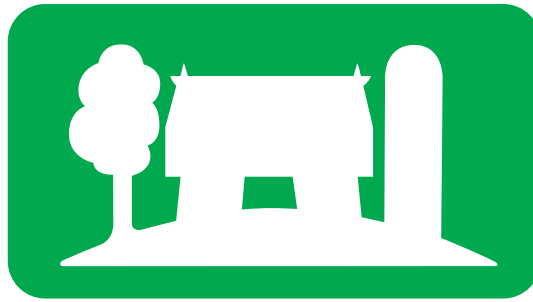


Fresh savings effective
Friday, April 22 to
Thursday, April 28, 2016

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



Check out
our website
Visit highlandfarms.ca for a
new and delicious experience!

HIGHLAND FARMS



START FRESH



Canada AAA

AGED
21
DAYS

SAVE MORE!

7⁹⁹
/lb
17.61/kg

Fresh Beef
Boneless Top Sirloin Steaks
Product of Canada



SAVE MORE!

99¢
/lb
2.18/kg

Ontario Homegrown
Greenhouse Grown Tomatoes
No. 1 Grade



Tide
Laundry Detergent
Liquid 2.72-2.95L or
Powder 3.1-3.2kg

10⁹⁹
each



San Benedetto
Spring Water
Natural & Carbonated

4⁹⁹
6x1.5L



Sealtest
Chocolate Milk

3⁹⁹
3L

Produce



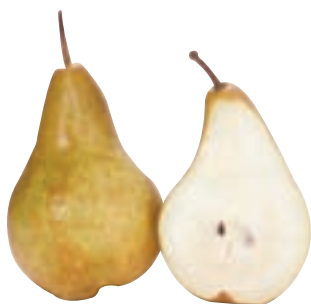
Extra Sweet
Pineapples
Product of
Costa Rica

3⁹⁹
each



Ontario Homegrown
Greenhouse Grown
Fresh Sweet Bell Peppers
Red, Yellow or Orange
No. 1 Grade, Extra Large Size

2⁹⁹
/lb
6.59/kg



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

1⁹⁹
/lb
4.39/kg



Seedless
Orri Clementines
Product of Israel

1⁹⁹
/lb
4.39/kg



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

1⁴⁹
each



Broccoli Crowns
Product of U.S.A.

1⁴⁹
/lb
3.28/kg



Kiwifruit
Product of Italy

1⁴⁹
/lb
3.28/kg



Mangos
Product of Mexico

3/5⁰⁰



Sweet Potatoes
Product of U.S.A.

1²⁹
/lb
2.84/kg



Large Artichokes
Product of U.S.A.

1⁹⁹
each



Royal Gala Apples
Product of Chile
Extra Fancy Grade

2⁹⁹
/lb
6.59/kg



Leaf Lettuce
Green or Red
Product of U.S.A.

1⁹⁹
each



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

3⁹⁹
5lb
cello bag



Premium
Jumbo Bouquets
Product of Ontario

18⁹⁹
each

Bakery

Dairy



Whole Grains
Bread
Flax, Multigrain,
Sunflower or
Whole Wheat

1⁹⁹
600g



SAVE MORE!

19⁹⁹
each



Country Goodness
Bagels
Assorted Varieties

1⁷⁹
510g



Fresh
Baked In-Store
Strudel
Assorted Varieties

3⁹⁹
425g

Fresh
Store-Made
7" Mixed Fruit Cheesecake



Gay Lea
Sour Cream
Regular or Low Fat

99¢
250ml



Black Diamond
Shredded Cheese
Assorted Varieties

4⁹⁹
340g



The Laughing Cow
Cheese
Regular, Light

6⁹⁹
400g



Burnbrae Farms
Nestlaid Large Eggs
dozen or Naturegg
Organic Extra Large
Eggs 6pk

2⁷⁹
each



Yoplait Source
Greek Yogourt
Assorted Varieties

4⁹⁹
8x100g



iögo Smoothie or
Protein Drinks 1L
Assorted Varieties or
Liberté Kéfir Coconut
or Raspberry 4x200ml

3⁹⁹
each



Lactantia Lactaid
Lactose Free Milk
2%, 1% or Skim
Homogenized 2L - \$4.29

3⁹⁹
2L



Olympic
Organic Yogourt
Assorted Varieties

3²⁹
650g

Brands You Love



Mother Parkers
Original Roast
Ground Coffee

SAVE MORE!

6⁹⁷
925g



Unico
Sunflower Oil

6⁹⁹
3L



Christie
Snack Crackers
Assorted Varieties

2/5⁰⁰
175-250g



Gigi Brand
Olives
Imported from Italy
Selected Varieties

GMO
FREE

4⁹⁹
1L



Nutella
Chocolate
Hazelnut Spread

4⁹⁹
725g



Quaker
Instant Oatmeal
Assorted Varieties

2⁹⁹
228-430g



Dare
Ultimate Cookies
Assorted Varieties

2⁹⁹
350g



Knorr Lipton
Sidekicks
Assorted Varieties

99¢
111-163g



Knorr Lipton
Soup Mix
Chicken Noodle
or Recipe Onion

1⁹⁹
pkg of 4



Red Rose
Orange Pekoe Tea

8⁹⁹
box of 216



Rice Select
Arborio Blend
or Royal Blend
Selected Varieties

6⁹⁹
595g-1kg

Everyday Essentials



Kashi Cereal 185-460g
Selected Varieties or
Kellogg's Müsli 450g,
Mini Wheats 405-510g
or Just Right 475g

3⁹⁹
each



NEW!

