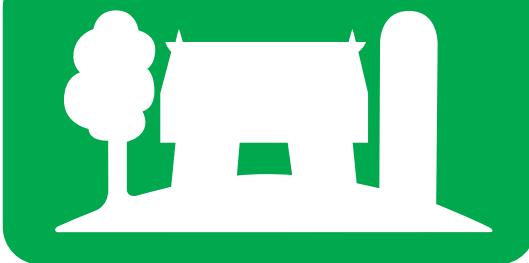


Fresh savings effective
Thursday, July 6 to
Wednesday, July 12, 2017

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

Follow us and
get the latest
deals & savings!



HIGHLAND FARMS



START FRESH



Fresh Ontario
Chicken Breast
Boneless & Skinless



SAVE MORE!

4.99
/lb
11.00/kg



Ontario Homegrown
Greenhouse Tomatoes
No. 1 Grade



SAVE MORE!

99¢
/lb
2.18/kg



Astro Yoghurt
Original, Fat Free Zero or
Smooth 'n Fruity

2.99
12x100g



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

3.99
305-410g



Tide
Laundry Detergent
Liquid 2.72-2.95L or
Pods pkg of 43-57

10.99
each

BRING HOME THE
SIZZLE
THIS SUMMER
Marinated in-store, our freshly
prepared meats are ready to grill

Produce



Seedless
Watermelon
Product of U.S.A.
15lb Average

699
each



Romaine Lettuce
Product of Canada

99¢
each



Ataulfo Mangos
Product of Mexico

99¢
each



Black Plums
Product of U.S.A.
No. 1 Grade

299
/lb
6.59/kg



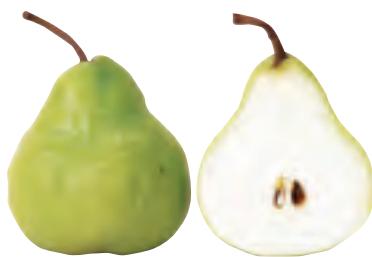
Ontario Homegrown
Greenhouse
Seedless
Cucumbers
No. 1 Grade

99¢
each



Cauliflower
Product of U.S.A.
No. 1 Grade
Jumbo Size

399
each



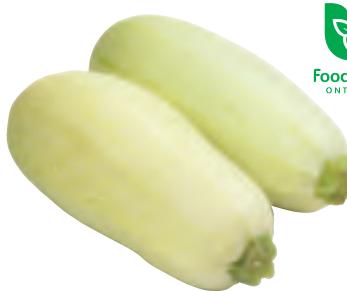
Packham Pears
Product of
Argentina
Extra Fancy Grade

149
/lb
3.28/kg



Clementines
Product of
Argentina

399
2lb
bag



Ontario Homegrown
Fresh
Vegetable Marrow

99¢
/lb
2.18/kg



Eggplant
Product of U.S.A.
Large Size

149
/lb
3.28/kg



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

699
/lb
15.41/kg



Avocados
Product of Mexico

249
each



Broccoli
Product of U.S.A.

299
bunch



Premium
Roses, 50cm
Assorted Colours
Product of Ecuador

1799
dozen

Bakery

Dairy



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

2.29
each



Empire Bakery
Poppy Seed
Strudel

4.99
520g

Highland Farms
Country Kitchen
Fresh Store-Baked
Mini Twisted Danish
Assorted Varieties

2.99
pkg of 8



SAVE MORE!

19.99
each

Elite Sweets
Fresh 8" Cake
Tiramisu or Bacio Mousse

AGROPUR

BUY
2 LACTOSE FREE 2L
AT 4.99 EACH

ALL THE GREAT TASTE
OF FRESH MILK,
NO DISCOMFORT.



AND
GET
1 LACTOSE FREE BUTTER 250G
FREE



Black Diamond
Cheese
Assorted Varieties

5.79
400-450g



Earth's Own So Fresh
Almond, Cashew or Coconut
1.89L or So Fresh Oat 1.75L
Fortified Beverages
Selected Varieties

3.49
each

NEW!



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

1.99
1.6-1.65L



iögo
Nano 6x60g or
Zip Tubes 8x60g
Assorted Varieties

2.29
each



Danone Yogurt
Activia 8x100g, Oikos
4x100g or Danino
Drinkable 8x93ml
Assorted Varieties

3.39
each



Yorkshire
Valley Farms
Organic Large Eggs

5.99
dozen

Brands You Love



Sunlight
Liquid Dish Soap
Assorted Varieties

SAVE MORE!

