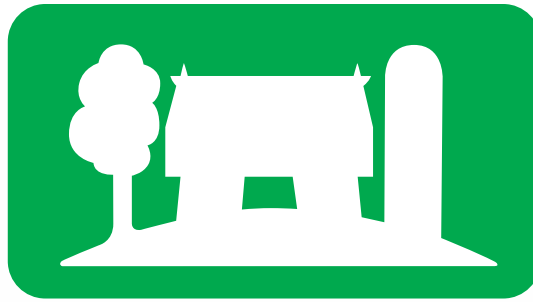


Fresh savings effective  
Friday, November 18 to  
Thursday, November 24, 2016

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



# HIGHLAND FARMS

—  **START FRESH** —

**Picked Fresh**

from our own

**Highland Farms Orchards**



**NEW  
CROP**



Fresh Apples  
McIntosh, Cortland, Matsu, Spy, Red or Golden Delicious  
Fancy Grade

**SAVE MORE!**

**79¢**  
/lb  
1.74/kg



Fresh Ontario  
Pork Rib or Sirloin Chops

**249**  
/lb  
5.49/kg



Elite Dairy  
Natural Yogurt  
Assorted Varieties

**179**  
750g



Nestlé  
Real Dairy Ice Cream,  
Frozen Greek Yogourt 1.5L  
or Drumsticks pkg of 4  
Selected Varieties

**3/10<sup>00</sup>**

# Produce

**Driscoll's**  
Only the Finest Berries



Blackberries  
or Raspberries  
Product of Mexico

**2/5<sup>00</sup>**  
170g



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

**99¢**  
each



Avocados  
Product of Mexico

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



Clementines  
Stem & Leaf  
Product of Spain

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



Field Tomatoes  
Product of U.S.A.  
No. 1 Grade

**99¢**  
/lb  
2.18/kg



Sweet  
Green Bell Peppers  
Product of U.S.A.  
No. 1 Grade

**99¢**  
/lb  
2.18/kg



Red Grapefruit  
Product of U.S.A.

**3/1<sup>49</sup>**



Extra Sweet  
Pineapples  
Product of Costa Rica

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



Green Beans  
Product of U.S.A.

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



Bi-Colour Corn  
Product of U.S.A.  
No. 1 Grade

**2<sup>99</sup>**  
pkg of 5



Premium Bananas  
From the Tropics

**89¢**  
/lb  
1.96/kg



Fuji Apples  
Product of B.C.  
Canada  
Extra Fancy Grade

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



Green Cabbage  
Product of U.S.A.  
No. 1 Grade

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



Large  
Premium Orchids  
Product of Ontario

**19<sup>99</sup>**  
6" ceramic pot



# Bakery

# Dairy



Villaggio  
Sliced Bread 675g,  
Crustini Buns  
pkg of 8 or Sausage  
Buns pkg of 6

**2<sup>29</sup>**  
each



SAVE MORE!

**21<sup>99</sup>**  
each



Oakrun Farm  
English Muffins or  
Crumpets

**3/5<sup>00</sup>**  
284-340g



Ace Bakery  
Ciabatta  
White or Multigrain

**1<sup>49</sup>**  
225-275g

La Rocca  
Fresh 8" Cake  
White Chocolate Cranberry



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

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



Natre Milk  
Dark Chocolate,  
Milk Chocolate or  
Caramel Latte

**2<sup>49</sup>**  
1L



Naturegg  
Omega 3  
Large White Eggs

**3<sup>99</sup>**  
pkg of 18



Liberte  
Kefir  
Assorted Varieties

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



iogo  
Nano 6x60g or  
Zip Tubes 8x60g  
Assorted Varieties

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



Danone  
Oikos  
Greek Yogurt  
Assorted Varieties

**3<sup>49</sup>**  
4x100g



Western  
Pressed Dry  
Cottage Cheese  
Salted or Unsalted

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



Becel  
Margarine  
Assorted Varieties

**4<sup>49</sup>**  
907g

# Brands You Love



General Mills  
Cheerios 260-500g,  
Presweet Cereal 330-380g  
Selected Varieties

SAVE MORE!

