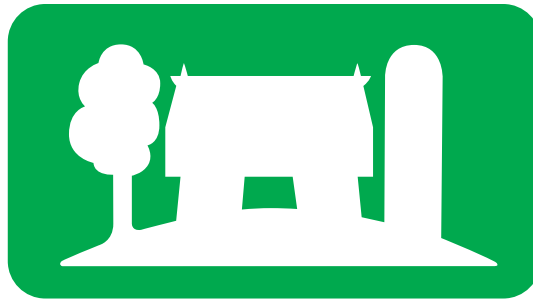


Fresh savings effective
Thursday, March 16 to
Wednesday, March 22, 2017

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



ly
picked apples.
hfstartfresh.ca

Follow us and
get the latest
deals & savings!



HIGHLAND FARMS

—  **START FRESH** —



Canada AAA

**AGED
21
DAYS**

Fresh Beef
Boneless Outside Round Roast
Product of Canada

SAVE MORE!

4⁹⁹
/lb
11.00/kg



Fresh
Red Seedless Grapes
Product of South Africa
No. 1 Grade

SAVE MORE!

1⁹⁹
/lb
4.39/kg



Persil Proclean
Laundry Detergent
Power-Liquid 2.21L or
Power-Pearls 1.26kg

9⁹⁹
each



Pillsbury
Pizza Pops 400g,
Crispy Crust Pizza 278-309g
or Toaster Strudel 326g
Assorted Varieties

1⁹⁹
each



Oasis 100% Premium
Valencia Orange Juice
With or Without Pulp
or Premium Juice Blends
Selected Varieties

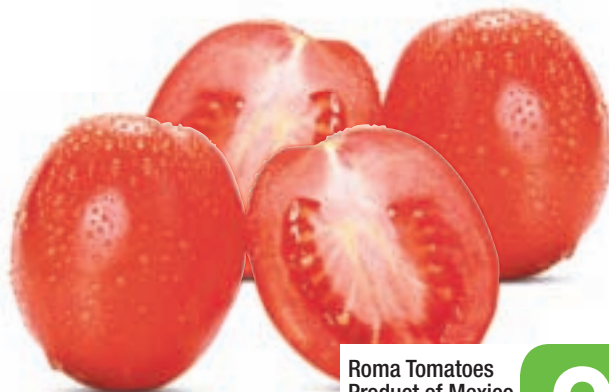
2⁴⁹
1.65-1.75L

Produce



Cantaloupes
Product of
Guatemala
No. 1 Grade
Jumbo Size

2/5⁰⁰



Roma Tomatoes
Product of Mexico
No. 1 Grade

99¢
/lb
2.18/kg



Mangos
Product of Mexico

2/3⁰⁰



Ontario Homegrown
Honey Crisp Apples
Fancy Grade

249
/lb
5.49/kg



Ontario Homegrown
Greenhouse
Seedless
Cucumbers
No. 1 Grade

99¢
each



Anise
Product of U.S.A.

199
each



Anjou Pears
Product of U.S.A.
Extra Fancy Grade

149
/lb
3.28/kg



Seedless
Clementines
Product of
Morocco

399
2lb
bag



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

149
each



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

499
283g



Avocados
Product of Mexico

199
each



Beets
Product of U.S.A.

249
bunch



Red and Yellow
Peppers
Product of U.S.A.
No. 1 Grade

299
pkg of 2



Tulips or
Hyacinths
Product of Ontario
Assorted Colours

499
6"
pot

Bakery

Dairy



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

1⁹⁹
675g



Ace Bakery
Baguette Bagels

2⁹⁹
pkg of 4

MADE WITH

Amarena Cherries
& Custard or Ricotta



Fresh
Store-Baked
Zeppole
Min. Weight
100g each

6/14⁹⁹
or 2.99 each



La Rocca
Fresh
8" Chocolate Mousse Bombe

SAVE MORE!

