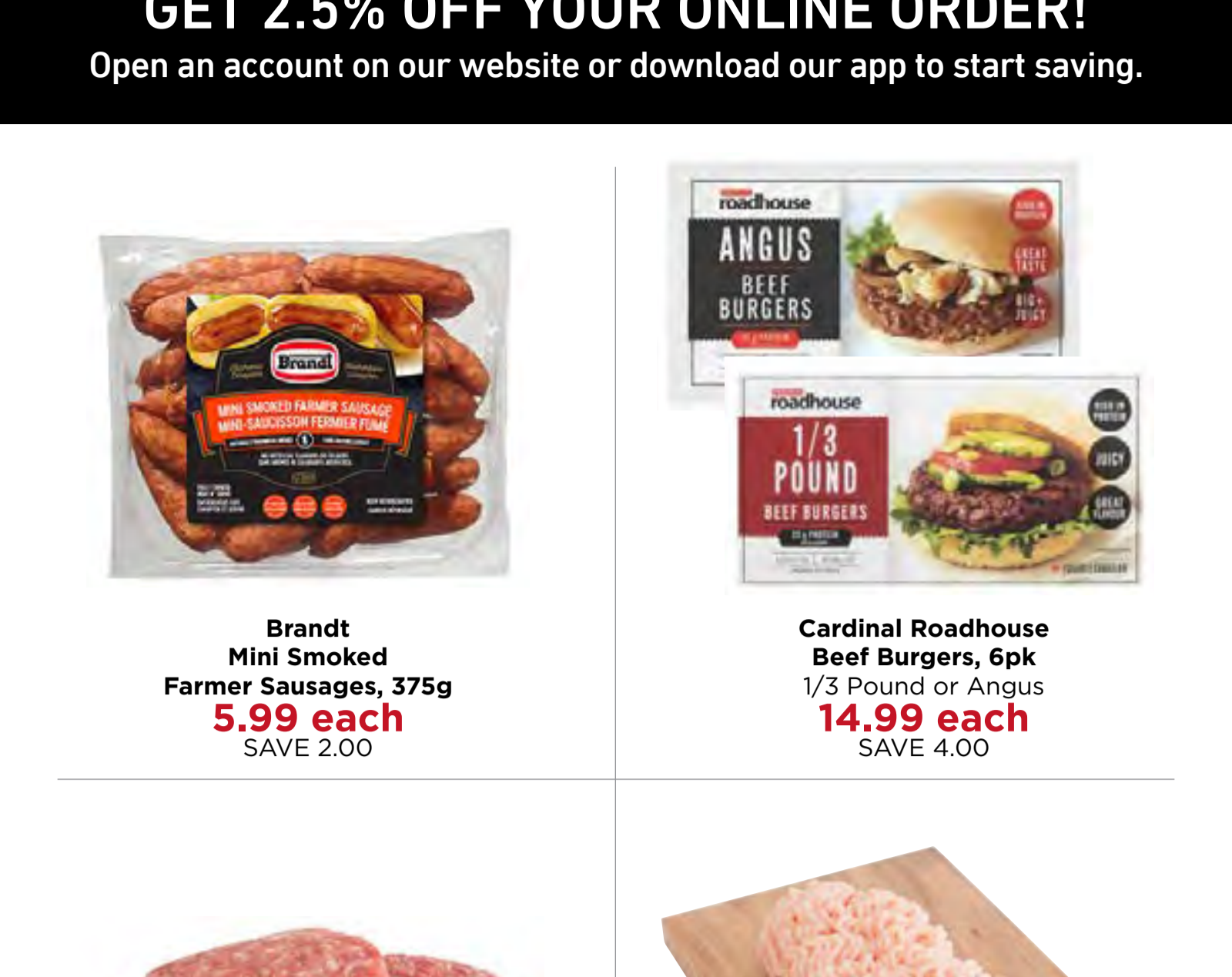


Effective in-store & online May 8 - 15, 2024



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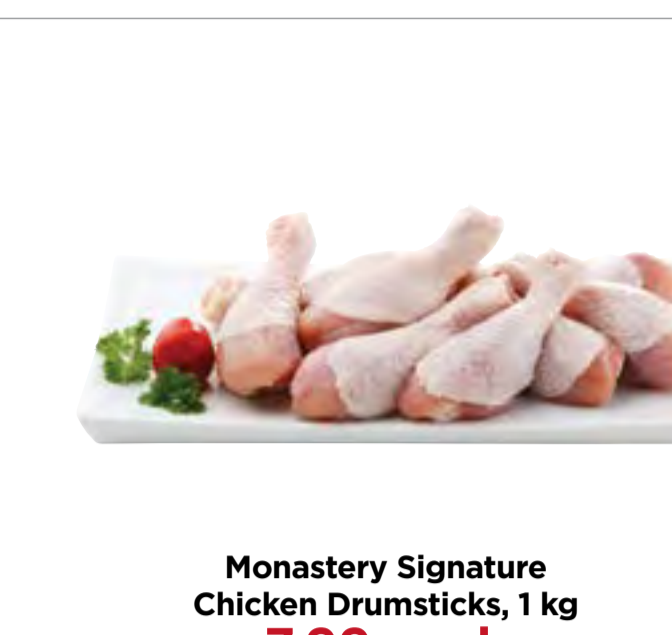


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Brandt Mini Smoked Farmer Sausages, 375g
5.99 each
SAVE 2.00



Cardinal Roadhouse Beef Burgers, 6pk
1/3 Pound or Angus
14.99 each
SAVE 4.00



Monastery Signature Seasoned Sirloin Burgers, 2pc, 300g
