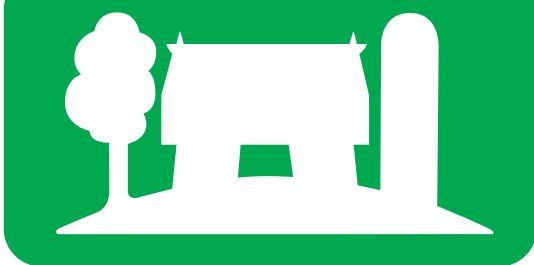


Fresh savings effective  
Thursday, May 25 to  
Wednesday, May 31, 2017

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 —



Fresh Ontario  
Pork Rib or Sirloin Chops

SAVE MORE!

**1.99**  
/lb  
4.39/kg



Red Bing Cherries  
Product of California, U.S.A.  
No. 1 Grade, Jumbo Size

SAVE MORE!

**4.99**  
/lb  
11.00/kg



Primo Pasta  
Regular Assorted Cuts 900g,  
Grain Wise Whole Grain 375g or  
Thick & Zesty Pasta Sauce 680ml  
Selected Varieties

**99¢**  
each



Kellogg's  
Frozen Eggo Waffles &  
Pancakes  
Assorted Varieties

**2/5.00**  
280-310g



Danone  
DanActive or Danino  
Drinkable Yogurt 8x93ml or  
Creamy Yogurt 16x100g  
Selected Varieties

**3.99**  
each

Visit our website  
  
Check out [highlandfarms.ca](http://highlandfarms.ca)  
for more tasty goodness.

# Produce

**Driscoll's**  
Only the Finest Berries



Fresh  
Strawberries  
Product of U.S.A.  
No. 1 Grade

**2/500**  
1lb tray



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

**299**  
each



Cantaloupes  
Product of  
Guatemala  
No. 1 Grade  
Jumbo Size

**2/500**



Mangos  
Product of Mexico

**3/500**



Ontario Homegrown  
Greenhouse  
Tomatoes  
No. 1 Grade

**99¢**  
2.18/kg



Ontario Homegrown  
Greenhouse  
Seedless  
Cucumbers  
No. 1 Grade

**99¢**  
each



Packham Pears  
Product of  
Argentina  
Extra Fancy Grade

**149**  
/lb  
3.28/kg



Pomegranates  
Product of Chile  
Jumbo Size

**299**  
each



Leaf Lettuce  
Red or Green  
Product of U.S.A.

**149**  
each



Spinach  
Product of U.S.A.

**149**  
bunch



Red or Green  
Seedless Grapes  
Product of Mexico  
or U.S.A.  
No. 1 Grade

**399**  
/lb  
8.80/kg



Ontario Homegrown  
Greenhouse  
Mini Seedless  
Cucumbers

**299**  
pkg of 6



Ontario Homegrown  
Greenhouse  
Tomatoes  
on the Vine  
No. 1 Grade

**299**  
/lb  
6.59/kg



Floral

Premium  
Jumbo Bouquets

**1899**  
each



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

**1 99**  
675g



Two-Bite  
Cupcakes  
Chocolate or  
Vanilla

**3 49**  
300g



Stonemill  
Bakehouse  
Organic  
Live Sprouts Bread  
Selected Varieties

**3 99**  
550g



La Rocca  
Fresh 8" Neapolitan Cake

**SAVE MORE!**

**21 99**  
each



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

**3 99**  
2L



Natrel  
Milk  
Dark Chocolate,  
Milk Chocolate or  
Caramel Latte

**1 99**  
1L



Natrel  
Hershey's  
Milk Shakes  
Assorted Varieties

**1 49**  
350ml



Black Diamond  
CheeStrings  
Assorted Varieties

**2 99**  
168g



Lactantia  
Margarine  
Olivina or  
Healthy Attitude

**1 99**  
427g



Shepherd Gourmet Dairy  
Skyr Icelandic Style  
Yogurt 500g or  
iögo Protein 4x125g  
Assorted Varieties

**3 49**  
each



Astro  
Organic Yogourt  
Assorted Varieties

**2 49**  
650g



Naturegg  
Organic  
Large Eggs

**5 99**  
dozen

# Brands You Love



Aquafina  
Demineralized Water

**SAVE MORE!**

**4 99**  
24x500ml



Dole Sparklers 12x355ml,  
Juice or Cocktails 12x340ml,  
Gatorade 6x591ml or Montellier  
Carbonated Mineral Water 6x1L  
Selected Varieties

**4 99**  
each



Clover Leaf  
Light Skipjack  
Tuna in Water  
Chunk or Flaked

**4/5 00**  
170g



Highland Farms  
Country Kitchen  
Pasta Sauce  
Assorted Varieties

**5 99**  
473ml-1L



Krakus  
Biscuits  
Assorted Varieties

**99¢**  
135g



Yoga  
Fruit Nectar  
Selected Varieties

**1 79**  
700ml



Sun-Maid  
Raisins  
Mini-Packs

**2/5 00**  
196g



Primo  
Plum Tomatoes  
796ml or  
Canned Beans 540ml  
Selected Varieties

**89¢**  
each



Melitta  
Traditional  
Ground Coffee

**9 99**  
930g



Monterey  
Pure White Vinegar

**1 99**  
4L



Pringles  
Chips  
Assorted Varieties

**2/5 00**  
139-156g

# Everyday Essentials



Allen's  
100% Pure  
Apple Juice

**1 99**  
1.89L



NuPak  
Long Grain  
Rice White or  
Parboiled

**7 99**  
8kg



**SAVE MORE!**

**5 99**  
3L



Maple House  
Pure Maple Syrup  
Dark

**4 99**  
250ml



Pepperidge Farms  
Goldfish Crackers  
Assorted Varieties

**2/5 00**  
156-200g



Karma  
Wellness Water  
Assorted Varieties

**2/5 00**  
532ml



Scrub Free  
Bathroom Cleaner  
Selected Varieties

**2 99**  
950ml



Plum  
Organic Baby Food  
Assorted Varieties

**4/5 00**  
90-128ml



Bounce  
Energy Ball  
Protein Bars  
Selected Varieties

**2/5 00**  
40-49g



Bakery on Main  
Granola  
Selected Varieties

**6 99**  
340g



Bob's Red Mill  
Baking Mixes  
453g-2.27kg  
Selected Varieties

**20%**  
OFF  
regular retail

# Seafood

# Frozen Foods



Fresh  
Whole Dressed  
European Sea Bream (Orata)

