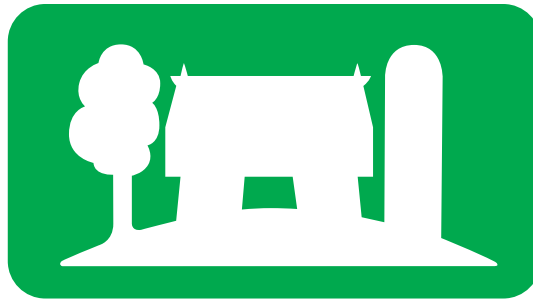


Fresh savings effective  
Friday, February 26 to  
Thursday, March 3, 2016

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



# HIGHLAND FARMS



## START FRESH

**Eat Healthy  
For Less**  
Everything you need  
for tasty meals



Canada **AAA**

AGED  
**21**  
DAYS

Fresh Beef  
Eye of Round Roast  
Product of Canada

**SAVE MORE!**

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



Tree-Ripened Peaches  
No. 1 Grade  
or Nectarines  
Product of Chile

**SAVE MORE!**

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



McCain  
Frozen Fries  
Straight, Crinkle,  
Shoestring or Steak Cut

**1<sup>97</sup>**  
900g



Kellogg's  
Corn Flakes  
Cereal

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



Royale Bathroom Tissue  
Mega 9's, Double 12's,  
Regular 24's,  
Facial Tissue 6pk or  
Tiger Paper Towels 6's

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

# Produce



Blueberries  
Product of Chile  
No. 1 Grade

**2<sup>99</sup>**  
1 pint



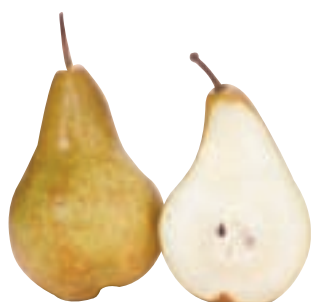
Roma Tomatoes  
Product of Mexico  
No. 1 Grade

**99¢**  
/lb  
2.18/kg



Seedless  
Navel Oranges  
Product of U.S.A.  
Large Size

**1<sup>29</sup>**  
/lb  
2.84/kg



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

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



Ontario Homegrown  
Greenhouse Grown  
Seedless  
Cucumbers  
No. 1 Grade

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



Anise  
Product of U.S.A.  
Large Size

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

**Calavo**



Avocados  
Product of Mexico

**3/4<sup>00</sup>**



Mangos  
Product of Peru  
Large Size

**3/5<sup>00</sup>**



Zucchini  
Product of Mexico

**99¢**  
/lb  
2.18/kg



Spinach  
Product of U.S.A.

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



Red Delicious  
Apples  
Product of B.C.  
Canada  
Extra Fancy Grade

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



Broccoli  
Product of U.S.A.

**1<sup>99</sup>**  
bunch



Leeks  
Product of Mexico

**2<sup>99</sup>**  
bunch



**Floral**

Premium  
Jumbo Bouquets  
Product of Ontario

**17<sup>99</sup>**  
each



# Bakery

# Dairy



Wonder Classic or  
+Fibre  
Sliced Bread  
White or 100%  
Whole Wheat

**1.99**  
675g



Oakrun Farm  
English Muffins  
Regular &  
Whole Wheat

**2.79**  
680g



Ace Bakery  
Ciabatta Lunga

**2.49**  
390g



La Rocca  
Fresh 6" Red Velvet Cake

SAVE MORE!

**15.99**  
each



Beatrice  
Fruit Bottom or  
Astro Yogourt  
Assorted Varieties

**2/1.00**  
175g



Black Diamond  
CheeStrings  
Assorted Varieties

**5.49**  
336g



Armstrong  
Cheddar Cheese  
Mild, Medium,  
Old or Marble

**4.29**  
300g



Sealtest Milk  
2%, 1% or Skim

**4.29**  
4L



Danone Activia  
Yogurt 650g or  
Krinos Greek  
Yogurt 500g  
Assorted Varieties

**2.79**  
each



Liberté  
Organic Kefir  
Selected Varieties

**3.49**  
1L



L'Ancêtre  
Organic Cheese  
Selected Varieties

**5.49**  
200g



# Brands You Love



Lavazza  
Qualità Rossa  
Espresso Coffee Beans

SAVE MORE!

