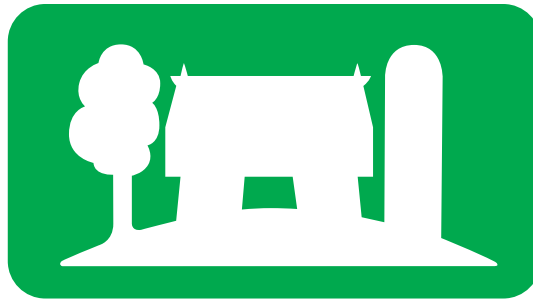


Fresh savings effective
Friday, May 6 to
Thursday, May 12, 2016

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



HIGHLAND FARMS

—  **START FRESH** —

Happy Mother's Day
Surprise mom with sweet treats
and beautiful bouquets



Fresh Ontario
Milk-Fed Veal Loin & Rib Chops

SAVE MORE!

8⁹⁹
/lb
19.82/kg



Ontario Homegrown
Greenhouse Grown
Tomatoes on the Vine
No. 1 Grade

SAVE MORE!

99¢
/lb
2.18/kg



La Molisana
Pasta 450g,
Assorted Regular Cuts or
Passata Di Pomodoro 680ml

99¢
each



Ice River Springs
Natural Spring Water

1⁹⁹
24x500ml



Tropicana Tropics,
Lemonade or
Pure Leaf Iced Tea
Selected Varieties

2⁹⁹
1.75L

Produce



Red Seedless
Grapes
Product of Chile
No. 1 Grade

2⁹⁹
/lb
6.59/kg



Asparagus
Product of U.S.A.,
Washington
No. 1 Grade

3⁹⁹
/lb
8.80/kg



Abate Pears
Product of
Argentina
Extra Fancy Grade

1⁹⁹
/lb
4.39/kg



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

3⁹⁹
170g



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

99¢
/lb
2.18/kg



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

2⁹⁹
pkg of 3



Avocados
Product of Mexico

3/4⁰⁰



Extra Sweet
Pineapples
Product of
Costa Rica

3⁹⁹
each



Zucchini
Product of Mexico

99¢
/lb
2.18/kg



Fresh Extra Sweet
Vidalia Onions
Product of U.S.A.,
Georgia, No. 1 Grade
Jumbo Size

99¢
/lb
2.18/kg

FIRST
OF THE
SEASON



Bartlett Pears
Product of
Argentina
Extra Fancy Grade

2⁴⁹
/lb
5.49/kg



Baking Potatoes
Product of P.E.I.
Canada
No. 1 Grade

3⁹⁹
5lb
cello bag



Premium Roses,
50cm
Assorted Colours
Product of Ecuador

17⁹⁹
dozen



Premium
Large Mother's Day
Centrepiece

24⁹⁹
each

Bakery

Dairy



Grainhouse
Soft Slice Bread
White or
100% Whole Wheat

1.99
675g



Hot Dog or
Hamburger Buns

2.49
pkg of 12



Goldminer
California
Sourdough Bread
White or
Cracked Wheat

2.49
680g



Dufflet Pastries
Fresh 6" Mother's Day Layer Cakes
Blue Velvet, Pink Velvet,
Lemon Coconut or Vanilla

SAVE MORE!

19.99
each



2/\$8.00

\$2.79
each



NATREL
6 X 200 ML
CHOCOLATE MILK

MIX AND
MATCH



MINI BABYBEL
120 G
ASSORTED VARIETIES



NATREL
1 L
LACTOSE FREE
10% COFFEE
CREAMER



SEALTEST
473 ML
35% WHIPPING
CREAM



SEALTEST
1 L
10% OR 5%
CREAM



Becel
Margarine
Assorted Varieties

4.99
907g



Lactantia
Cream Cheese
Assorted Varieties

2.49
250g



iögo
Nano 6x60g or
Zip Tubes 8x60g

1.99
each



Liberté
Organic Kéfir 1L
Selected Varieties

3.49
each



Liberté
Organic
Greek Yogourt
Assorted Varieties

2.99
4x100g



Naturegg
Organic
Large Eggs

5.99
dozen

Brands You Love



Lipton Iced Tea or
Dole Sparklers 12x355ml or
Gatorade 6x591ml
Selected Varieties

SAVE MORE!

4⁹⁹
each



Sardo Cucina
Pickled
Mixed Vegetables
Hot Pepper Rings
or Peperoncini

1⁹⁹
750ml



Tropical Grove
Fruit Cocktails
Assorted Varieties

2/5⁰⁰
9x300ml



Lavazza
Specialty
Ground Coffee
Selected Varieties

7⁹⁹
340g



Welch's
100% Grape Juice
Concord or White

2⁹⁹
1.36L



Skippy
Peanut Butter
Assorted Varieties

4⁹⁹
500g-1kg



Barbara's Cereal
Puffins &
Snackimals
Assorted Varieties

4⁴⁹
255-312g



Montellier
Carbonated
Mineral Water
Natural or Lemon

4⁹⁹
6x1L



Three Farmers
Roasted
Chick Peas
Assorted Varieties

3⁶⁹
120g



Bounce
Energy Ball
Protein Bars
Selected Varieties

2/5⁰⁰
40-49g



Endangered
Species
Dark Chocolate Bars
Assorted Varieties

3⁴⁹
85g

Everyday Essentials



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

3⁹⁹
each



Baci
Perugina Chocolates

SAVE MORE!

