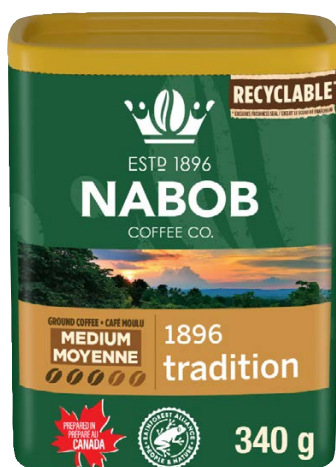




Fresh
PORK SIDE RIBS
Value Pack
8.77/kg
3.98
/ lb.

Nabob
COFFEE
Asst. Var.,
340 g



6.98

Armstrong
CHEESE
Cheddar, Marble, Mozzarella
Asst. Var.,
1.35 kg



19.98

Kraft
MAYONNAISE & MIRACLE WHIP
Asst. Var.,
650 - 890 mL



4.98

Alberta Grown - Inspired Greens
LEAF LETTUCE
Green, Red, Trio



2.88
ea.



Dairyland
SOUR CREAM
Fat Free, Light, 2%, 4%
450 - 500 mL



2.98

GROCERY Everything you need

Heinz
BAKED BEANS
Asst. Var.,
398 mL



3/4⁹⁸

Kraft
DINNER
Specialty Varieties
Asst. Var.,
156 - 175 g



2/2⁹⁸

Kraft
MAYONNAISE & MIRACLE WHIP
Asst. Var., 650 - 890 mL
4⁹⁸

Catelli
PASTA
Bistro, Healthy
Harvest, Smart
Asst. Var.,
340 - 375 g



2⁹⁸

Hunt's
TOMATO PASTE
Asst. Var.,
156 mL



98¢

Kraft
DRESSING
Asst. Var.,
475 mL



3²⁸

Heinz
KETCHUP
Asst. Var., 750 mL - 1 L
4⁹⁸

China Lily
SOYA SAUCE
Asst. Var.,
483 mL



3⁶⁸

VH
COOKING & GRILLING SAUCES
Asst. Var.,
341 - 355 mL



3⁴⁸

Knorr
CLASSIC GRAVY & SAUCE MIXES
Asst. Var.,
26 - 37 g



98¢

Clover Leaf
PINK SALMON
Asst. Var.,
213 g



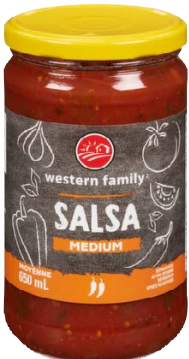
3⁹⁸

Western Family
REFRIED BEANS
Asst. Var.,
398 mL



1⁶⁸

Western Family
SALSA
Asst. Var.,
650 mL



3⁹⁸

Western Family
LONG GRAIN RICE
White or Brown
907 g



2⁸⁸

Unico
STUFFED MANZANILLA OLIVES
Asst. Var.,
375 mL



3⁴⁸



Kellogg's
CEREAL
Family Size
Asst. Var., 450 - 650 g
5⁹⁸

Everything you need **GROCERY**

Coyote
PANCAKE MIX
Asst. Var., 900 g
3⁸⁸



Nature Valley
SWEET & SALTY GRANOLA BARS
Asst. Var., 210 g
3⁷⁸



Christie
COOKIES
Asst. Var., 226 - 520 g
5⁴⁸



Pacific
EVAPORATED MILK
Asst. Var., 354 mL
1⁹⁸



Kraft
PEANUT BUTTER
Asst. Var., 750 g - 1 kg
5⁹⁸



Kellogg's
TOWN HOUSE CRACKERS
Asst. Var., 247 - 391 g
2⁹⁸



Dare Breton
CRACKERS
Asst. Var., 100 - 225 g
3⁴⁸



Nabob
COFFEE
Asst. Var., 340 g
6⁹⁸



Folger's
K-CUPS
Asst. Var., 96 - 108 g
8⁹⁸



Quaker
RICE CAKES & CRISPY MINIS
Asst. Var., 90 - 199 g
3²⁸



Orville Redenbacher
MICROWAVE POPCORN
Asst. Var., 340 - 492 g
5⁶⁸



Minute Maid & Five Alive
JUICE
Asst. Var., 8 - 10 x 200 mL
3⁹⁸ + dep



Del Monte
FRUIT CUPS
