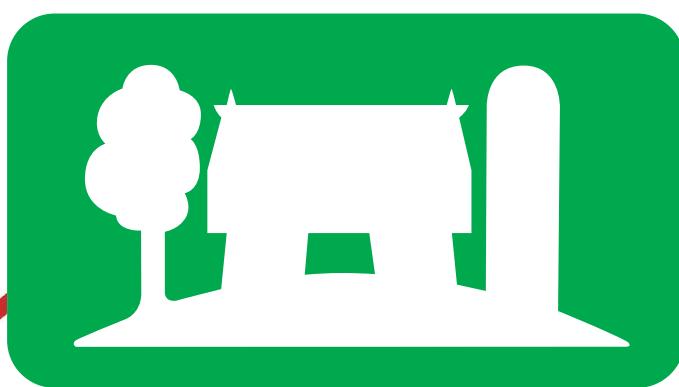




#### HOLIDAY HOURS

Open Christmas Eve and  
New Year's Eve until 6 p.m.

Closed Christmas Day - December 25th,  
Boxing Day - December 26th and  
New Year's Day - January 1st, 2010



Season's Greetings  
from Our Family  
to Yours

# HIGHLAND FARMS

**Specials Effective Two Weeks, Thursday December 17th  
to Thursday December 31st, 2009**

Frozen Grade A Turkeys  
3kg-7kg only

**149**  
/lb  
3.28/kg



Also available:  
Fresh Grade A Turkeys  
1.99lb/4.39kg

  
**START  
FRESH**  
WITH HIGHLAND FARMS

**3.99**  
2.3kg  
box

Fresh Clementines  
Product of Morocco



**3/9.99**  
case of 12x355ml  
tins

Coke, Sprite & Canada Dry  
Soft Drinks  
Regular and Diet

**2.99**  
/lb  
6.59/kg

Fresh Beef  
Boneless Top Sirloin Roast  
Cut from Canada AA or Higher



Visit us today at [www.highlandfarms.ca](http://www.highlandfarms.ca) for more great savings

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# A FRESH START TO THE NEW YEAR

Start your new year with the freshest produce from Highland Farms.



**99¢**  
bunch

Fresh Broccoli  
Product of U.S.A.



**99¢**  
/lb  
2.18/kg

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



**99¢**  
/lb  
2.18/kg

Ontario Homegrown  
Fancy Grade  
Fresh Flemish Beauty Pears

**99¢**  
/lb  
2.18/kg

Fresh  
Brussel Sprouts  
Product of U.S.A.



**499**  
6 inch  
pot

Fresh Poinsettia  
Product of Ontario  
Greenhouse Grown



**799**  
sk  
box of 24

Fresh, Sunkist  
Seedless Navel Oranges  
Product of U.S.A.



**99¢**  
each

Fresh  
Andy Boy Anise  
Product of U.S.A.



**99¢**  
/lb  
2.18/kg

Fresh  
Sweet Potatoes  
Product of U.S.A.



Fresh, Organic Carrots  
Product of U.S.A.,  
No. 1 Grade



**149**  
/lb  
3.28/kg

Fresh, Organic  
Granny Smith Apples  
Product of B.C., Canada  
Extra Fancy Grade



**999**  
each

Fresh  
Christmas Greens Bouquet  
Product of Ontario



Visit us today at [www.highlandfarms.ca](http://www.highlandfarms.ca) for more great savings!



# QUALITY BRANDS FOR ALL SEASONS

Your pantry can never be too full with the quality brands you love and trust.



