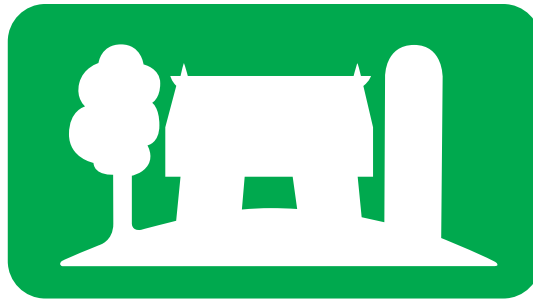


**Fresh savings effective**  
Thursday, April 20 to  
Wednesday, April 26, 2017

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



# HIGHLAND FARMS

—  **START FRESH** —

    
**Follow us**  
and get the latest  
deals & savings!



Janes  
Pub Style Chicken  
Fries, Nuggets, Strips or Burgers

**SAVE MORE!**

**4<sup>99</sup>**  
800g



Ontario Homegrown  
Greenhouse Tomatoes on the Vine  
No. 1 Grade

**SAVE MORE!**

**99¢**  
/lb  
2.18/kg



Kellogg's Cereal  
Corn Pops, Froot Loops,  
Frosted Flakes, Corn Flakes,  
All-Bran Flakes or  
Rice Krispies

**1<sup>99</sup>**  
210-450g



Gay Lea  
Butter  
Salted or Unsalted

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



Bounty  
Paper Towels  
Limit of 3 per family

**9<sup>99</sup>**  
6 double  
rolls

# Produce



**Fresh** from our own  
**Highland Farms Orchards**

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

**1<sup>99</sup>**  
4lb  
cello bag



Sweet Corn  
Product of U.S.A.  
No. 1 Grade

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



Bosc Pears  
Product of U.S.A.  
Extra Fancy Grade

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



Mangos  
Product of Mexico

**2/3<sup>00</sup>**



Ontario Homegrown  
Greenhouse  
Seedless  
Cucumbers  
No. 1 Grade

**99¢**  
each



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

**4<sup>99</sup>**  
283g



Mini Seedless  
Watermelons  
Product of  
Guatemala

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



Seedless  
Clementines  
Product of  
Morocco

**3<sup>99</sup>**  
2lb  
bag



Zucchini  
Product of Mexico

**99¢**  
/lb  
2.18/kg



Russet Potatoes  
Product of P.E.I.  
No. 1 Grade

**2<sup>49</sup>**  
10lb  
paper bag



Bartlett Pears  
Product of  
Argentina  
Extra Fancy Grade

**1<sup>69</sup>**  
/lb  
3.73/kg



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

**2<sup>49</sup>**  
each



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

**2<sup>99</sup>**  
2lb  
cello bag



Floral

Premium  
Jumbo Bouquets

**18<sup>99</sup>**  
each



# Bakery

# Dairy



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

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



**SAVE MORE!**

**16<sup>99</sup>**  
each



Baked In-Store  
Fresh  
Cheddar Cheese  
Bread

**3<sup>99</sup>**  
530g



Fresh Store-Made  
9" Mixed Fruit  
Flan

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

La Rocca  
Fresh 6" Lemon Mousse Cake



Simply  
Lemonade, Limeade,  
Tropical Fruit,  
Pure Leaf or  
Gold Peak Iced Tea

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



Astro KiX  
Drinkable Yogourt  
Assorted Varieties

**59<sup>¢</sup>**  
200ml



Burnbrae Farms  
Egg Creations  
Assorted Varieties

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



Gay Lea  
Nordica  
Cottage Cheese  
1% & 2%

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



Liberté  
Greek Yogourt  
4x100g or  
Méditerranée 500g  
Assorted Varieties

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



Kliffe  
Traditional  
2% Kefir

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



So Nice  
Organic Soy or  
Almond Beverages  
Selected Varieties

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



L'Ancêtre  
Organic Cheese  
Selected Varieties

**6<sup>79</sup>**  
200g

# Brands You Love



PurOliva Blended Oil 1.89L or  
Sardo Canola Oil 3L

SAVE MORE!