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



Lantic  
Natural Granulated  
White Sugar

**1<sup>99</sup>**  
2kg



Christie  
Cookies  
Selected Varieties

**2/5<sup>00</sup>**  
300g



Baxters  
Soup  
Assorted Varieties

**2<sup>49</sup>**  
540ml



Chef Boyardee  
Pasta  
Selected Varieties

**3/4<sup>00</sup>**  
212-425g



Kikkoman Panko  
Bread Crumbs White  
or Whole Wheat  
227g or Tempura  
Batter Mix 283g

**2<sup>49</sup>**  
each



Bertolli  
Olive Oil  
Classico,  
Extra Virgin or  
Extra Light

**8<sup>99</sup>**  
1L



Martelli  
Premium  
Peach Halves

**2<sup>99</sup>**  
580ml



Primo  
GrainWise Pasta  
Whole Grain  
Selected Varieties

**99¢**  
375g



Primo  
Tomato Paste

**2/1<sup>00</sup>**  
156ml

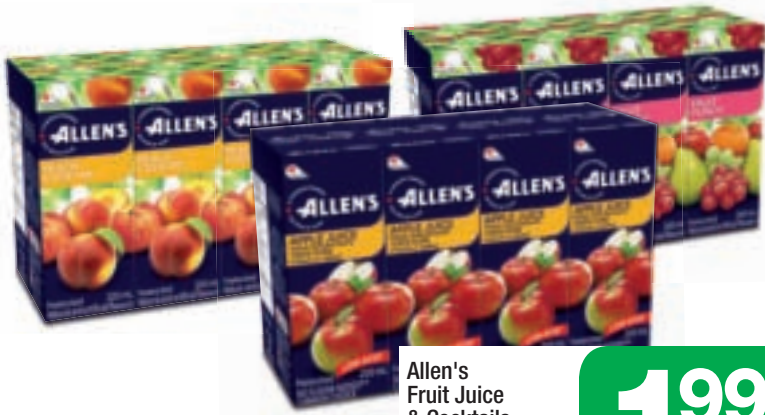


Primo  
Egg Pasta  
Assorted Varieties

**1<sup>69</sup>**  
250g



# Everyday Essentials



Allen's  
Fruit Juice  
& Cocktails  
Assorted Varieties

**1.99**  
8x200ml



Clorox  
Liquid Bleach

**SAVE MORE!**

**2.99**  
3.57L



Hunt's  
Snack Pack  
Pudding & Gels  
Assorted Varieties

**99¢**  
4x99g



Tropical Grove  
Fruit Cocktails  
Assorted Varieties

**2/5.00**  
9x300ml



Windex Glass Cleaner  
765ml, Scrubbing Bubbles  
Bathroom Cleaner 950ml  
or Fantastik All-Purpose  
Cleaner 650-765ml

**3.99**  
each



Pine-Sol  
Cleaner &  
Disinfectant  
Assorted Varieties

**2.99**  
1.41L



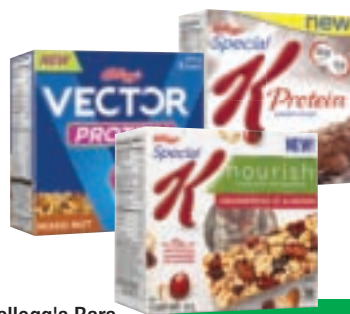
Clorox  
Toilet Bowl  
Cleaner

**1.99**  
709ml



Hausmacher  
Farmersgold  
Egg Noodles  
Assorted Varieties

**2.99**  
500g



Kellogg's Bars  
Vector Protein  
or Special K  
Nourish or Protein  
Selected Varieties

**2.99**  
180-200g



Gatorade  
Thirst Quencher  
Beverages  
Assorted Varieties

**4.99**  
pkg of  
6x591ml



Kellogg's  
Special K Cracker  
or Popcorn Chips  
Assorted Varieties

**2/4.00**  
113-127g



# Seafood

# Frozen Foods



Fresh  
Whole Dressed Whiting  
(Merluzzo)

SAVE MORE!