7.99 each
SAVE 2.00



Monastery Signature Extra Lean Ground Chicken or Turkey, 1lb
7.99 each
SAVE 1.00



Fresh Cod Fillet, 8oz
7.99 each
SAVE 1.00



Monastery Signature Chicken Drumsticks, 1kg
7.99 each
SAVE 1.00



Tre Stelle Provolone Cheese
1.99/100g



San Daniele Mortadella
Classic or Extra Lean
1.49/100g
SAVE .50/100g



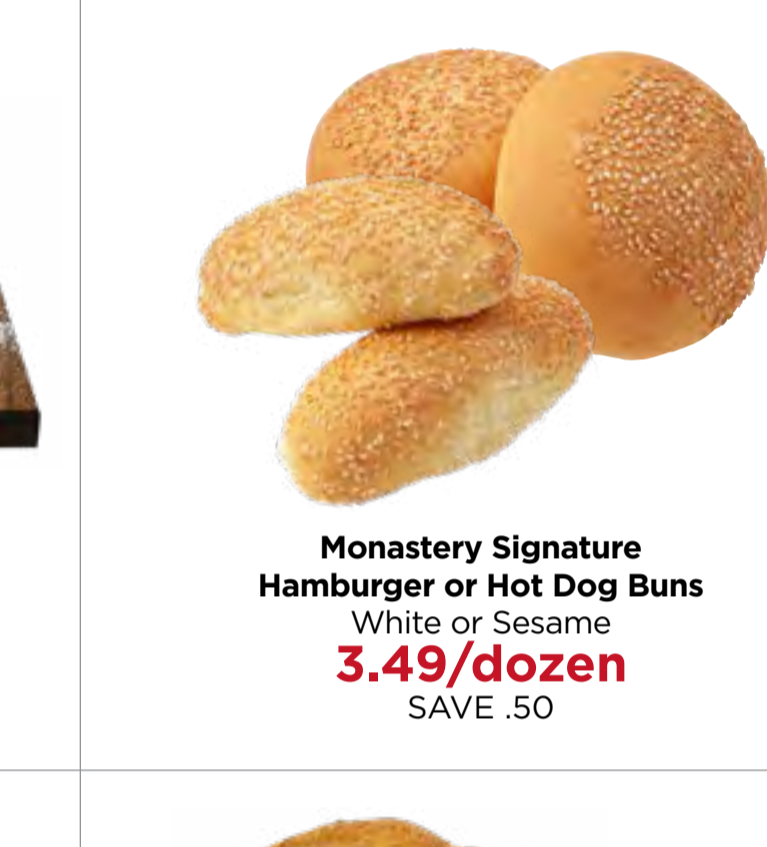
Brandt Smoked Black Forest Style Ham
1.19/100g
SAVE .80/100g



