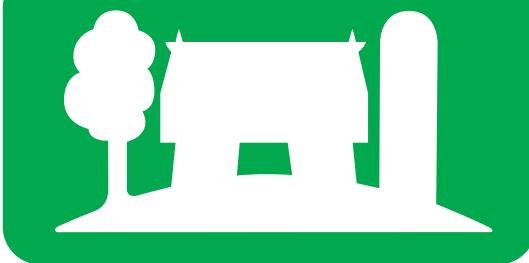


Fresh savings effective
Thursday, July 20 to
Wednesday, July 26, 2017

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

Follow us and
get the latest
deals & savings!



See inside for our
Natural & Wellness
products

HIGHLAND FARMS



START FRESH



Fresh Ontario
Chicken Drumsticks

SAVE MORE!

1.99
/lb
4.39/kg



Ontario Homegrown
Greenhouse Tomatoes on the Vine
No. 1 Grade

SAVE MORE!

99¢
/lb
2.18/kg



Sardo
Vegetable Oil

3.97



Charmin Bathroom Tissue
pkg of 12 Double Rolls or
Bounty Paper Towels
pkg of 6 Regular Rolls

5.97



Tropicana
Pure Premium
Orange Juice
Assorted Varieties

5.49

2.63L

Produce

Driscoll's
Only the finest berries



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

2.99
1lb
tray


Foodland
ONTARIO



Ontario Homegrown
Greenhouse
Sweet Bell Peppers
Red, Yellow or
Orange, No. 1 Grade

1.99
/lb
4.39/kg



Avocados
Product of Mexico

1.99
each



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

2.99
/lb
6.59/kg



Ontario Homegrown
Greenhouse
Seedless
Cucumbers
No. 1 Grade

99¢
each



Head Lettuce
No. 1 Grade
Product of Canada

99¢
each



Fresh
Seedless
Clementines
Product of
South Africa

1.99
/lb
4.39/kg



Forelle Pears
Product of
South Africa
Extra Fancy Grade

1.99
/lb
4.39/kg



Ontario Homegrown
Zucchini
Green or Yellow

99¢
/lb
2.18/kg



Ontario Homegrown
Broccoli

1.49
each



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

3.99
/lb
8.80/kg



Blueberries
Product of Mexico
No. 1 Grade

3.99
170g



Organic
Classic Salads
Product of U.S.A.
Assorted Varieties

3.99
141g



Premium
Roses, 50cm
Assorted Colours
Product of Ecuador

17.99
dozen

Dempster's 10" Tortillas Selected Varieties

349
366-610g



Dimpfmeier
Rye Bread
Monastery Kloster
or Sunflower

279
454g



Stonemill
Bakehouse
Store-Baked
Artisan Bread
Selected Varieties

349
454g



La Rocca
Fresh 8" Peach Raspberry Cake

SAVE MORE!

2199
each



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

499
4L



Sealtest
Sour Cream
Assorted Varieties

199
500ml



Lactantia
Cream Cheese
Assorted Varieties

249
227-250g



Black Diamond
Cheese Slices

599
900g



Danone Yo Crunch 2x143g,
Liberté Classique 750g,
Baby Yogurt 4x75g or
Western Yogurt 750g
Selected Varieties

249
each



Astro Athentikos
Greek Yoghurt
Assorted Varieties

279
4x100g



Liberté Yogurt
Greek or
Organic 2.5%
Selected Varieties

499
8x100g

Brands You Love



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

SAVE MORE!

