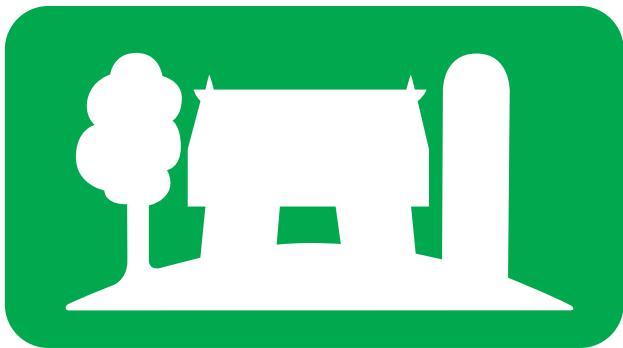


Fresh Savings Effective  
Friday, October 30th to  
Thursday, November 5th, 2015



# HIGHLAND FARMS



save more!

**199**  
/lb  
4.39/kg

Fresh Ontario  
Pork Rib &  
Sirloin Chops



save more!

**299**  
4lb  
cello bag

Fresh New Crop Apples  
McIntosh, Red or  
Golden Delicious  
Fancy Grade



Primo  
Soup  
Assorted Varieties

**4/5.00**  
540ml



Burnbrae Farms  
Naturegg Omega 3  
Large White Eggs dozen  
or Omega Plus Liquid 500g

**2.99**  
each



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

Register for your E-flyer today! Sent to your email each week. Visit [highlandfarms.ca](http://highlandfarms.ca) to register.

# Fresh Ideas for Every Taste



**3.99**  
each

Fresh  
Honeydew Melons  
Product of U.S.A.  
Jumbo Size



**1.49**  
/lb  
3.28/kg

Ontario Homegrown  
Fresh Flemish Pears  
Fancy Grade



**99¢**  
each

Fresh  
Avocados  
Product of Mexico



**1.99**  
/lb  
4.39/kg

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



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



**1.49**  
/lb  
3.28/kg

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



**1.29**  
each

Ontario Homegrown  
Greenhouse Grown  
Fresh Seedless Cucumbers  
No. 1 Grade



**1.49**  
bunch

Fresh  
Spinach  
Product of U.S.A.



**4.99**  
283g

Fresh  
Classic Salads  
Spring Mix or Baby Spinach  
Product of U.S.A.



**1.99**  
10lb  
poly/bag

Ontario Homegrown  
Fresh Baking Potatoes  
No. 1 Grade



**4.99**  
3lb  
bag

Fresh, Organic  
Sweet Potatoes  
Product of U.S.A.



