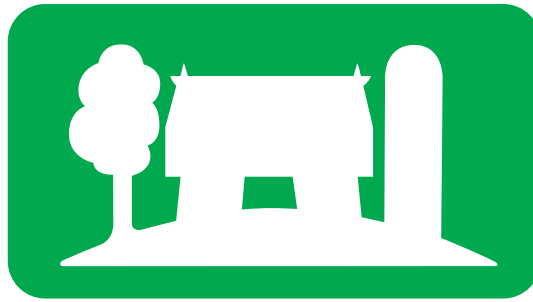


Fresh savings effective
Friday, September 23 to
Thursday, September 29, 2016

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



See inside for our
Natural & Wellness
products

HIGHLAND FARMS

—  **START FRESH** —

Canada **AAA**

AGED
21
DAYS



Fresh Beef
Boneless Outside Round Roast
Product of Canada

SAVE MORE!

3⁹⁹
/lb
8.80/kg



Ontario Homegrown
Fresh Broccoli

SAVE MORE!

99¢
bunch



Italpasta
Pasta
Assorted Regular Cuts

99¢
900g



Gallo
Extra Virgin Olive Oil

5⁹⁹
1L



Oasis
Premium Juice,
Health Break Blends or
Smoothies
Selected Varieties

2⁹⁹
1.65-1.75L

Produce



Italia Grapes
Product of Italy
No. 1 Grade

1.99
/lb
4.39/kg



Ontario Homegrown
Fresh Sweet Red
Sheppard Peppers
No. 1 Grade

99¢
/lb
2.18/kg



Ontario Homegrown
Royal Gala Apples
Fancy Grade

1.49
/lb
3.28/kg



Ontario Homegrown
Fresh Bartlett Pears
Fancy Grade

1.49
/lb
3.28/kg



Ontario Homegrown
Roma Tomatoes
No. 1 Grade

99¢
/lb
2.18/kg



Ontario Homegrown
Eggplant

99¢
/lb
2.18/kg



Avocados
Product of Mexico

2/4.00



Clemenvilla
Tangerines
Product of
Argentina

1.49
/lb
3.28/kg



Ontario Homegrown
Leeks

1.99
bunch



Ontario Homegrown
Squash
Butternut, Pepper,
Buttercup or
Pie Pumpkin

79¢
/lb
1.74/kg



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

3.99
1lb
tray



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



Premium
Sunflower Bouquet
Product of Ontario

4.99
5 stem

Floral

pickOntario.ca

Bakery

Dairy



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

1.99
675g



Wonder
Hot Dog or
Hamburger Buns
Regular &
Whole Wheat

1.99
pkg of 8



Jesse Tree
Artisanal Crostata
Selected Varieties

2.99
250g



Stonemill Bakehouse
Organic Sourdough
Rye Bread
Whole Wheat or
Flax Seed

2.99
500g



La Rocca
Fresh 8" Pumpkin Praline Cake

SAVE MORE!

22.99
each



4.99
4L

Natre
Fine-Filtered Milk
2%, 1% or Skim



4.99
2L

Natre Lactose Free Milk
Homogenized, 2%, 1%,
Skim or Chocolate



3.99
each

Mini Babybel 120-129g
or The Laughing Cow
Cheez Dippers 140g



Lactantia
Cream Cheese
Assorted Varieties

2.49
227-250g



Saputo Shredded
Cheese 320g
Assorted Varieties or
Western Pressed Dry
Cottage Cheese 500g

4.79
each



2.99
1L

Elite Dairy
Organic Kefir
Assorted Varieties



2.99
750g

Elite Dairy
Organic Yogurt
0%, 2% or 3%



2.99
500g

Elite Dairy
Organic Sour Cream
Regular or Light



Yorkshire Valley
Farms
Organic Large
Eggs

5.99
dozen



Liberté
Greek Yogurt
Muesli or
Seeds & Fruit
Assorted Varieties

2.99
2x150g

Brands You Love



Lantic Sugar
Natural Granulated
White 2kg, Icing,
Brilliant Yellow, Old
Fashioned Brown 1kg

