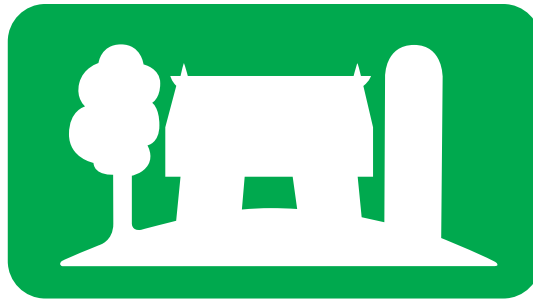


Fresh savings effective  
Friday, January 8 to  
Thursday, January 14, 2016

Sign-up for your E-flyer  
today at [highlandfarms.ca](http://highlandfarms.ca)



# HIGHLAND FARMS



## START FRESH

Check out our  
fresh new look  
Visit [highlandfarms.ca](http://highlandfarms.ca) for a  
new and delicious experience



Canada AAA

AGED  
21  
DAYS

SAVE MORE!

**4<sup>99</sup>**  
/lb  
11.00/kg

Fresh Beef  
Sirloin Tip Roast  
Product of Canada



SAVE MORE!

**1<sup>49</sup>**  
bunch

Broccoli  
Product of U.S.A.  
Large Size



Kellogg's  
Corn Flakes Cereal

**2<sup>99</sup>**  
680g



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

**1<sup>99</sup>**  
each



Oasis Premium Orange,  
Apple Juice, Health Break  
Blends or Smoothies  
Selected Varieties

**2<sup>49</sup>**  
1.65-1.75L

# Produce



Blueberries  
Product of Chile  
No. 1 Grade

**2<sup>99</sup>**  
170g



Romaine Lettuce  
Product of U.S.A.

**1<sup>49</sup>**  
each



Avocados  
Product of Mexico

**99¢**  
each



Peaches  
No. 1 Grade or  
Nectarines  
Product of Chile

**2<sup>99</sup>**  
/lb  
6.59/kg



Ontario Homegrown  
Greenhouse Grown  
Seedless  
Cucumbers  
No. 1 Grade

**1<sup>49</sup>**  
each



Sweet  
Green Peppers  
Product of U.S.A.  
No. 1 Grade  
Extra Large Size

**1<sup>49</sup>**  
/lb  
3.28/kg



Rocha Pears  
Product of  
Portugal  
Extra Fancy Grade

**1<sup>49</sup>**  
/lb  
3.28/kg



Clementines  
Stem & Leaf  
Product of Spain

**1<sup>99</sup>**  
/lb  
4.39/kg



Eggplants  
Product of Mexico

**1<sup>49</sup>**  
/lb  
3.28/kg



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

**2<sup>49</sup>**  
10lb  
poly bag



Royal Gala Apples  
Product of B.C.  
Canada  
Extra Fancy Grade

**2<sup>49</sup>**  
/lb  
5.49/kg



Seedless  
Navel Oranges  
Product of U.S.A.

