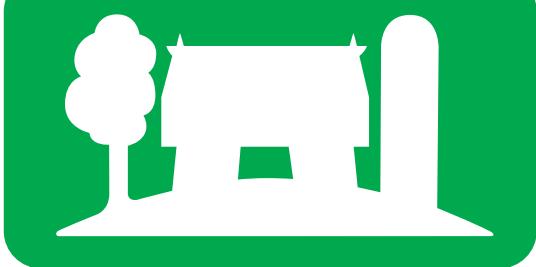


Fresh savings effective
Friday, October 21 to
Thursday, October 27, 2016

Sign-up for your E-flyer
today at highlandfarms.ca



GET
READY FOR
HALLOWEEN!
See page 5 for Halloween treats.

HIGHLAND FARMS



START FRESH



NEW CROP



Fresh Ontario
Veal Shoulder Blade

SAVE MORE!

3.99
/lb
8.80/kg

Highland Farms Apples
Red or Golden Delicious
Fancy Grade

SAVE MORE!

2.99
4lb
cello bag



Majesta
Regular Paper Towels

2.99
8 rolls



General Mills
Cheerios
Original, Honey Nut or
Multi-Grain

1.99
260-330g



Beatrice
Chocolate Milk

89¢
750ml

Produce

Driscoll's
ONLY THE FINEST BERRIES™



Strawberries
Product of U.S.A.
No. 1 Grade

2.99
1lb
tray



Ontario Homegrown
Greenhouse Grown
Tomatoes
No. 1 Grade

1.49
/lb
3.28/kg



Muscat Grapes
Product of Italy
No. 1 Grade

2.49
/lb
5.49/kg



Mangos
Product of Brazil

2/3.00



Head Lettuce
No. 1 Grade
Product of Canada

99¢
each



Zucchini
Product of Mexico

99¢
/lb
2.18/kg



Ontario Homegrown
Flemish Pears
Fancy Grade
Extra Large Size

1.49
/lb
3.28/kg



Fuyu Persimmons
Product of U.S.A.

1.99
/lb
4.39/kg



Eggplant
Product of U.S.A.
Large Size

99¢
/lb
2.18/kg



Ontario Homegrown
Rapini

1.99
bunch



Honey Crisp Apples
Product of U.S.A.
Extra Fancy Grade

2.99
/lb
6.59/kg



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

1.99
each



Classic Salads
Product of U.S.A.
Assorted Varieties

2.99
141g



Orchids
Assorted Colours
Product of Ontario

14.99
5" ceramic pot

Bakery

Dairy



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

1.99
675g



Breadko Bakery
Arabic Pita Bread
White or 100%
Whole Wheat

89¢
340g



Fresh Store-Baked
Stonemill
Bakehouse
Organic Baguette

2.49
350g

The Worthy Crumb
Pastry Co.
Crostata
Assorted Varieties

4.99
450-490g



SAVE MORE!

22.99
each

Baker Street
Fresh 8" Carrot or
Chocolate Salty Caramel Cake



Natrel
Fine-Filtered Milk
2%, 1% or Skim
Homogenized 4L
\$5.99

5.29
4L



Danone
Activia Yogourt
Assorted Varieties

5.49
12x100g



Yoplait Yogourt
Source 16x100g,
Yoptimal 12x100g or
Source Greek 8x100g
Assorted Varieties

4.99
each



iögo
Nomad Yogourt
Drinks
Selected Varieties

2/1.00
200ml



Burnbrae Farms
Egg Creations
Assorted Varieties

2.99
500g



Western
Cream Cheese
Assorted Varieties

2.49
250g



Becel
Margarine
Selected Varieties

2.79
454g



Black Diamond
Natural Cheddar
Cheese Slices
Marble, Medium
or Old

4.49
260-280g

NEW!