Asst. Var., 4 pk
3⁴⁸



Western Family
HONEY
Liquid or Creamed 500 g
5⁹⁸



GROCERY *Everything you need*

Beneful
**DRY DOG
FOOD**
Asst. Var.,
1.6 kg

8⁹⁸



Milk-Bone
DOG BISCUITS
Asst. Var.,
2 kg

6⁹⁸



Purina
CAT CHOW
Asst. Var., 1.6 - 2 kg

8⁹⁸



Bonterra
**PAPER
TOWEL**
3 Mega Rolls

6⁹⁸



Tide
**LAUNDRY
DETERGENT**
Asst. Var.,
1.09 - 1.24 L

8⁹⁸



Palmolive
DISHWASHING LIQUID
Asst. Var.,
591 - 828 mL

3⁴⁸



Western Family
**BATHROOM
TISSUE**
Asst. Var., 12 Double Rolls

6⁹⁸

Always
**PADS &
LINERS**
Sel. Var.,
16 - 72 pk

5⁴⁸



Head & Shoulders
SHAMPOO
Asst. Var.,
370 mL

6⁴⁸



 Askew's PHARMACY
at Uptown



The staff at Askew's Uptown Pharmacy want to work with you to improve and maintain your good health.
Call us at 250-832-7655
Open 9 am - 6 pm Monday to Saturday.
Closed Sundays and Statutory Holidays.

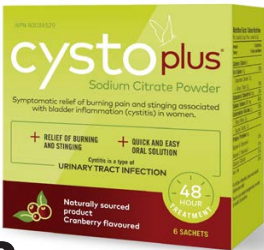
Dequadin
LOZENGES
Asst. Var.,
16 pk

3⁸⁹



Cystoplus
**SODIUM CITRATE
POWDER**
4 g

16⁹⁹



Nizoral
SHAMPOO
Asst. Var.,
60 - 120 mL

10⁹⁹ - 17⁴⁹



- + Prescription Services
- + Compliance Packaging
- + Private Medication Reviews
- + Injections
- + Free Prescription Delivery

- + Health and Medication information
- + Custom Orders welcome
- + A wide selection of front store OTC products

Everything you need **GROCERY**

Western Family
BAKING ALMONDS
Sel. Var.,
110 - 135 g



2⁶⁸

Betty Crocker
SUPERMOIST CAKE MIXES OR FROSTING
Asst. Var.,
340 - 450 g



2²⁸



Quaker
OATS
Asst. Var.,
709 g - 1 kg



3⁹⁸

Baker's
BAKING CHOCOLATE
Asst. Var.,
170 - 225 g



4⁹⁸

Western Family
BAKING CRUMBS GRAHAM OR CHOCOLATE
400 g



2²⁸

Natural Bakery
CANADIAN RYE BREAD
900 g



3⁹⁸

Dempster's
ORIGINAL BREAD
Asst. Var.,
570 - 675 g



2⁷⁸



BAKERY *Prepared with love*

Fresh Baked In-Store
CARROT CAKE WITH CREAM CHEESE ICING
Single Layer

8²⁸
ea.



Fresh Baked In-Store
CROISSANTS
4 pk



4⁴⁸

Fresh Baked In-Store
BLACK RUSSIAN BREAD



4²⁸
ea.

*The appearance of fresh baked product may vary between stores.

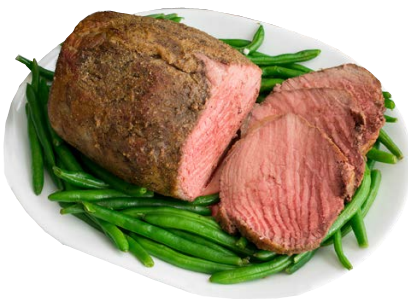
MEAT *Carefully sourced*

Fresh
PORK SIDE RIBS
Value Pack
8.77/kg



3⁹⁸
/lb.