**249**  
1L  
carton

Sealtest Cream  
5% and 10%



**199**  
500ml  
tub

Sealtest  
Sour Cream  
Regular, Light & Fat Free

**399**  
1.66-1.89L  
tub

Breyers Double Churn Ice Cream  
Assorted Varieties



**249**  
454g  
tub

Becel Margarine  
Assorted Varieties



**349**  
1.89L  
carton

Tropicana  
Pure Premium Chilled Orange Juice  
Assorted Varieties



**149**  
each

Primo  
Lasagne Original 500g &  
Oven Ready 375g



**119**  
375ml  
tin

Unico  
Pitted Ripe Olives



**1199**  
2.27kg  
pkg

Highland Farms  
Country Kitchen  
Frozen Lasagna  
Meat, Cheese



**1199**  
1kg  
tub

Poppies  
Mini Cream Puffs



**69¢**  
355ml  
tin

Minute Maid  
Frozen Fruit Punch  
Assorted Varieties



**3/1000**  
500ml tub/  
3-4 bar pkg

Haagen-Dazs  
Ice Cream  
Regular, Extraas & Bars



**349**  
454-496g  
pkg

Pillsbury  
Grand Cinnamon Rolls &  
Ready to Bake Cookies  
Assorted Varieties



**349**  
350-355ml  
jar

Renee's  
Salad Dressing & Vinaigrette  
Assorted Varieties



**269**  
340g  
tub

T. Marzetti  
Veggie Dips  
Assorted Varieties



**399**  
pkg of  
4

Sicilian  
Frozen Tartufo Ice Cream Dessert  
Assorted Varieties



**149**  
454g  
pkg

Ontario Ravioli  
Frozen Potato Gnocchi



**349**  
454g  
lb  
brick

Highland Farms  
Country Kitchen Butter  
Salted, Unsalted



**799**  
454g  
brick

Organic Meadow Butter  
Salted & Unsalted  
Organic Meadow Sour Cream  
3.99 500ml tub



**349**  
340g  
pkg

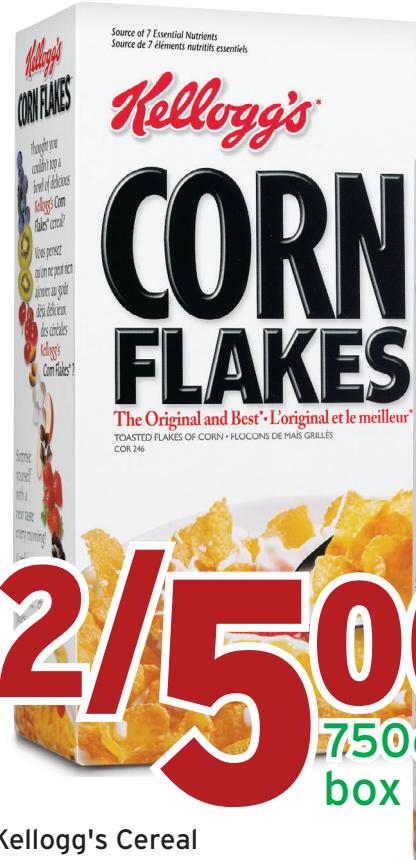
Highland Farms  
Country Kitchen  
Mozzarella Cheese

We carry a large selection of national brands



# STOCK UP & SAVE ON FAVOURITES

From breakfast to dinner, and everything in between, we have it all at great savings.



**2/500**  
750g  
box

Kellogg's Cereal  
Corn Flakes



**5.99**  
2kg  
bag

Uncle Ben's  
Long Grain  
Converted Rice



**99¢**  
398ml  
tin

Dole  
Pineapple Slices  
Chunks, Crushed & Tidbits



**1.99**  
348ml  
tin

Ocean Spray  
Cranberry Sauce  
Whole, Jellied



**99¢**  
284ml  
tin

Franco American Gravy  
Beef, Turkey,  
Chicken & Mushroom



**1.99**  
675g  
loaf

Dempster's  
Sliced Enriched White Bread



**2.49**  
pkg of  
24

Dempster's  
Dinner Rolls



**2.49**  
300g  
pkg

Homestyle Two Bite  
Cupcakes  
Chocolate & Vanilla



**1.99**  
125g  
box

Carr's  
Table Water Crackers



## Highland Farms Gift Baskets

Make a lasting impression this Holiday Season with a colourful Gift Basket from Highland Farms.



### Vegetable Magic

A healthy selection of garden-fresh vegetables arranged around a flavour-filled dip.  
(S) \$30 Serves 6-8  
(M) \$40 Serves 8-12  
(L) \$60 Serves 12-18



### Deli Meat & Cheese Fiesta

A feast for your senses, specially selected deli meats and the finest cheeses.  
(S) \$55 Serves 6-8  
(M) \$65 Serves 8-12  
(L) \$75 Serves 12-18



### Fruit Fantasy

A supreme collection of exotic, farm-fresh fruits, guaranteed to please every palate.  
(S) \$25 Serves 6-8  
(M) \$40 Serves 8-12  
(L) \$60 Serves 12-18

## Highland Farms Party Platters

Every Party Tray offers the finest selection of product, beautifully arranged to make your holiday gathering special.

### Gourmet Cheeses

A superb selection of cheeses with that very special melt-in-your-mouth taste.  
(S) \$45 Serves 6-8  
(M) \$60 Serves 8-12  
(L) \$70 Serves 12-18



### Dessert Pastry Temptation

An assortment of deliciously divine pastries, the perfect conclusion to a great meal.  
(S) \$29.99 Serves 6-8  
(M) \$49.99 Serves 8-12  
(L) \$59.99 Serves 12-18

**Gift Cards! Another Fresh Idea from Highland Farms**



# GIVE THE SWEETEST GIFT OF ALL

Our chocolates and cakes make perfect hostess gifts this holiday season.



