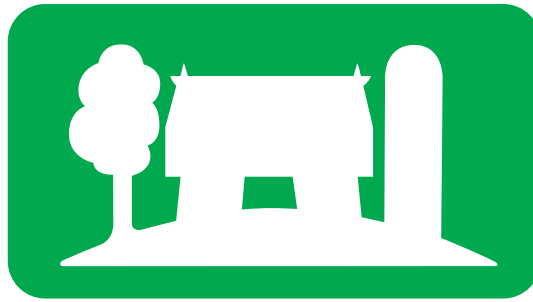


Fresh savings effective  
Friday, April 15 to  
Thursday, April 21, 2016

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



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

# HIGHLAND FARMS

—  **START FRESH** —



Fresh Ontario  
Pork Rib & Sirloin Chops

**SAVE MORE!**

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



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

**SAVE MORE!**

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



Elite Dairy  
Natural Yogurt  
Assorted Varieties

**1<sup>49</sup>**  
750g



Breyers  
Family Classic  
Rich & Creamy  
Frozen Dessert  
Assorted Varieties

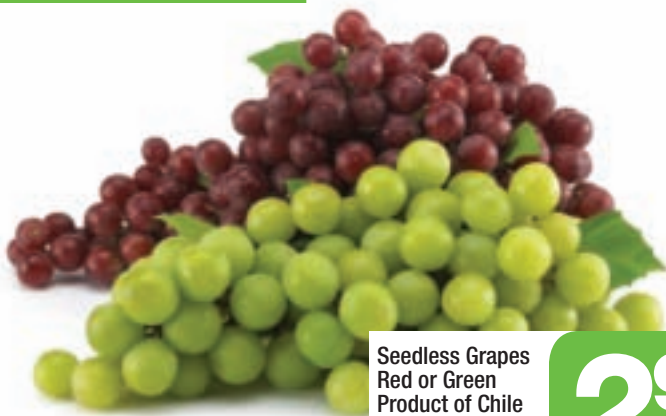
**2<sup>99</sup>**  
1.66L



Italpasta  
Pasta  
Assorted Regular Cuts

**99¢**  
900g

# Produce



Seedless Grapes  
Red or Green  
Product of Chile  
No. 1 Grade

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



Romaine Lettuce  
Product of U.S.A.

**99¢**  
each



Clementines  
Stem & Leaf  
Product of Spain

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



Cantaloupes  
Product of  
Guatemala  
No. 1 Grade  
Jumbo Size

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



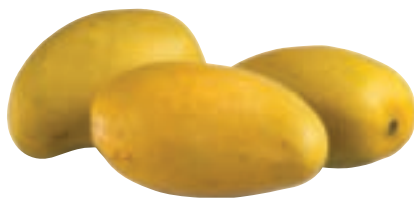
Ontario Homegrown  
Greenhouse Grown  
Seedless  
Cucumbers  
No. 1 Grade

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



Cauliflower  
Product of U.S.A.  
No. 1 Grade  
Jumbo Size

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



Ataulfo Mangos  
Product of Mexico

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



Pomegranates  
Product of Peru  
Jumbo Size

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



Zucchini  
Product of Mexico

**99¢**  
/lb  
2.18/kg



Spinach  
Product of Mexico

**1<sup>49</sup>**  
227g  
cello bag



Bartlett Pears  
Product of  
Argentina  
Extra Fancy Grade

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



Romaine Hearts  
Product of U.S.A.

**2<sup>99</sup>**  
pkg of 3



Celery  
Product of U.S.A.  
No. 1 Grade  
Large Stalk

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



Floral

Premium  
Roses, 50cm  
Assorted Colours  
Product of Ecuador

**18<sup>99</sup>**  
dozen



# Bakery

# Dairy



Dempster's  
Sliced Bread  
Whole Grains  
Selected Varieties

**2/5<sup>00</sup>**  
600g



**SAVE MORE!**

**19<sup>99</sup>**  
each



Fresh  
Mini Bagels  
Assorted Varieties

**2<sup>99</sup>**  
380g



Store-Baked  
Cookies

**3<sup>99</sup>**  
pkg of 10

Fresh  
Store-Made  
9" Mixed Berries Flan



Oasis  
100% Premium  
Valencia  
Orange Juice  
With or Without Pulp

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



Imperial  
Margarine

**1<sup>49</sup>**  
454g



Krinos  
Crumbled Feta  
Cheese

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



Burnbrae Farms  
Egg Creations  
Assorted Varieties

**2<sup>49</sup>**  
500g



Liberté  
Greek Yogurt  
Muesli or  
Seeds & Fruit  
Assorted Varieties

**2<sup>99</sup>**  
pkg of  
2x150g



Black Diamond  
Cheese Portions  
Marble or Gouda

**2<sup>99</sup>**  
6x21g



K-life  
Traditional  
2% Kefir

**4<sup>99</sup>**  
2L



Natrel  
Fine-Filtered  
Organic Milk  
2% or 1%  
3.8% 4L - \$8.99

**7<sup>99</sup>**  
4L



# Brands You Love



Kimbo  
Espresso Bar  
Extra Cream Coffee Beans

SAVE MORE!