1 99
740-950ml



Unico
Solid Light Tuna
in Oil

3/4 00
198g



Monterey
Pure
White Vinegar

1 99
4L



Excelsior
Espresso Coffee

1 99
250g



Divella
Biscuits
Assorted Varieties

1 99
300-400g



Green Giant
Canned Vegetables
Selected Varieties

4/5 00
341-398ml



Billy Bee
Pure Natural
Honey

9 99
1kg
squeeze bottle



Pam
Cooking Spray
Assorted Varieties

3 99
141-170g



Unico
Tomato Paste

2/1 00
156ml



Unico
Premium Collection
Balsamic Vinegar
Original or White

1 99
500ml



Hunt's
Snack Pack
Pudding & Gels
Assorted Varieties

1 29
4x99g

Everyday Essentials



4.99
each



3.49
300g

Cashmere
Bathroom Tissue Double Rolls
Ultra or Ultra Luxe

SAVE MORE!

11.99
pkg of 24
double rolls



Borjomi
Carbonated
Mineral Water

6.99
6x750ml



Pringles
Chips
Assorted Varieties

2/4.00
139-156g



Gatorade
Thirst Quencher
Assorted Varieties

4.99
6x591ml



Bounce
Dryer Sheets

5.99
120's



Muir Glen
Organic Tomatoes
Assorted Varieties

2.99
796ml



Annie's Homegrown
Bunny Fruit Flavoured
Snacks 115g, Cookies
or Crackers 213g
Selected Varieties

2.99
each



Nature Valley
Granola Bars
Selected Varieties

2/5.00
130-230g



Leclerc
Célébration
Cookies
Selected Varieties

2/5.00
180-350g

Seafood

Frozen Foods



Fresh
Whole Dressed Rainbow Trout

SAVE MORE!

6.99
/lb
15.41/kg



Wild
Sockeye Salmon
Fillets

16.99
/lb
37.46/kg

Fresh
Halibut Steaks

19.99
/lb
44.07/kg



Janes
Battered Fish Bites,
English Style or
Beer Battered Fish

6.99
450g



Cardinal
Family
Beef Burgers

7.99
904g



Kawartha
Dairy
Ice Cream
Assorted Varieties

5.99
1.5L



Michelina's
Frozen Entrées
Selected Varieties

99¢
128-284g



McCain
Family Pack
Frozen Superfries
or Wedges
Selected Varieties

4.99
1.45-1.5kg



Minute Maid
Orange Juice
Frozen
Assorted Varieties

3/5.00
295ml

Magnum Ice Cream
Bars pkg of 3 or
Fruttare Frozen
Fruit & Dessert Bars
pkg of 4-6

4.99
each



Casa Italia
Porchetta
Mild or Hot
Freshly Sliced
at the Deli

6.99
/lb
15.41/kg



Casa Italia
Prosciutto Cotto
Freshly Sliced
at the Deli

5.99
/lb
13.21/kg



Silani
Feta Cheese
Freshly Cut
at the Deli

4.99
/lb
11.00/kg



Kalamata Olives
At the Deli

4.99
/lb
11.00/kg

SAVE MORE!

4.99
/lb
11.00/kg

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



FROM OUR SIGNATURE TO YOUR SIGNATURE DISH

IN 1954 THE SAPUTO FAMILY BROUGHT THE SECRETS of Italian cheese making to Canada.
In those early years, young Lino Saputo delivered our handmade cheeses on a bicycle.