100%

GROWN AND PACKED
BY CANADIANS

Primo
Tomato Ketchup

1⁹⁹
1L



Allen's
Fruit Juice & Cocktails
Assorted Varieties

SAVE MORE!

1⁹⁹
8x200ml



Kashi Crackers or
Pita Crisps 223-255g
or Granola Bars
160-210g
Assorted Varieties

2⁹⁹
each



Majesta
Multipack
Facial Tissue

4⁹⁹
pkg of 6



Clorox
Liquid Bleach

2⁹⁹
3.57L



Sunlight
Liquid Dish Soap
Lemon Fresh

2⁴⁹
950ml



Larabar Bars
Assorted Varieties
Case of 15x40g or
16x48g \$19.99 each

3/5⁰⁰
40-48g



Sensible Portions
Snacks
Assorted Varieties

2/5⁰⁰
113-142g



S.O.S.
Steel Wool
Soap Pads

99¢
pkg of 10



Arm & Hammer
Cat Litter
Assorted Varieties

5⁹⁹
6.4kg

Seafood

Frozen Foods



Fresh
Whole Dressed Rainbow Trout

SAVE MORE!

6⁹⁹
/lb
15.41/kg



Wild



Fresh
Wild Sole Fillets

7⁹⁹
/lb
17.61/kg



Fresh, Organic
Atlantic Salmon
Fillets

14⁹⁹
/lb
33.05/kg



Thalassa
Frozen
Baby Cuttlefish

12⁹⁹
908g



Thalassa
Frozen
Baby Octopus

12⁹⁹
908g



High Liner
Frozen
Pan-Seared Selects
Assorted Varieties

10⁹⁹
500-540g



Chapman's
Canadian Collection
Novelties
Stickwich, Bars
or Cones

2/5⁰⁰
4-8 pack



Riviera
Frozen
Meat Lasagna
pkg of 2x1.81kg

8⁹⁹
3.62kg



7Days Bake-it
Frozen Filo Rollini
or Mini Puff
Pastries

3⁹⁹
450g



7Days Bake-it
Frozen Filo
Pastry Leaves

1⁹⁹
450g

Deli

Country Kitchen



Fletcher's
Black Forest Ham
Freshly Sliced
at the Deli

3⁹⁹
/lb
8.80/kg



San Daniele
Boneless Prosciutto
Freshly Sliced
at the Deli

8⁹⁹
/lb
19.82/kg



Dofino
Havarti Cheese
Freshly Cut
at the Deli

8⁹⁹
/lb
19.82/kg



Tre Stelle
Provolone Cheese
Regular or Light
Freshly Sliced
at the Deli

8⁹⁹
/lb
19.82/kg



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

SAVE MORE!

6⁹⁹
/lb
15.41/kg



Agropur
La Crème
Des Champs
Brie or
Camembert

4⁹⁹
170g



Arla
Danish Fontina
Cheese

12⁹⁹
/lb
28.64/kg



Santa Lucia Cheese
Mozzarella
Fior' di Latte 250g
or Mozzarella 340g

4⁴⁹
each



Maple Leaf Natural
Selections Sliced
Deli Meats, Oven
Roasted Turkey or
Chicken Breast

4⁴⁹
175g



Springer's
Meats
Kolbassa Chubs

3⁹⁹
375g



Springer's Meats
Mini
Black Forest Style
Ham

6⁹⁹
1kg



Roasted
Barbeque Chicken
Min. Weight 800g

7⁹⁹
each

Fully Cooked
Pork Back Ribs
Min. Weight 320g

11⁹⁹
each

Meat

Poultry



Canada

AAA

Fresh Beef
Inside Round Cutlets
Product of Canada

SAVE MORE!

6⁹⁹
/lb
15.41/kg

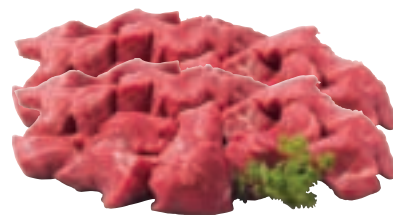
100% Canadian.
Freshly Ground.
Every day.

Canada AAA



Fresh
Extra Lean
Ground Sirloin
Beef

5⁹⁹
/lb
13.21/kg



Fresh
Stewing Beef
Product of Canada

4⁹⁹
/lb
11.00/kg



Fresh Ontario
Boneless Pork
Shoulder Blade
Roast

3⁴⁹
/lb
7.69/kg



Fresh Ontario
Pork
Shoulder Blade
Steaks

2⁹⁹
/lb
6.59/kg



NEW!

Marc Angelo
Chicken Breast
Kabobs
Souvlaki or
Sweet Chili

6⁹⁹
320g



North of 90
Fresh Extra Lean
Ground Chicken
or Turkey
Product of Canada

4⁹⁹
/lb
11.00/kg



North of 90
Turkey Breast
Scaloppine

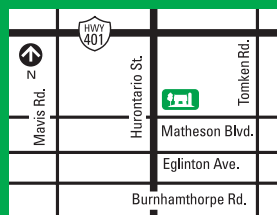
10⁹⁹
/lb
24.23/kg



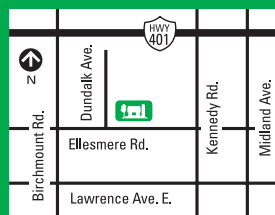
We sell only Canadian Beef



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, April 22 to
Thursday, April 28, 2016



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