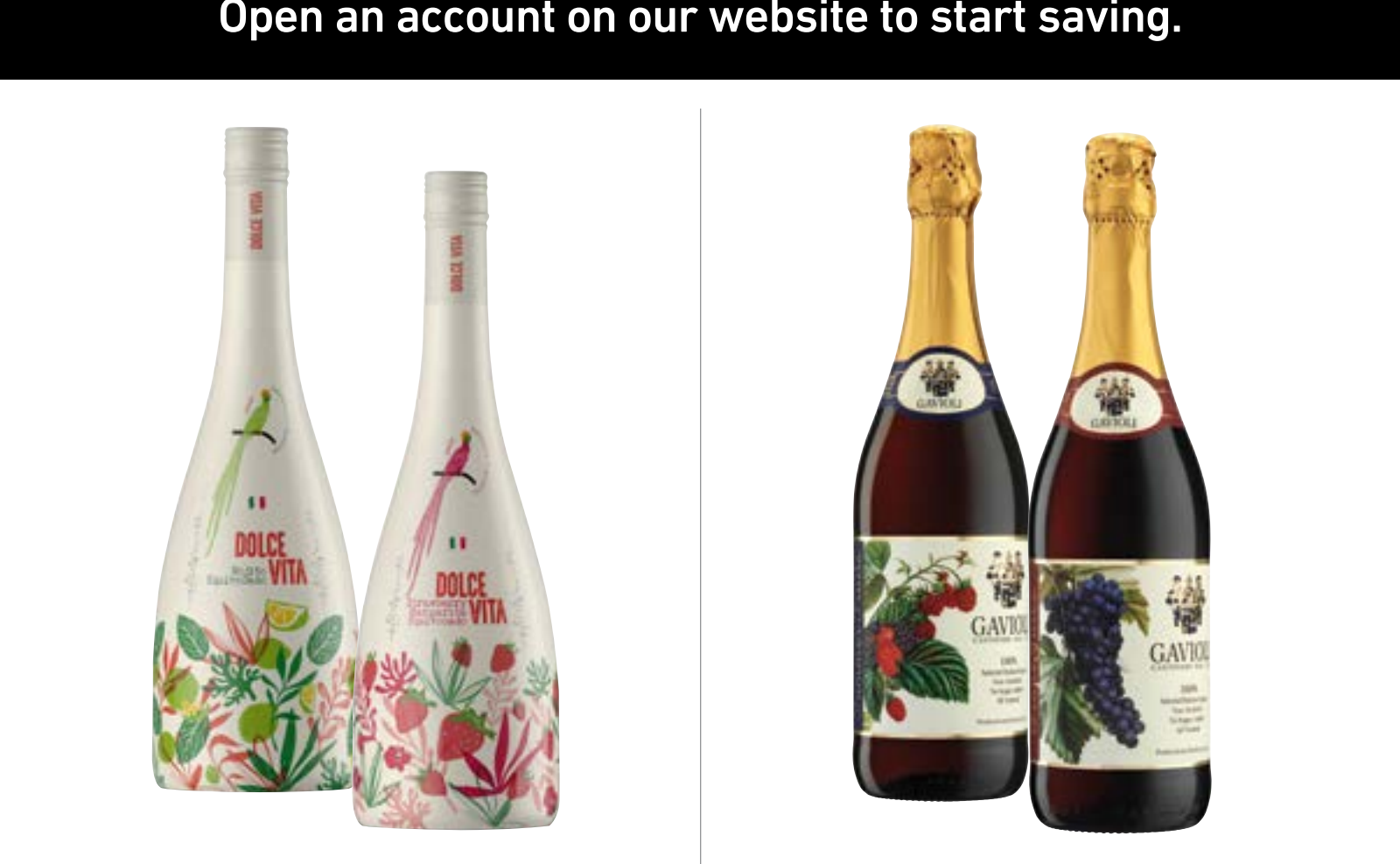




# Check Out This Week's Savings!

Now Offering In-store Wine & Beer Sales!