**4.99**  
6" pot

Fresh  
Mums  
Product of Ontario



# Fresh Flavours from the Bakery

**2 29**  
675g

Dempster's Sliced Bread  
White, 100% Whole Wheat  
or Smooth Multigrains



**19 99**  
each

Fresh  
Store-Made  
9" Mixed Fruit Flan

**2 99**  
270-340g

Two-Bite  
Cinnamon Rolls or Danish  
Assorted Varieties



**1 99**  
1L  
Natrel Milk  
Milk Chocolate, Dark  
Chocolate or Caramel Latte



**3 99**  
6x200ml  
Natrel  
Chocolate Milk



**4 99**  
2L  
Natrel Lactose Free Milk  
Homogenized, 2%, 1%,  
Skim or Chocolate



**3 49**  
1.89L  
Earth's Own Almond Fresh  
or Cashew Fresh Beverages  
Assorted Varieties



**7 99**  
700g  
Racolli  
Pizza Mozzarella  
Shredded

**4 99**  
617g

Sarsfield  
Homestyle Frozen  
8" Lemon Meringue Pie



**1 99**  
650g  
iögo Yogurt  
0%, 1.5% or ProBio  
Assorted Varieties



**2 99**  
6x60g  
iögo Nano  
Assorted Varieties



**2 99**  
168g  
Black Diamond  
CheeStrings  
Assorted Varieties



**2 79**  
4x100g  
Astro  
Athentikos Greek Yogourt  
Assorted Varieties

# Brand Names you can Trust at Great Prices



**save more!**

**99¢**  
1.05L

Allen's  
100% Pure  
Apple Juice



**3.49**  
460-505g

Oat fibre helps lower cholesterol

General Mills  
Oatmeal Crisp Cereal  
Assorted Varieties



**5.99**  
473ml-HL

Highland Farms  
Country Kitchen Pasta Sauce  
Assorted Varieties



**2/99¢**  
200g

Italpasta  
Macaroni & Cheese  
Pasta Dinner



**99¢**



Aurora  
Strained  
Crushed Tomatoes



**89¢**  
500g

Riscossa Pasta  
Product of Italy  
Assorted Varieties



**5.99**  
750ml

Carapelli  
Extra Virgin  
Olive Oil



**99¢**  
250g

Colussi  
Biscolussi  
Biscuits



**1.99**  
1kg

Aurora  
Traditional Polenta



**99¢**  
1kg

Aurora  
Sea Salt  
Coarse, Fine or Fine Iodized



**1.79**  
900ml

Aurora  
Broth  
Assorted Varieties

**NEW!**

# Stock Up & Save on Favourites



**3.99**  
pkg of  
3x80g

Rio Mare  
Solid Light Tuna in Water,  
Olive Oil or with Chili



**2/5.00**  
255g  
Potato Chips • Croutilles

Old Dutch  
Potato Chips  
Assorted Varieties



**99¢**  
170ml  
Unico  
Marinated Artichokes



**1.99**  
500ml  
Mastro  
Balsamic Vinegar

save more!

**3.99**  
case of  
24x500ml

Aquafina  
Demineralized  
Water



**1.99**  
pkg of  
30-35  
Clorox  
Disinfecting Wipes



**2.49**  
650ml  
Green Works  
Liquid Dish Detergent  
Assorted Varieties



**3.99**  
250-400g  
Old El Paso Dinner Kits  
Selected Varieties  
Salsa 650ml \$2.99



**2.99**  
250g  
Lavazza  
Qualità Rossa  
Espresso Ground Coffee



**3.99**  
900g  
Lantic  
Organic  
Natural Sugar



**6.99**  
1.6-2kg  
Purina  
Cat Chow  
Selected Varieties

# Savour our Fresh Seafood



## Stock Up Your Freezer



# Fresh from our Deli Counter



**3.99**  
/lb  
8.80/kg

Maple Leaf  
Country Kitchen Deli Ham  
Freshly Sliced at the Deli



**6.99**  
/lb  
15.41/kg

Santa Lucia  
Havarti Cheese  
Freshly Sliced at the Deli



**3.69**  
200g

Saputo  
Bocconcini  
Regular, Mini or Cocktail



**2.49**  
125g

Mastro  
Sliced Capocollo  
Mild or Hot



**8.99**  
/lb  
19.82/kg

Casa Italia  
Porchetta  
Mild or Hot  
Freshly Sliced at the Deli



**7.99**  
/lb  
17.61/kg

Santa Lucia  
Swiss Cheese  
Freshly Sliced at the Deli



**4.49**  
340g

Saputo  
Pizza Mozzarella



**save more!**

**4.99**  
/lb  
11.00/kg

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



**3.99**  
475g

Tre Stelle  
Ricotta Cheese  
Regular or Light



**8.99**  
/lb  
19.82/kg

Castello  
Traditional Blue Cheese  
At the Deli



**3.99**  
900g

Maple Lodge Farms  
Ultimate Chicken Franks



**4.49**  
375g

Maple Lodge Farms  
Naturally from the Farm  
Hickory Smoked Chicken Bacon Style



**5.99**  
375g

Freybe  
European Wieners

# We sell only Canadian Beef



**save more!**

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

Fresh Beef  
Sirloin Tip Roast  
Cut from Canada  
AAA Grade Beef  
Product of Canada



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

Fresh  
Extra Lean  
Ground Sirloin Beef



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

Fresh Stewing Beef  
Cut from Canada AAA Grade  
Beef, Product of Canada



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

Fresh Beef  
Sirloin Tip Steaks  
Cut from Canada AAA Grade  
Beef, Product of Canada



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

Fresh Beef  
Stir Fry  
Cut from Canada AAA Grade  
Beef, Product of Canada



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

Fresh Ontario  
Pork Loin  
Centre Cut Chops



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

Fresh Ontario  
Pork  
Tenderloin



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

Fresh Ontario  
Boneless Pork Loin  
Roast



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

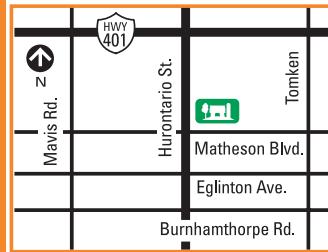
Fresh Ontario  
Pork Loin  
Cutlets

**VISIT OUR 2 GRAND LOCATIONS  
OPEN 7 DAYS A WEEK.**

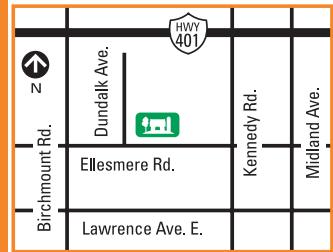
**STORE HOURS:**

Monday - Saturday:  
7:00a.m. till 10:00p.m.  
Sunday Hours: 8:00a.m. till 8:00p.m.

Specials effective from  
Friday, October 30th to  
Thursday, November 5th, 2015



50 MATHESON BLVD. EAST, AT HURONTARIO ST.  
905.501.9910



850 ELLESmere RD. AT KENNEDY RD.  
416.298.1999



25 YEARS  
OVER 3 MILLION TREES PLANTED



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