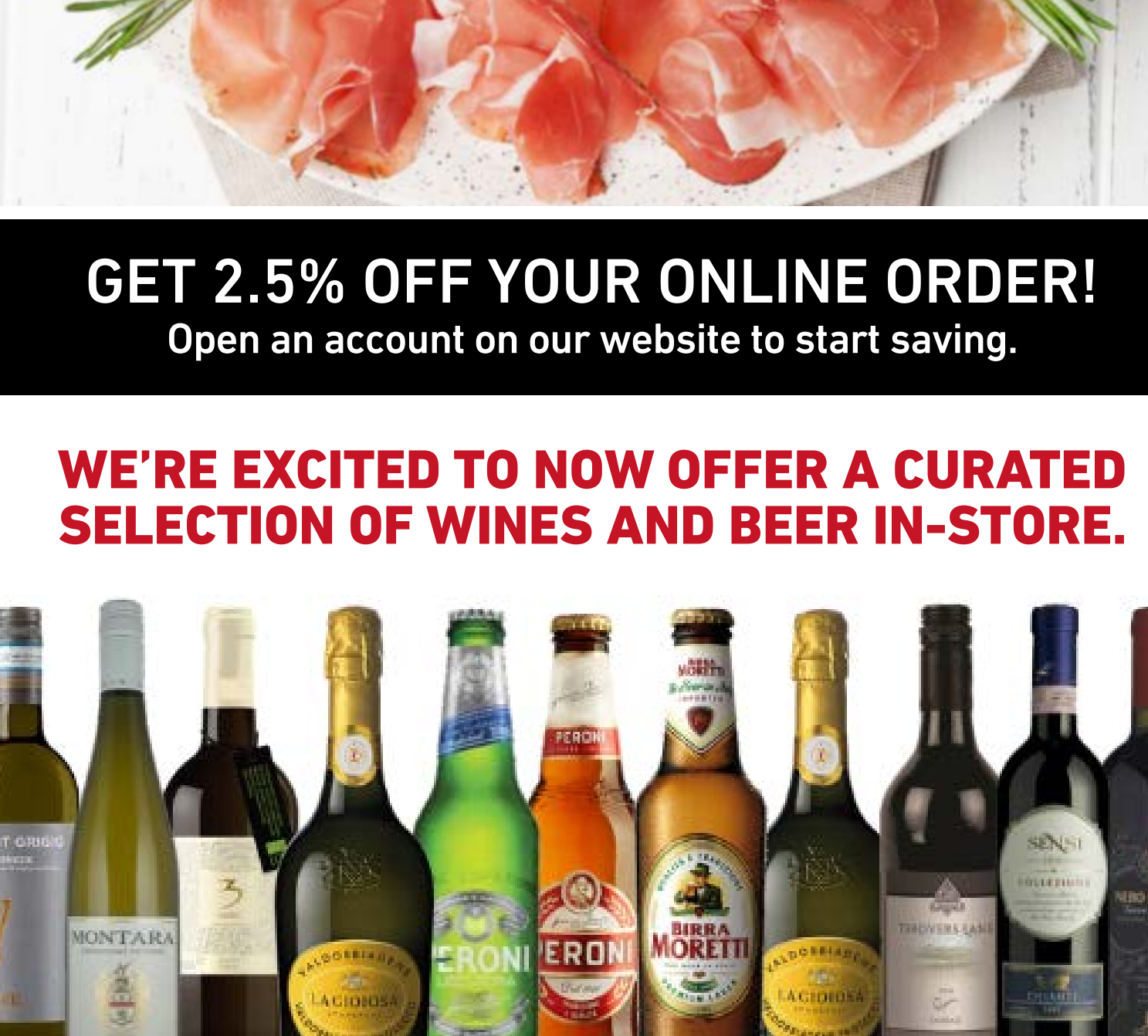




Savour this Week's Savings!




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

WE'RE EXCITED TO NOW OFFER A CURATED SELECTION OF WINES AND BEER IN-STORE.




FROM OUR DELI



Cuddy
Oven Roasted Turkey
2.69/100g
SAVE .30/100g

FROM OUR DELI



Sofina San Daniella
Silver Prosciutto
2.69/100g
SAVE .80/100g


FROM OUR DELI




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




Mastro
Gran Piatto Charcuterie, 200g
7.99 each
SAVE 1.00




Bob's
Bacon, 375g
2/5.00
or **2.99 each**
SAVE 1.00



Venetian Meats
Sliced Pepperoni, 175g
2/8.00
or **4.99 each**
SAVE 2.00



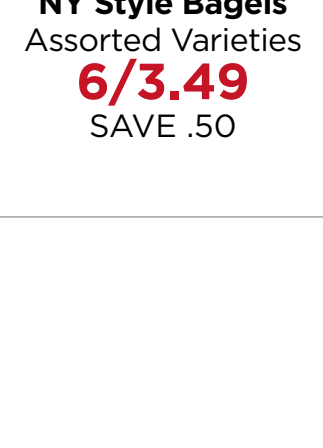
Bellavitano
Chardonnay Cheese, 150g
8.99 each
SAVE 1.00



