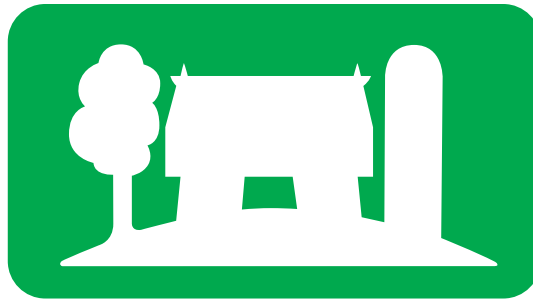


**Fresh savings effective**  
Thursday, May 11 to  
Wednesday, May 17, 2017

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

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deals & savings!



# HIGHLAND FARMS



## START FRESH

**Happy Mother's Day**  
Surprise mom with sweet treats  
and beautiful bouquets

**BRING HOME THE  
SIZZLE**



Canada **AAA**

**AGED  
21  
DAYS**

**SAVE MORE!**

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

Fresh Beef  
Boneless Top Sirloin Steaks  
Product of Canada



**SAVE MORE!**

**99¢**  
/lb  
2.18/kg

Ontario Homegrown  
Greenhouse Tomatoes on the Vine  
No. 1 Grade



Breyers  
Creamery Style  
Real Ice Cream  
Assorted Varieties

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



Kellogg's Cereal  
Corn Flakes 680g,  
Vector 400g or  
Raisin Bran 425g

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



Liberté Classique,  
Western Yogourt 750g or  
Liberté Baby Yogourt 4x75g  
Selected Varieties

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

# Produce



Red Cherries  
Product of  
California, U.S.A  
No. 1 Grade  
Jumbo Size

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



Blackberries  
or Raspberries  
Product of U.S.A.  
or Mexico

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



Honeydew Melons  
Product of  
Guatemala  
Jumbo Size

**3<sup>99</sup>**  
each



Pineapples  
Product of  
Costa Rica

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



Ontario Homegrown  
Greenhouse  
Seedless  
Cucumbers  
No. 1 Grade

**99¢**  
each



Romaine Lettuce  
Product of U.S.A.

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



Abate Pears  
Product of  
Argentina  
Extra Fancy Grade

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



Pomegranates  
Product of Chile  
Jumbo Size

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



Zucchini  
Product of Mexico

**99¢**  
/lb  
2.18/kg



Large Artichokes  
Product of U.S.A.

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



Cantaloupes  
Product of Mexico  
No. 1 Grade

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



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

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



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

**3<sup>99</sup>**  
141g



Premium  
Roses, 50cm  
Assorted Colours  
Product of Ecuador

**17<sup>99</sup>**  
dozen



# Bakery

# Dairy



Dempster's  
Sliced Bread  
Whole Grains  
Selected Varieties

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



La Rocca  
Fresh 8"  
White Chocolate  
Raspberry Cake

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



Oakrun Farm  
Belgian Waffles

**4<sup>99</sup>**  
420g



Stonemill  
Bakehouse  
Organic Baguette

**2<sup>49</sup>**  
350g



Dufflet Pastries  
Fresh 6"  
Pink Velvet Cake

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



Del Monte  
Fruit Juice &  
Cocktails or  
Oasis Hydra Fruit  
Selected Varieties

**1<sup>99</sup>**  
1.6-1.65L



iögo  
Nano 6x60g or  
Zip Tubes 8x60g  
Assorted Varieties

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



Astro Athentikos  
Greek Yogurt  
4x100g or Ancient  
Grains 2x150g  
Selected Varieties

**2<sup>79</sup>**  
each



Sealtest  
1% Chocolate Milk  
or No Sugar Added  
Chocolate  
Dairy Beverage

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



Natrel  
Cream  
10%, 5% or  
Lactose Free 10%

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



Black Diamond  
Natural Cheddar  
or Gouda  
Cheese Slices

**3<sup>99</sup>**  
280g



Burnbrae Farms Eggs  
Prestige Large White  
Dozen or  
Naturegg Organic  
Extra Large 6pk

**2<sup>79</sup>**  
each



# Brands You Love



Allen's  
100% Pure Apple Juice 1.05L or  
Juice and Cocktails 1L  
Selected Varieties

SAVE MORE!

**99¢** each



Baci  
Perugina  
Chocolates  
24 pieces

**9<sup>99</sup>**  
343g



Santa Cruz  
Organic  
Lemonade  
Selected Varieties

**2<sup>49</sup>**  
946ml



Sant'Anna  
Natural  
Mineral Water

**3<sup>99</sup>**  
6x1.5L



Olivia  
Extra Virgin  
Olive Oil

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



Midi  
Snack Cakes  
Selected Varieties

**3/5<sup>00</sup>**  
280g



Gigi  
Linea Oro Jam  
Assorted Varieties

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



Kimbo  
Espresso Bar  
Extra Cream  
Coffee Beans

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



Kimbo  
Export Espresso  
Ground Coffee

**2/5<sup>00</sup>**  
250g



Pantanello  
Spelt Pasta  
Selected Varieties

**2<sup>79</sup>**  
454g



Gigi Brand  
Olives  
Imported from Italy  
Selected Varieties

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

# Everyday Essentials



Arm & Hammer  
2x Laundry  
Detergent

**3.47**  
1.84-2.03L



Sponge Towels  
Econo

SAVE MORE!