Brandt Oven Roasted Turkey
2.29/100g
SAVE 1.00/100g

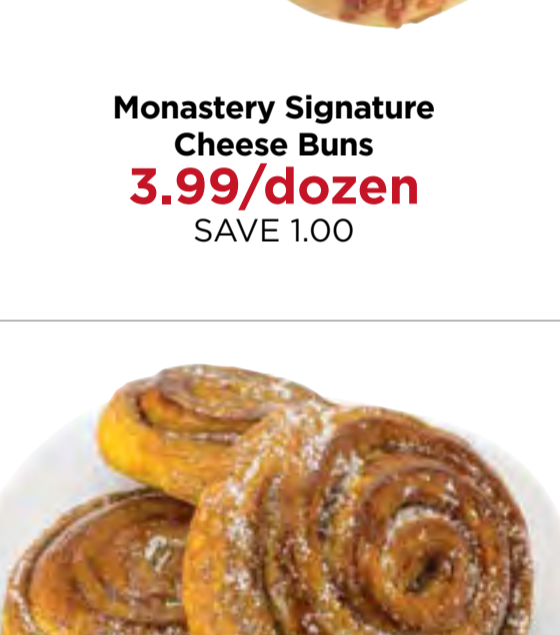


Mastro Oven Roasted Ham
Rosemary or Tuscany
1.99/100g
SAVE 1.00/100g



Brandt German or Hungarian Salami
2.29/100g
SAVE .70/100g

FROM OUR DELI



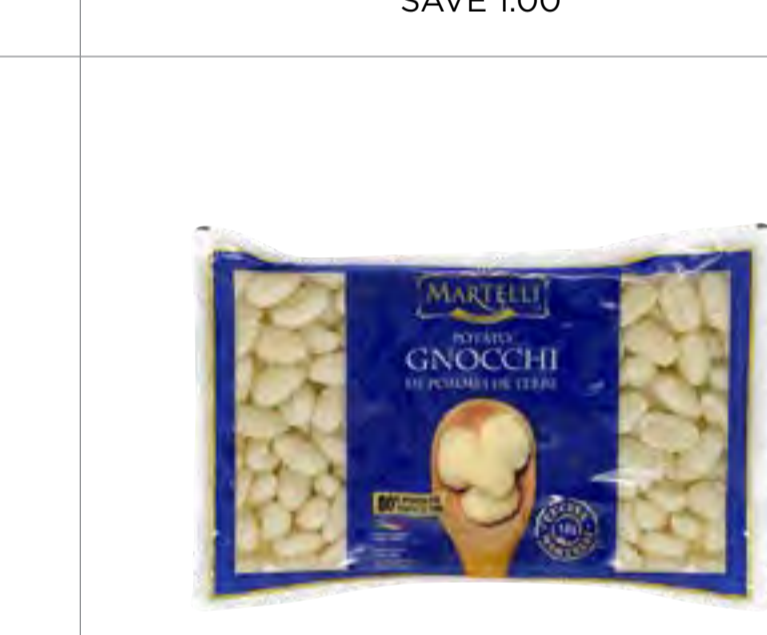
Tre Stelle Mozzarella Ball, 340g
5.99 each
SAVE 1.00