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



Highland Farms  
K-Cup® Pods  
House Blend,  
Colombian, Sumatra,  
Hazelnut

NEW!

**7<sup>99</sup>**  
pkg of 12



Nature Valley  
Granola Bars 130-230g,  
Betty Crocker Fruit Snacks  
120-226g or Dunkaroos  
130g, Selected Varieties

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



Lipton  
Chicken Noodle or  
Knorr Recipe  
Onion Soup Mix

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



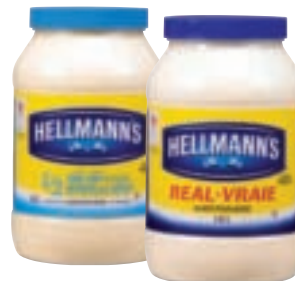
Italpasta  
Lasagne  
Regular or  
Oven Ready

**1<sup>49</sup>**  
375-500g



Gloria Pickled  
Cabbage Leaves 1.5L or  
Clover Leaf Red Pacific  
Sockeye Salmon  
Regular or Low Sodium 213g

**3<sup>49</sup>**  
each



Hellmann's  
Mayonnaise  
Regular or Light

**5<sup>99</sup>**  
1.42L



Bauli  
Il Pandoro  
Con Crema  
di Limoncello

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



Royale  
Facial Tissue

**5<sup>99</sup>**  
pkg of 6



PurOliva  
Blended Oil

**4<sup>99</sup>**  
1.89L



Aurora or Goumas  
Kalamata Figs

**2/5<sup>00</sup>**  
284g



Festa  
Panettone Classico  
Product of Italy

**5<sup>99</sup>**  
908g



# Everyday Essentials



Minute Maid, Five Alive or Nestea 10x200ml or Old Dutch Potato Chips 255g or Double Dutch Ridgies 235g, Assorted Varieties

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



Coca-Cola Soft Drinks Assorted Varieties

**3<sup>99</sup>**  
case of 12x355ml



Fiuggi Spring Water Natural, Sparkling

**9<sup>99</sup>**  
6x1L



Xtra Liquid Laundry Detergent Assorted Varieties

**SAVE MORE!**

**1<sup>99</sup>**  
2.21L



Celestial Seasonings Tea Selected Varieties

**2<sup>79</sup>**  
box of 18-20



Blue Diamond Almond Breeze Non-Dairy Beverage Assorted Varieties

**1<sup>99</sup>**  
946ml



Neal Brothers Tortillas Assorted Varieties Organic Salsa 410ml \$4.49

**3<sup>49</sup>**  
300g



Happy Planet Smoothies 900ml or Organic Juice 1.75L Selected Varieties

**4<sup>99</sup>**  
each



Simply Sprouted Way Better Snacks Assorted Varieties

**3<sup>99</sup>**  
156g



Nature's Path Organic Eco Pac Cereal Selected Varieties

**7<sup>99</sup>**  
750-907g



Annie's Macaroni and Cheese Selected Varieties

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



Spectrum Naturals Avocado Oil 236ml or Organic Coconut Oil 414ml

**6<sup>99</sup>**  
each



## Seafood

## Frozen Foods



Fresh  
Atlantic Salmon Steaks

SAVE MORE!