9⁹⁹
343g



Blue Diamond
Almond Breeze
Non-Dairy
Beverage
Assorted Varieties

2/5⁰⁰
946ml



Red Rain
Energy Drinks
Selected Varieties

3⁴⁹
4x250ml



Vita Coco
100% Pure
Coconut Water
Regular and
with Pineapple

2⁹⁹
1L



Finish
Dishwasher Tabs

14⁹⁹
pkg of 60



Comet
Cleanser
Original or
Lemon Fresh

79¢
400g



Sardo
Organic Olives
Selected Varieties

2⁷⁹
375ml



Manitoba Harvest
Hemp Protein
Smoothie Mix
Selected Varieties

17⁹⁹
300g



Bakery on Main
Cereal and Granola
Selected Varieties

5⁹⁹
300-340g



Bob's Red Mill
Ground Almond
Meal/Flour

12⁹⁹
453g

Seafood

Frozen Foods



Fresh
Atlantic Salmon Steaks

SAVE MORE!

7⁹⁹
/lb
17.61/kg



Fresh
Arctic Char Fillets

13⁹⁹
/lb
30.84/kg



Fresh
Cod Fillets
Product of Iceland

10⁹⁹
/lb
24.23/kg



Waterview Market
Frozen
Raw White Shrimp
Caribbean or
Lemon & Garlic

9⁹⁹
480g



Dom Reserve
Cedar-Planked
Frozen
Steelhead Salmon
Assorted Varieties

12⁹⁹
454g



Cardinal Select
Frozen
Savoury Chicken
or Veggie Burgers

8⁹⁹
852-908g



Chapman's
Frozen Yogurt
Assorted Varieties

3⁹⁹
2L



Krinos
Fillo Twisters
Assorted Varieties

6⁹⁹
840g

Earthbound Farm
Frozen Organic
Fruits & Vegetables
300-400g
Selected Varieties

20% OFF
regular retail



Ben & Jerry's
Ice Cream
Assorted Varieties

4⁹⁹
500ml

Deli

Country Kitchen



Mastro
Prosciutto Cotto
Freshly Sliced
at the Deli

4⁴⁹
/lb
9.90/kg



Cuddy
Oven Roasted
Chicken or Turkey
Breast, Freshly
Sliced at the Deli

7⁹⁹
/lb
17.61/kg



Agropur
Havarti Cheese
Regular
Freshly Sliced
at the Deli

7⁹⁹
/lb
17.61/kg



Santa Lucia
Provolone Cheese
Freshly Sliced
at the Deli

8⁹⁹
/lb
19.82/kg



Maple Leaf
Country Kitchen
Deli Ham
Freshly Sliced at the Deli

SAVE MORE!

3⁹⁹
/lb
8.80/kg



Marc Angelo
Imported
Sliced Meats
Assorted Varieties

5⁴⁹
100g



Anco
Gouda Cheese
Assorted Varieties

3⁹⁹
170g



Santa Lucia
Bocconcini
Cheese

4⁴⁹
200g



Maple Leaf
Natural Selections
Pork or Chicken
Wieners

2⁹⁹
375g



Maple Leaf
Bacon
Selected Varieties

4⁹⁹
375g



Salads Tossed Fresh Daily



Selected Varieties

1⁹⁹
/100g

Meat

Poultry



Freshly Seasoned
In-Store Chicken Breast
Boneless, Skinless, Mango & Chili,
Mediterranean or Avignon

SAVE MORE!

5⁹⁹
/lb
13.21/kg

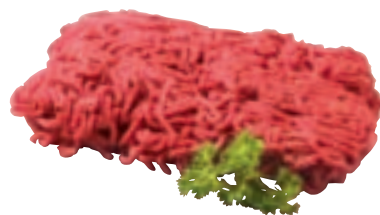
Bring home
the Sizzle



Fresh Gourmet
Pork Sausages
Provolone, Sundried
Tomato, Garlic & Wine
or Rapini & Cheese

5⁹⁹
/lb
13.21/kg

100% Canadian.
Freshly Ground.
Every day.



Fresh
Lean Ground Beef

4⁹⁹
/lb
11.00/kg

Canada AAA

AGED
21
DAYS



Fresh
Beef Tenderloin
Steak or Roast
Product of Canada

19⁹⁹
/lb
44.07/kg

Bring home
the Sizzle



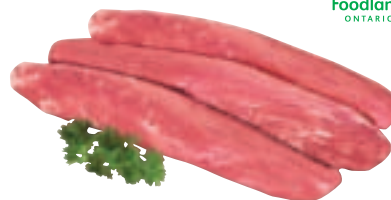
Fresh Beef
Chuck Short Ribs
Cut from Canada AA
Grade Beef or Higher
Product of Canada

7⁹⁹
/lb
17.61/kg



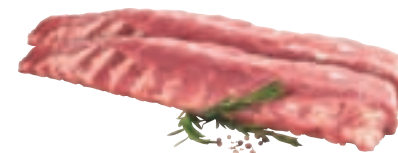
Fresh
Store-Made
Pork or Chicken
Souvlaki

7⁹⁹
/lb
17.61/kg



Fresh Ontario
Pork Tenderloin

3⁹⁹
/lb
8.80/kg



Fresh Ontario
Pork Back Ribs

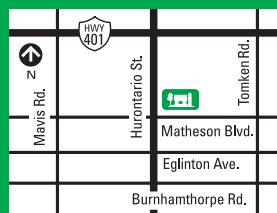
4⁹⁹
/lb
11.00/kg



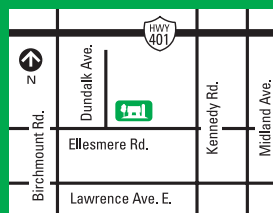
We sell only Canadian Beef



Visit our
2 locations.
Open 7 days
a week.



50 MATHESON BLVD. EAST,
AT HURONTARIO ST. 905.501.9910



850 ELLESMERE RD.
AT KENNEDY RD. 416.298.1999

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

Fresh Savings Effective:
Friday, May 6 to
Thursday, May 12, 2016



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