**GET 2.5% OFF YOUR ONLINE ORDER!**  
Open an account on our website to start saving.



**Dolce Vita**  
Non-Alcoholic Beverages, 750mL  
Mojito or Strawberry Margarita  
**6.99 each**  
SAVE 2.00



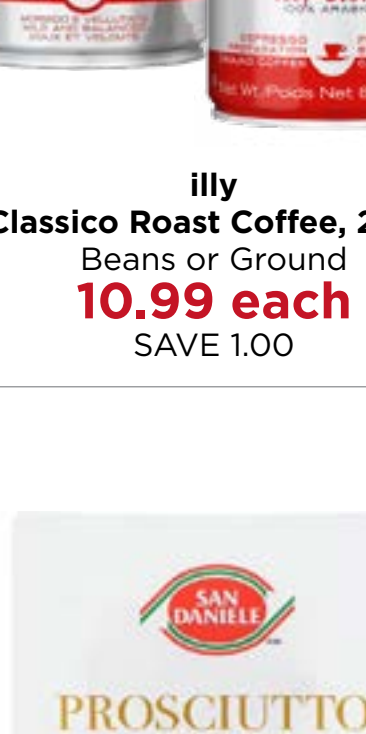
**Gavioli**  
Sparkling Juice, 750mL  
Assorted Varieties  
**6.99 each**  
SAVE 1.00



**San Benedetto**  
Natural Spring Water, 6 x 1.5L  
Natural or Carbonated  
**2/19.99**  
or **11.99 each**  
SAVE 4.00



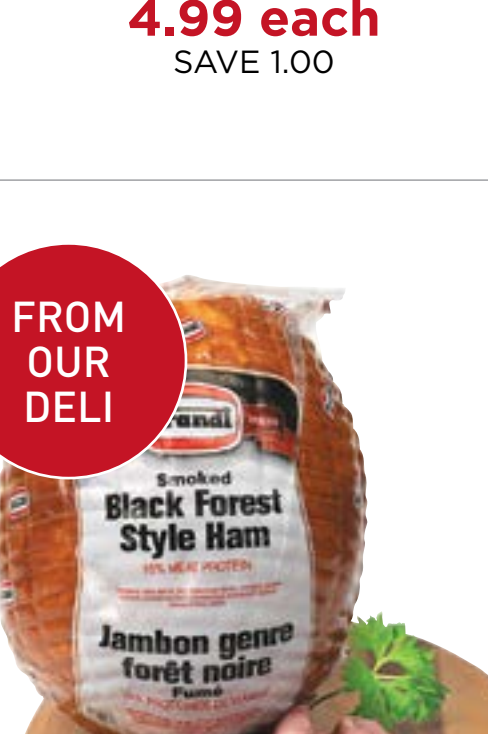
**San Pellegrino**  
Sparkling Natural Mineral Water  
12 x 750mL  
**26.99 each**  
SAVE 3.00



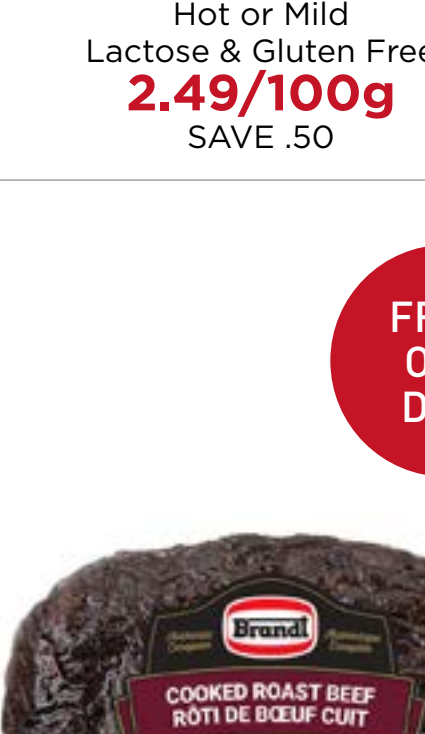
**Monastery Signature**  
100% Pure Orange Juice, 2L  
**12.99 each**  
SAVE 2.00



**Orangina**  
Sparkling Beverage 6 x 330mL  
**7.99 each**  
SAVE 2.00



**Kicking Horse**  
Coffee Grounds, 284g  
Assorted Varieties  
**11.99 each**  
SAVE 1.50



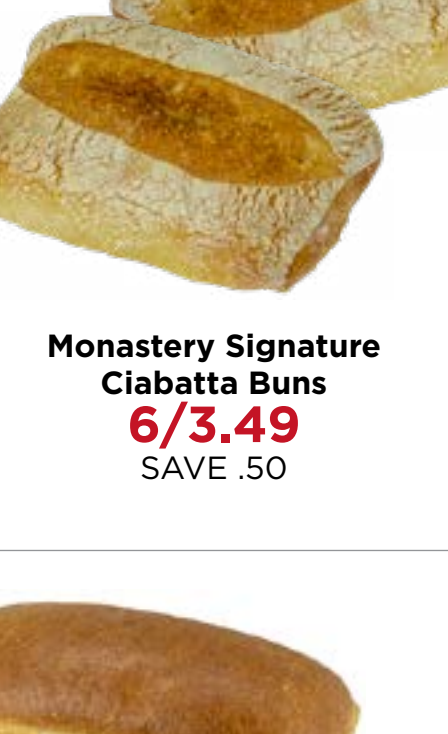
**Lavazza**  
Rossa Medium Roast Coffee Beans, 1kg  
**15.99 each**  
SAVE 2.00



