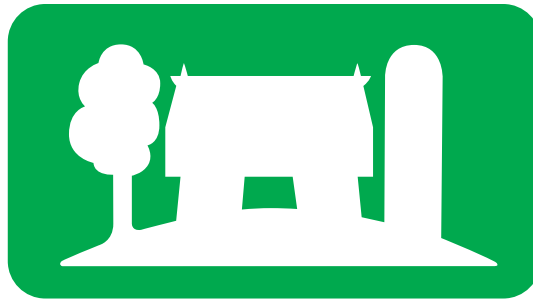


Fresh savings effective
Thursday, March 9 to
Wednesday, March 15, 2017

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



farm
hfstartfresh.ca

HIGHLAND FARMS

—  **START FRESH** —



Fresh Ontario
Boneless Pork Loin Roast

SAVE MORE!

2⁹⁹
/lb
6.59/kg



Asparagus
Product of Mexico
No. 1 Grade

SAVE MORE!

1⁹⁹
/lb
4.39/kg



Emma
Italian Peeled Tomatoes
Product of Italy

99¢
796ml



Nature Valley
Granola Bars 130-230g,
Betty Crocker Fruit Snacks
120-226g or Dunkaroos 130g
Selected Varieties

1⁹⁷
each



Naturegg
Omega 3 Large White Eggs

4⁴⁹
pkg of 18

Produce



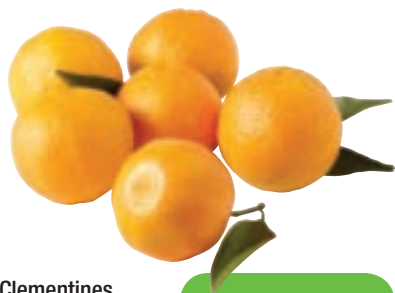
Blueberries
Product of Mexico
No. 1 Grade

2⁹⁹
170g



Large Tomatoes
Product of U.S.A.
No. 1 Grade

99¢
/lb
2.18/kg



Clementines
Stem & Leaf
Product of Spain

1⁹⁹
/lb
4.39/kg



Mini Seedless
Watermelons
Product of Honduras

2⁹⁹
each



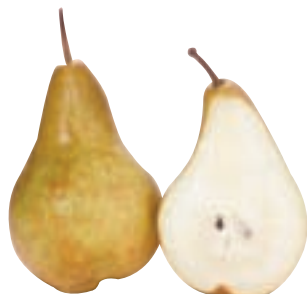
Head Lettuce
Product of U.S.A.
No. 1 Grade

99¢
each



Ontario Homegrown
Greenhouse Grown
Seedless
Mini Cucumbers

1⁹⁹
/lb
4.39/kg



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

1⁴⁹
/lb
3.28/kg



Pomegranates
Product of Peru
Large Size

2⁹⁹
each



Bi-Colour Corn
Product of U.S.A.
No. 1 Grade

2⁹⁹
pkg of 5



White Potatoes
Product of P.E.I.
No. 1 Grade

2⁹⁹
10lb
paper bag



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

1⁹⁹
/lb
4.39/kg



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

1⁹⁹
each



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

2⁹⁹
2lb
cello bag



Floral

Premium
Roses, 50cm
Assorted Colours
Product of Ecuador

17⁹⁹
dozen

Bakery

Dairy



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

2²⁹
each

MADE WITH

Amarena Cherries
& Custard or Ricotta



The Worthy Crumb
Pastry Co.
Crostata
Assorted Varieties

4⁹⁹
450-490g



Fresh Store-Baked
Zeppole
Min. Weight
100g each

6/14⁹⁹
or \$2.99 each



La Rocca
Fresh 8" Maple Nut Fudge Cake

SAVE MORE!

21⁹⁹
each



Tropicana Tropics,
Lemonade or
Pure Leaf Iced Tea
Selected Varieties

1⁹⁹
1.75L



Pillsbury Grands!
Cinnamon Rolls
or Ready to Bake!
Cookies
Selected Varieties

2⁹⁹
454-496g



Black Diamond
Natural
Cheddar or Gouda
Cheese Slices

3⁹⁹
280g



Elwest
Maslanka,
Ryazhenka or
Kefir
Assorted Varieties

2⁴⁹
944ml



iögo
Drinkable Yogourt
Regular or
Lactose Free
Selected Varieties

2/1⁰⁰
200ml



Liberté
Greek Yogourt
Assorted Varieties

4⁹⁹
750g



Liberté
Méditerranée
Yogourt
Plain or Vanilla

3⁹⁹
750g



Natrel Lactose
Free Milk
Homogenized,
2%, 1%, Skim or
Chocolate

3⁹⁹
2L

Brands You Love



Unico
Lasagne
Regular & Oven Ready

SAVE MORE!

1.69
375-500g



General Mills
Fibre 1 425-450g
or Oatmeal Crisp
425-505g
Selected Varieties

3.99
each



Uncle Ray's
Potato Chips
Assorted Varieties

99¢
130-150g



VH
Cooking or
Stir-Fry Sauce
Assorted Varieties

2/5.00
341-355ml



Pan Ducale
Bastoncini Biscuits
Assorted Varieties

3.69
180-250g



Sardo
Social Tea Biscuits

1.79
400g



Bugles
Assorted Varieties

1.99
212-213g



Vita Coco
100% Pure
Coconut Water
Regular and
with Pineapple

3.49
1L



Barilla
Pasta
Assorted
Regular Cuts

1.49
454g



Barilla
Pasta Sauce
Assorted Varieties

2.49
650ml



PurOliva
Blended Oil

4.99
1.89L

Everyday Essentials



Studenac
Carbonated
Natural
Mineral Water

4.49
6x1.5L



Orville Redenbacher's
Microwave Popcorn
Assorted Varieties

SAVE MORE!

