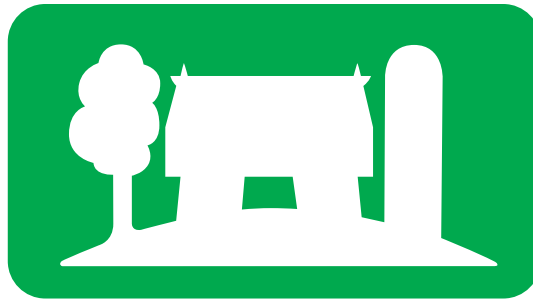


Fresh savings effective  
Thursday, March 23 to  
Wednesday, March 29, 2017

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

Follow us and  
get the latest  
deals & savings!



# HIGHLAND FARMS



## START FRESH

**Start  
fresh.**  
Join us Friday, March 31 at 10am  
for our Vaughan Grand Opening!  
9940 Duferin St. at Major Mackenzie Dr. W.



Fresh Ontario  
Veal Loin or Rib Chops

**SAVE MORE!**

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



Ontario Homegrown  
Greenhouse Tomatoes  
No. 1 Grade

**SAVE MORE!**

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



Nestlé  
Pure Life  
Natural Spring Water

**2<sup>49</sup>**  
24x500ml



Minute Maid, Five Alive  
or Nestea Iced Tea  
Assorted Varieties

**1<sup>99</sup>**  
10x200ml



Astro Yogourt  
Original, Fat Free Zero or  
Smooth 'n Fruity

**2<sup>99</sup>**  
12x100g

# Produce



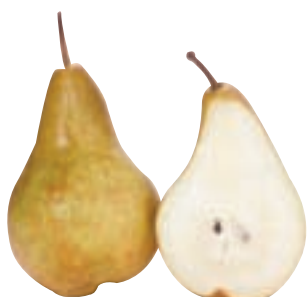
Nectarines  
Product of Chile

**1.99**  
/lb  
4.39/kg



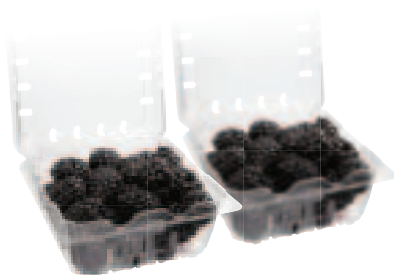
Sweet  
Green Bell Peppers  
Product of U.S.A.  
No. 1 Grade

**99¢**  
/lb  
2.18/kg



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

**1.49**  
/lb  
3.28/kg



Blackberries  
Product of Mexico

**2/5.00**  
170g



Ontario Homegrown  
Greenhouse  
Seedless  
Cucumbers  
No. 1 Grade

**99¢**  
each



Eggplants  
Product of Mexico  
Large Size

**1.29**  
/lb  
2.84/kg



Cara Cara  
Red Navel Oranges  
Product of U.S.A.

**1.49**  
/lb  
3.28/kg



Mini Seedless  
Watermelons  
Product of  
Guatemala

**2.99**  
each



Sweet Onions  
Product of Peru  
No. 1 Grade

**99¢**  
/lb  
2.18/kg



Spinach  
Product of U.S.A.

**1.49**  
bunch



Royal Gala Apples  
Product of U.S.A.  
Extra Fancy Grade

**2.49**  
/lb  
5.49/kg



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

**1.99**  
each



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

**2/5.00**



Premium  
Jumbo Bouquets

**18.99**  
each

Floral



# Bakery

# Dairy



D'Italiano Buns  
Sausage or Crustini  
pkg of 6-8 or  
Sliced Bread 675g  
Assorted Varieties

**1.99**  
each



SAVE MORE!