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



Fresh  
Cod Fillets  
Product of Iceland

**10<sup>99</sup>**  
/lb  
24.23/kg



Fresh  
Steelhead Trout  
Fillets

**12<sup>99</sup>**  
/lb  
28.64/kg



Ocean Jewel  
Frozen Sole  
Fillets

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



Ocean Jewel  
Frozen Basa  
Fillets

**9<sup>99</sup>**  
1.36kg



Simply Poultry  
Frozen Stuffed  
Chicken Breast  
Swiss or  
Broccoli & Cheese

**2<sup>99</sup>**  
284g



Marie Callender's  
Frozen Entrées  
Assorted Varieties

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



Nature's Path  
Organic Waffles  
Frozen  
Assorted Varieties

**3<sup>99</sup>**  
210g



Krinos  
Fillo Twisters  
Assorted Varieties

**6<sup>99</sup>**  
840g



Chapman's  
Gelato  
Selected Varieties

**2<sup>99</sup>**  
1.5L



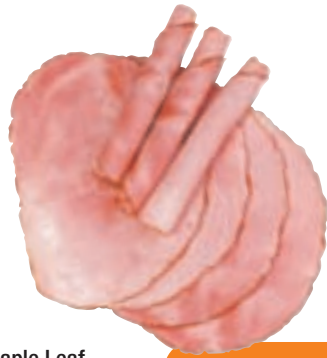
## Deli

## Country Kitchen



Piller's Salami  
Hungarian or German  
Freshly Sliced  
At the Deli

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



Maple Leaf  
Country Kitchen  
Deli Ham  
Freshly Sliced  
at the Deli

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



**SAVE MORE!**

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

Bittner's  
Oven Roasted Turkey Breast  
Freshly Sliced at the Deli



Saputo  
Bocconcini  
Regular, Cocktail  
At the Deli

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



Cayer  
Havarti Cheese  
Regular or Light  
Freshly Sliced  
at the Deli

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



Tre Stelle  
Cheese Slices  
Assorted Varieties

**3<sup>49</sup>**  
145-175g



Chevalier  
Double Crème Brie  
Regular,  
Herb & Pepper  
At the Deli

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



Santa Lucia  
Mascarpone

**7<sup>99</sup>**  
475g



Santa Lucia  
Mozzarella  
Fior' di Latte  
Cheese

**4<sup>49</sup>**  
250g

**COLLECT ALL 8!**

**2<sup>49</sup>** Schneiders® Lunch Mate® Stackers 90g Selected Varieties

**2<sup>49</sup>** Schneiders® Lunch Mate® and Simply Lunch™ 105-132g Selected Varieties

**2<sup>49</sup>** Maple Leaf® Top Dogs® Wieners 375-450g Selected Varieties

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

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

# Meat

# Poultry



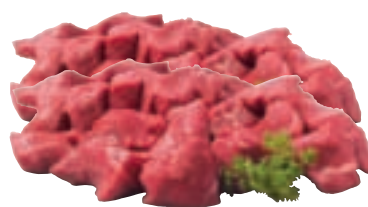
Fresh Ontario  
Pork Side Ribs

SAVE MORE!

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

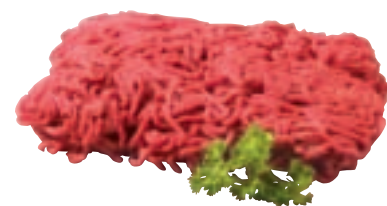
Canada AAA

100% Canadian.  
Freshly Ground.  
Every day.



Fresh  
Stewing Beef  
Product of Canada

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



Fresh  
Lean Ground Beef

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



Fresh Ontario  
Pork Loin  
Centre Cut Chops

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



Fresh Ontario  
Pork Side Ribs  
for Sweet & Sour

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



Marc Angelo  
Fresh  
Pork Sausages  
Selected Varieties

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



Fresh Ontario  
Turkey  
Drumsticks  
or Wings

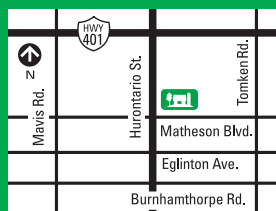
**1<sup>99</sup>**  
/lb  
4.39/kg



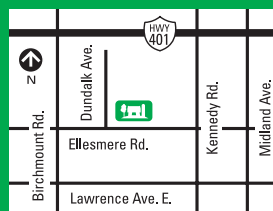
**We sell only Canadian Beef**



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, November 18 to  
Thursday, November 24, 2016



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