3.99
248-540g



Del Monte
Fruit Nectar or
Oasis Classic
100% Juice
Selected Varieties

3/4.00
960ml



Blue Diamond
Almond Breeze
Beverage
Refrigerated
Assorted Varieties

3.99
1.89L



Clif
Builder's
Protein Bars
Selected Varieties

3/5.00
68g



Oasis
Active Protein
Juice Beverage
Assorted Varieties

1.99
300ml



Purina
Fancy Feast
Cat Food
Assorted Varieties

3/1.99
85g

NEW!



Bertolli
Organic Olive Oil
Extra Virgin
or Light

9.99
750ml



Pacific
Organic Broth
Assorted Varieties

3.99
946ml-1L



GT'S
Organic Raw
Kombucha Drink
Assorted Varieties

3.49
480ml



Three Works
Apple Chips
Assorted Varieties

2.69
50g

Seafood

Frozen Foods



Fresh
Tilapia Fillets

SAVE MORE!

7⁹⁹
/lb
17.61/kg



Fresh
Catfish Fillets

9⁹⁹
/lb
22.02/kg



Fresh
Whole Dressed
European
Sea Bass

7⁹⁹
/lb
17.61/kg



High Liner
Frozen Fish
Family Pack
Fish Sticks, Fish Fries
or Fish in Tempura

6⁹⁹
700g



Schneiders
Frozen Meat Pies
Assorted Varieties

3⁹⁹
400g



Chapman's Gelato 1.5L,
Canadian Collection
or Sweet Canadian
Options Novelties 4-8pk
Selected Varieties

2⁹⁹
each



McCain
Marché Pizza,
Harvest Pockets or
Protein Pop'ables
Selected Varieties

2/6⁰⁰
240-260g



Krinos
Fillo Twisters
Assorted Varieties

6⁹⁹
1kg



Sicilian
Ice Cream 2L or
Tartufo Ice Cream
Desserts 440ml

5⁴⁹
each

Deli

Country Kitchen



Schneiders
Jumbo
Summer Sausage
Freshly Sliced
at the Deli

7⁹⁹
/lb
17.61/kg



Schneiders
Lifestyle Fat Free
Cooked Turkey
Freshly Sliced
at the Deli

9⁹⁹
/lb
22.02/kg



Santa Lucia
Provolone Cheese
Freshly Sliced
at the Deli

8⁹⁹
/lb
19.82/kg



Santa Lucia
Mozzarella
Freshly Sliced
at the Deli

6⁹⁹
/lb
15.41/kg



Maple Leaf
Country Kitchen Deli Ham
Freshly Sliced at the Deli

SAVE MORE!

3⁹⁹
/lb
8.80/kg



Stella
Asiago Cheese

12⁹⁹
500g



Saputo
Parmesan Cheese
Petals

3⁹⁹
125g



Silani
Cherry Bocconcini
Cheese

2⁹⁹
130g



Silani
Fresh Ricotta
Cheese

2⁹⁹
454g



Schneiders
Red Hots
Original Style
Wieners

3⁹⁹
450g



Schneiders
Grill'em's
Smoked Sausages
Assorted Varieties

4⁹⁹
375g



**Pasta Salads
Tossed Fresh Daily**



Selected Varieties

1⁸⁹
/100g

Meat

Poultry



Fresh Inside Round Beef Cutlets
Product of Canada

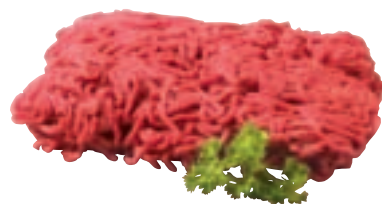
Canada

AAA

SAVE MORE!

5⁹⁹
/lb 13.21/kg

100% Canadian.
Freshly Ground.
Every day.



Fresh Extra Lean Ground Beef

4⁹⁹
/lb 11.00/kg



Fresh Beef Stir Fry Product of Canada

6⁹⁹
/lb 15.41/kg

GREAT FOR PULLED PORK



Fresh Ontario Boneless Pork Shoulder Blade Roast

2⁹⁹
/lb 6.59/kg



Fresh Ontario Pork Shoulder Blade Steaks

3⁴⁹
/lb 7.69/kg



Fresh Ontario Pork Loin Cutlets

4⁹⁹
/lb 11.00/kg



Fresh Ontario Boneless Pork Loin Centre Cut Chops

3⁹⁹
/lb 8.80/kg

CLUB PACKS



Fresh Ontario Boneless Pork Rib End Chops

4⁹⁹
/lb 11.00/kg



Fresh Ontario Boneless Chicken Breast Cutlets

8⁹⁹
/lb 19.82/kg



We sell only Canadian Beef



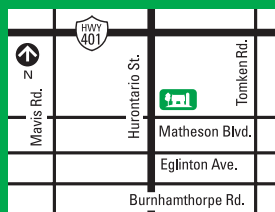
Visit our 3 locations.
Open 7 days a week.

Store Hours:

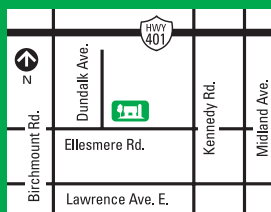
Monday – Saturday:
7:00a.m. till 10:00p.m.
Sunday: 8:00a.m. till 8:00p.m.

Fresh Savings Effective:

Thursday, March 9 to
Wednesday, March 15, 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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