1⁹⁹
each



E.D. Smith
Pure Pumpkin

3⁴⁹
796ml



Red Rose Tea
Orange Pekoe 72's
or Canadian
Breakfast 60's

2⁹⁹
each



Five Roses or
Robin Hood
All Purpose Flour

9⁹⁹
10kg



Burke's
Pure Natural
Honey

7⁹⁹
1kg



Carnation
Evaporated Milk
Eagle Brand
Condensed Milk
300ml \$2.99 each

3/5⁰⁰
354ml



Raincoast
Crisps or
Veggie Flats
Assorted Varieties

5⁴⁹
150-170g



Wasa
Crispbread
Assorted Varieties

2/5⁰⁰
200-250g



Hormel
Bacon Bits

3⁹⁹
100g



Rice Select
Arborio Blend or
Royal Blend
Selected Varieties

6⁹⁹
595g-1kg



Sensible Portions
Snacks
Assorted Varieties

2/5⁰⁰
113-142g



Nuts to You
Almond Butter
Smooth or
Crunchy

7⁹⁹
365g



Skinny Pop
Popcorn
Non GMO

3⁴⁹
125g



Imagine
Organic Soup or
Broth
Assorted Varieties

3⁴⁹
946mL-1L

Everyday Essentials



Lavazza
Espresso
Ground Coffee
Qualità Rossa &
Crema E Gusto

2⁹⁹
250g



San Pellegrino
Sparkling
Fruit Beverage
Assorted Varieties

4⁴⁹
6x330ml



Melitta
Traditional
Ground Coffee

9⁹⁹
930g



General Mills
Oatmeal Crisp
Cereal
Assorted Varieties

3⁹⁹
425-505g



Green Giant
Vegetables
Selected Varieties

4/5⁰⁰
341-398ml



Campbell's Soup
Tomato, Vegetable,
Cream of Mushroom
or Chicken Noodle

99¢
284ml



Orangina
Sparkling Orange
Beverage

2⁶⁹
1.75L



Clorox
Liquid Bleach

2⁹⁹
3.57L



Bounty
Paper Towels
Regular or
Select-A-Size

5⁹⁹
pkg of 6
Rolls



Majesta
Multipack
Facial Tissue

4⁹⁹
pkg of 6



Seeds of Change
Organic Rice
Side Dish
Assorted Varieties

2/6⁰⁰
240g



Bob's Red Mill
Organic Oats
Rolled
Quick Cooking or
Thick

3⁴⁹
453g



Glutenfreeda
Wheat Free
Instant Oatmeal
Assorted Varieties

5⁹⁹
300g



Kind
Healthy Grains
Bars
Assorted Varieties

3⁹⁹
175g

Seafood

Frozen Foods



Fresh
Atlantic Salmon Steaks

SAVE MORE!

7⁹⁹
/lb
17.61/kg



Fresh
Catfish Fillets

9⁹⁹
/lb
22.02/kg



Fresh
Wild Haddock
Fillets

8⁹⁹
/lb
19.82/kg



Janes
Frozen
Tavern Battered
Cod

11⁹⁹
615g



Janes
Battered Fish
Bites

6⁹⁹
450g



Cardinal Select
Frozen Beef Burgers
Sirloin or Montreal
Steak Spice

9⁹⁹
1.13kg



Frozen Lasagna,
Cannelloni
Meat or Cheese
or Cabbage Rolls

12⁹⁹
1.85-2.27kg



Healthy Choice
Simply Entrées
Selected Varieties

3/10⁰⁰
259-283g



Arctic Gardens
Vegetables
Selected Varieties

2⁹⁹
750g



Kellogg's
Eggo Waffles
Assorted Varieties

4⁴⁹
560g



Chapman's
Canadian Collection
Novelties
Stickwich, Bars or
Cones

2⁹⁹
4-8 pack

Deli

Country Kitchen



Brandt Premium
Oven Roasted
Turkey Breast
Freshly Sliced
at the Deli

10⁹⁹
/lb
24.23/kg



Brandt
Black Forest Ham
Freshly Sliced
at the Deli

4⁹⁹
/lb
11.00/kg



SAVE MORE!

9⁹⁹
/lb
22.02/kg

San Daniele
Boneless Prosciutto
Freshly Sliced at the Deli



Anco
Swiss Cheese
Regular or Light
Freshly Sliced
at the Deli

9⁹⁹
/lb
22.02/kg



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

8⁹⁹
/lb
19.82/kg



Agropur Vaudreuil
Double Crème Brie
or Camembert
Freshly Cut
at the Deli

10⁹⁹
/lb
24.23/kg



Tre Stelle
Cheese Slices
Assorted Varieties

3⁹⁹
145-175g



Santa Lucia
Cheese
Mozzarella
Fior' di Latte 250g
or Mozzarella 340g

4⁴⁹
each



Silani
Fresh Ricotta
Cheese

2⁹⁹
454g



Schneiders
Chicken Nuggets,
Strips or Burgers
Frozen

7⁹⁹
840g



Ready to Bake
Individual Pizza
Cheese, Pepperoni,
Veggie or Hawaiian
Min. Weight 350-590g

2/12⁰⁰

Penne
with Meatballs

19⁹⁹
5lb tray

Meat

Poultry



**Fresh Ontario
Picnic Pork Shoulder**
Minced \$1.69lb/\$3.73kg

SAVE MORE!

1⁴⁹
/lb
3.28/kg

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

Canada AAA



**Fresh
Extra Lean
Ground Beef**

4⁹⁹
/lb
11.00/kg



**Fresh
Outside Round
Beef Cutlets**
Product of Canada

5⁹⁹
/lb
13.21/kg



**Fresh Ontario
Lean Ground Pork**

2⁹⁹
/lb
6.59/kg



**Fresh Ontario
Pork Belly**

4⁴⁹
/lb
9.90/kg

NEW!



**Marc Angelo
Chicken Breast
Roasts**
Selected Varieties

8⁹⁹
700g



**Fresh Ontario
Boneless
Chicken Breast
Cutlets**

8⁹⁹
/lb
19.82/kg

**CLUB
PACK**



**Fresh Beef
Striploin Steaks**
Fast Fry
Product of Canada

10⁹⁹
/lb
24.23/kg

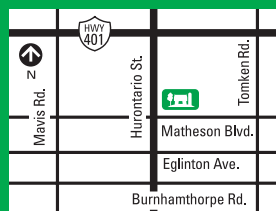
**Canada
AAA**



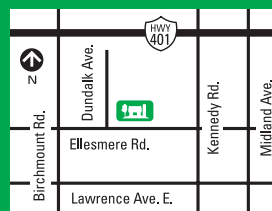
We sell only Canadian Beef



**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, September 23 to
Thursday, September 29, 2016



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