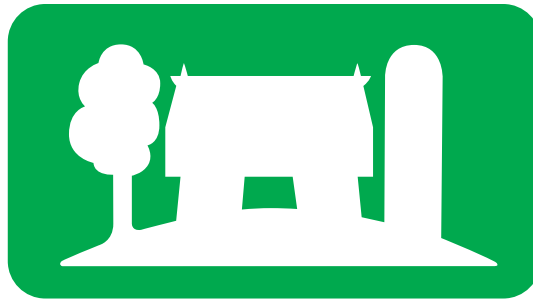


Fresh savings effective
Friday, July 15 to
Thursday, July 21, 2016

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



HIGHLAND FARMS

—  **START FRESH** —

Get grilling!
Steaks to salads, get your
BBQ essentials here!



Fresh Ontario
Pork Back Ribs

SAVE MORE!

4⁹⁹
/lb
11.00/kg



Romaine Lettuce
Product of Canada

SAVE MORE!

79¢
each



Tropicana
Pure Premium
Orange Juice
Assorted Varieties

4⁹⁹
2.63L



Nestlé
Drumstick
Selected Varieties

2⁹⁹
pkg of 4



Mazola Oil
100% Pure Corn or Canola

5⁹⁹
2.84L

Produce



Blueberries
Product of B.C.
Canada
No. 1 Grade

1⁹⁹
1 pint



Broccoli
Product of Canada

1⁴⁹
bunch



Tree-Ripened
Peaches
No. 1 Grade or
Nectarines
Product of U.S.A.

2⁹⁹
/lb
6.59/kg



Honeydew Melons
Product of U.S.A.
Jumbo Size

3⁹⁹
each



Ontario Homegrown
Fresh Dill Pickles

79¢
/lb
1.74/kg



Roma Tomatoes
Product of Mexico
No. 1 Grade

99¢
/lb
2.18/kg



Avocados
Product of Peru

2⁹⁹
bag of 5



Ontario Homegrown
Red Tart Cherries
Fresh Chilled and
Pitted with Sugar
or with No Sugar

21⁹⁹
4.5-5kg pail



Eggplants
Product of U.S.A.
Large Size

99¢
/lb
2.18/kg



Ontario Homegrown
Fresh
Vegetable Marrow

99¢
/lb
2.18/kg



Large Mangos
Product of Mexico

1⁴⁹
each



Red or Green
Seedless Grapes
Product of U.S.A.
No. 1 Grade

3⁹⁹
/lb
8.80/kg



Leaf Lettuce
Red or Green
Product of Canada

1⁴⁹
each



Floral

Premium
Sunflower Bouquet
Product of Ontario

4⁹⁹
5 stem

Bakery

Dairy

2 FOR \$5

Dempster's
Bakery

Villaggio
Italiano

Mix & Match



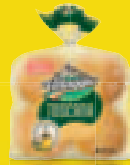
Dempster's®
White & 100% Whole
Wheat Bread
675g



Dempster's®
Whole Grains
Bread
600g



Villaggio®
Bread
600-675g



Villaggio®
Crustini &
Sausage Buns
6-8 pk



Villaggio®
7" Tortillas
272-340g



Jesse Tree
Artisanal Crostata
Selected Varieties

2.99
250g



Store-Baked
All Butter Cookies
Chocolate Chunk, Triple
Chocolate, Macadamia or
Oatmeal Cranberry Lemon

4.99
pkg of 10



Fresh
Store-Made 7" Boston Cream Cake
with Fresh Fruit

SAVE MORE!

14.99
each



Danone Activia or
Oikos Greek Yogurt
4x100g or Oikos
Creations 4x95g
Assorted Varieties

3/10.00



Cracker Barrel
Shredded Cheese
Assorted Varieties

5.99
300-320g



Kraft
Philadelphia
Cream Cheese
Selected Varieties

3.49
227-250g



Black Diamond
CheeStrings
Assorted Varieties

2.99
168g



Liberté
Méditerranée
Yogourt
Assorted Varieties

2.99
500g



Yoplait
Yop Yogourt Drink
Assorted Varieties

79¢
200ml



Natre
Cafe
Assorted Varieties

1.99
425ml



Kliffe
Traditional
2% Kefir

4.99
2L

Brands You Love



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

SAVE MORE!