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



Kimbo  
Export or Classico  
Espresso  
Ground Coffee

**2<sup>99</sup>**  
250g



Mantova  
Premium  
Extra Virgin  
Olive Oil

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



Mantova  
Grape Seed Oil

**4<sup>99</sup>**  
750ml



Pantanella  
Spelt Pasta  
Assorted Varieties

**2<sup>99</sup>**  
454g



Elledi  
Poker Wafers  
Vanilla, Cocoa  
& Nocciola

**99¢**  
150g



Pringles  
Chips & Tortillas  
Assorted Varieties

**2/4<sup>00</sup>**  
150-182g



Campbell's  
Chunky Soup  
Assorted Varieties

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



Rougemont  
Apple Juice  
Assorted Varieties

**2<sup>79</sup>**  
2L



Bob's Red Mill  
Natural  
Raw Whole  
Flaxseeds

GLUTEN  
FREE

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



Raincoast Trading  
Wild Pink Salmon  
Regular or  
No Salt Added

**2<sup>99</sup>**  
160g



# Everyday Essentials



Nescafé Rich or  
Taster's Choice  
Instant Coffee  
Assorted Varieties

**4<sup>99</sup>**  
100-170g



Unico  
Tomato Paste

**SAVE MORE!**

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



Orville  
Redenbacher's  
Microwave  
Popcorn  
Assorted Varieties

**3<sup>99</sup>**  
248-540g

**GLUTEN  
FREE**



Kettle Brand  
Popcorn  
Assorted Varieties

**2<sup>99</sup>**  
113-142g



Dial  
Liquid Soap  
Eco-Smart Refill  
Assorted Varieties

**3<sup>49</sup>**  
1.18L



Mr. Clean  
All Purpose  
Cleaner  
Assorted Varieties

**2<sup>99</sup>**  
1.2L



Renuzit Air  
Freshener  
Assorted Varieties

**89¢**  
198g



Kevita  
Organic Sparkling  
Fermented Drink  
Assorted Varieties

**3<sup>49</sup>**  
450ml



Muir Glen  
Organic Tomatoes  
Assorted Varieties

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



Cascadian Farm  
Organic Cereal  
Assorted Varieties

**3<sup>99</sup>**  
340-450g



Amande  
Creamy Cultured  
Almond Milk  
Assorted Varieties

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

**NEW! DAIRY FREE**



# Seafood

# Frozen Foods



Fresh Wild Pacific Snapper Fillets

SAVE MORE!

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



Wild



Fresh Wild Haddock Fillets

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



Fresh Whole Dressed Whiting (Merluzzo)

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



Ocean Prime Frozen Raw Pacific White Shrimp Peeled and Deveined 31/40ct

**9<sup>99</sup>**  
454g



Ocean Prime Frozen Cooked Pacific White Shrimp 21/25ct

**13<sup>99</sup>**  
454g



Cardinal Roadhouse Frozen Beef Burgers

**26<sup>99</sup>**  
2.27kg



McCain Family Pack Frozen Superfries or Wedges Selected Varieties

**4<sup>99</sup>**  
1.45-1.5kg



Marie Callender's Frozen Entrées Assorted Varieties

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



Stouffer's & Lean Cuisine Frozen Entrées Assorted Varieties

**2/5<sup>00</sup>**  
196-340g



7Days Bake-it Frozen Bougatsa Cream Pie

**6<sup>99</sup>**  
850g



Nestlé Frozen Drumsticks Selected Varieties

**4<sup>99</sup>**  
pkg of 4

## Deli

## Country Kitchen



Piller's  
Black Forest Ham  
Freshly Sliced  
at the Deli

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



Brandt Salami  
German or  
Hungarian  
Freshly Sliced  
at the Deli

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



Santa Lucia  
Bocconcini  
At the Deli

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



Cayer  
Havarti Cheese  
Regular or Light  
Freshly Sliced  
at the Deli

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



Brandt  
Premium Oven Roasted  
Turkey Breast  
Freshly Sliced at the Deli

**SAVE MORE!**

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



Saputo  
Sliced Cheese  
Assorted Varieties

**4<sup>49</sup>**  
140-180g



Anco  
Gouda Cheese  
Assorted Varieties

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



Santa Lucia  
Fresh  
Ricotta Cheese

**4<sup>49</sup>**  
500g



Tre Stelle  
Mozzarella  
Cheese

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



San Daniele  
Sliced Prosciutto

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



Mastro/San Daniele  
Cube-etti  
Pancetta or  
Prosciutto

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



Empanada  
Beef, Chicken or  
Spinach & Feta  
Min Weight 85g

**1<sup>79</sup>**  
each

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

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



# Fresh Meat



Fresh Ontario  
Outside Round Veal Cutlets

SAVE MORE!

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

100% Canadian.  
Freshly Ground.  
Every day.



Fresh  
Lean  
Ground Beef

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

Canada AAA



Fresh  
Beef Stir Fry  
Product of Canada

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



Fresh Ontario  
Pork Side Ribs

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



Fresh Ontario  
Pork Side Ribs  
for Sweet & Sour

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



GLUTEN  
FREE

Marc Angelo  
Fresh  
Pork Burgers  
Hot or Mild

**5<sup>49</sup>**  
500g



Fresh Ontario  
Pork Loin  
Centre Cut Chops

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



Fresh Ontario  
Boneless Pork  
Stew

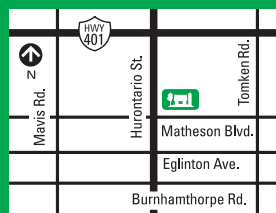
**3<sup>49</sup>**  
/lb  
7.69/kg



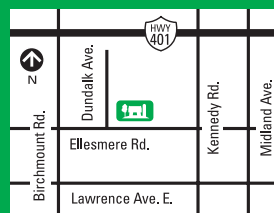
**We sell only Canadian Beef**



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 15 to  
Thursday, April 21, 2016



Although we strive for accuracy in illustration, copy and regulatory requirements, unintentional errors may occur. We reserve the right to correct any errors. We reserve the right to limit quantities. Unauthorized reproduction or use of this advertisement without the written consent of Highland Farms and its marketing agency is strictly prohibited.