4.99
515-755g

Nutella
Chocolate
Hazelnut Spread

5.49
725g



Dad's or
Peek Freans
Cookies
Assorted Varieties

2.99
265-350g



San Pellegrino
Sparkling
Fruit Beverage
Assorted Varieties

4.49
6x330ml



Mott's Fruitsations
Apple Sauce
pkg of 6 or
Fruit Rockets
pkg of 4

2/5.00



Primo
Soup
Assorted Varieties

3/4.00
540ml



Primo
Tomato Ketchup

1.99
1L



French's
Prepared Mustard
Selected Varieties

2.79
325ml



Old El Paso
Dinner Kits
Selected Varieties
Salsa 650ml \$2.99

3.99
250-400g



Kisko Mr. Freeze
Pops 80x20ml
or Mott's
Fruitsations Juice
Ice Bars 12x53ml

3.99
each



Pringles
Snack Stacks
Original or
Sour Cream

2.99
152g



Fresh Gourmet
The Better Chip
Assorted Varieties

3.69
170g

Everyday Essentials



Fiji
Natural
Spring Water

5.99
6x500ml



Bounty
Napkins
Fun Prints

2.99
160's



Orangina
Sparkling
Orange Beverage

2.69
1.75L



Allen's
100% Pure Apple Juice

SAVE MORE!
1.99
1.89L



Tim Hortons
Ground Coffee
Original Blend or
Dark Roast

16.99
875-930g



Tim Hortons
Iced Capp
Original, Vanilla
or Mocha

1.99
300ml



Welch's
100% Grape Juice
Concord or White

2.99
1.36L



Scope
Classic Mouthwash
Original Mint or
Cool Peppermint

4.49
1L



Shady Maple Farms
100% Pure Organic
Maple Syrup
Dark

17.99
946ml



Bob's Red Mill
Organic Quinoa
Whole Grain, Red or
Tri-Colour

9.99
453g



Earth's Best
Organic Baby Food
Assorted Varieties

4/5.00
128ml



U-Be-Livin-Smart
Karmaffin
Nutrient Dense
Muffins
Assorted Varieties

4.99
312g

Seafood

Frozen Foods



Fresh, Organic
Atlantic Salmon
Fillets



SAVE MORE!
14.99
/lb
33.05/kg



Tuna Steaks
Previously Frozen

13.99
/lb
30.84/kg



Fresh
P.E.I.
Cultivated Mussels

4.49
2lb
bag



Toppits
Frozen Easy Peel
Raw White Shrimp
21/25ct

13.99
680g



Toppits
Shrimp Meal Kit
General Tso or
Kung Pao

7.99
500g



Belmont Meats
Home Style
Beef Burgers Angus
or Prime Rib
Frozen

8.99
852g



Delissio
Frozen Pizza
Rising Crust or
Pizzeria
Selected Varieties

4.99
530-888g



Green Giant
Frozen Vegetables
Assorted Varieties
Vegetables in Butter Sauce
250g 2/\$3.00

2/5.00
300-750g



Chapman's
Canadian Collection
or Sweet Canadian
Options Novelties
Selected Varieties

2.99
4-8pk



CREATE YOUR OWN
#WAFFLEWICH

BUY 2 Breyers Creamery Style Ice Cream 1.66L at **\$4.99** each
and **GET 1** Kellogg's Eggo 280-330g **FREE**



So Delicious
Lactose Free
Frozen Dessert 500ml
or Mini Bars 4-8pk
Selected Varieties

5.99
500ml



Docktorskaya
Bologna
Freshly Sliced
at the Deli

4⁹⁹
/lb
11.00/kg



Vienna Sausages
At the Deli

5⁹⁹
/lb
13.21/kg



Armstrong
Cheddar Cheese
Mild, Medium or
Marble, Freshly Cut
at the Deli

7⁹⁹
/lb
17.61/kg



Santa Lucia
Mozzarella
Freshly Sliced
at the Deli

5⁹⁹
/lb
13.21/kg

SAVE MORE!

9⁹⁹
/lb
22.02/kg



Tre Stelle
Ricotta Cheese
Regular or Light

3⁹⁹
475g



Chevalier
Double Crème Brie
Regular, Herb &
Pepper
At the Deli

10⁹⁹
/lb
24.23/kg



Santa Lucia
Mozzarella
Cheese

3⁹⁹
340g

Freybe
European Wieners

5⁴⁹
375g



Marc Angelo
Panino Misto
Sliced Deli Meats
with Cheese

2/¹⁰00
100g



Salads Tossed Fresh Daily

Selected Varieties

1⁹⁹
/100g

Meat

Poultry

BRING HOME THE
SIZZLE
THIS SUMMER



Fresh Ontario
Store-Made Pork Sausages
Hot or Mild
Assorted Varieties

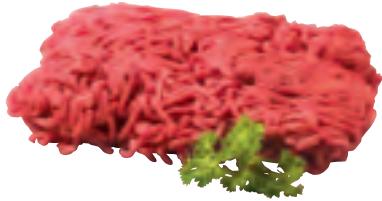
SAVE MORE!

3.99
/lb
8.80/kg



100% Canadian.
Freshly Ground.
Every day.

BRING HOME THE
SIZZLE



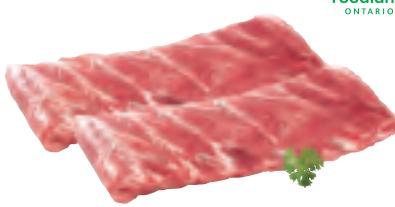
Fresh
Extra Lean
Ground Beef

4.99
/lb
11.00/kg



Fresh
Store-Made
Lean Beef Burgers

4.99
/lb
11.00/kg



Fresh Ontario
Pork Side Ribs

2.99
/lb
6.59/kg



Fresh Ontario
Pork Side Ribs
Centre Cut

3.99
/lb
8.80/kg



Marc Angelo
Bacon Wrapped
Beef Top Sirloin

9.99
340g



Marc Angelo
Kabobs
Chicken Breast
or Pork
Selected Varieties

5.99
320g

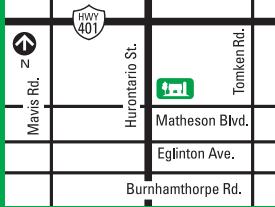
We sell only Canadian Beef

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.

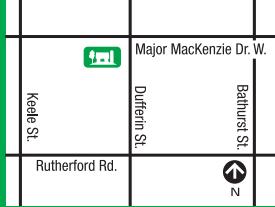
Fresh Savings Effective:
Thursday, July 20 to
Wednesday, July 26, 2017



50 MATHESON BLVD. E.
AT HURONTARIO 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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