Tre Stelle Traditional Feta, 1kg
16.99 each
SAVE 3.00



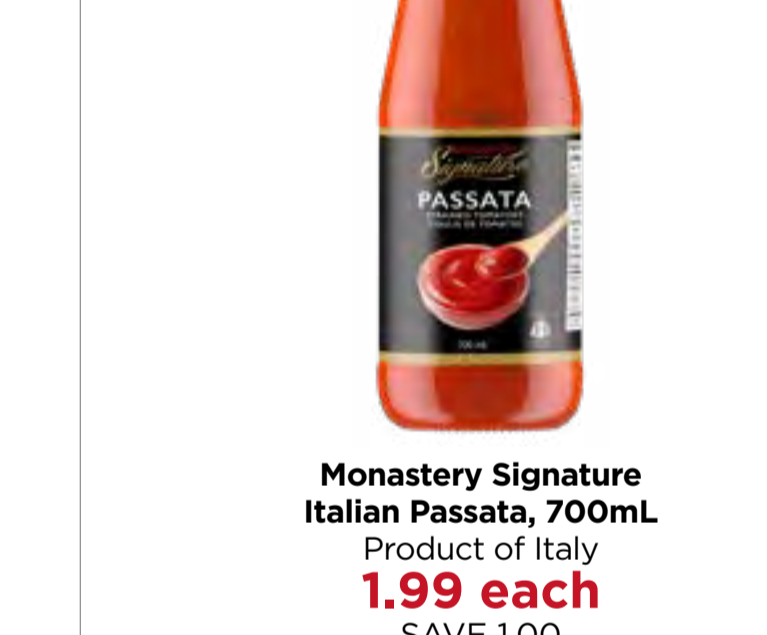
Tre Stelle Parmigiano Reggiano, 200g
9.99 each



Sealtest 1%, 2% and Skim Milk, 4L
4.99 each
SAVE 2.00



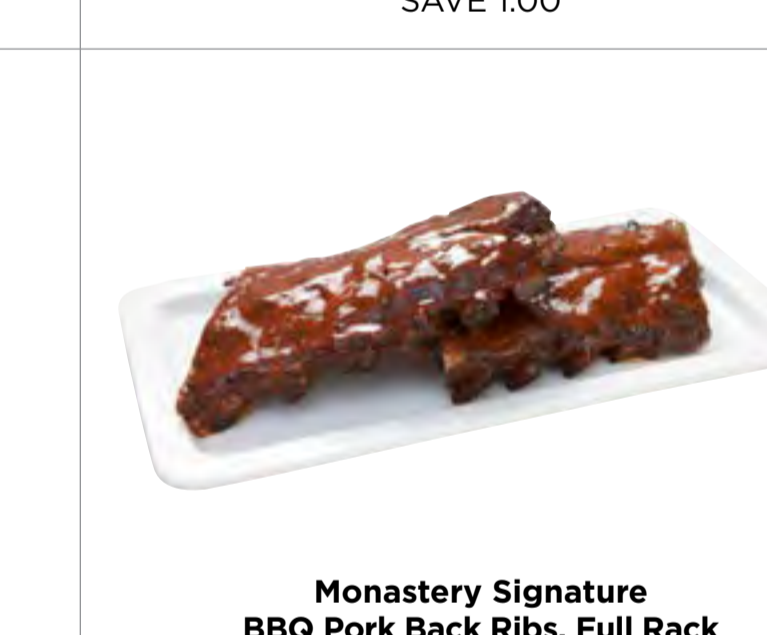
Monastery Signature Pizza Dough, 680g
White or Whole Wheat
.99 each
SAVE .50



Monastery Signature Hamburger or Hot Dog Buns
White or Sesame
3.49/dozen
SAVE .50



