/4<sup>00</sup>**  
250g



Cream of Wheat  
Cereal  
Assorted Varieties

**2<sup>69</sup>**  
336-800g



Kicking Horse  
Organic  
Fair Trade Coffee

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



Love Child  
Organics  
Baby Food Purée  
Selected Varieties

**3/5<sup>00</sup>**  
128ml



Manitoba Harvest  
Hemp Hearts  
Raw Shelled  
Hemp Seeds

**6<sup>99</sup>**  
227g



Jamieson  
Heart Health  
Selected Varieties  
Omega Items

**30% OFF**



## Seafood

## Frozen Foods



Fresh  
Atlantic Salmon  
Fillets

SAVE MORE!

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



Fresh  
P.E.I.  
Cultivated  
Mussels

**4<sup>49</sup>**  
2lb bag



Fresh  
Pasta Clams

**3<sup>99</sup>**  
/lb  
8.80/kg



Toppits  
Jumbo Cooked  
Shrimp Platter  
with Cocktail Sauce

**15<sup>99</sup>**  
425g



Toppits Appi's  
Tempura Shrimp,  
Coconut Shrimp,  
Panko Shrimp or  
Breaded Calamari Rings

**6<sup>99</sup>**  
300-340g



Janes  
Pub Style  
Chicken Fries

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



Chapman's  
Premium Ice Cream  
2L or Super Novelties  
8-18pk  
Selected Varieties

**3<sup>99</sup>**  
each



VH or  
Healthy Choice  
Steamers  
Frozen Entrées  
Assorted Varieties

**3/10<sup>00</sup>**  
283-306g



McCain  
Frozen Superfries  
Assorted Varieties

**2<sup>99</sup>**  
650-750g



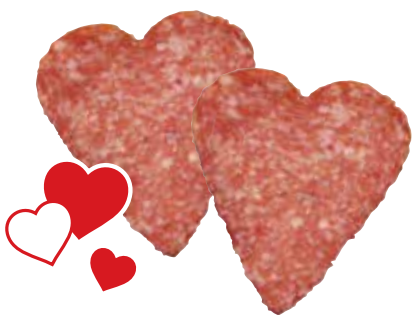
Minute Maid  
Frozen Fruit Punch  
Assorted Varieties

**3/2<sup>00</sup>**  
295ml



## Deli

## Country Kitchen



Piller's  
D'Amour Salami  
Freshly Sliced  
at the Deli

**8<sup>99</sup>**  
/lb  
19.82/kg



Cuddy  
Oven Roasted  
Turkey Breast  
Freshly Sliced  
at the Deli

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



Santa Lucia  
Swiss Cheese  
Freshly Sliced  
at the Deli

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



Santa Lucia  
Mozzarella  
Freshly Sliced  
at the Deli

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



Fletcher's  
Black Forest Ham  
Freshly Sliced at the Deli

**SAVE MORE!**

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



Mastro  
Sliced  
Genoa Salami  
Hot or Mild

**2<sup>99</sup>**  
150g



San Daniele  
Sliced Prosciutto

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



Mastro  
Salami  
Calabrese or  
Sopressata

**6<sup>99</sup>**  
300g



Mastro  
Salametti Salami  
Hot or Mild

**5<sup>99</sup>**  
300g



Springer's  
Whole Smoked  
Bone-In Pork  
Picnic Shoulder

**1<sup>99</sup>**  
/lb  
4.39/kg



Lilydale  
Turkey  
Bacon Style

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



Cabbage Rolls  
Min. Weight 250g or  
Stuffed Peppers  
Min. Weight 300g with  
Beef in Tomato Sauce

**3<sup>99</sup>**  
per piece

# Meat

# Poultry



**Fresh Ontario  
Picnic Pork Shoulder**  
Minced \$1.69/lb/\$3.73/kg

**SAVE MORE!**

**129**  
/lb  
2.84/kg



Canada AAA

**AGED  
21  
DAYS**



**Fresh Beef  
Striploin Steaks**  
Product of Canada

**1299**  
/lb  
28.64/kg



**Fresh Ontario  
Lamb Loin & Rib  
Chops**

**1299**  
/lb  
28.64/kg



**Fresh Ontario  
Boneless Pork  
Loin Roast**

**349**  
/lb  
7.69/kg



**Fresh Ontario  
Boneless Pork  
Loin Centre Cut  
Chops**

**399**  
/lb  
8.80/kg



**Marc Angelo Pork  
Roast, Porchetta,  
Fine Herb, Pulled-  
Pork-Ready or  
Rosemary Garlic**

**1199**  
800g-1.2kg

**GLUTEN  
FREE**



**Marc Angelo  
Chicken  
Breast Roast**  
Original or BBQ

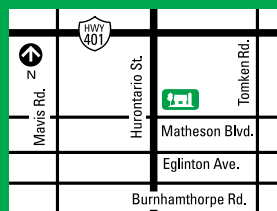
**1299**  
675g



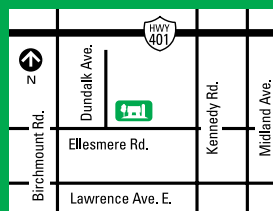
**We sell only Canadian Beef**



**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, February 12 to  
Thursday, February 18, 2016



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