21⁹⁹
each



Natre
Fine-Filtered Milk
2%, 1% or Skim
Homogenized 4L
\$6.49

4⁹⁹
4L



Liberté Kéfir or
iögo Smoothie
or Protein Drinks
Selected Varieties

3⁹⁹
1L



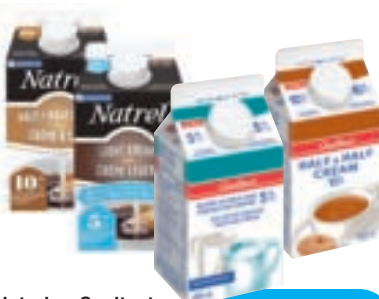
Yoplait
Yop Yogourt Drink
Assorted Varieties

79¢
200ml



Beatrice
Fruit Bottom or
Astro Yogourt
Assorted Varieties

2/1⁰⁰
175g



Natre or Sealtest
Cream 5% or 10%

1⁶⁹
473ml



Saputo
Shredded Cheese
Assorted Varieties

4⁹⁹
320g



Saputo
Fetos Feta Cheese
Regular or Light

2⁹⁹
200g



Yorkshire Valley
Farms
Organic
Large Eggs

5⁹⁹
dozen

Brands You Love



Unico
Sunflower Oil

SAVE MORE!

7⁹⁹
3L



DeCecco Pasta
Product of Italy
Assorted
Regular Cuts

1⁴⁹
500g



Melitta
Traditional
Ground Coffee

9⁹⁹
930g



Unico
Tomato Paste

2/1⁰⁰
156ml



Chef Boyardee
Pasta
Selected Varieties

3/4⁰⁰
212-425g



Del Monte
Fruit Bowls
Assorted Varieties

2/5⁰⁰
pkg of 4



Hellmann's
Mayonnaise
Regular or Light

5⁹⁹
1.42L



Highland Farms
Country Kitchen
Pizza Sauce

2⁹⁹
473ml



Primo
Soup
Assorted Varieties

3/4⁰⁰
540ml



Gloria
Roasted Peppers

4⁹⁹
1.5L



S&F
Cream Crackers

99¢
200g

Everyday Essentials



Kellogg's Family Size Cereal
Froot Loops, Frosted Flakes,
Corn Pops, Krave, Special K,
Rice Krispies, Raisin Bran
or Mini-Wheats

4⁹⁹
515-755g



SAVE MORE!

6⁹⁹
750ml

Carapelli
Extra Virgin Olive Oil



Lipton
Chicken Noodle
or Knorr Recipe
Onion Soup Mix

1⁹⁹
pkg of 4



Kellogg's
Nutri Grain Bars
Assorted Varieties

1⁹⁹
295g



Tropical Grove
Fruit Cocktails
Assorted Varieties

2/5⁰⁰
9x300ml



Trophy
Peanuts
Dry Roasted,
Honey Roasted or
Butter Toffee

3⁹⁹
700-750g



Sunlight
Liquid Dish Soap
Lemon Fresh

2⁴⁹
950ml



Spectrum
Organic
Apple Cider
Vinegar

6⁹⁹
946ml



Traditional
Medicinals
Organic Herbal Tea
Assorted Varieties

4⁴⁹
box of 20



Sensible Portions
Snacks
Assorted Varieties

2/5⁰⁰
113-142g



Bugles
Assorted Varieties

1⁹⁹
212-213g

Seafood

Frozen Foods



Fresh
Whole Dressed Rainbow Trout

SAVE MORE!

6⁹⁹
/lb
15.41/kg



Wild



Fresh
Wild Ocean Perch
Fillets

7⁹⁹
/lb
17.61/kg



Fresh
Steelhead Trout
Fillets

12⁹⁹
/lb
28.64/kg



Ocean Prime
Frozen Sole
Fillets

12⁹⁹
1.13kg



Ocean Prime
Frozen Tilapia
Fillets

11⁹⁹
908g



Simply Poultry
Breaded Chicken
Nuggets, Strips &
Burgers

5⁹⁹
907g



Kellogg's
Frozen Eggo
Waffles &
Pancakes
Assorted Varieties

2/5⁰⁰
280-310g



Minute Maid
Orange Juice
Frozen
Assorted Varieties

3/5⁰⁰
295ml



Breyers Klondike Frozen
Novelties Bars, Sandwiches
or Cones, pkg of 4 or
Fruitare Frozen Fruit &
Dessert Bars, pkg of 4-6

4⁹⁹
each

Deli

Country Kitchen



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

8⁹⁹
/lb
19.82/kg



Cuddy Oven Roasted Chicken or Turkey Breast, Freshly Sliced at the Deli

8⁹⁹
/lb
19.82/kg



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

8⁹⁹
/lb
19.82/kg



Armstrong Cheddar Cheese Mild, Medium or Marble, Freshly Cut at the Deli

6⁹⁹
/lb
15.41/kg



Agropur Oka L'Artisan Cheese Freshly Cut at the Deli

SAVE MORE!