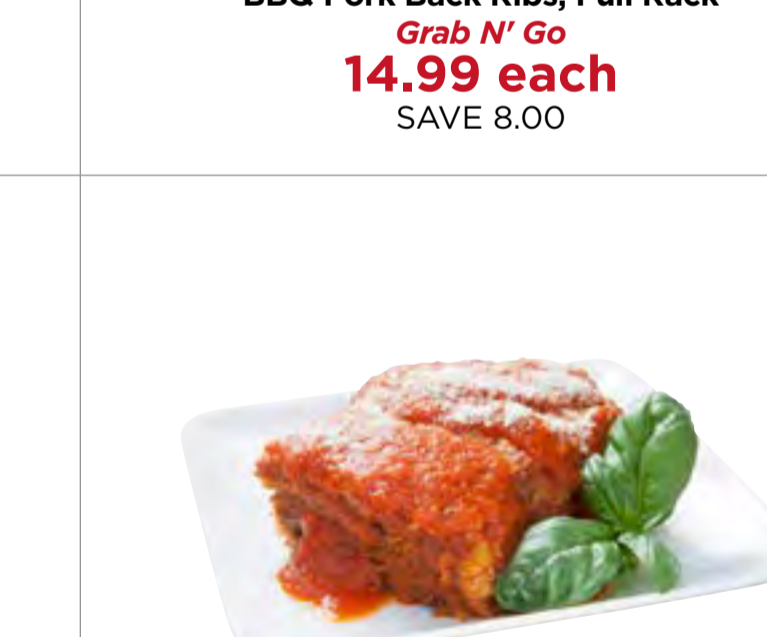
Monastery Signature Cheese Buns
3.99/dozen
SAVE 1.00



Monastery Signature Kaiser Buns
White or Whole Wheat
2.99/dozen
SAVE 1.00



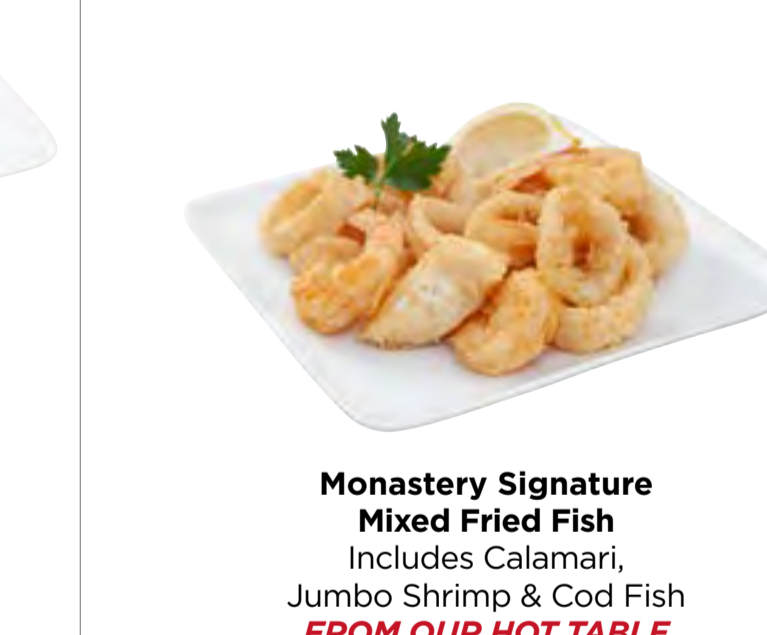
Monastery Signature Cinnamon Buns
3/3.99
SAVE 1.00



Monastery Signature Pound Cake
Assorted Varieties
5.99 each
SAVE 1.00



Divella Penne Rigate Pasta, 500g
1.69 each
SAVE 1.00



Martelli Potato Gnocchi, 1kg
2.99 each
SAVE 1.00



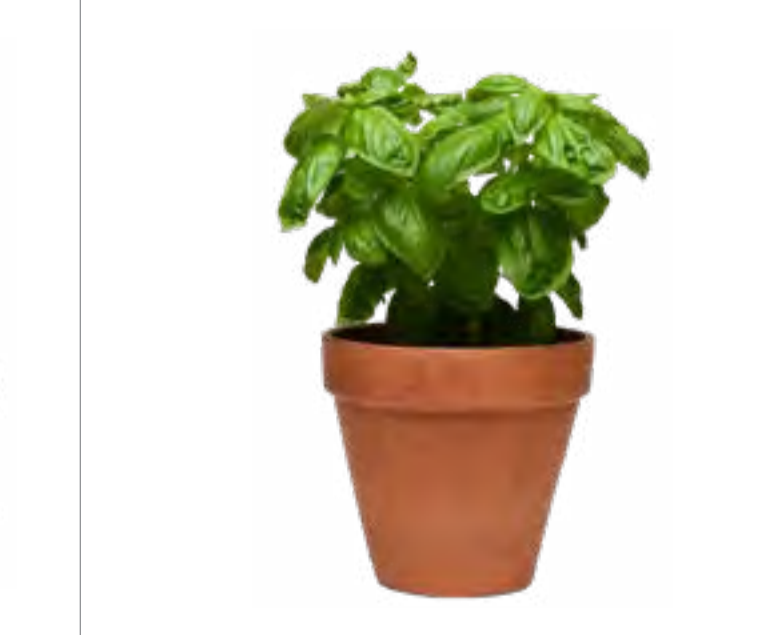
Monastery Signature Italian Peeled Plum Tomatoes, 796mL
Product of Italy
1.99 each
SAVE 1.00



