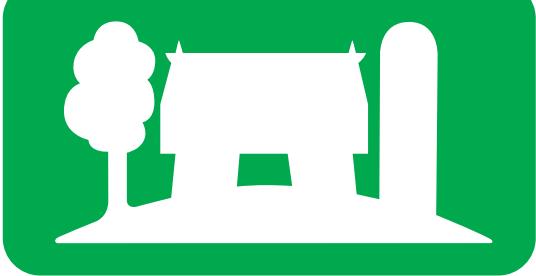


Fresh savings effective
Friday, November 13 to
Thursday, November 19, 2015

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



Check out our
fresh new look
Visit highlandfarms.ca for a
new and delicious experience

HIGHLAND FARMS



START FRESH



Fresh Ontario
Veal Shoulder Blade

SAVE MORE!

3.99
/lb
8.80/kg



Picked Fresh
at Highland Farms
Orchards



Fresh Apples
McIntosh or Cortland
Fancy Grade

SAVE MORE!

99¢
/lb
2.18/kg



Pepsi or Coca Cola
Soft Drinks
12x355ml or 6x710ml
Assorted Varieties

3/11.00



Clover Leaf
Light Skipjack Tuna
in Water, Chunk or Flaked

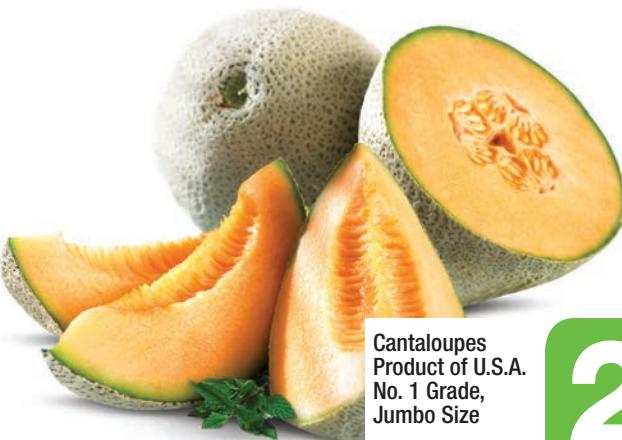
99¢
170g



Sealtest
Milk
2%, 1% or Skim

3.99
4L

Produce



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

2.99
each



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

1.49
/lb
3.28/kg



Ontario
Homegrown
Flemish Pears
Fancy Grade,
Jumbo Size

1.49
/lb
3.28/kg



Black Plums
Product of Italy
No. 1 Grade

1.49
/lb
3.28/kg



Ontario Homegrown
Greenhouse Grown
Seedless Cucumbers
No. 1 Grade

1.29
each



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

4.99
283g



Mangos
Product of Brazil
Large Size

1.29
each



Fuyu Persimmons
Product of U.S.A.

1.99
/lb
4.39/kg



Zucchini
Product of Mexico

99¢
/lb 2.18/kg



Ontario
Homegrown
Yellow Flesh
Potatoes
No. 1 Grade

2.99
10lb
cello bag



Ambrosia Apples
Product of B.C.
Canada
Extra Fancy Grade

1.99
/lb
4.39/kg



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

2.99
each



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

3.99
5lb
poly bag



Large
Premium Orchids
Product of Ontario

19.99
6" ceramic pot

Bakery

Dairy



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

2/500



Fresh
Store-Baked
Mini Danish
Assorted Varieties

299
pkg of 8



Ace Bakery
Mini Baguette
Crisps
Selected Varieties

399
150-180g



SAVE MORE!

1299
each

Fresh
Store-Made 7" Boston Cream Cake
with Fresh Fruit



Oasis 100% Premium
Valencia Orange Juice
1.75L or Delmonte Classic
100% Juice Blends and
Fruit Juice Cocktails 1.6L

249
each



Liberté
Kéfir
Assorted Varieties

399
1L



Liberté
Greek Yogourt
Assorted Varieties

499
750g



iögo Yogurt 0%
16x100g or ProBio
Lactose Free 12x100g
or Olympic Organic
Yogurt 8x100g

499
each



Gay Lea
Nordica
Cottage Cheese
Assorted Varieties

279
450-500g



Black Diamond
Cheese Sticks
Assorted Varieties

349
200g



Lactantia
Cream Cheese
Assorted Varieties

249
250g



Yorkshire Valley
Farms Organic
Large Eggs

599
dozen

Brands You Love



Mastro
Extra Virgin Olive Oil

SAVE MORE!

5.97
1L



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

79¢
284ml



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

4.99
515-700g



Christie
Premium Plus
Crackers
Assorted Varieties

2.99
450-500g



Chef Boyardee
Pasta
Selected Varieties

3/4.00
212-425g



Kellogg's Nutri-Grain Bars
175-295g, Pop-Tarts 400g,
Rice Krispies Squares
176g or All-Bran Bars 210g
Assorted Varieties

2/4.00



Kellogg's
Special K Cracker
or Popcorn Chips
Assorted Varieties

2/4.00
113-127g



Yoga
Fruit Nectar
or Juice
Selected Varieties

1.79
700ml-1L



Excelsior
Espresso Coffee

2/4.00
250g



Nutrafruit Jam
Selected Varieties

3.49
750ml



Pepsi or
Coca Cola
Soft Drinks
Assorted Varieties

3/5.00
2L

Everyday Essentials



Primo Pasta Sauce or Tomato Sauce Assorted Varieties or Passata di Pomodoro

4/500
680ml



Kettle Brand Potato Chips Assorted Varieties

2/500
220g



SAVE MORE!