**9.99**  
300g  
box

Baci  
Perugina Chocolates



**9.99**  
300g  
pkg

Ferrero Rocher  
Hazelnut Chocolates



**5.99**  
454g  
pkg

Claxton  
Old Fashioned Fruit Cake  
Regular, Dark



**7.99**  
168g  
box

Lindt Lindor  
Assorted Chocolates



**4.99**  
907g cello  
bag

Highland Farms Country Kitchen  
Homestyle Panettone



**7.99**  
400g  
box

Toblerone  
Swiss Milk Chocolate with  
Honey & Almond Nougat



**12.99**  
600g  
pkg

La Suisse  
Assorted Filled Chocolates



**3.99**  
340g  
tin

Royal Dansk  
Danish Butter Cookies



**2.99**  
250g  
box

S & F  
Fancy Truffles  
Assorted Varieties



**16.99**  
725g  
tin

Nestle  
Quality Street  
Imported Chocolates and Caramels



**12.99**  
650g  
box

Bacio Perugina  
Il Dolce Panettone



**9.99**  
800g  
box

Bauli  
Il Pandoro  
con Crema di Limoncè



**9.99**  
400g  
box

Pernigotti  
Torrone Nocciolato



**9.99**  
800g  
box

Festa  
Chocolate Filled Pandoro



**6.99**  
908g  
box

Festa  
Classico Pandoro



**2.99**  
250g  
box

Old Excellent  
Weinbrand-Bohnen  
Brandy Filled Chocolates



**9.99**  
750g  
box

Tre Marie  
Il Pandoro

We carry a large selection of national brands



# WARM UP WITH GREAT SAVINGS

Escape the chill with heart-warming savings on juices, teas, soups and more.



**2.99**

1.89L  
plastic bottle

Ocean Spray  
Cranberry Cocktail  
Assorted Varieties



**1.99**

1.89L  
plastic bottle

Mott's  
Garden Cocktail



**2.29**

1.75L  
bottle

Orangina  
Sparkling Orange Beverage



**2/5.00**

946ml  
tetra

Pacific Organic Broths  
Assorted Varieties



**7.99**

pkg of 4x250ml  
tins

Red Bull  
Energy Drink



**3.69**

1.82-1.89L  
plastic bottle

Welch's  
Grape Juice  
Assorted Varieties



**4.99**

1.42L  
jar

Hellmann's Mayonnaise  
Regular & Light



**5.99**

box of  
50

Twinings Herbal Tea  
Assorted Varieties



**2/5.00**

235g  
bag

Lay's Potato Chips  
Assorted Varieties



**2/4.00**

142g  
bag

Kettle Gourmet Potato Chips  
Assorted Varieties



**1.29**

200g  
tin

Encore Escargots 36/50ct  
Encore Escargot Seasoning Mix  
89¢ 7g pkg



**5.99**

each

Cascade  
Dishwasher Detergent  
Powder 2.83kg, Gels 2.16L &  
Gel Packs pkg of 25

# save \$5

when you buy any 5  
participating products.

Offer valid December 17 – 31, 2009.

See in-store coupon for complete offer details.



Products must be purchased in the same transaction in order to qualify for this offer.

Participating Products (any variety): Delissio 12" Pizza, Philadelphia Cream Cheese 250 g, Cracker Barrel Cheese Slices 360 – 400 g, Cracker Barrel Cheddar Cheese 500 g, Kraft Cheese 500 g, Kraft Shredded Cheese 380 g, Stove Top Stuffing Mix 120 g, Nabob Roast & Ground Coffee 326 g, Cool Whip Whipped Topping 1 L, Kraft Dressing 475 mL, Peek Freans Biscuits 275 – 350 g, Christie Crackers 200 – 250 g, Bits & Bites Snack Mix 200 – 225 g.



Delissio Pizza  
370 – 927 g, any variety,

\$4.99



Christie Snack Crackers  
200 – 250 g, any variety,

\$1.99



Cracker Barrel Cheddar  
Cheese 500 g / Cracker Barrel  
Cheese Slices 360 – 400 g,  
any variety.

\$5.99



Kraft Dressing  
475 mL, any variety,

\$2.49



Philadelphia  
Cream Cheese  
250 g, any variety,

\$2.49



Kraft Shredded  
Cheese 380 g, any variety,

\$5.99



Stove Top Stuffing  
Mix 120 g, any variety,

\$1.29



Nabob Roast &  
Ground Coffee  
311 – 326 g, any variety,

\$3.79



Cool Whip  
Whipped Topping  
1L, any variety,

\$2.49



Peek Freans  
Biscuits 275 – 350 g,  
any variety,

\$2.49



Bits & Bites Snack  
Mix 200 – 225 g, any variety,

\$1.99

Visit us today at [www.highlandfarms.ca](http://www.highlandfarms.ca) for more great savings!