Monastery Signature Italian Passata, 700mL
Product of Italy
1.99 each
SAVE 1.00



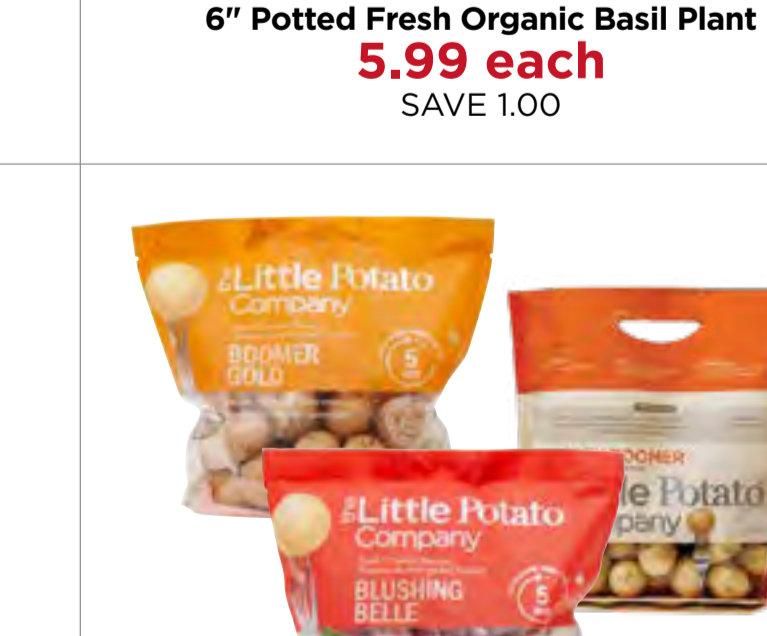
Martelli San Marzano DOP Tomatoes, 796mL
4.99 each
SAVE 1.00



Monastery Signature BBQ Pork Back Ribs, Full Rack
Grab N' Go
14.99 each
SAVE 8.00



Monastery Signature Tuscan Style Whole BBQ Chicken
Fully Cooked
10.99 each
SAVE 1.00



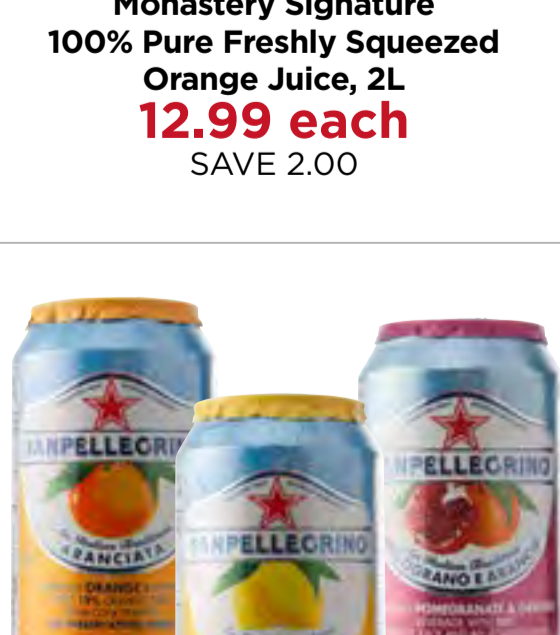
Monastery Signature Eggplant Parmigiana or Meat or Vegetable Lasagna
FROM OUR HOT TABLE
6.99 each
SAVE 1.00



