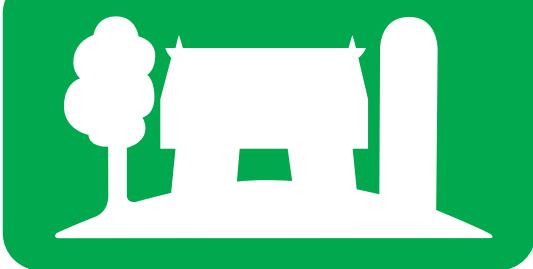


Fresh savings effective
Friday, January 13 to
Thursday, January 19, 2017

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



Look inside for
Chinese New Year Specials
Check out highlandfarms.ca
for more tasty goodness.

HIGHLAND FARMS



START FRESH



Fresh Ontario
Boneless Pork Loin
Centre Cut Chops



Picked Fresh
from our own
Highland Farms Orchards



Fresh Apples
McIntosh, Cortland, Matsu, Spy,
Red or Golden Delicious
Fancy Grade

SAVE MORE!

299
/lb
6.59/kg

79¢
/lb
1.74/kg



Mazola
100% Pure Corn Oil

788
3.78L



Allen's 100% Pure
Apple Juice 1.05L,
Fruité Fruit Drinks or
Tetley Iced Tea 2L

99¢
each



Kellogg's Cereal
Corn Flakes 680g,
Raisin Bran 425g or
All-Bran Bran Flakes 670g

299
each

Produce

Driscoll's
Only the Freshest Berries



Blackberries or
Raspberries
Product of Mexico

2/500
170g

Blackberries or
Raspberries
Product of Mexico



Sweet
Red Peppers
Product of Mexico
No. 1 Grade

1.99
/lb
4.39/kg



Foodland
ONTARIO

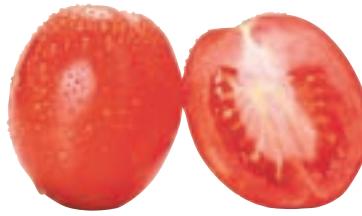
Ontario Homegrown
Bosc Pears
Fancy Grade

99¢
/lb
2.18/kg



Apricots
Product of Chile
No. 1 Grade

2.99
/lb
6.59/kg



Roma Tomatoes
Product of Mexico
No. 1 Grade

99¢
/lb
2.18/kg



Andy Boy
Romaine Hearts
Product of U.S.A.

2/500
pkg of 3



Mangos
Product of Ecuador

2/3.00



Dole

Extra Sweet
Pineapples
Product of
Costa Rica

2.99
each



Zucchini
Product of Mexico

99¢
/lb
2.18/kg



Green Beans
Product of U.S.A.

1.49
/lb
3.28/kg



Organic

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

2.49
/lb
5.49/kg



Yellow Onions
Product of U.S.A.
No. 1 Grade

3.99
3lb
bag



Potatoes
Baking, Red or
Yellow Fleshed,
Product of Canada
No. 1 Grade

3.99
5lb
cello bag

Floral



Premium
Jumbo Bouquets

18.99
each

Bakery

Dairy



Dempster's
Sliced Bread
Whole Grains
Selected Varieties

2/500
600g



Country Goodness
Bagels
Assorted Varieties

2/300
510g



Highland Farms
Country Kitchen
Fresh Scones
Assorted Varieties

4.99
pkg of 6



SAVE MORE!

21.99
each



Oasis
Premium
Orange Juice
Assorted Varieties

3.99
2.5L



iögo Yogurt
ProBio Lactose Free
12x100g or
Original, 0%
16x100g

4.49
each



Astro Athentikos
Greek Yogurt 4x100g
or Ancient Grains
2x150g
Selected Varieties

2.49
each



Lactantia
Flavoured Butter
Provencal Garlic,
Maple or
Tomato Basil

1.79
125g



Natrel
Fine-Filtered Milk
2%, 1% or Skim
Homogenized 4L
\$5.99

4.99
4L



Silk
Almond, Cashew
or Organic
Soy Beverage
Assorted Varieties

3.49
1.89L



Liberté
Organic
Greek Yogourt
Assorted Varieties

3.99
500g



Naturegg
Organic
Medium Eggs

5.49
dozen

Brands You Love



Minute Maid, Five Alive or Nestea
Iced Tea 10x200ml or Minute Maid
Fruit Punch, Lemonade or Nestea 1.89L
Assorted Varieties

SAVE MORE!
2/5⁰⁰



Primo
Soup
Assorted Varieties

3/4⁰⁰
540ml



Del Monte
Fruit Bowls
Assorted Varieties

2/4⁰⁰
pkg of 4



Dare
Cookies
Selected Varieties

2⁹⁹
125-300g



Milano
Croissants
Assorted Varieties

2/4⁰⁰
300g



Pure Leaf Iced Tea 547ml,
Starbucks Iced Coffee &
Frappuccino 325-444ml,
O.N.E. Coconut Water 500ml
or Ocean Spray Pact 473ml

2/4⁰⁰



Karma
Wellness Water
Assorted Varieties

2/5⁰⁰
532ml



Manitoba Harvest
Hemp Hearts
Raw Shelled
Hemp Seeds

6⁹⁹
227g



Three Works
Apple Chips
Assorted Varieties

2/5⁰⁰
50g



Natur-a
Beverages
Organic Soy, Rice
or Fortified Almond
Assorted Varieties

2/5⁰⁰
946ml



Martelli
Organic
Apple Cider Vinegar

3⁹⁹
500ml

Everyday Essentials



Nestlé Pure Life
Natural
Spring Water

1 99
12x330ml



Red Rose
Orange Pekoe Tea

SAVE MORE!
7 99
216's



Orville
Redenbacher's
Microwave
Popcorn
Assorted Varieties

3 99
248-540g



UFC
Refresh 100%
Coconut Water
Case of 12x500ml
\$15.99

1 49
500ml

Celebrate Chinese New Year!