# FROM OUR FREEZER TO YOURS

Chill out over sensational seafood dishes with friends and family this season.

**5.99**  
908g  
bag

Ocean Prime  
Frozen Seafood Mix



**2.49**  
227g  
box

Aquastar Shrimp Ring  
50/60ct, Frozen



**7.99**  
908g  
bag

Ocean Prime  
Frozen Basa Fillets



**7.99**  
454g  
bag

Triple Crown Frozen, Cooked  
Black Tiger Shrimp  
31/40ct



**3.99**  
100g  
pkg

Norwegian, Sliced Frozen  
Smoked Steelhead Salmon



## SAVOUR OUR FRESH SEAFOOD

Fishing for new dinner ideas? Surf Highland Farms' seafood counter for inspiration.

**1.99**  
2lb  
bag

Fresh  
P.E.I. Cultivated Mussels

**3.99**  
/lb  
8.80/kg

Fresh  
Pasta Clams

**6.99**  
/lb  
15.41/kg

Fresh  
Tilapia Fillets

**4.49**  
/lb  
9.90/kg

Fresh  
Smelts

**6.99**  
/lb  
15.41/kg

Fresh  
Salmon Fillets



We carry a large selection of national brands



ALSO AVAILABLE FOR CHRISTMAS - Fresh Ontario Baby Spring Lamb, Fresh Grade A Ducks, Cornish Hens, Fresh Goats, Piglets and Fresh Grain Fed Turkeys.

## HIGHLAND FARMS

**199**  
/lb  
4.39/kg

Fresh  
Ontario Boneless  
Pork Loin Roast



**399**  
/lb  
8.80/kg

Fresh  
Extra Lean  
Ground Sirloin Beef



**399**  
/lb  
8.80/kg

Cornish Hens  
Grade A, Frozen 20-24 oz  
Fresh Grade A Cornish Hens  
4.99lb/11.00kg

**399**  
/lb  
8.80/kg

Fresh Ontario  
Whole Pork Tenderloin

**269**  
/lb  
5.93/kg

Edelbrand  
Mini Black Forest Ham

**899**  
/lb  
19.82/kg

San Daniele  
Boneless Prosciutto  
Freshly Sliced at the Deli

**299**  
/lb  
6.59/kg

Fresh Ontario  
Rack of Pork

**699**  
680g  
box

Janes  
Frozen Meatballs  
Italian & Swedish

**799**  
/lb  
17.61/kg

Saputo Bocconcini  
Regular, Cocktail & Mini  
At the Deli

**499**  
/lb  
11.00/kg

Fresh Beef  
Prime Rib & Rib Oven Roast  
Cut from Canada AA  
or Higher



**299**  
375-500g  
pkg

Maple Leaf Bacon  
Assorted Varieties

**399**  
/lb  
8.80/kg

Fresh Beef  
Boneless Top Sirloin Steaks  
Cut from Canada AA  
or Higher



**269**  
/lb  
5.93/kg

King Cole Ducks  
Grade A, Frozen  
Fresh Grade A Ducks  
2.99lb/6.59kg



**599**  
908g  
box

Schneider's  
Frozen Chicken Wings  
Assorted Varieties

**799**  
852g  
box

Wong Wing  
Frozen Oriental Appetizers

## OUR DELI MAKES ENTERTAINING EASY

Savour the goodness of our cheese and cold cut varieties, no matter how we slice it.



**399**  
/lb  
8.80/kg

Brandt  
Black Forest Ham  
Freshly Sliced at the Deli



**899**  
/lb  
19.82/kg

San Daniele  
Boneless Prosciutto  
Freshly Sliced at the Deli



**799**  
/lb  
17.61/kg

Saputo Bocconcini  
Regular, Cocktail & Mini  
At the Deli



**999**  
/lb  
22.02/kg

Alexis De Portneuf Regular  
or Double Cream Brie &  
Le Calendos Camembert  
At the Deli



**999**  
450g  
pkg

Anco  
Double Cream Brie &  
Camembert Cheese

VISIT OUR  
5 GRAND  
LOCATIONS  
OPEN 7 DAYS  
A WEEK.



3300 RUTHERFORD RD.  
AT HIGHWAY 400  
905.303.3999



4750 DUFFERIN ST.  
AT SUPERTEST RD.  
416.736.6606



850 ELLESMORE RD.  
AT KENNEDY RD.  
416.298.1999



148 BENNETT RD.  
AT LAWRENCE AVE.  
416.282.5759



50 MATHESON BLVD.  
AT HURONTARIO ST.  
905.501.9910



OVER 2 MILLION  
TREES PLANTED

Transferring your  
prescriptions is quick & easy.  
Talk to our pharmacist & we'll take care of the rest.



NOW AT



HIGHLAND FARMS