2⁹⁹
each



Kellogg's Bars
Vector Protein, Special K
Nourish or Protein or
Nutri-Grain Fruit & Nut
Medley, Selected Varieties

2⁹⁹
165-220g



Perrier or
San Pellegrino
Carbonated
Spring Water
750ml-1L bottles 3/\$5.00

14⁹⁷
case of
12x750ml-1L



Kraft
Salad Dressing
Assorted Varieties

2/5⁰⁰
475ml



Unico
Solid Light Tuna
in Vegetable Oil

69¢
99g



O.N.E.
Coconut Water

3⁴⁹
1L



San Pellegrino
Sparkling
Fruit Beverage
Assorted Varieties

4⁴⁹
6x330ml



Basso
Extra Virgin
Olive Oil

7⁹⁹
1L



Primo
Thick & Zesty
Pasta Sauce or
Tomato Sauce
Assorted Varieties

4/5⁰⁰
680ml



DeCecco
Pasta
Product of Italy
Assorted
Regular Cuts

1⁴⁹
500g



Loux
Orange or Lemon
Juice Drinks

3⁹⁹
6x330ml

Everyday Essentials



AquaFina
Demineralized
Water

4⁹⁹
24x500ml



SAVE MORE!

5⁹⁹
each



Pepsi
Soft Drinks
Assorted Varieties

3/11⁰⁰
case of
12x355ml

Royale
Bathroom Tissue
Mega 9's or Double 12's



Old Dutch Arriba Tortilla Chips,
Dutch Crunch Potato Chips,
Humpty Dumpty
Cheese Snacks or Party Mix
Selected Varieties

2/5⁰⁰
200-290g



Allen's
Apple Juice

2⁶⁹
1.89L



Tilex
Shower Cleaner
Fresh Shower,
Mold & Mildew or
Soap Scum

2⁹⁹
946ml



Greenworks
Liquid
Dish Detergent
Assorted Varieties

2⁴⁹
650ml



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

3⁴⁹
300g



So Delicious
Dairy Free
Coconut Milk
Beverage

3⁹⁹
1.89L



Oasis
Active Protein
Juice Beverage
Assorted Varieties

1⁹⁹
300ml



TRESemmé
Shampoo or
Conditioner
Assorted Varieties

4⁹⁹
700-828ml

Seafood

Frozen Foods



Fresh
Whole Dressed Whiting
(Merluzzo)

SAVE MORE!

3⁹⁹
/lb
8.80/kg



Wild



Fresh
Wild Haddock
Fillets

7⁹⁹
/lb
17.61/kg



Fresh
Whole Dressed
European
Sea Bream
(Orata)