Brands You Love



Primo Soup
Assorted Varieties

SAVE MORE!
3/4 00
540ml



General Mills
Chex Cereal
Selected Varieties

3 99
360-395g



Del Monte
Fruit Bowls
Assorted Varieties

2/4 00
pkg of 4



Kriti Gold
Extra Virgin
Olive Oil

22 99
3L



Divella
Biscuits
Assorted Varieties

249
300-400g



Yoga
Fruit Nectar or
Juice
Selected Varieties

1 79
700ml-1L



Del Monte
Fruit Nectar or
Oasis Classic
100% Juice
Selected Varieties

4/5 00
960ml



Mr. Clean
All Purpose Cleaner
Assorted Varieties

2 99
1.2L



Twinings
Tea
Assorted Varieties

3 99
pkg of 20



Bob's Red Mill
Gluten Free Flour
1 to 1 Baking or
All Purpose

4 99
623g



Amy's
Organic Soup
Selected Varieties

3 49
398ml

Everyday Essentials



Dove
Body Wash
Assorted Varieties

2⁹⁹
354ml



Kettle Brand
Potato Chips
Selected Varieties

3/8⁰⁰
170-220g



SAVE MORE!

5⁹⁹
6x1.5L

San Benedetto
Spring Water
Natural & Carbonated



Blue Diamond
Almond Breeze
Beverage
Refrigerated
Assorted Varieties

3⁶⁹
1.89L



Pringles
Chips
Assorted Varieties

2/4⁰⁰
150-182g



Nestlé
Mini
Chocolate Bars
80

9⁹⁹
918.5g



Skittles and
Starburst
Fun Bite Packs
90

12⁹⁹
1.009kg



Patience Fruit & Co.
Dried Cranberries
Selected Varieties

4⁴⁹
227-283g



Lärabar Energy
Bars Multipack
Assorted Varieties

5⁹⁹
225-240g



Old Dutch
Regular
Potato Chips
or
Humpty Dumpty
Cheese Sticks

5⁹⁹
box of 24



Sun-Maid
Raisins
Mini-Packs

2/5⁰⁰
196g

Seafood

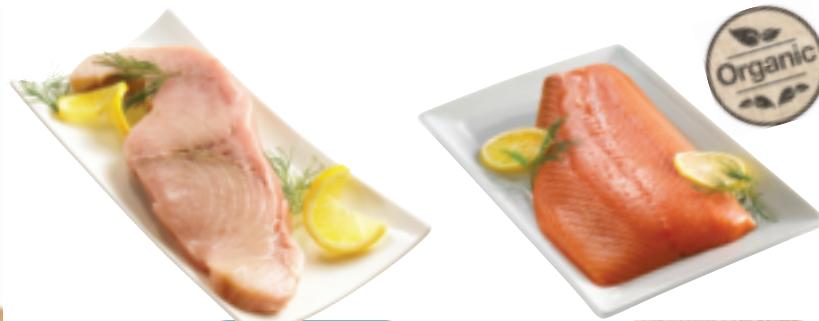
Frozen Foods



Fresh
Cod Fillets
Product of Iceland

SAVE MORE!

10⁹⁹
/lb
24.23/kg



Fresh
Swordfish
Steaks

14⁹⁹
/lb
33.05/kg

Fresh, Organic
Atlantic Salmon
Fillets

15⁹⁹
/lb
35.25/kg



Janes
Pub Style
Fish Fillets

10⁹⁹
580g



Janes
Battered Fish Bites
or English Style
Fish

6⁹⁹
450g



Janes
Frozen
Chicken Wings
Barbecue, Buffalo or
Sea Salt & Pepper

13⁹⁹
900g



Riviera
Frozen
Meat Lasagna
pkg of 2x1.81kg

8⁹⁹
3.62kg



U-Be-Livin-Smart
Karmaffin
Nutrient Dense
Muffins
Assorted Varieties

4⁹⁹
312g



Kellogg's
Frozen
Eggo Waffles &
Pancakes
Assorted Varieties

2/5⁰⁰
280-310g



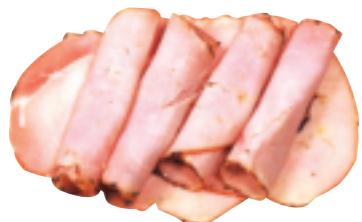
Chapman's
Original Ice Cream
2L or Super Lolly
18x75ml
Selected Varieties