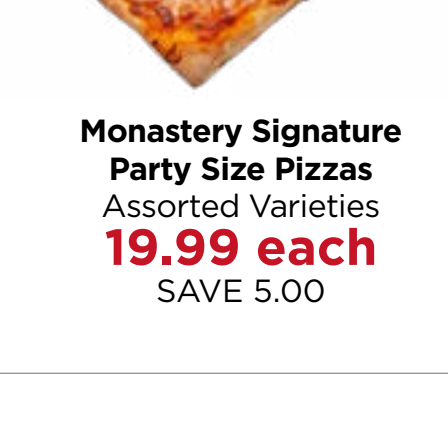
Castello
Gouda Cheese, 198g
Assorted Varieties
2/10.00
or **6.49 each**
SAVE 3.00




Beemster
Classic Cheese Wedge, 250g
2/19.99
or **11.99 each**
SAVE 4.00




Bella Casara
Burrata, 250g
9.99 each
SAVE 2.00



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



Monastery Signature
Focaccia
Assorted Varieties
2/6.00
or **3.99 each**
SAVE 2.00



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



Monastery Signature
NY Style Bagels
Assorted Varieties
6/3.49
SAVE .50



Monastery Signature
Party Size Pizzas
Assorted Varieties
19.99 each
SAVE 5.00



Monastery Signature
Grilled Italian Sausage, Served with Bun
Hot or Mild
From our Hot Table
2.99 each
SAVE 1.00



Monastery Signature
Storemade Beef Meatballs, 18pc
Heat & Serve
22.99 each
SAVE 2.00



Monastery Signature
Carrot Cake Slice
2/8.00
or **4.99 each**
SAVE 2.00



Gray Ridge
Large White Eggs, 1 Dozen
3.99 each
SAVE .70




Divella
Penne Rigate or Spaghetti, 500g
Product of Italy
1.69 each
SAVE 1.00



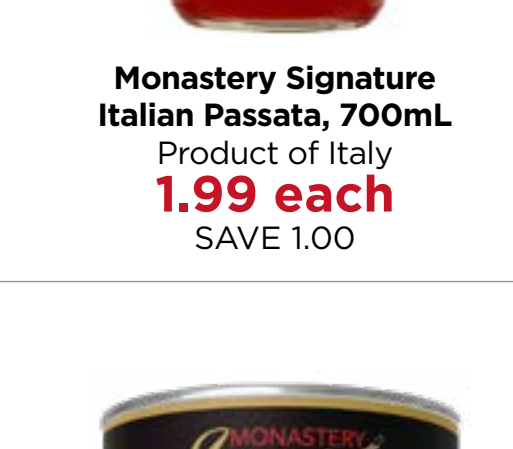
De Cecco
Pasta, 454g
Assorted Varieties
2.99 each
SAVE .50



Gigi
Linea Oro Pasta, 454g
Assorted Varieties
2/8.00
or **4.99 each**
SAVE 2.00



Monastery Signature
Gourmet Sauces
12 x 1L
79.99/case
SAVE 10.00



Pastore
Homemade Soups, 580mL
Assorted Varieties
Product of Italy
2/10.00
or **5.99 each**
SAVE 2.00




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




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




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

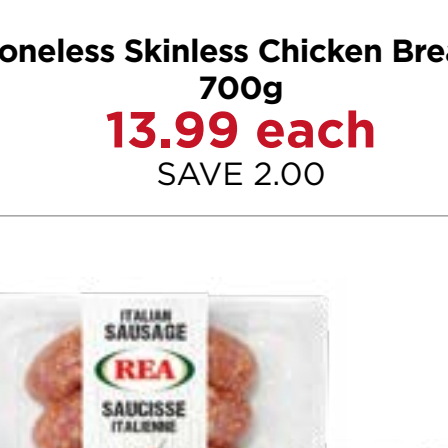


Monastery Signature
Italian Diced Tomatoes, 398mL
Product of Italy
.99 each
SAVE .50




Menu Pomodorina
Tomato Sauce, 830g
Product of Italy
6.99 each
SAVE 2.00

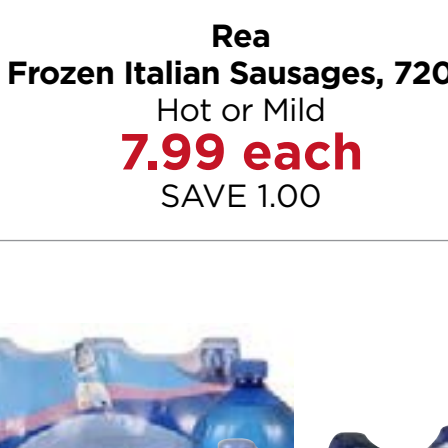
FROM OUR FISH COUNTER




Fresh Atlantic Salmon Fillets
8oz
8.99 each
SAVE 1.00



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



Boneless Skinless Chicken Breasts
700g
13.99 each
SAVE 2.00



Certified Angus Stewing Beef
1lb
9.99 each
SAVE 1.00




Rea
Frozen Italian Sausages, 720g
Hot or Mild
7.99 each
SAVE 1.00



Nanuk
Smoked Coho Salmon, 140g
12.99 each
SAVE 2.00



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



3 Colour Peppers
Product of Canada
2.99 each
SAVE 1.00



Romaine Hearts, 3pk
Product of USA
3.99 each
SAVE 1.00



Red Seedless Grapes
454g
Product of USA
2.99 each
SAVE 1.00



Chestnuts
454g
Product of Italy
3.99 each
SAVE 1.00



Chanteclair
Sgrassatore Universale, Degreaser Cleaner
4.99 each
SAVE 1.30



Sponge Towels
Ultra 6 Rolls
7.99 each
SAVE 2.00