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



Wild



Fresh  
Wild Haddock  
Fillets

**8<sup>99</sup>**  
/lb  
19.82/kg



Marlin Steaks  
Previously Frozen

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



Ocean Prime  
Frozen  
Basa Fillets

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



Ocean Prime  
Frozen  
Sole Fillets

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



Maple Leaf  
Prime Naturally  
Frozen Chicken  
Nuggets, Strips  
or Burgers

**7<sup>99</sup>**  
750g



Chapman's  
Canadian Collection  
Novelties  
Stickwich, Bars  
or Cones

**2<sup>99</sup>**  
4-8 pack



Marie Callender's  
Frozen Entrées  
Assorted Varieties

**5<sup>99</sup>**  
680-879g



Silver Hills Bakery  
Frozen  
Bread & Bagels

**3<sup>99</sup>**  
400-615g



Europe's Best  
Frozen Fruit  
Selected Varieties

**3<sup>99</sup>**  
500-600g

## Deli

## Country Kitchen



Lilydale  
Oven Roasted  
Turkey Breast  
Freshly Sliced  
at the Deli

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



Mastro  
Prosciutto Cotto  
Freshly Sliced  
at the Deli

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



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

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



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

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



San Daniele  
Mortadella  
Regular, Light or Hot  
Freshly Sliced at the Deli

**SAVE MORE!**

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



Mastro  
Sliced  
Genoa Salami  
Hot or Mild

**2<sup>99</sup>**  
150g



San Daniele  
Sliced  
Prosciutto

**4<sup>99</sup>**  
125g



Santa Lucia  
Mozzarella  
Cheese

**4<sup>49</sup>**  
340g



Santa Lucia  
Fresh  
Ricotta Cheese

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



Maple Leaf  
Bacon  
Selected Varieties

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



Schneiders  
Red Hots  
Wieners

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



Ready to Bake  
Individual Pizza  
Cheese, Pepperoni,  
Veggie or Hawaiian  
Min. Weight 350-590g

**2/12<sup>00</sup>**



# Meat

# Poultry



Fresh Ontario  
Pork Side Ribs

SAVE MORE!

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

100% Canadian.  
Freshly Ground.  
Every day.



Fresh  
Extra Lean  
Ground Beef

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



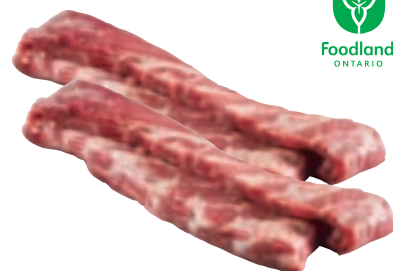
Fresh  
Stewing Beef  
Product of Canada

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



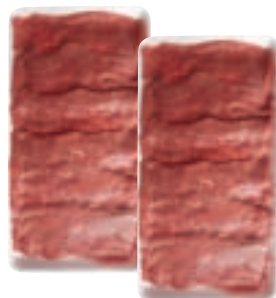
Fresh Ontario  
Boneless  
Pork Shoulder  
Blade Roast

**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  
Outside Round  
Veal Cutlets

**8<sup>99</sup>**  
/lb  
19.82/kg



Fresh Ontario  
Pork Loin Cutlets

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

CLUB  
PACKS

Canada  
AAA



Fresh  
Outside Round  
Beef Cutlets  
Product of Canada

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



Fresh Ontario  
Boneless  
Chicken Breast  
Cutlets

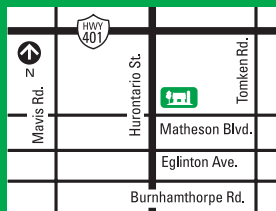
**7<sup>99</sup>**  
/lb  
17.61/kg



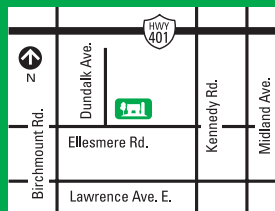
**We sell only Canadian Beef**



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, February 26 to  
Thursday, March 3, 2016



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