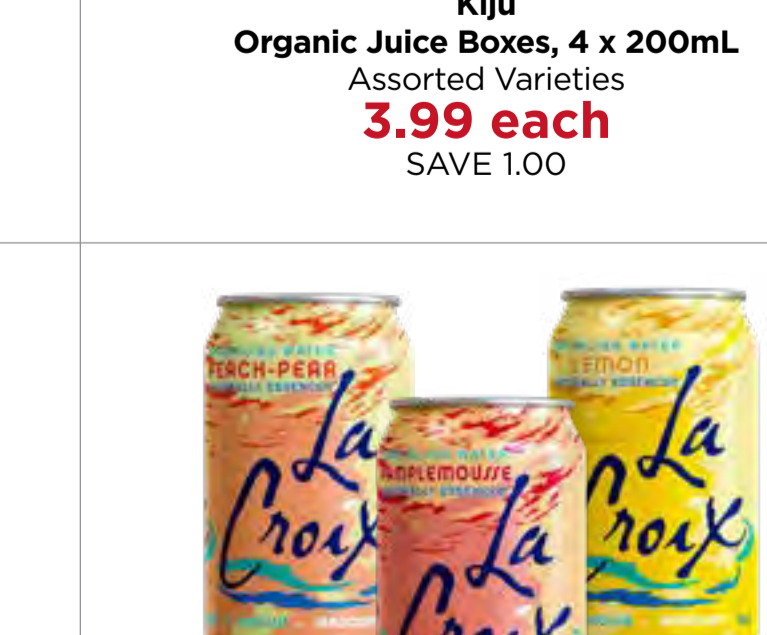
Monastery Signature Split Chicken Wings
BBQ, Honey Garlic, or Tuscan
8.99/lb
SAVE 2.00/lb



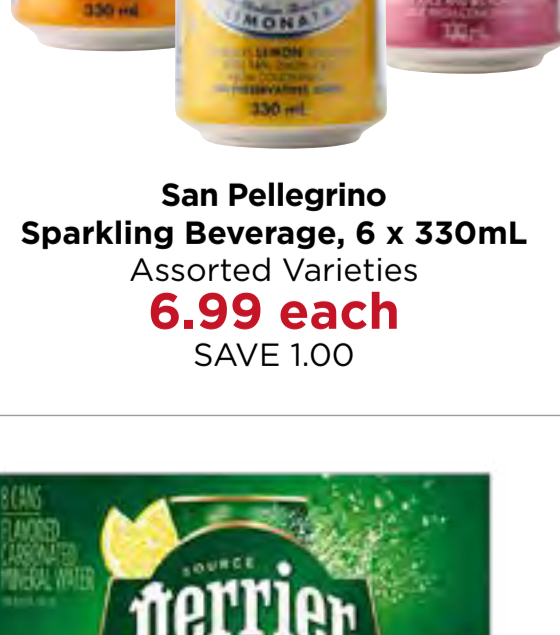
Monastery Signature Mixed Fried Fish
Includes Calamari, Jumbo Shrimp & Cod Fish
FROM OUR HOT TABLE
7.99 each
SAVE 2.00