IF IT'S NOT SIGNED, IT'S NOT SAPUTO.™

Dino G.
CHEESEMAKER



3.99
140-180g

Saputo
Sliced Cheese
Assorted Varieties



2.99
200g

Saputo
Bocconcini
Regular, Mini or Cocktail



3.99
340g

Saputo
Pizza Mozzarella

YOU COULD
WIN*



A BIKE
*SEE IN-STORE
FOR MORE DETAILS



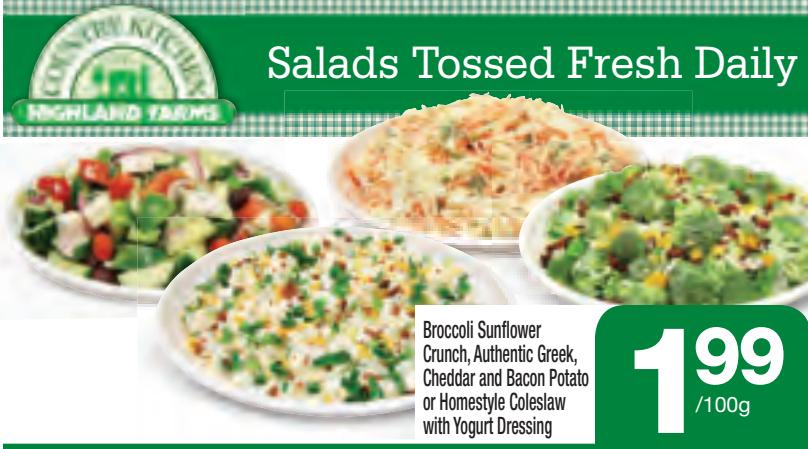
4.49
400g

Saputo
Gourmet Ricotta
Regular or Light



Schneiders
Bacon
Regular, Extra
Thick or Less Salt

3.99
375g



Salads Tossed Fresh Daily

Broccoli Sunflower
Crunch, Authentic Greek,
Cheddar and Bacon Potato
or Homestyle Coleslaw
with Yogurt Dressing

1.99
/100g

Meat

Poultry

**BRING HOME THE
SIZZLE
THIS SUMMER**

Canada AAA

**AGED
21
DAYS**



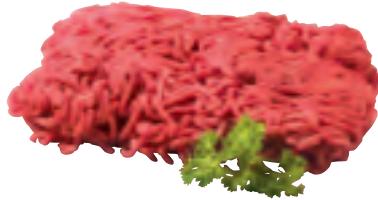
Fresh Beef
Capless Rib Steaks
Product of Canada

SAVE MORE!

11.99
/lb
26.43/kg

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

Canada AAA



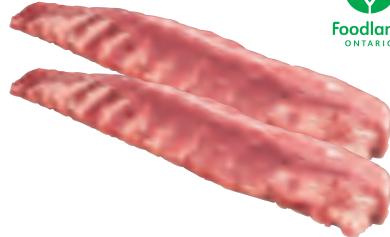
Fresh
Lean Ground Beef

4.99
/lb
11.00/kg



Fresh
Inside Round
Beef Cutlets
Product of Canada

6.99
/lb
15.41/kg



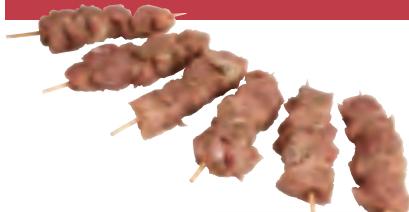
Fresh Ontario
Pork Back Ribs

4.99
/lb
11.00/kg



Fresh Beef Chuck
Short Ribs
Cut from Canada AA
Grade Beef or Higher
Product of Canada

8.99
/lb
19.82/kg



Freshly
Seasoned In-Store
Pork or Chicken
Souvlaki

6.99
/lb
15.41/kg



Fresh
Store-Made
Lean Beef Burgers

5.49
/lb
12.10/kg



Freshly Seasoned In-Store
Chicken Breast
Boneless, Skinless
Mango & Chili,
Mediterranean or Avignon

6.99
/lb
15.41/kg



Fresh Gourmet
Pork Sausages
Provolone, Sundried
Tomato, Garlic & Wine
or Rapini & Cheese

5.99
/lb
13.21/kg

**BRING HOME THE
SIZZLE
THIS SUMMER**



We sell only Canadian Beef



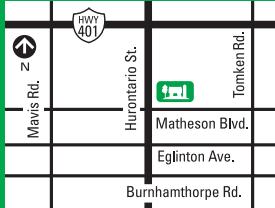
**Visit our 3 locations.
Open 7 days a week.**

Store Hours:

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

Fresh Savings Effective:

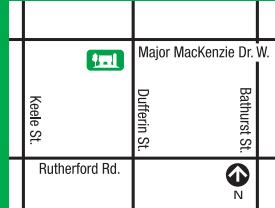
Thursday, July 6 to
Wednesday, July 12, 2017



50 MATHESON BLVD. E.
AT HURONTARIO ST.
905.501.9910



850 ELLESMORE RD.
AT KENNEDY RD.
416.298.1999



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

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