149
900g

Primo Pasta Regular Assorted Cuts



Ziploc Containers Selected Varieties

399
pkg of 2-6



Comet Cleanser Original or Lemon Fresh

79¢
400g



Sunlight Liquid Dish Soap Lemon Fresh

249
950ml



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

599
each



Pacific Organic Soup Selected Varieties

399
1L tetra



Nutiva Organic Coconut Oil

1099
445ml



Ryvita Crispbread Assorted Varieties

2/500
200-250g



Fruité Fruit Drinks or Tetley Lemon Iced Tea

149
2L

Seafood

Frozen



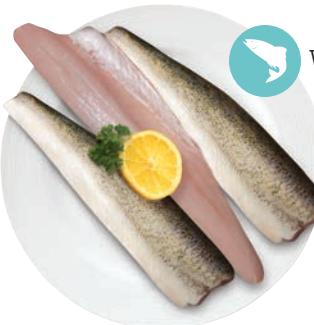
Fresh
Wild Haddock Fillets

SAVE MORE!

8.99
/lb
19.82/kg



Wild



Fresh
Wild Pickerel
Fillets

12.99
/lb 28.64/kg



Fresh
Atlantic Salmon
Steaks

7.99
/lb
17.61/kg



Canadian
Frozen Whitefish
Whole Dressed

2.99
/lb
6.59/kg



Heinz Hot Bites
Frozen
Bagel Bites
Pepperoni or
Three Cheese

1.99
198g



Europe's Best
Frozen Fruit
Selected Varieties

3.99
500-600g



Zabiha Halal
Frozen Homestyle
Pepperoni Pizza

6.99
570g



Daiya
Frozen Pizza
Assorted Varieties

7.99
413-471g

**DAIRY
FREE**



Chapman's
Ice Cream Sundae
Assorted Varieties

2/5.00
1L



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

4.99
each



Casa Italia
Genoa Salami
Freshly Sliced
at the Deli

8.99
/lb
19.82/kg



Casa Italia
Prosciutto Cotto
Freshly Sliced
at the Deli

4.99
/lb
11.00/kg



Tre Stelle
Provolone Cheese
Regular or Light
Freshly Sliced
at the Deli

7.99
/lb
17.61/kg



Agropur
Havarti Cheese
Regular
Freshly Sliced
at the Deli

6.99
/lb
15.41/kg

SAVE MORE!

2.99
/lb
6.59/kg



Silani
Grated Parmesan
Cheese

5.99
400g



Saputo
Parmesan Cheese
Petals

3.49
125g

Fletcher's
Black Forest Ham
Freshly Sliced at the Deli



Agropur Chevalier
Double Crème Brie
Fine Herbs,
Peppers,
Basil & Tomato

4.49
170g
pkg



Saputo
Bocconcini
Regular, Mini or
Cocktail

3.69
200g



Zabiha Halal
Juicy Supreme
Chicken
Frankfurters

4.99
900g



Schneiders
Lunch Mate
Stackers & Kits
Selected Varieties

2.99
90-132g



Schneiders
Bologna
Blue Ribbon,
Dutch Treat or
Extra Thick

3.99
500g



Piller's Toppings
Pepperoni,
Turkey Pepperoni
or Spicy Italian
Sausage

3.99
175-250g

GLUTEN FREE

Meat

Poultry



Fresh Beef
Boneless Top Sirloin Roast
Product of Canada

Canada AAA

AGED
21
DAYS

SAVE MORE!

6.99
/lb
15.41/kg



Fresh Ontario
Lean Ground Veal

2.99
/lb
6.59/kg



Fresh Ontario
Veal Stew

6.99
/lb
15.41/kg



Fresh Ontario
Bone-in
Veal Shank
Ossobuco

6.99
/lb
15.41/kg



Fresh Ontario
Veal Shoulder
Arm Chop

4.49
/lb
9.90/kg



Zabiha Halal
Whole Chicken

2.99
/lb
6.59/kg



Zabiha Halal
Chicken Breasts
Boneless,
Skinless

7.99
/lb
17.61/kg



Zabiha Halal
Chicken
Drumsticks

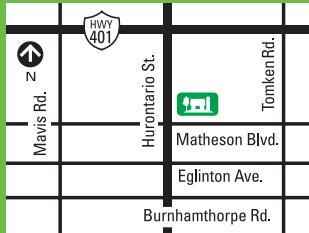
3.99
/lb
8.80/kg



Zabiha Halal
Chicken Thighs
Bone-in,
Skin-on

3.99
/lb
8.80/kg

Visit our
2 grand
locations.
Open 7 days
a week.



50 MATHESON BLVD. EAST,
AT HURONTARIO ST.
905.501.9910



850 ELLESMORE RD.
AT KENNEDY RD.
416.298.1999



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

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