**SAVE MORE!**

**799**  
/lb  
17.61/kg



Tuna Steaks  
Previously Frozen

**1499**  
/lb  
33.05/kg



Fresh  
Arctic Char Fillets

**1399**  
/lb  
30.84/kg



Foodfest  
Frozen  
Atlantic Salmon  
Burgers

**599**  
340g



Sea Delight  
Frozen Swordfish  
Steaks

**999**  
340g



Maple Leaf  
Prime Naturally  
Chicken Wings  
Assorted Varieties

**799**  
800g



Chapman's  
Gelato  
Selected Varieties

**299**  
1.5L



Krinos  
Fillo Twisters  
Assorted Varieties

**699**  
1kg



Krinos  
Frozen Fillo  
Pastry Leaves

**199**  
454g



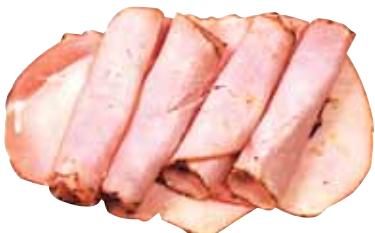
Tofutti  
Frozen Milk Free  
Dessert 500ml or  
Cuties Dairy Free  
Novelties pkg of 8

**449**  
each



Mastro  
Oven Roasted Ham  
Rosemary, Tuscany  
Freshly Sliced  
at the Deli

**6.99**  
/lb  
15.41/kg



Casa Italia  
Porchetta  
Mild or Hot  
Freshly Sliced  
at the Deli

**7.99**  
/lb  
17.61/kg



SAVE MORE!

**8.99**  
/lb  
19.82/kg



Santa Lucia  
Provolone Cheese  
Freshly Sliced  
at the Deli

**7.99**  
/lb  
17.61/kg



Santa Lucia  
Havarti Cheese  
Freshly Sliced  
at the Deli

**7.99**  
/lb  
17.61/kg

Bittner's  
Oven Roasted Turkey Breast  
Freshly Sliced at the Deli



Silani  
Cheese Slices  
Assorted Varieties

**1.99**  
100g



Silani  
Cherry Bocconcini  
Cheese

**2.49**  
130g



Agropur  
Oka Cheese  
Classique  
Freshly Cut  
at the Deli

**9.99**  
/lb  
22.02/kg



Stella  
Asiago Cheese

**12.99**  
500g



Maple Leaf  
Prime Naturally  
Bacon Style  
Turkey

**4.99**  
375g



Maple Leaf  
Prime Naturally  
Turkey Wieners

**3.99**  
450g



Veal or Chicken  
Cutlet on a Bun  
2 Toppings  
Included

**6.99**  
each

Fresh Salad  
Garden  
Min. Weight 300g  
or Caesar  
Min. Weight 150g

**3.99**  
each

# Meat

# Poultry



Fresh Ontario  
Chicken Drumsticks

**SAVE MORE!**

**149**  
/lb  
3.28/kg



100% Canadian.  
Freshly Ground.  
Every day.

Canada AAA



Fresh  
Extra Lean  
Ground Beef

**499**  
/lb  
11.00/kg



Fresh Beef  
Eye of Round  
Roast  
Product of Canada

**499**  
/lb  
11.00/kg



GREAT FOR  
SOUVLAKI



Fresh Ontario  
Pork Loin  
Centre Cut Chops

**249**  
/lb  
5.49/kg



Fresh Ontario  
Boneless  
Pork Sirloin Cubes

**399**  
/lb  
8.80/kg



Canada  
AAA

Fresh Beef  
Miami-Style  
Short Ribs  
Product of Canada

**899**  
/lb  
19.82/kg



Canada  
AAA

Fresh  
Inside Round  
Beef Cutlets  
Product of Canada

**599**  
/lb  
13.21/kg

CLUB  
PACKS



Fresh Ontario  
Veal Loin or  
Rib Chops

**799**  
/lb  
17.61/kg

Foodland  
ONTARIO

Fresh Ontario  
Boneless  
Chicken Breast  
Cutlets



**899**  
/lb  
19.82/kg



We sell only Canadian Beef

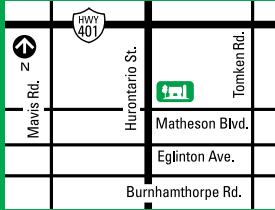


Visit our 3 locations.  
Open 7 days a week.

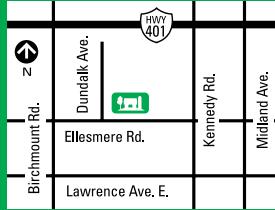
#### Store Hours:

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

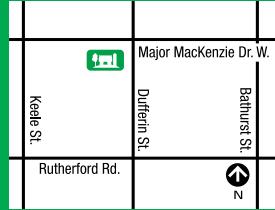
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50 MATHESON BLVD. E.  
AT HURONTRARIO ST.  
**905.501.9910**



850 ELLESMORE RD.  
AT KENNEDY RD.  
**416.298.1999**



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

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