**21.99**  
each



Stonemill Bakehouse  
Organic  
Sourdough Rye Bread  
Whole Wheat or  
Flax Seed

**2.99**  
500g



Ace Bakery  
Mini Baguette  
Crisps  
Selected Varieties

**4.29**  
150-180g

La Rocca  
Fresh  
8" Milk Chocolate Caramel Cake



Sealtest  
1% Chocolate Milk  
or No Sugar Added  
Chocolate  
Dairy Beverage

**1.29**  
1L



Armstrong  
Cheddar Cheese  
Mild, Medium, Old  
or Marble

**3.99**  
270g



Naturegg  
Nature's Best  
Large White Eggs

**2.99**  
dozen



Nathan's  
New York Style  
Pickles

**3.49**  
710ml-1L



Yoplait  
Minigo 6x60g or  
Tubes 8x60g  
Assorted Varieties

**1.99**  
each



Yoplait  
Source Yogurt  
Assorted Varieties

**1.99**  
650g



iögo Yogurt  
Probio 875g or  
Greek 750g  
Selected Varieties

**4.49**  
each



Liberté  
Organic Yogourt  
Selected Varieties

**3.49**  
650-750g

# Brands You Love



Fleecy  
Liquid Concentrated Fabric Softener

SAVE MORE!

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



Red Rose Tea  
Orange Pekoe 72's  
or Canadian  
Breakfast 60's

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



Kashi  
Cereal  
Selected Varieties

**3<sup>99</sup>**  
185-460g



Unico  
100% Pure  
Grapeseed Oil

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



Garofalo  
Pasta  
Selected Varieties

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



Kellogg's Bars  
Special K Nourish  
or Protein or  
Vector Protein  
Selected Varieties

**2<sup>99</sup>**  
165-220g



Kashi  
Granola Bars  
Assorted Varieties

**2<sup>99</sup>**  
160-210g



Unico  
Green Olives  
Stuffed Manzanilla  
or Sliced Pizza

**1<sup>69</sup>**  
375ml



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

**99¢**  
284ml



Italtasta  
Macaroni & Cheese  
Original

**2/99¢**  
200g



Aurora  
Egg Pasta  
Pappardelle,  
Fettuccine or  
Tagliatelle

**1<sup>69</sup>**  
250g



# Everyday Essentials



Lantic Sugar  
Natural Granulated  
White 2kg, Icing, Brilliant  
Yellow, Old Fashioned  
Brown 1kg

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



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

**2/5<sup>00</sup>**  
8x200ml



Clorox  
Disinfecting Wipes

**SAVE MORE!**

**1<sup>99</sup>**  
pkg of  
30-35



Pine-Sol  
Cleaner &  
Disinfectant  
Assorted Varieties

**2<sup>99</sup>**  
1.41L



Greenworks  
Liquid  
Dish Detergent  
Assorted Varieties

**2<sup>49</sup>**  
650ml



Dial  
Liquid Soap  
Eco-Smart Refill  
Assorted Varieties

**3<sup>99</sup>**  
1.18L



Renuzit  
Air Freshener  
Assorted Varieties

**97¢**  
198g



Happy Planet  
Soup  
Assorted Varieties

**5<sup>49</sup>**  
500-650ml



Nestlé  
Coffee-mate 425-450g  
or Carnation  
Hot Chocolate 130-280g  
Assorted Varieties

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



Tim Hortons  
Ground Coffee  
Original Blend or  
Dark Roast

**16<sup>99</sup>**  
875-930g



Tim Hortons  
Single Serve Cups  
Selected Varieties

**8<sup>99</sup>**  
pkg of 12



## Seafood

## Frozen Foods



Fresh  
Atlantic Salmon  
Fillets

SAVE MORE!

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



Wild



Fresh  
Wild Sole Fillets

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



Fresh P.E.I.  
Cultivated Mussels

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



Canadian  
Frozen Whitefish  
Whole Dressed

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



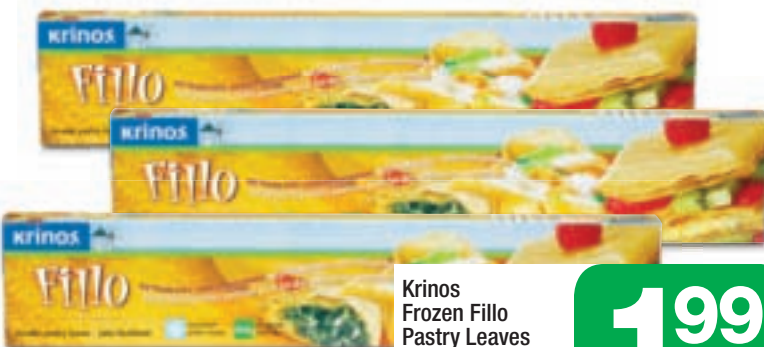
Maple Leaf  
Prime Naturally  
Chicken Wings  
Assorted Varieties