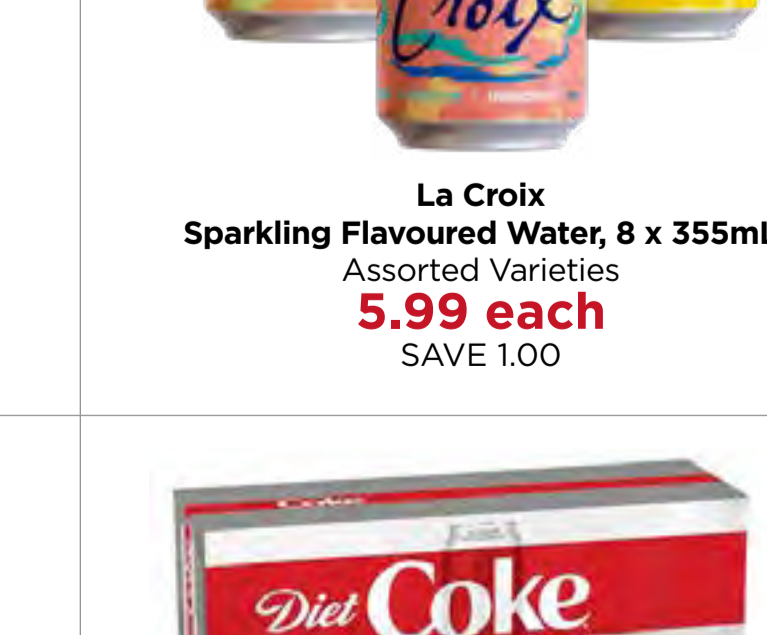
Balconi Tiramisu, 400g
3.99 each
SAVE 1.00



Harney & Sons Fine Teas 20 Sachets
Organic Ginger Lemon, Peppermint, Vanilla or Hot Cinnamon
5.99 each
SAVE 5.00



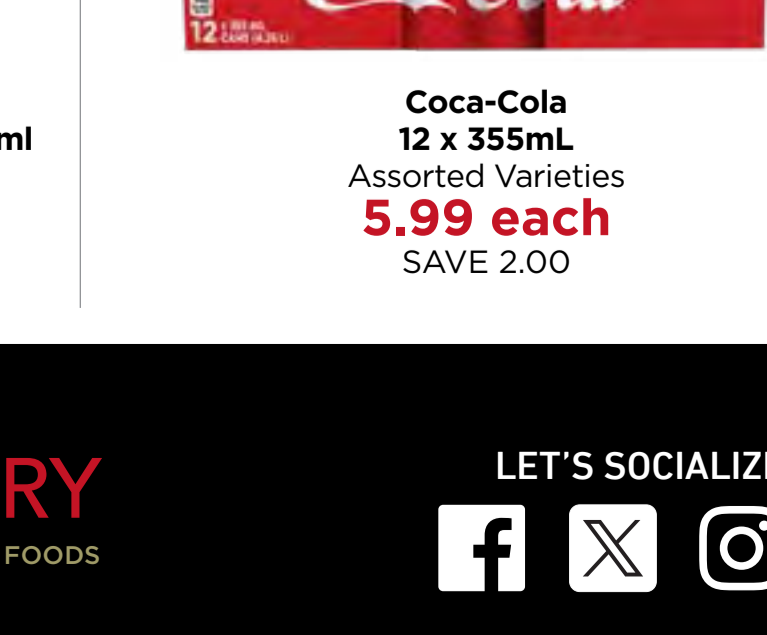
Fresh Green Beans, 454g
3.99 each



The Little Potato Company 680g, Assorted Varieties
2.99 each
SAVE 2.00



Monastery Signature 100% Pure Freshly Squeezed Orange Juice, 2L
12.99 each
SAVE 2.00



Kiju Organic Juice Boxes, 4 x 200mL
Assorted Varieties
3.99 each
SAVE 1.00



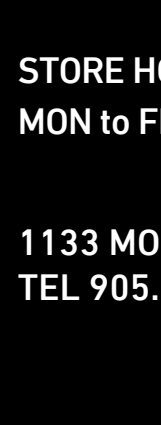
San Pellegrino Sparkling Beverage, 6 x 330mL
Assorted Varieties
6.99 each
SAVE 1.00



La Croix Sparkling Flavoured Water, 8 x 355mL
Assorted Varieties
5.99 each
SAVE 1.00

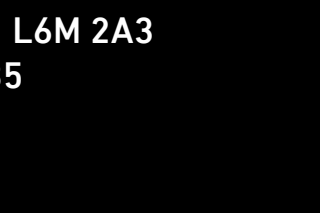
Perrier Carbonated Natural Spring Water, 8 x 330mL
Assorted Varieties
7.99 each
SAVE 5.00

Coca-Cola 12 x 355mL
Assorted Varieties
5.99 each
SAVE 2.00



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