6⁹⁹
/lb
15.41/kg



Janes
Battered Fish
Bites

7⁹⁹
450g



Triple Crown
Frozen Easy Peel
Raw Black Tiger
Shrimps
16/20 count

15⁹⁹
454g



Cardinal Select
Frozen
Beef Burgers

9⁹⁹
1.13kg



Kellogg's
Frozen
Eggo Waffles
Assorted Varieties

4⁴⁹
560g



Tenderflake
Frozen Shells
Assorted Varieties

3⁶⁹
255-397g



Minute Maid
Frozen Lemonade,
Nestea, Five Alive
or Fruitopia

4/5⁰⁰
295ml



Chapman's
Frozen Yogurt
Assorted Varieties

3⁹⁹
2L



Ben & Jerry's
Ice Cream
Assorted Varieties

4⁹⁹
500ml

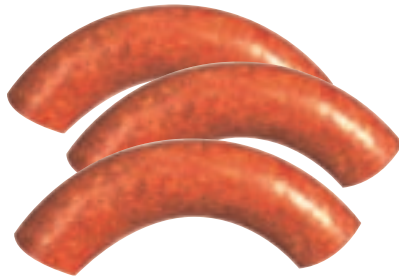
Deli

Country Kitchen



Brandt Premium
Oven Roasted
Turkey Breast
Freshly Sliced
at the Deli

9⁹⁹
/lb
22.02/kg



Brandt
Kolbassa Coil
Regular or Lean
At the Deli

4⁹⁹
/lb
11.00/kg



Pitted
Kalamata Olives
At the Deli

5⁹⁹
/lb
13.21/kg



Dofino
Havarti Cheese
Freshly Cut
at the Deli

6⁹⁹
/lb
15.41/kg



Brandt
Black Forest Ham
Freshly Sliced at the Deli

SAVE MORE!

4⁹⁹
/lb
11.00/kg



Agropur L'Extra
Double Crème Brie
or Camembert

4⁹⁹
170g



Boursin Cheese
Assorted Varieties

4⁹⁹
125-150g



Fontaine Santé
Humm!
Hummus Cocktail
Assorted Varieties

2⁹⁹
227g



Piller's
Smoked Sausages
Knackwurst or
Grillwurst

6⁹⁹
500-600g

NEW!

PRIME
NATURALLY • NATURELLEMENT

*CANADA'S LEADING BRAND OF POULTRY • LA PREMIÈRE MARQUE DE VOLAILLE AU CANADA

INTRODUCING
TURKEY DINDE
SUPERFOOD
SUPERALIMENT

*50% less fat than regular smoked pork sausage
✓ **LOWER IN FAT**

*50% less fat than regular pork bacon
✓ **HIGH IN PROTEIN**

*35% less fat than regular wieners
✓ **GREAT TASTING**

5⁹⁹
300g

Maple Leaf
Prime Naturally
Turkey Sausages

4⁴⁹
375g

Maple Leaf
Prime Naturally
Bacon Style Turkey

3⁹⁹
450g

Maple Leaf
Prime Naturally
Turkey Wieners

COUNTRY KITCHEN
HIGHLAND FARMS

**Pasta Salads
Tossed Fresh Daily**

Grilled Chicken
Caesar,
Greek Olympia or
Arugula & Feta

1⁸⁹
/100g

Meat

Poultry



Fresh Ontario
Pork Tenderloin

SAVE MORE!

4⁹⁹
/lb
11.00/kg



100% Canadian.
Freshly Ground.
Every day.

BRING HOME THE
SIZZLE
THIS SUMMER



Fresh
Extra Lean
Ground Beef

4⁴⁹
/lb
9.90/kg



Fresh
Store-Made
Lean Beef Burgers

5⁹⁹
/lb
13.21/kg



Fresh Ontario
Lamb Shoulder

7⁹⁹
/lb
17.61/kg



Fresh Ontario
Lamb Shoulder
Chops

8⁹⁹
/lb
19.82/kg



Maple Leaf
Prime Naturally
Fresh
Boneless Skinless
Chicken Breasts

6⁹⁹
/lb
15.41/kg



Maple Leaf
Prime Naturally
Fresh
Whole Chicken

2⁹⁹
/lb
6.59/kg



Maple Leaf
Prime Naturally
Fresh Chicken
Drumsticks

3⁴⁹
/lb
7.69/kg



Maple Leaf
Prime Naturally
Extra Lean
Ground Chicken
or Turkey

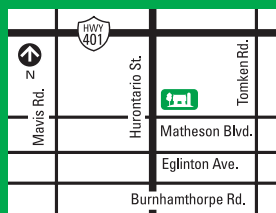
4⁹⁹
454g



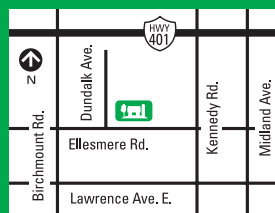
We sell only Canadian Beef



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, July 15 to
Thursday, July 21, 2016



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