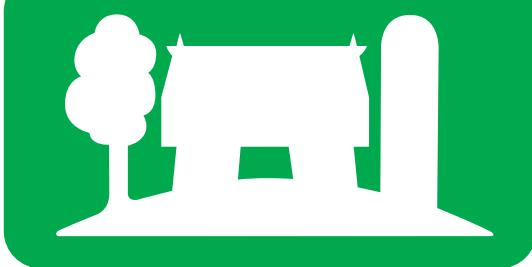


Fresh savings effective  
Friday, January 22 to  
Thursday, January 28, 2016

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



# HIGHLAND FARMS



## START FRESH



Fresh Ontario  
Chicken Breasts  
Boneless & Skinless

SAVE MORE!

**3.99**  
/lb  
8.80/kg



Fresh Aledo Grapes  
Product of Spain  
No. 1 Grade

SAVE MORE!

**2.99**  
/lb  
6.59/kg



La Molisana  
Pasta  
Assorted Regular Cuts

**99¢**  
450g



Burnbrae Farms  
Naturegg Omega 3  
Large White Eggs

**2.99**  
dozen



Xtra  
Liquid Laundry Detergent  
Assorted Varieties

**1.99**  
2.2L

Feed Your  
Healthy  
Cravings  
Get healthy eating  
solutions here:  
[highlandfarms.ca](http://highlandfarms.ca)

# Produce

**Grown**  
at Highland Farms  
Orchards



Apples  
Red or Golden  
Delicious  
Fancy Grade

**2.99**  
4lb  
cello bag



White Cauliflower  
Product of U.S.A.  
No. 1 Grade,  
Large Size

**3.99**  
each



Kiwi Fruit  
Product of Italy

**1.49**  
/lb  
3.28/kg



Apricots  
Product of Chile  
No. 1 Grade

**2.99**  
/lb  
6.59/kg



Leaf Lettuce  
Red or Green  
Product of U.S.A.

**1.99**  
each



Roma Tomatoes  
Product of Mexico  
No. 1 Grade

**1.99**  
/lb  
4.39/kg



Seedless  
Navel Oranges  
Product of U.S.A.  
Large Size

**1.29**  
/lb  
2.84/kg



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

**1.99**  
/lb  
4.39/kg



Harvest Fresh  
Chopped Kale  
Product of U.S.A.

**2.49**  
284g



White Potatoes  
Product of P.E.I.  
Canada  
No. 1 Grade

**2.49**  
10lb  
paper bag



Red Delicious  
Apples  
Product of B.C.  
Canada  
Extra Fancy Grade

**2.49**  
/lb  
5.49/kg



Carrots  
Product of U.S.A.