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



McCain  
Deep'n Delicious  
Cake  
Selected Varieties

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



Krinos  
Frozen Fillo  
Pastry Leaves

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



7 Days Bake It  
Spanakopita or  
Tyropita Filo Pies

**7<sup>99</sup>**  
850g



Chapman's  
Ice Cream  
Sundaes  
Assorted Varieties

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

## Deli

## Country Kitchen



Schneiders  
Lifestyle Fat Free  
Cooked Turkey  
Freshly Sliced  
at the Deli

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



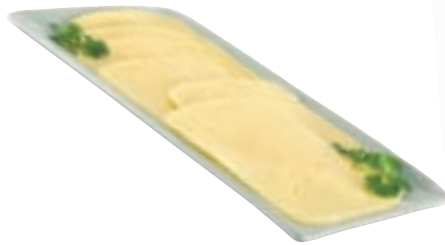
Mastro  
Prosciutto Cotto  
Freshly Sliced  
at the Deli

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



Santa Lucia  
Swiss Cheese  
Freshly Sliced  
at the Deli

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



Santa Lucia  
Havarti Cheese  
Freshly Sliced  
at the Deli

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

Agropur  
L'Extra Double Crème Brie  
At the Deli



**SAVE MORE!**

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



Silani  
Cheese Slices  
Assorted Varieties

**2<sup>49</sup>**  
100g



Tre Stelle  
Mozzarella Cheese

**5<sup>99</sup>**  
340g



Arla  
Danish  
Fontina Cheese

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



Santa Lucia  
Bocconcini Cheese  
Assorted Varieties

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



Schneiders  
Bacon  
Regular,  
Extra Thick or  
Less Salt

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



**Salads Tossed Fresh Daily**



Selected Varieties

**1<sup>89</sup>**  
/100g



# Meat

# Poultry



Canada AAA

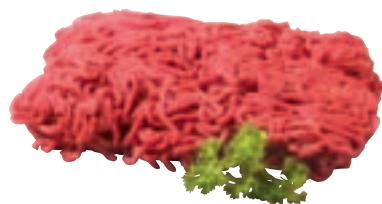
AGED  
21  
DAYS

Fresh Beef  
Eye of Round Roast  
Product of Canada

SAVE MORE!

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

100% Canadian.  
Freshly Ground.  
Every day.



Fresh  
Lean Ground Beef

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



Fresh  
Beef Stir Fry  
Product of Canada

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

Canada AAA



Fresh Beef  
T-Bone Steaks  
Product of Canada

**11<sup>99</sup>**  
/lb  
26.43/kg

AGED  
21  
DAYS



Fresh Bone-in  
Beef Shank  
Cut from Canada AA  
Grade Beef or Higher  
Product of Canada

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



Fresh Ontario  
Inside Round Veal  
Scallopini

**11<sup>99</sup>**  
/lb  
26.43/kg



Fresh Ontario  
Stewing Veal

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



Fresh Ontario  
Extra Lean  
Ground Chicken

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



Fresh Ontario  
Chicken Thighs  
Boneless &  
Skinless

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



**We sell only Canadian Beef**



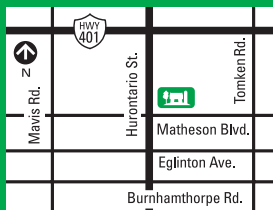
**Visit our 3 locations.  
Open 7 days a week.**

**Store Hours:**

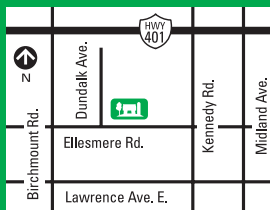
Monday – Saturday:  
7:00a.m. till 10:00p.m.  
Sunday: 8:00a.m. till 8:00p.m.

**Fresh Savings Effective:**

Thursday, March 23 to  
Wednesday, March 29, 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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