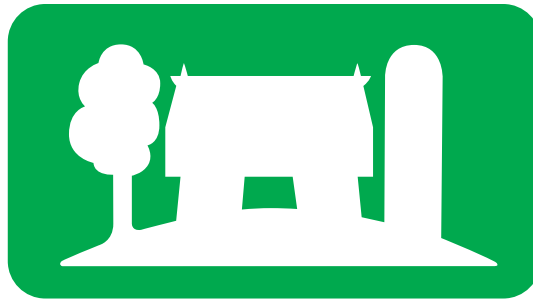


Fresh savings effective  
Friday, July 22 to  
Thursday, July 28, 2016

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



# HIGHLAND FARMS



## START FRESH

Fresh ideas for  
your next event  
Check out [highlandfarms.ca](http://highlandfarms.ca)  
for a great selection of party platters!

BRING HOME THE  
**SIZZLE**  
THIS SUMMER

Canada **AAA**

AGED  
**21**  
DAYS



Fresh Beef  
Capless Rib Steaks  
Product of Canada

SAVE MORE!

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



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

SAVE MORE!

**99¢**  
/lb  
2.18/kg



Black Diamond  
Cheese  
Assorted Varieties

**4<sup>99</sup>**  
400-450g



Emma  
Italian Peeled Tomatoes  
796ml or Passata 720ml  
Product of Italy

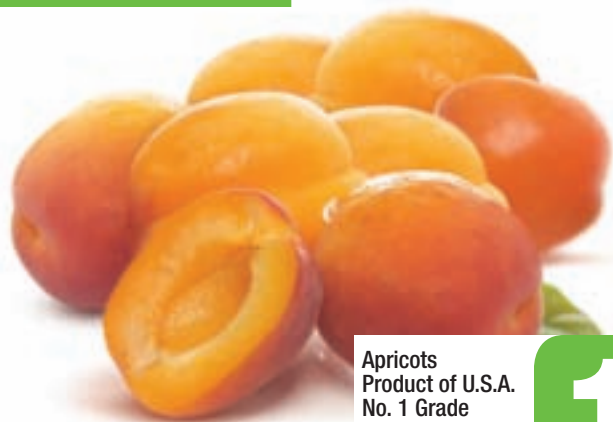
**99¢**  
each



Kimbo  
Espresso Bar  
Extra Cream Coffee Beans

**10<sup>99</sup>**  
1kg

# Produce



Apricots  
Product of U.S.A.  
No. 1 Grade

**1.99**  
/lb  
4.39/kg



Ontario Homegrown  
Fresh  
White Cauliflower  
No. 1 Grade  
Jumbo Size

**1.99**  
each



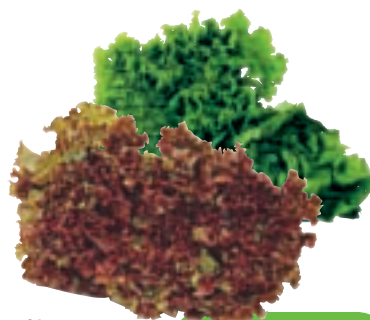
Plums  
Black or Red  
Product of U.S.A.  
No. 1 Grade

**1.99**  
/lb  
4.39/kg



Ontario Homegrown  
Fresh Sweet  
Red Cherries  
No. 1 Grade

**3.99**  
1lb  
clamshell



Leaf Lettuce  
Red or Green  
Product of Canada

**79¢**  
each



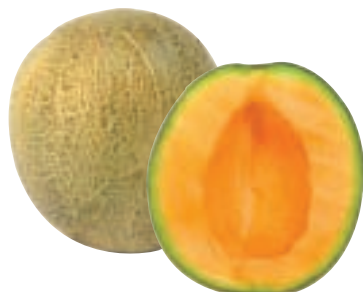
Ontario Homegrown  
Greenhouse Grown  
Sweet Bell Peppers  
Red, Yellow or Orange  
No. 1 Grade, Extra Large Size