Thai Kitchen
Premium
Coconut Milk
Regular or Lite

2 68
400ml



Kikkoman
Soy Sauce
Regular or Teriyaki

3 48
591ml



VH
Cooking or
Stir-Fry Sauce
Assorted Varieties

2 48
341-355ml



Mr. Clean
All Purpose
Cleaner
Assorted Varieties

2 99
1.2L



Uncle Ben's Rice
Long Grain
Converted 2kg
or Whole Grain
Brown 1.6kg

6 98
each



SPAM
Luncheon Meat
Assorted Varieties

3 88
340g



Teriyaki Experience
Sauce Sensasion 350ml
Assorted Varieties or
Huy Fong Sriracha
Hot Chili Sauce 740ml

3 48
each

Seafood

Frozen Foods



Fresh
Cod Fillets
Product of Iceland

SAVE MORE!

9.99
/lb
22.02/kg

Fresh
Wild Sea Smelts

6.99
/lb
15.41/kg



Fresh
Arctic Char
Fillets

13.99
/lb
30.84/kg



High Liner Marinated
Mesquite Salmon,
Lime Chili Tilapia or
Roasted Garlic Haddock
Frozen

8.99
454g

High Liner
Catch of the Day
Haddock Fillets
Frozen

8.99
680g



Maple Leaf
Prime Naturally
Frozen Chicken
Nuggets, Strips
or Burgers

7.99
750g



Michelina's
Frozen Entrées
Selected Varieties

99¢
128-284g



VH or
Healthy Choice
Steamers
Frozen Entrées
Selected Varieties

3/10.00
283-306g



Alexia
Frozen Fries
340-567g
Selected Varieties

20%
OFF
regular retail



Chapman's
Sorbet 2L or Sweet
Canadian Options
Novelties 4-8 pk
Selected Varieties

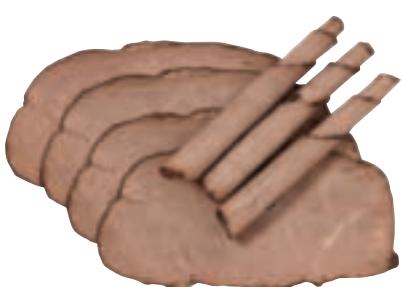
2.99
each



Bremner's
Organic
Frozen Fruit
Assorted Varieties

19.99
1.5kg





Fletcher's
Angus Roast Beef
Freshly Sliced
at the Deli

9.99
/lb
22.02/kg



Piller's
Black Forest Ham
Freshly Sliced
at the Deli

4.99
/lb
11.00/kg



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

8.99
/lb
19.82/kg



Cayer
Havarti Cheese
Regular or Light
Freshly Sliced
at the Deli

7.99
/lb
17.61/kg



Schneiders
Lifestyle Fat Free Cooked
Chicken or Turkey
Freshly Sliced at the Deli

SAVE MORE!

8.99
/lb
19.82/kg



Agropur
Import Collection
Double Crème
Brie

9.99
/lb
22.02/kg



Santa Lucia
Mozzarella
Cheese

4.49
340g



Santa Lucia
Mozzarella
Fior' di Latte
Cheese

4.49
250g



Silani
Cheese Slices
Assorted Varieties

2.49
100g



Mastro
Extra Lean
Capocollo
Mild or Hot
Sliced



Mastro
Sliced
Genoa Salami
Hot or Mild

2.99
125g



Veal or Chicken
Cutlet on a
Panuozzo Bun
2 Toppings
Included

6.99
each



Chickpea
Jardiniere Salad

1.89
/100g

Fresh Meat



Fresh Ontario
Picnic Pork Shoulder
Minced \$1.49lb/\$3.28kg



100% Canadian.
Freshly Ground.
Every day.



Fresh
Extra Lean Ground
Sirloin Beef

5.99
/lb
13.21/kg



Fresh
Outside Round
Beef Cutlets
Product of Canada

5.99
/lb
13.21/kg

Canada AAA

AGED
21
DAYS



Fresh Beef
Boneless
Top Sirloin Roast
Product of Canada

7.99
/lb
17.61/kg

Canada AAA

AGED
21
DAYS



Fresh Beef
Boneless
Top Sirloin
Medallion Steaks
Product of Canada

10.99
/lb
24.23/kg



Fresh Ontario
Boneless
Stewing Pork

3.99
/lb
8.80/kg



Fresh Ontario
Pork Loin Cutlets

4.99
/lb
11.00/kg



Fresh Ontario
Boneless Pork
Rib End Chops

3.99
/lb
8.80/kg



Fresh Ontario
Pork Belly

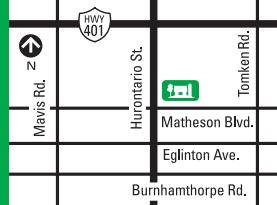
3.49
/lb
7.69/kg



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 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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