**4<sup>99</sup>**  
3lb  
bag



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

**3<sup>99</sup>**  
3lb  
bag



Floral

Orchids  
Assorted Colours  
Product of Ontario

**14<sup>99</sup>**  
5"  
ceramic pot



# Bakery

# Dairy

**BACK TO SCHOOL**  
With

**Dempster's** **MAPLE LEAF** **SCHNEIDER'S**

**Dempster's Smart White & Whole Wheat** \$2.29 675g

**Dempster's 100% Whole Grains** \$2.49 600g

**Schneider's Lunchmate Kits** \$2.49 99-142g

**Maple Leaf Natural Selections Sliced Meats** \$4.99 175g



NUT FREE

Treasure Mills School Safe Snacks Mini Loaves, Brownie Bars or Cookie Bars

**2.99**  
296-320g



Stonemill Bakehouse Sliced Grain Bread Selected Varieties

**2.99**  
454g



Fresh Store-Made 7" Boston Cream Cake with Fresh Fruit

**12.99**  
each



Elite Dairy Natural Yogurt Assorted Varieties

**1.79**  
750g



Milk 2 Go Sport Milk Protein Shake

**1.79**  
325ml



Danone DanActive Drinkable Yogurt 8x93ml or Activia 12x100g Selected Varieties

**4.99**  
each



Black Diamond Cheese Assorted Varieties

**5.99**  
400-450g



Naturegg Nature's Best Large White Eggs

**3.29**  
dozen



Gay Lea Spreadables Butter Assorted Varieties

**2.99**  
227g



Yoplait Minigo 6x60g, Greek Minigo 4x75g or Tubes 8x60g Assorted Varieties

**1.99**  
each



# Brands You Love



Unico Pasta  
Assorted Regular Cuts

SAVE MORE!

**2/99¢**

454g



Lay's  
Potato Chips 255g  
or Kettle Cooked  
Chips 220g  
Assorted Varieties

**3/800**



Sardo  
Canola Oil

**5<sup>99</sup>**  
3L



Italpasta  
Macaroni &  
Cheese  
Pasta Dinner

**2/99¢**  
200g



Martelli  
Premium Arborio  
Rice

**3<sup>99</sup>**  
1kg



Milano  
The Original 'S'  
Biscuits

**99¢**  
250g



Dare  
Bear Paws  
Selected Varieties

**2/500**  
168-270g



Tropical Grove  
Fruit Cocktails  
Assorted Varieties

**2/400**  
9x300ml



Aurora  
Sea Salt  
Coarse, Fine or  
Fine Iodized

**99¢**  
1kg



Podravka Vegeta  
All Purpose  
Seasoning

**5<sup>99</sup>**  
1kg



Rogers  
Five Grain Granola  
Assorted Varieties

**3<sup>99</sup>**  
700-750g



# Everyday Essentials



Sensible Portions  
Veggie Straws  
Assorted Varieties

**2/5<sup>00</sup>**  
142g



Quaker  
Crispy Minis Rice Cakes  
Assorted Varieties

**SAVE MORE!**

**3/5<sup>00</sup>**  
100-186g



Dawn or Ivory  
Liquid Dish Soap  
Assorted Varieties

**1<sup>99</sup>**  
532-709ml



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

**1<sup>99</sup>**  
each



Oasis  
100% Juice Blends  
Classic or FruitZoo  
No Sugar Added  
Assorted Varieties

**2/5<sup>00</sup>**  
8x200ml



Fuggi  
Spring Water  
Natural, Sparkling

**9<sup>99</sup>**  
6x1L



Scope Classic  
Mouthwash  
Original Mint or  
Cool Peppermint

**4<sup>49</sup>**  
1L



Muir Glen  
Organic Tomatoes  
Assorted Varieties

**2<sup>99</sup>**  
796ml



Cascadian Farm  
Organic Cereal  
Assorted Varieties

**3<sup>99</sup>**  
255-450g



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

**2/5<sup>00</sup>**  
946ml



Burt's Bees  
Lip Balm  
Assorted Varieties

**2/7<sup>00</sup>**  
4.25g



# Seafood

# Frozen Foods



Fresh  
Whole Dressed Rainbow Trout

SAVE MORE!