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



Fruité Fruit Drinks  
or Tetley  
Lemon Iced Tea

**99¢**  
2L



Glad  
Zipper  
Sandwich Bags

**99¢**  
50's



Tilda  
Basmati Rice  
White or Brown

**6<sup>99</sup>**  
1.81kg



Baxters  
Soup  
Assorted Varieties

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



Nescafé Rich or  
Taster's Choice  
Instant Coffee  
Assorted Varieties

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



Red Rose  
Orange Pekoe Tea

**7<sup>99</sup>**  
216's



Clover Leaf  
Flavoured  
Light Tuna  
Assorted Varieties

**3/4<sup>00</sup>**  
85g



DeCecco  
Pasta Nests  
Selected Varieties

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



Mastro  
Balsamic Vinegar

**1<sup>99</sup>**  
500ml



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

**99¢**  
960ml



# Everyday Essentials



Sensible Portions  
Snacks  
Assorted Varieties

**1.99**  
113-142g



**SAVE MORE!**

**2.99**  
460-520g



Spectrum  
Naturals Organic  
Coconut Oil

**4.99**  
414ml

Christie Family Size Cookies  
Chips Ahoy!, Oreo,  
Chips Ahoy! Chunks or Dad's



Highland Farms  
Country Kitchen  
Raw  
Pumpkin Seeds

**5.99**  
400g



Lavazza  
Qualità Rossa  
Espresso  
Coffee Beans

**10.99**  
1kg



Nutella  
Chocolate  
Hazelnut Spread

**5.49**  
725g



UFC  
Refresh 100%  
Coconut Water  
Case of 12x500ml  
\$16.99

**1.69**  
500ml



Leclerc  
Chocomax or  
Muffinmax Bars  
Selected Varieties

**1.99**  
192-223g



Kind Bars  
Selected Varieties  
Case of 12x40g  
\$17.99 each

**3/5.00**  
40g



Bob's Red Mill  
Ground Almond  
Meal/Flour

**14.99**  
453g



Kevita  
Organic Sparkling  
Fermented Drink  
Assorted Varieties

**3.49**  
450ml



## Seafood

## Frozen Foods



Fresh  
Rainbow Trout  
Fillets

SAVE MORE!

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



Fresh  
Whole Dressed  
Whiting  
(Merluzzo)

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



Fresh  
Wild Ocean Perch  
Fillets

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



Ocean Jewel  
Frozen Fillets  
Basa, Cod or Sole

**9<sup>99</sup>**  
908g-1.36kg



Canadian  
Frozen Whitefish  
Whole Dressed

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



Dr. Oetker  
Frozen Pizza  
Ristorante, Casa di  
Mama or Panebello  
Selected Varieties

**3<sup>99</sup>**  
305-450g



Cucina Foods  
The Original  
Arancini  
Assorted Varieties

**6<sup>99</sup>**  
500-600g



Supreme  
Frozen Pierogies  
Assorted Varieties

**2/5<sup>00</sup>**  
392g



Chapman's  
Sorbet 2L or  
Super Novelties  
8-18 pk  
Selected Varieties

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



Breyers Gelato  
842ml or Magnum  
Mini Ice Cream  
Bars 4x55ml  
Assorted Varieties

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

## Deli

## Country Kitchen



Sikorski  
Kolbassa Ring  
At the Deli

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



Sikorski  
Debrecyna  
Sausage  
At the Deli

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



Santa Lucia  
Mozzarella  
Freshly Sliced  
at the Deli

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



Santa Lucia  
Provolone Cheese  
Freshly Sliced  
at the Deli

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



Fletcher's  
Black Forest Ham  
Freshly Sliced at the Deli

**SAVE MORE!**

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



Tre Stelle  
Cheese Slices  
Assorted Varieties

**3<sup>99</sup>**  
140-175g



Castello  
Blue Cheese  
Traditional or  
Extra Creamy

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



Agropur  
Import Collection  
Brie or Camembert

**5<sup>99</sup>**  
230g



Agropur  
Grand Cheddar  
Aged for  
2 or 3 Years

**5<sup>99</sup>**  
200g



Schneiders  
Grill'ems  
Smoked Sausages  
Assorted Varieties

**3<sup>99</sup>**  
375g



Schneiders  
RedHots  
Original Style  
Wieners

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



Panko  
Chicken Breast  
with Sweet Chili  
Sauce

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



Broccoli  
Sunflower Crunch  
Salad

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



# Meat

# Poultry



Fresh Beef  
Striploin Steaks  
Product of Canada

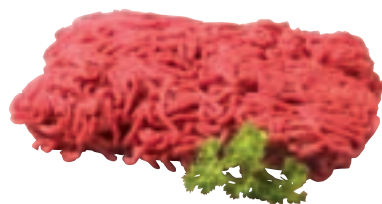
Canada AAA

AGED  
21  
DAYS

SAVE MORE!

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

100% Canadian.  
Freshly Ground.  
Every day.



Fresh  
Lean Ground Beef

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

Canada AAA

AGED  
21  
DAYS



Fresh Beef  
Tenderloin  
Steak or Roast  
Product of Canada

**16<sup>99</sup>**  
/lb  
37.46/kg



Fresh Ontario  
Pork Side Ribs

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



Fresh Ontario  
Loin of Pork  
Rib or Sirloin  
Whole or Half  
Sliced \$2.29/lb-\$5.05/kg

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



Fresh, Organic  
Whole Chicken  
Grade A

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



Fresh, Organic  
Boneless &  
Skinless  
Chicken Breast

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



Fresh, Organic  
Chicken  
Drumsticks

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



Fresh, Organic  
Chicken Thighs  
Bone-in

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



**We sell only Canadian Beef**



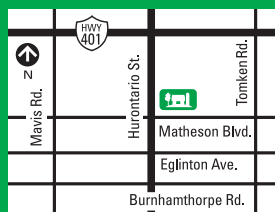
**Visit our 3 locations.  
Open 7 days a week.**

**Store Hours:**

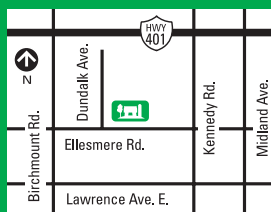
Monday – Saturday:  
7:00a.m. till 10:00p.m.  
Sunday: 8:00a.m. till 8:00p.m.

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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

**NOW  
OPEN!**



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