Fresh
BEEF EYE OF ROUND ROAST
Cut from Canadian Grade AA Beef
22.00/kg



9⁹⁸
/lb.

Fresh
LEAN GROUND BEEF
From Canadian Grade AA Beef
Ground Fresh In-Store Daily
Value Pack, 15.39/kg

6⁹⁸
/lb.



Fresh
BEEF RIB GRILLING STEAK
Cut from Canadian Grade AA Beef
Bone-In, Value Pack
44.05/kg



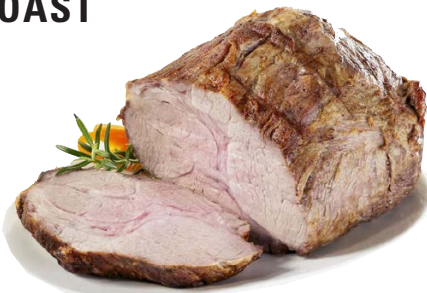
19⁹⁸
/lb.

Fresh
PORK SHOULDER BLADE STEAK
Bone-In, Value Pack
8.77/kg



3⁹⁸
/lb.

Fresh
PORK SHOULDER BLADE ROAST
Boneless
7.89/kg



3⁵⁸
/lb.

Fresh & Local
CHICKEN THIGHS
Skinless, Value Pack
9.88/kg

4⁴⁸
/lb.

Fresh & Local
CHICKEN LEGS
Value Pack
7.89/kg



3⁵⁸
/lb.

Askew's Own
BEEF OR BEEF & ONION SAUSAGE
22.00/kg



9⁹⁸
/lb.

Harvest
SMOKED FARMERS MINI SAUSAGE
175 g



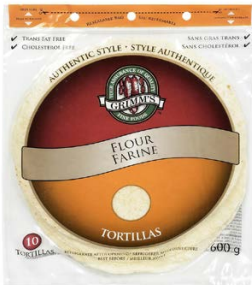
5⁹⁸
ea.

Harvest
THICK SLICED BACON
1 kg



25⁹⁸
ea.

Grimm's
TORTILLAS
Asst. Var.,
600 g



4²⁸
ea.

Grimm's
SLICED MEATS
Asst. Var.,
175 g



4⁹⁸
ea.

Rocky Mountain
SWEET + SOUR PORK, GINGER BEEF & DRY RIBS
Frozen
600 - 650 g



9⁶⁸
ea.

Harvest
SAUSAGE
Asst. Var.,
300 g



7⁹⁸
ea.



Maua
**CHICKEN
CHOW MEIN**
237 / 100 g

DELI

Prepared with love

Woolwich
**SOFT GOAT
CHEESE LOGS**
Asst. Var.,
113 g



349
ea.

Saputo
**MOZZARELLA
FRESCA**
190 g



687
ea.

Saputo
CHEESE SLICES
Asst. Var.,
160 - 180 g



469
ea.

Saputo
BOCCONCINI
Regular, Cocktail or Pearls
Asst. Var., 200 g
687 *ea.*



Frozen
**PINK SALMON
FILLETS**



198
/ 100 g

Fresh
**STEELHEAD
FILLETS**



398
/ 100 g

Fresh
**IMITATION
CRAB**



128
/ 100 g

SEAFOOD

Healthy & delicious

High Liner
**ENGLISH CHIPS
& FISH**
550 g



898
ea.

7 Seas
PEELED SHRIMP
Raw, Frozen
26 - 30 Count
454 g



1098
ea.