2⁹⁹
each



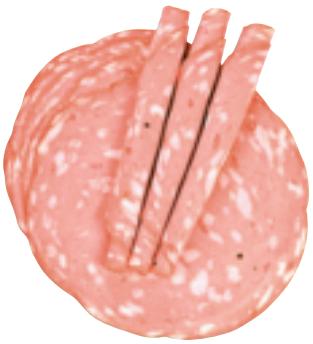
Magnum Mini Ice Cream Bars,
Klondike Bars, Sandwiches
or Kones pkg of 4 or
Fruittare pkg of 4-6
Selected Varieties

4⁹⁹
each



Casa Italia
Porchetta
Mild or Hot
Freshly Sliced
at the Deli

7.99
/lb
17.61/kg



Casa Italia
Vera Mortadella
Regular or Light
Freshly Sliced
at the Deli

5.99
/lb
13.21/kg



SAVE MORE!



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

8.99
/lb
19.82/kg



Dofino
Havarti Cheese
Freshly Cut
at the Deli

7.99
/lb
17.61/kg

Imported from Italy
Marc Angelo Prosciutto
Freshly Sliced at the Deli

12.99
/lb
28.64/kg



Tre Stelle
Ricotta Cheese
Regular or Light

4.99
475g



Tre Stelle
Mozzarella Cheese

5.49
340g



Anco
Havarti Cheese
Assorted Varieties

3.49
180g



Anco
Gouda Cheese
Assorted Varieties

3.99
170g



Rachel's
Original Deli
Corned Beef
Brisket

5.99
/lb
13.21/kg



Schneiders
Frozen
Oktoberfest
Sausages

3.49
375g



Stuffed Peppers
with Meat
in Tomato Sauce
Min. Weight 300g

3.49
each

Shepherd's Pie
with Peas

1.89
/100g

Meat

Poultry



Canada AAA

**AGED
21
DAYS**

**100% Canadian.
Freshly Ground.
Every day.**



Fresh Beef
Striploin Roast or Steaks
Product of Canada

SAVE MORE!

8.99
/lb
19.82/kg



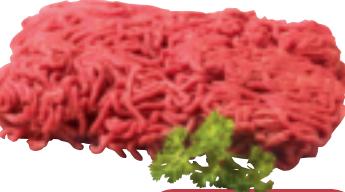
Fresh Ontario
Veal Shoulder
Arm Chop

4.49
/lb
9.90/kg



Fresh Ontario
Bone-in
Veal Shank
Ossobuco

6.99
/lb
15.41/kg



Fresh
Lean Ground Beef

4.99
/lb
11.00/kg



Fresh
Stewing Beef
Product of Canada

5.99
/lb
13.21/kg



North of 90
Fresh Extra Lean
Ground Chicken
Product of Canada

4.99
/lb
11.00/kg



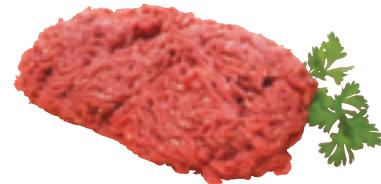
North of 90
Fresh Extra Lean
Ground Turkey
Product of Canada

5.99
/lb
13.21/kg



Fresh Ontario
Stewing Veal

6.99
/lb
15.41/kg



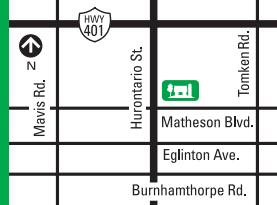
Fresh Ontario
Regular
Ground Veal

2.99
/lb
6.59/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 ELLESMORE RD.
AT KENNEDY RD. 416.298.1999



Padnow
OVER 3 MILLION
TREES PLANTED

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Store Hours:

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

Fresh Savings Effective:

Friday, October 21 to
Thursday, October 27, 2016