**6<sup>99</sup>**  
/lb  
15.41/kg



Wild



Fresh  
Wild Ocean Perch  
Fillets

**7<sup>99</sup>**  
/lb  
17.61/kg



Wild



Fresh  
Wild Pacific Snapper  
Fillets

**7<sup>99</sup>**  
/lb  
17.61/kg



Ocean Prime  
Frozen Cod  
Portions

**11<sup>99</sup>**  
908g



Ocean Prime  
Frozen Sole  
Fillets

**11<sup>99</sup>**  
1.13kg



Janes  
Pub Style Chicken  
Nuggets, Strips or  
Burgers

**6<sup>99</sup>**  
800g



Michelina's  
Frozen Entrées  
Assorted Varieties

**99¢**  
128-284g



VH or  
Healthy Choice  
Steamers  
Frozen Entrées  
Assorted Varieties

**3/10<sup>00</sup>**  
283-306g



Breyers Fruttare  
pkg of 4-6 or  
Magnum Mini  
4x55ml  
Assorted Varieties

**4<sup>99</sup>**  
each



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

**2<sup>99</sup>**  
each



## Deli

## Country Kitchen



Mastro  
Genoa Salami  
Regular or Hot  
Freshly Sliced  
at the Deli

**7<sup>99</sup>**  
/lb  
17.61/kg



Lilydale  
Oven Roasted  
Turkey Breast  
Freshly Sliced  
at the Deli

**9<sup>99</sup>**  
/lb  
22.02/kg



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

**6<sup>99</sup>**  
/lb  
15.41/kg



Dofino  
Havarti Cheese  
Freshly Cut  
at the Deli

**7<sup>99</sup>**  
/lb  
17.61/kg



Fletcher's  
Black Forest Ham  
Freshly Sliced at the Deli

**SAVE MORE!**

**3<sup>99</sup>**  
/lb  
8.80/kg



Agropur  
Oka Cheese  
Regular, Light or  
Classic

**6<sup>99</sup>**  
225g



Agropur  
Brie Normandie  
or L'Extra  
Camembert  
Cheese

**4<sup>49</sup>**  
170g



Saputo  
Sliced Cheese  
Selected Varieties

**2<sup>49</sup>**  
90-100g



Castello  
Traditional  
Blue Cheese  
At the Deli

**10<sup>99</sup>**  
/lb  
24.23/kg



Freybe  
European Wieners

**5<sup>99</sup>**  
375g



Freybe  
Damn Hot  
Pepperoni

**9<sup>99</sup>**  
500g



Veal or Chicken  
with Tomato Sauce  
on a Panuozzo Bun  
2 Toppings  
Included

**6<sup>99</sup>**  
each

Panzerotti  
Four Cheese or  
Pepperoni  
Min. Weight 240g

**5<sup>99</sup>**  
each

# Meat

# Poultry

Canada AAA

AGED  
21  
DAYS



Fresh Beef  
Sirloin Tip Steaks  
Product of Canada

SAVE MORE!

**5<sup>99</sup>**  
/lb  
13.21/kg

100% Canadian.  
Freshly Ground.  
Every day.



Fresh  
Extra Lean  
Ground Sirloin  
Beef

**4<sup>99</sup>**  
/lb  
11.00/kg



Fresh  
Extra Lean  
Ground Chicken

**4<sup>49</sup>**  
/lb  
9.90/kg

Canada AAA

Canada AAA



Fresh Beef  
Stir Fry  
Product of Canada

**7<sup>99</sup>**  
/lb  
17.61/kg



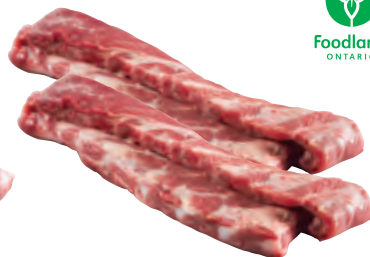
Fresh Beef  
Shoulder Blade  
Steak  
Product of Canada

**5<sup>99</sup>**  
/lb  
13.21/kg



Fresh Ontario  
Pork Side Ribs

**2<sup>99</sup>**  
/lb  
6.59/kg



Fresh Ontario  
Pork Side Ribs  
for Sweet & Sour

**4<sup>49</sup>**  
/lb  
9.90/kg



Fresh Ontario  
Boneless Pork Loin  
Centre Cut Chops

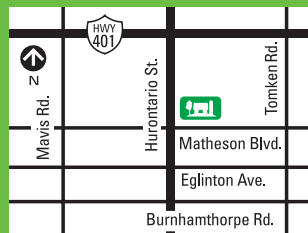
**3<sup>99</sup>**  
/lb  
8.80/kg



Fresh Ontario  
Pork Loin  
Cutlets

**4<sup>99</sup>**  
/lb  
11.00/kg

Visit our  
2 grand  
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, January 8 to  
Thursday, January 14, 2016



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