fish **FRIDAY**
FRESH SOLE FILLETS

DAIRY From basics to deluxe

Saputo
FETA
Asst. Var.,
200 g



3⁴⁸

Tre Stelle
RICOTTA
Asst. Var.,
475 g



5⁴⁸

International
Delight
**COFFEE
CREAMERS**
Asst. Var., 946 mL

4⁹⁸



Dairyland
COTTAGE CHEESE
Fat Free, Light, 2%, 4%
500 g



3⁴⁸

Dairyland
SOUR CREAM
Fat Free, Light, 2%, 4%
450 - 500 mL



2⁹⁸

Tre Stelle
MOZZA BALLS
340 g



4⁹⁸



Armstrong
CHEESE
Cheddar, Marble, Mozzarella
Asst. Var., 1.35 kg

19⁹⁸

Kraft
CHEEZ WHIZ
Asst. Var.,
450 g



3⁹⁸

Kraft
SINGLES CHEESE SLICES
Asst. Var.,
410 g



3⁹⁸

Siggi's
**ICELANDIC
SKYR
YOGURT**
Asst. Var.,
650 - 750 g



5⁹⁸

Imperial
MARGARINE
Quarters or Soft Tub
1.28 - 1.36 kg



6⁹⁸

Milk 2Go
1% CHOCOLATE MILK
6 x 200 mL



4⁹⁸
+ dep

Dairyland
**AEROSOL WHIP
CREAM**
225 g



3⁹⁸

Tropicana
ORANGE JUICE
Asst. Var.,
1.36 L



5⁴⁸
+ dep

Oikos
GREEK STYLE YOGURT
Asst. Var.,
4 x 100 g



3²⁸

Most practical FROZEN

Cavendish Farms

FRIES

Asst. Var.,
400 - 750 g

3⁴⁸



Western Family

FRUIT

Asst. Var.,
400 - 600 g

5⁴⁸



Hungryman

DINNERS

Asst. Var.,
360 - 455 g

4⁹⁸



Bassili's

LASAGNA

Asst. Var.,
907 g

7⁴⁸



Red Baron

CLASSIC CRUST PIZZA

Asst. Var.,
584 - 665 g

5⁹⁸



Grandma's

PEROGIES

Asst. Var.,
600 g

3⁹⁸



Old Dutch
**POTATO CHIPS
& RIDGIES**

Asst. Var., 200 - 235 g

2/6⁹⁸

Old Dutch

**RIP-L VEGGIE
CRISPS**

Asst. Var.,
200 g

2/6⁹⁸



Cheetos

**CHEESY
SNACKS**

Asst. Var.,
260 g

4²⁸



Everything you need **GROCERY**



Miss Vickie's
**POTATO
CHIPS**

Asst. Var., 200 g

4²⁸



Old Dutch

**CHEESE
PLEESERS &
CRUNCHYS**

Asst. Var.,
200 - 290 g

3⁹⁸



Old Dutch

PRETZELS

Asst. Var.,
240 - 400 g

3⁹⁸



Pepsi, 7-Up, Schweppé's

POP

Asst. Var.,
8 x 355 mL

6⁹⁸
+ dep



Coke, Sprite, Canada Dry

POP

Asst. Var.,
2 L

2⁶⁸
+ dep



WELLNESS

Living life to the fullest

Joy of the Mountains
OIL OF OREGANO

15⁹⁸ 10 mL
26⁹⁸ 30 mL
31⁹⁸ 90 Caps

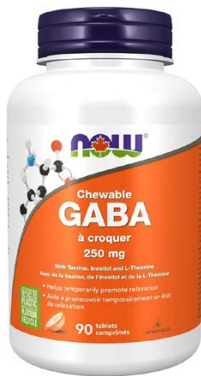


Helps your immune system fight off infections.

Now
GABA
90 Chewable
Tablets

25⁹⁸

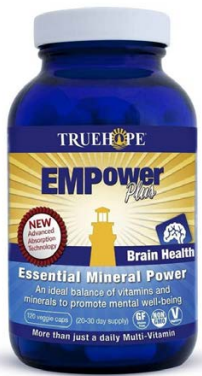
Helps promote relaxation.



True Hope
EMPower
ESSENTIAL
MINERAL
POWER
120 V Caps

57⁹⁸

Reduces stress, anxiety & depression.



Botanica
PERFECT
PROTEIN POWDER

Asst. Var., 574 g

58⁹⁸

Salus
FLORADIX KINDERVITAL
FOR CHILDREN

25⁹⁸ 250 mL
43⁹⁸ 500 mL



Liquid multi-vitamin with calcium & vitamin D.