**Illy**  
Classico Roast Coffee, 250g  
Beans or Ground  
**10.99 each**  
SAVE 1.00



**Marc Angelo**  
Sliced Pepperoni, 175g  
**3.99 each**  
SAVE 1.00



**Sofina San Daniele**  
Sliced Prosciutto, 100g  
**4.99 each**  
SAVE 1.00



**Mastro**  
Genoa Salami  
Hot or Mild  
Lactose & Gluten Free  
**2.49/100g**  
SAVE .50



**Brandt**  
Black Forest Style Ham  
**1.39/100g**  
SAVE .70/100g



**Brandt**  
Roast Beef  
**2.49/100g**  
SAVE .50/100g



**Monastery Signature**  
4pc Beef Meatballs & Penne, 1kg  
Serves 4-6  
**Heat & Serve**  
**9.99 each**  
SAVE 2.00



**Monastery Signature**  
Lasagna, 1.2kg  
Meat, Cheese, Vegetable or Chicken  
Serves 4-6  
**Heat & Serve**  
**2/29.99**  
or **23.99 each**  
SAVE 17.99



**Monastery Signature**  
Ciabatta Buns  
**6/3.49**  
SAVE .50



**Monastery Signature**  
Vienna Stick  
Plain, Calabrese, Whole Wheat  
**1.89 each**  
SAVE .60



**Monastery Signature**  
Toast Bread  
White or Whole Wheat  
**2/5.00**  
or **2.99 each**  
SAVE 1.00



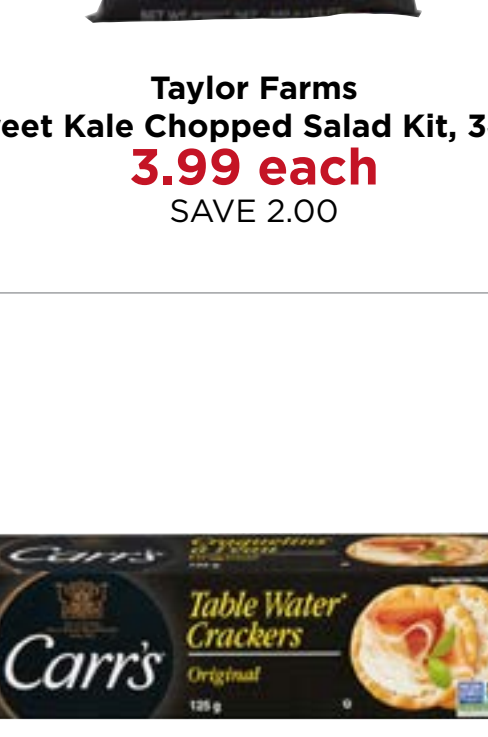
**Promise**  
Gluten Free Bread, 400g  
Assorted Varieties  
**6.99 each**  
SAVE 1.50



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



**Aurora**  
Egg Pasta, 250g  
Assorted Varieties  
**2/5.00**  
or **2.99 each**  
SAVE 1.00



**Tre Stelle**  
Mozzarella Balls, 3pk, 750g  
**9.99 each**  
SAVE 2.00



**Castello**  
Brie or Camembert, 125g  
**3.99 each**  
SAVE 1.00



**Castello**  
Nutty Gouda Cheese, 200g  
**4.99 each**  
SAVE 2.00



**Lactantia**  
Ultra Pur Milk, 1.5L  
Assorted Varieties  
**5.49 each**  
SAVE .50



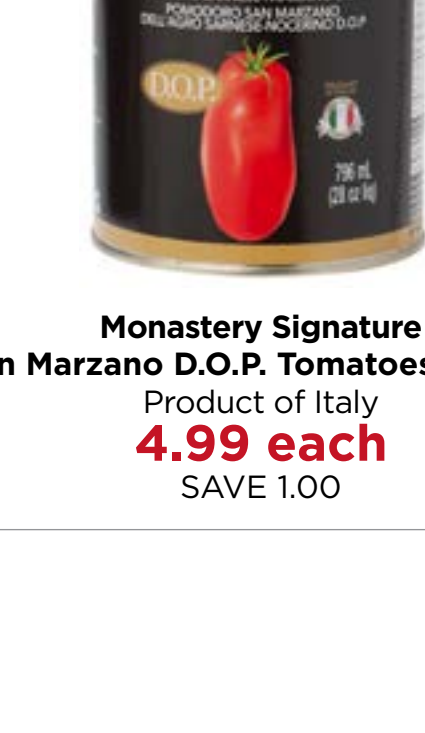
**Fresh Tilapia Fillets**  
6-8oz  
**4.99 each**  
SAVE 2.00