**1.99**  
/lb  
4.39/kg



Mangos  
Product of Mexico

**3/4.00**



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

**2.99**  
each



Ontario Homegrown  
Zucchini  
Green or Yellow

**99¢**  
/lb  
2.18/kg



Ontario Homegrown  
Spinach

**1.29**  
bunch



Blueberries  
Product of U.S.A.  
No. 1 Grade

**2.99**  
170g



Carrots  
Product of Canada

**2.49**  
bunch



Broccoli  
Product of Canada

**2.49**  
bunch



Fresh Orchids  
Assorted Colours  
Product of Ontario

**12.99**  
5" ceramic pot

Floral

pickOntario.ca



# Bakery

# Dairy



Country Harvest  
100% Whole Grain  
Sliced Bread  
Assorted Varieties

**2/5<sup>00</sup>**  
675g



Country Goodness  
Bagels  
Assorted Varieties

**1<sup>99</sup>**  
510g



Ace Bakery  
Crostino Croutons  
Parmesan or  
Roasted Garlic

**3<sup>49</sup>**  
125g



La Rocca  
Fresh 6" Cherry Cheesecake

SAVE MORE!

**16<sup>99</sup>**  
each



Natrel  
Fine-Filtered Milk  
3.25%, 2%, 1%  
or Skim

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



Becel  
Margarine  
Selected Varieties

**2<sup>79</sup>**  
454g



The Laughing Cow  
Cheese  
Regular, Light

**6<sup>99</sup>**  
400g



iögo  
Nano Drinkable  
Yogurt 6x93ml or  
Pouches 4x90g  
Selected Varieties

**2<sup>99</sup>**  
each



Simply  
Lemonade or  
Limeade

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



Naturegg  
Free Run  
Large Eggs

**3<sup>99</sup>**  
dozen



Liberté  
Kéfir  
Assorted Varieties

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



Olympic  
Organic Yogourt  
Assorted Varieties

**3<sup>29</sup>**  
650g

# Brands You Love



Mother Parkers  
Original Roast Ground Coffee

SAVE MORE!

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



Lantic  
Natural  
Granulated  
White Sugar

**1<sup>99</sup>**  
2kg



Kellogg's  
Special K Cereal  
Selected Varieties

**2<sup>99</sup>**  
320-435g



Hellmann's  
Mayonnaise  
Regular or Light

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



Elledi  
Poker Wafers  
Assorted Varieties

**99¢**  
150g



Midi  
Snack Cakes  
Selected Varieties

**3/5<sup>00</sup>**  
280g



Kimbo  
Export or Classico  
Espresso  
Ground Coffee

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



La Grille  
BBQ Sauce  
Assorted Varieties

**2<sup>99</sup>**  
473ml



French's Classic  
Yellow Mustard  
Original, Sweet or  
Spicy

**1<sup>99</sup>**  
400ml



Pantanella  
Spelt Pasta  
Assorted Varieties

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



Mantova  
Extra Virgin  
Olive Oil 1L or  
Organic Extra Virgin  
Olive Oil 750ml

**7<sup>99</sup>**  
each



# Everyday Essentials



Kraft Dinner  
Original  
Macaroni &  
Cheese

**89¢**  
225g



Nestlé  
Pure Life Natural Spring Water

**SAVE MORE!**

**249**  
case of  
24x500ml



Oasis  
100% Juice Blends  
Classic, FruitZoo  
or Hydra Fruit  
Assorted Varieties

**199**  
8x200ml



Kellogg's Cereal  
Müslix 450g  
Assorted Varieties  
or Just Right 475g

**399**  
each



Quaker  
Crispy Minis  
Rice Cakes  
Assorted Varieties

**3/500**  
100-186g



Fresh Gourmet  
The Better Chip  
Assorted Varieties

**349**  
170g



Old Dutch  
Potato Chips 255g  
or Double Dutch  
Ridgies 235g  
Assorted Varieties

**2/500**



UFC  
Refresh  
100% Coconut  
Water

**299**  
1L



Kisko Freezies  
Regular 100x20ml  
or No Sugar  
Added 90x20ml

**399**  
each



Success  
Mandarin Orange  
Segments

**69¢**  
284ml



S.O.S.  
Steel Wool  
Soap Pads

**99¢**  
pkg of 10



# Seafood

# Frozen Foods



Fresh  
Whole Dressed Rainbow Trout

SAVE MORE!