Natra
LIVsolution
60 V Caps

36⁹⁸

Liver support formula.



New Nordic
CHILI BURN MAX
60 Tabs

32⁹⁸

Helps with weight management.



Wild Rose
GENTLE D-TOX FORMULA
Kit

55⁹⁸

Healthy formula to clear a congested system.



Badger Balm
FOR HARDWORKING
HANDS
56 g

14⁹⁸

Smooths & softens rough, dry hands.



CanPrev
BIOACTIVE B
COMPLEX
90 V Caps

31⁹⁸

Metabolically active form for rapid uptake.



Plant based protein with adrenal support.

** Not all products available at all locations.*



Recipe



WOOLWICH SOFT GOAT CHEESE LOGS!

Our signature soft goat cheese logs embody the perfect balance of creamy texture and distinctive flavor. These rindless delicacies offer a smooth, spreadable consistency that melts effortlessly on the palate, accompanied by the characteristic tangy notes that goat cheese enthusiasts have come to love.



Nature's Path
ORGANIC CEREAL ECO PACKS
Asst. Var., 675 - 907 g

8⁹⁸

OneCoffee
ORGANIC COFFEE PODS
Compostable
Asst. Var., 132 g

8⁹⁸

NATURALLY
Good!

Kiju
ORGANIC JUICE
Asst. Var., 4 x 200 mL

3⁹⁸ + dep

Lundberg
SUSTAINABLY GROWN RICE
White or Brown Basmati,
White Jasmine
907 g

8⁹⁸



Nuts to You
ALMOND BUTTER
Asst. Var., 365 g

8⁶⁸



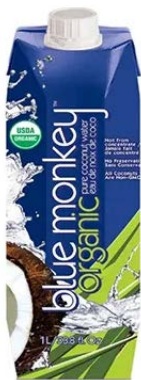
Only Goodness
ORGANIC BLUEBERRIES
Frozen
600 g

5⁴⁸



Blue Monkey
ORGANIC COCONUT WATER
1 L

4⁴⁸ + dep



GT's
KOMBUCHA
Asst. Var., 480 mL

4⁴⁸ + dep



Frog Friendly
ORGANIC WHOLE BEAN COFFEE
Medium, Dark, Espresso
340 g

11⁹⁸

Local



Imagine
ORGANIC BROTH
Asst. Var., 946 mL

4⁹⁸



Stahlbush Island Farms
FROZEN VEGETABLES
Sel. Var., 198 - 397 g

3²⁸



Dr Praeger
VEGGIE BURGERS
Asst. Var., 283 g

7⁹⁸



Manitoba Harvest
HEMP HEARTS
227 g

7⁹⁸



Nature's Path
ORGANIC STEEL CUT OATS
680 - 850 g

4⁶⁸



Eco-Max
LAUNDRY WASH
Asst. Var., 3 L

14⁹⁸



PRODUCE *Seasonal goodness & more*

Alberta Grown - Inspired Greens
LEAF LETTUCE
Green, Red, Trio

2⁸⁸
ea.



Mexico Grown
MIXED PEPPERS
2 lb Bag

3⁹⁸
ea.



BC Grown
SWEET ONIONS
2.16/kg
98¢
/ lb.



China Grown
SNAP AND SNOW PEAS
200 g Pkg

2⁴⁸
ea.



Greece/Italy Grown
KIWI
1 lb Clam

3⁹⁸
ea.



California Grown
ORGANIC MANDARINS
2 lb Bag

4⁹⁸
ea.



Askew's

SA Downtown: 250-832-2064
SA Uptown: 250-832-7622
Armstrong: 250-546-3039
Enderby: 250-838-6064
Sicamous: 250-836-4899

To reduce our environmental impact our flyer is printed on unbleached recycled fibres using soy-based inks.



@askewsfoods | askewsfoods.com
We reserve the right to limit quantities.



SPOT THE LABEL!

Look for our "Askew's Own" logo: these products are made by our suppliers specifically for Askew's!

ALL STORES OPEN DAILY - FOR HOURS VISIT **ASKEWSFOODS.COM**