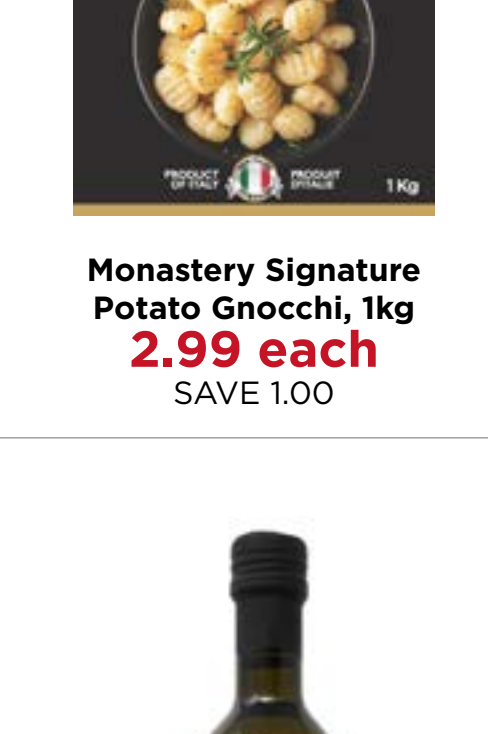
**Ground Veal, Beef & Pork**  
Combo Pack, 1lb  
**7.99 each**  
SAVE 1.00



**AAA Centre Cut Striploin Steaks**  
**12.99 each**  
SAVE 2.00



**Boneless Skinless Chicken Thighs**  
600g  
**8.99 each**  
SAVE 2.00



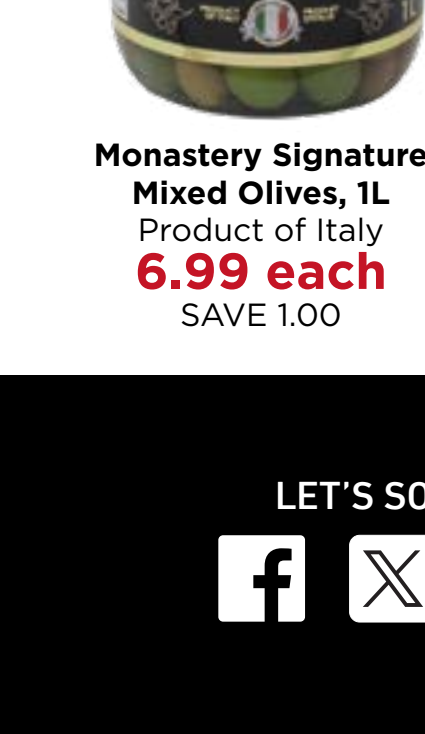
**Walnuts**  
454g  
New Crop, Product of USA  
**3.99 each**



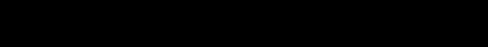
**Asparagus**  
Product of Ecuador  
**4.99 each**  
SAVE 2.00



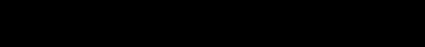
**Taylor Farms**  
Sweet Kale Chopped Salad Kit, 340g  
**3.99 each**  
SAVE 2.00



**The Little Potato Company**  
Assorted Varieties  
Product of USA  
**2.99 each**  
SAVE 2.00



**Carr's**  
Table Water Crackers, 125g  
**2.89 each**  
SAVE .40



**Stonefire**  
Naan Dippers, 200g  
**3.99 each**  
SAVE 1.00



**Falcone**  
Almond Cantucci, 800g  
**9.99 each**  
SAVE 5.00



**La Fournée Dorée**  
Pancakes, 350g  
**5.99 each**  
SAVE 1.00



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



**Monastery Signature**  
Italian Diced Tomatoes, 398mL  
Product of Italy  
**.99 each**  
SAVE .50



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



**Monastery Signature**  
San Marzano D.O.P. Tomatoes, 796mL  
Product of Italy  
**4.99 each**  
SAVE 1.00



**Monastery Signature**  
Potato Gnocchi, 1kg  
**2.99 each**  
SAVE 1.00



**Monastery Signature**  
Gourmet Pizza Sauce, 473mL  
**2.99 each**  
SAVE 1.50



**Monastery Signature**  
Sicilia I.G.P. Extra Virgin Olive Oil, 500mL  
Product of Italy  
**19.99 each**  
SAVE 3.00



**Monastery Signature**  
Mixed Olives, 1L  
Product of Italy  
**6.99 each**  
SAVE 1.00