**2.49**  
bunch



Green Cabbage  
Product of U.S.A.  
No. 1 Grade

**1.49**  
/lb  
3.28/kg



Premium  
Jumbo Bouquets  
Product of Ontario

**16.99**  
each



**2/500**



Dimpflemeier  
Bread  
Bavarian Multigrain  
or Marble Rye

**2.29**  
500g



Store-Baked  
Cookies  
Assorted Varieties

**2.99**  
pkg of 12



**SAVE MORE!**

**16.99**  
each



Parkay Margarine  
or Lactantia  
Traditional Spread

**99¢**  
427g



Black Diamond  
Cheese Slices

**3.49**  
450g



Yoplait Yogurt  
Source  
Assorted Varieties

**1.99**  
650g



Lactantia  
Lactaid  
Lactose Free Milk  
Homogenized,  
2%, 1% or Skim

**3.99**  
2L



Earth's Own  
Almond Fresh or  
Cashew Fresh  
Beverages  
Assorted Varieties

**3.49**  
1.89L



Yovco  
Bulgarian Yogurt  
2% or 3.2%

**2.29**  
650ml



Liberté  
Organic  
Greek Yogourt  
Assorted Varieties

**3.79**  
500g



# Brands You Love



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

**SAVE MORE!**

**299**  
each



Unico  
Solid Light Tuna  
in Oil

**3/400**  
198g



Mastro  
Balsamic Vinegar

**199**  
500ml



Old El Paso  
Dinner Kits  
Selected Varieties  
Salsa 650ml \$2.99

**399**  
250-400g



Bugles  
Assorted Varieties

**199**  
212-213g



Aurora or Goumas  
Kalamata Figs

**249**  
284g



Fruit Cake  
Panettone

**399**  
800g



NuPak  
Long Grain  
White Rice

**798**  
8kg



Lipton  
Yellow Label or  
Green Tea

**448**  
box of 100



Baxters  
Soup  
Assorted Varieties

**249**  
540ml



Ocean Spray  
Cranberry Cocktail  
Selected Varieties

**349**  
1.89L

# Everyday Essentials

**Italpasta Lasagne  
Regular or  
Oven Ready**

**1 69**  
375-500g



**SAVE MORE!**

**2 49**  
1L

**Kleenex Multipack Facial Tissue**

**4 99**  
3x160 + 1 FREE box

**Palmolive Liquid Dish Soap Assorted Varieties**



**TrueBlue &  
TrueBlack Juice  
Wild Blueberry or  
Blackberry**

**2 99**  
1.36L



**Neurogenesis  
Happy Water  
100% Pure  
Natural Spring &  
Lithia Waters**

**1 99**  
1L



**UFC Refresh  
100% Coconut Water  
Case of 12x500ml  
\$17.99 each**

**1 59**  
500ml



**Kind Bars  
Selected Varieties**

**3/5 00**  
40g



**Nature's Path  
Organic Hot Oatmeal  
320-400g or Qi'a Pure  
Oats Oatmeal 228g  
Assorted Varieties**

**4 49**  
each



**Earth's Best  
Organic Baby Food  
Assorted Varieties**

**3/4 00**  
128ml



**gimMe  
Organic Roasted  
Seaweed Snacks  
Assorted Varieties**

**2/5 00**  
10g



**Simply Sprouted  
Way Better Snacks  
Tortilla Chips  
Assorted Varieties**

**3 99**  
156g

# Seafood

# Frozen Foods



Fresh  
Tilapia Fillets

**SAVE MORE!**

**7.99**  
/lb  
17.61/kg



Fresh Bay Scallops

**11.99**  
/lb  
26.43/kg

Fresh, Organic  
Atlantic Salmon  
Fillets

**13.99**  
/lb  
30.84/kg



Seacore  
Housecut  
Frozen Haddock  
Portions  
Product of Canada

**7.99**  
454g



Seacore Housecut  
Frozen Sockeye  
Salmon Portions  
or Albacore Tuna  
Product of Canada

**9.99**  
340g



Schneiders  
Frozen Chicken  
Nuggets, Strips  
or Burgers

**7.99**  
840g



Pillsbury Pizza Pops  
& Pizza Minis  
370-400g or  
Toaster Strudel 326g  
Assorted Varieties

**1.99**  
each



Melona  
Fruit Flavoured  
Ice Bars  
Assorted Varieties

**4.49**  
8x80ml



Popsicle  
Ice Treats  
Selected Varieties

**3.99**  
pkg of 10



Chapman's Gelato  
Selected Varieties

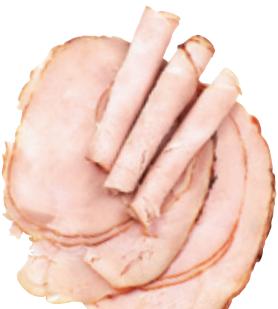
**2.99**  
1.5L

# Deli Country Kitchen



Maple Leaf  
Country Kitchen  
Deli Ham  
Freshly Sliced  
at the Deli

**3.99**  
/lb  
8.80/kg



Schneiders Lifestyle  
Fat Free Cooked  
Chicken or Turkey  
Freshly Sliced  
at the Deli

**9.99**  
/lb  
22.02/kg



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

**SAVE MORE!**

**4.99**  
/lb  
11.00/kg



Santa Lucia  
Provolone Cheese  
Freshly Sliced  
at the Deli

**7.99**  
/lb  
17.61/kg



Santa Lucia  
Havarti Cheese  
Freshly Sliced  
at the Deli

**6.99**  
/lb  
15.41/kg



Silani  
Cherry Bocconcini  
Cheese

**2.49**  
130g



Silani Reserved  
Asiago or  
Parmesan  
Cheese Wedge

**3.99**  
150g



Tre Stelle  
Ricotta Cheese  
Regular or Light

**3.99**  
475g



Castello  
Blue Cheese  
Traditional or  
Extra Creamy

**3.99**  
125g



Marc Angelo  
Fully Cooked  
Beef, Chicken  
or Turkey Strips  
Assorted Varieties

**2/8.00**  
150-200g



Empanada Beef,  
Chicken or  
Spinach & Feta  
Min Weight 85g

**1.79**  
each

Frittata Bacon &  
Cheese, Ham & Cheese  
or Vegetarian with  
Mixed Greens Salad  
Min Weight 275g

**4.99**  
each

# Meat

# Poultry



Fresh Ontario  
Boneless Pork Loin Roast



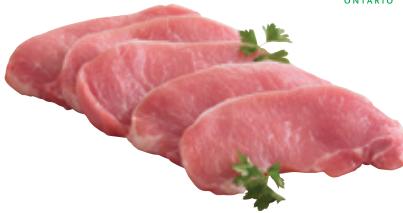
SAVE MORE!

**3.99**  
/lb  
8.80/kg



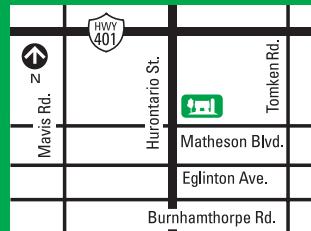
Fresh Ontario  
Pork Loin  
Cutlets

**4.99**  
/lb  
11.00/kg



Fresh Ontario  
Boneless Pork Loin  
Centre Cut Chops

**3.99**  
/lb  
8.80/kg



50 MATHESON BLVD. EAST,  
AT HURONTARIO ST.  
**905.501.9910**

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



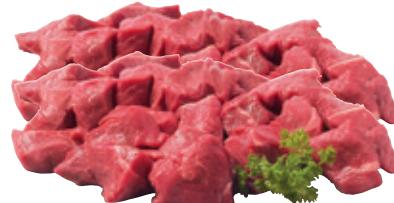
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100% Canadian.  
Freshly Ground.  
Every day.



Fresh  
Lean  
Ground Beef

**4.99**  
/lb  
11.00/kg



Fresh  
Stewing Beef  
Product of Canada

**4.99**  
/lb  
11.00/kg



Canada AAA  
AGED  
21  
DAYS

Fresh Beef  
Boneless Blade Steak  
Product of Canada

**6.99**  
/lb  
15.41/kg



Fresh Ontario  
Boneless Chicken  
Breast Cutlets

**7.99**  
/lb  
17.61/kg



GREAT FOR  
PULLED PORK



Fresh Ontario  
Pork Belly

**3.49**  
/lb  
7.69/kg



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

**Fresh Savings Effective:**  
Friday, January 22 to  
Thursday, January 28, 2016



850 ELLESMERED RD.  
AT KENNEDY RD.  
**416.298.1999**