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



Wild



Fresh Wild  
Sockeye Salmon  
Fillets

**15<sup>99</sup>**  
/lb  
35.25/kg



Wild



Fresh Wild  
Ocean Perch  
Fillets

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



Janes  
Pub Style  
Fish Fillets

**9<sup>99</sup>**  
580g



Triple Crown  
Frozen Raw  
Black Tiger Shrimp  
Peeled and  
Deveined 31/40ct

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



Butterball  
Lean Turkey  
Burgers  
Frozen

**10<sup>99</sup>**  
852g  
box



Chapman's  
Ice Cream Sundaes  
Assorted Varieties

**2/5<sup>00</sup>**  
1L



Häagen-Dazs  
Ice Cream 500ml  
or Bars 3-4pk or  
Nestlé Real Dairy  
Ice Cream 1.5L

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



Riviera  
Frozen  
Meat Lasagna  
pkg of 2x1.81kg

**8<sup>99</sup>**  
3.62kg



Delissio  
Thin Crispy Crust  
or Rustico  
Frozen Pizza  
Selected Varieties

**3<sup>99</sup>**  
340-630g



McCain  
Deep'n Delicious  
Cake  
Selected Varieties

**3<sup>99</sup>**  
510g



Magnum Ice Cream  
Bars pkg of 3 or  
Fruttare Frozen  
Fruit & Dessert  
Bars pkg of 4-6

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



## Deli

## Country Kitchen



Piller's Salami  
Hungarian or German  
Freshly Sliced  
at the Deli

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



Fletcher's  
Black Forest Ham  
Freshly Sliced  
at the Deli

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



Santa Lucia  
Swiss Cheese  
Freshly Sliced  
at the Deli

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



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

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



**3<sup>99</sup>**  
/lb  
8.80/kg  
Mastro  
Prosciutto Cotto

**4<sup>99</sup>**  
/lb  
11.00/kg  
San Daniele  
Mortadella

**5<sup>99</sup>**  
/lb  
13.21/kg  
Mastro  
Genoa Salami

**9<sup>99</sup>**  
/lb  
22.02/kg  
San Daniele  
Prosciutto



Agropur  
Import Collection  
Double Crème Brie

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



Le Rustique  
Camembert  
Cheese  
Regular or Light

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



Saputo  
Bocconcini  
Regular, Mini or  
Cocktail

**3<sup>69</sup>**  
200g



Santa Lucia  
Fresh  
Ricotta Cheese

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



Janes  
Pub Style  
Chicken Fries,  
Nuggets, Strips  
or Burgers

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



Roasted  
Barbeque Chicken  
Min. Weight 800g

**7<sup>99</sup>**  
each

Family Size  
Fresh Garden  
Salad  
Min. Weight 600g

**6<sup>99</sup>**  
each

# Meat

# Poultry



**Foodland**  
ONTARIO

**SAVE MORE!**

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

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

**BRING HOME THE SIZZLE THIS SUMMER**



**Foodland**  
ONTARIO

**FREE**  
1 pkg of 4  
Ace Bakery Gourmet  
Buns (\$3.79 value)  
when you buy  
4 Store-made  
Burgers

**4/8<sup>99</sup>**

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

**BRING HOME THE SIZZLE THIS SUMMER**



**Foodland**  
ONTARIO

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

**Fresh Ontario Pork Side Ribs**

**Foodland**  
ONTARIO

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

**Fresh Ontario Boneless Pork Rib End Chops**

**CLUB PACKS**



**Foodland**  
ONTARIO

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

**Fresh Outside Round Beef Cutlets Product of Canada**



**Foodland**  
ONTARIO

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

**Fresh Ontario Veal Loin or Rib Chops**



**Foodland**  
ONTARIO

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

**Fresh Beef Miami-Style Short Ribs Product of Canada**



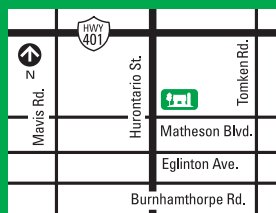
**Foodland**  
ONTARIO

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

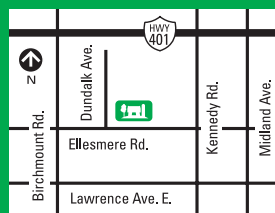
**Fresh Ontario Boneless Chicken Breast Cutlets**

**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, July 22 to  
Thursday, July 28, 2016



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