11⁹⁹
/lb
26.43/kg



Santa Lucia Mozzarella Cheese

4⁴⁹
340g



Santa Lucia Fresh Ricotta Cheese

4⁴⁹
500g



Silani Mascarpone Cheese

7⁹⁹
475g



Saputo Bocconcini Regular, Mini or Cocktail

3⁶⁹
200g



Rachel's Original Deli Corned Beef Brisket

4⁹⁹
/lb
11.00/kg



Schneiders Juicy Jumbos Hot Dogs Assorted Varieties

4⁴⁹
375-450g



Fully Cooked Pork Back Ribs Min. Weight 320g

11⁹⁹
each

Veal Cutlet on a Panuozzo Bun 2 Toppings Included

6⁹⁹
each

Meat

Poultry



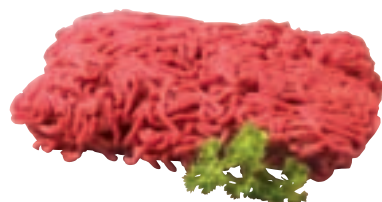
Fresh Ontario
Pork Side Ribs

SAVE MORE!

2⁹⁹
/lb
6.59/kg

100% Canadian.
Freshly Ground.
Every day.

Canada AAA



Fresh
Lean Ground Beef

4⁴⁹
/lb
9.90/kg



Fresh
Stewing Beef
Product of Canada

4⁹⁹
/lb
11.00/kg



Fresh Ontario
Pork Side Ribs
for Sweet & Sour

4⁴⁹
/lb
9.90/kg



Fresh Ontario
Boneless
Stewing Pork

3⁹⁹
/lb
8.80/kg



Fresh Ontario
Extra Lean
Ground Turkey

4⁹⁹
/lb
11.00/kg



Fresh Ontario
Boneless, Skinless
Turkey Breast

7⁹⁹
/lb
17.61/kg



Fresh Ontario
Turkey Drumsticks
or Wings

1⁹⁹
/lb
4.39/kg



Fresh Ontario
Grade A
Whole Rabbits

4⁹⁹
/lb
11.00/kg



We sell only Canadian Beef



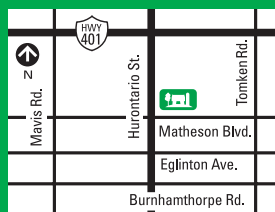
**Visit our 3 locations.
Open 7 days a week.**

Store Hours:

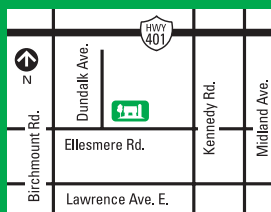
Monday – Saturday:
7:00a.m. till 10:00p.m.
Sunday: 8:00a.m. till 8:00p.m.

Fresh Savings Effective:

Thursday, March 16 to
Wednesday, March 22, 2017



50 MATHESON BLVD. E.
AT HURONTARIO ST.
905.501.9910



850 ELLESMERE RD.
AT KENNEDY RD.
416.298.1999



9940 DUFFERIN ST.
AT MAJOR MACKENZIE DR. W.
905.832.4481

OPENING
SOON!



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Meat

Poultry



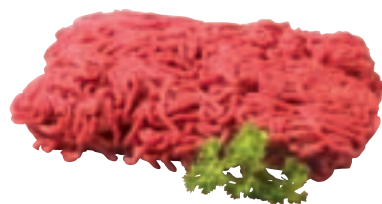
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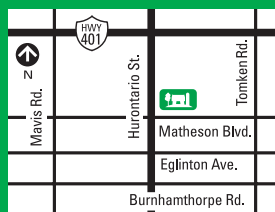
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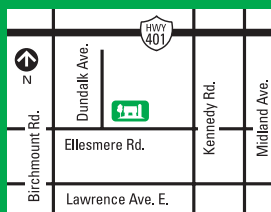
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