**3.99**  
6 rolls



Primo  
Tomato Ketchup

**1.99**  
1L



Clover Leaf  
Solid White  
Albacore Tuna  
Selected Varieties

**2.99**  
170g



Lipton  
Chicken Noodle or  
Knorr Recipe  
Onion Soup Mix

**1.99**  
pkg of 4



Del Monte  
Fruit Bowls  
Assorted Varieties

**2/5.00**  
pkg of 4



Vita Coco  
100% Pure  
Coconut Water  
Regular and  
with Pineapple

**2.99**  
1L



Sardo  
Organic Olives  
Selected Varieties

**2.79**  
375ml



Nature's Path  
Organic Cereals  
Selected Varieties

**4.49**  
284-400g



Special K  
Morning Shakes  
Assorted Varieties

**5.99**  
4x296ml



Gerber  
Graduates Puffs  
or Lil' Crunchies  
Assorted Varieties

**2/5.00**  
42g



## Seafood

## Frozen Foods



Fresh  
Whole Dressed Rainbow Trout

SAVE MORE!

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



Wild



Fresh  
Wild Haddock  
Fillets

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



Fresh  
Steelhead Trout  
Fillets

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



Ocean Jewel  
Frozen  
Cooked Shrimp  
Ring  
50/60ct

**4<sup>99</sup>**  
227g



Ocean Jewel  
Breaded  
Popcorn Shrimp

**6<sup>99</sup>**  
340g



Simply Poultry  
Breaded Chicken  
Nuggets, Strips &  
Burgers

**5<sup>99</sup>**  
907g



McCain  
Frozen Superfries  
Selected Varieties

**2<sup>99</sup>**  
650-750g



Gardein  
Meat-Free Products  
Frozen  
Assorted Varieties

**4<sup>49</sup>**  
255-350g



Krinos  
Mini Twisters  
Cheese or Spinach

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



Minute Maid  
Frozen Fruit Punch  
Assorted Varieties

**4/3<sup>00</sup>**  
295ml



Chapman's  
Ice Cream Sundaes  
Assorted Varieties

**2/5<sup>00</sup>**  
1L



Mastro  
Salami  
with Prosciutto

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



Vienna  
Roast Beef, Corned  
Beef & Pastrami  
Freshly Sliced  
at the Deli

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



Santa Lucia  
Bocconcini  
At the Deli

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



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

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

## Deli Country Kitchen



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

**SAVE MORE!**

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



Anco  
Gouda Cheese  
Assorted Varieties

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



Anco  
Double Crème Brie  
or Camembert  
Cheese

**9<sup>99</sup>**  
450g



Mastro  
Sliced  
Genoa Salami  
Mild or Hot

**2<sup>99</sup>**  
150g



Mastro  
Sliced Capocollo  
Mild or Hot

**2<sup>49</sup>**  
125g



Schneiders  
Frozen  
Mini Sizzlers  
Sausages

**3<sup>49</sup>**  
375g



Schneiders  
Frozen  
Oktoberfest  
Sausages

**3<sup>49</sup>**  
375g

## COUNTRY KITCHEN HIGHLAND FARMS PLS Pasta Salads Tossed Fresh Daily



Grilled  
Chicken Caesar,  
Greek Orzo & Feta,  
Arugula & Feta or  
Greek Olympia

**1<sup>99</sup>**  
/100g



# Fresh Meat



Fresh Ontario  
Outside Round Veal Cutlets

SAVE MORE!

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



BRING HOME THE  
**SIZZLE**



Fresh  
Store-Made  
Lean Beef Burgers

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



Fresh Beef  
Boneless  
Top Sirloin  
Medallion Steaks  
Product of Canada

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

Canada **AAA**

AGED  
**21**  
DAYS



Fresh Ontario  
Stewing Veal

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



Fresh Ontario  
Extra Lean  
Ground Veal

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



Fresh Ontario  
Pork Side Ribs

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



Fresh Ontario  
Pork Side Ribs  
for Sweet & Sour

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



Fresh Ontario  
Pork  
Shoulder Blade  
Steaks

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

GREAT FOR  
PULLED  
PORK



Fresh Ontario  
Boneless Pork  
Shoulder Blade  
Roast

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



**We sell only Canadian Beef**



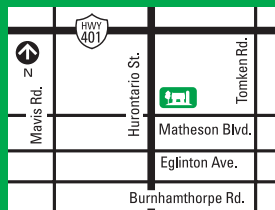
**Visit our 3 locations.  
Open 7 days a week.**

**Store Hours:**

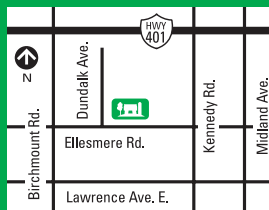
Monday – Saturday:  
7:00a.m. till 10:00p.m.  
Sunday: 8:00a.m. till 8:00p.m.

**Fresh Savings Effective:**

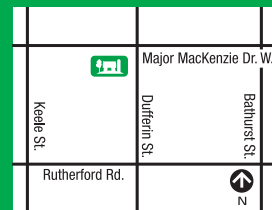
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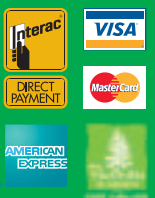
50 MATHESON BLVD. E.  
AT HURONTARIO ST.  
905.501.9910



850 ELLESMERE RD.  
AT KENNEDY RD.  
416.298.1999



9940 DUFFERIN ST.  
AT MAJOR MACKENZIE DR. W.  
905.832.4481



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