



14⁹⁹ /lb
33.05 kg

**FRESH ONTARIO LAMB
WHOLE OR HALF**
35-40lb average

FRESH SAVINGS FROM THURSDAY, MARCH 26th - WEDNESDAY, APRIL 8th
CLOSED GOOD FRIDAY APRIL 3RD AND EASTER SUNDAY APRIL 5th

2⁹⁹ /lb
6.59kg

SAVE \$2⁰⁰/lb

FRESH SWEET SEEDLESS GRAPES GREEN, RED OR BLACK
Product of Chile/Peru, No.1 Grade, Jumbo Size

9⁹⁹ /lb
22.02kg

FRESH BEEF SIRLOIN TIP ROAST
Cut from Canada AAA Grade Beef, Product of Canada

2⁹⁹ each

SAVE \$2⁰⁰

**FRESH ANDY BOY
ROMAINE HEARTS**
Product of USA
pkg of 3

2⁴⁹ each

SAVE \$1⁰⁰

DECECCO PASTA
Assorted Regular Cuts
454g pkg

8⁹⁹ each

SAVE \$11⁰⁰

GALLO EXTRA VIRGIN OLIVE OIL
1L bottle

3¹⁹ each

SAVE 80¢

LANTIC GRANULATED WHITE SUGAR
2kg bag

3⁶⁹ dozen

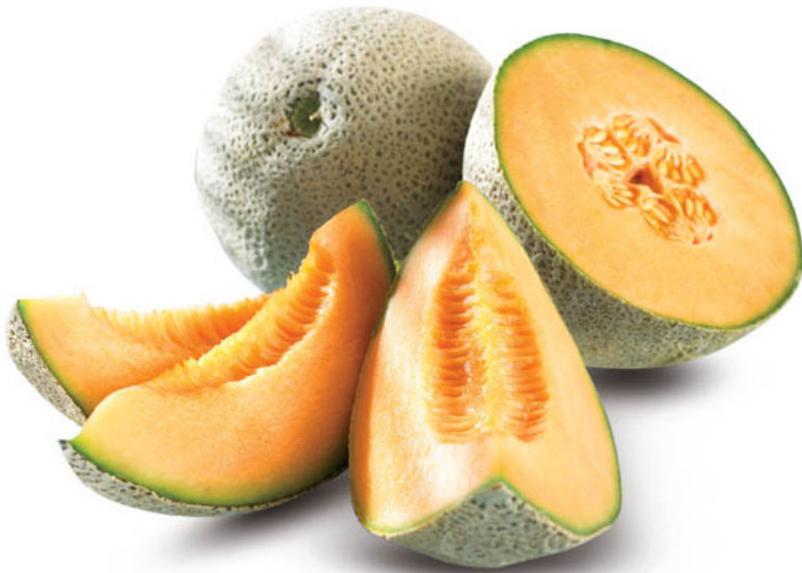
SAVE 30¢

**BURNBRAE FARMS FRESH
LARGE WHITE EGGS**
Product of Canada

6⁹⁹ each

SAVE \$2⁰⁰

**FIVE ROSES OR ROBIN HOOD
ALL PURPOSE FLOUR**
White or Whole Wheat
2.5kg bag



349 each **SAVE \$2⁵⁰**
FRESH SWEET CANTALOUPES
 Product of Guatemala, No.1 Grade, Jumbo Size



249 /lb **SAVE \$1⁵⁰/lb**
FRESH SWEET PLUMS BLACK OR RED
 Product of Chile
 5.49kg



299 each **SAVE \$1⁰⁰**
FRESH GOLDEN BERRIES
 Product of Colombia
 200g pkg



4/500 **SAVE \$1⁴⁷/each**
FRESH HASS AVOCADOS
 Product of Mexico



299 /lb **SAVE \$2⁰⁰/lb**
FRESH STEM & LEAF MANDARINS
 Product of Spain
 6.59kg



199 each **SAVE \$2⁰⁰**
FRESH ICEBERG LETTUCE
 Product of USA, No.1 Grade



199 /lb **SAVE \$4⁰⁰/lb**
FRESH BRUSSEL SPROUTS
 Product of USA, No.1 Grade
 4.39kg



1499 each **SAVE \$1⁰⁰**
FRESH BROWN FIGS
 Product of Brazil



399 each **SAVE \$1⁰⁰**
FRESH LEMONS 2LB OR NAVEL ORANGES 3LB
 Product of USA/Egypt



299 each **SAVE \$3⁰⁰**
FRESH CELERY STALKS
 Product of USA, No.1 Grade



2/500 **SAVE 99¢/each**
FRESH ANDY BOY BROCCOLI
 Product of USA



499 each **SAVE \$2⁰⁰**
FRESH SWEET BELL PEPPERS
 Product of Ontario/Mexico
 pkg of 3



299 each **SAVE \$2⁰⁰**
FRESH MINI CUCUMBERS
 Product of Canada/Mexico
 pkg of 6



169 /lb **SAVE 30¢/lb**
FRESH SWEET POTATOES
 Product of USA, No.1 Grade
 3.73kg



79¢ each **SAVE 70¢**
FRESH GREEN ONIONS
 Product of Mexico



SAVE \$1.00

5.49 each
S&F RED SOUR
PITTED CHERRIES
796ml jar



SAVE \$1.50

8.99 each
VIPRO ROASTED
RED PEPPER
SPREAD
720ml jar



SAVE \$1.50

3.99 each
KELLOGG'S FROZEN
EGGO WAFFLES
Assorted Varieties
280-330g box



SAVE 50¢

4.49 each
ALLEN'S WHITE
VINEGAR
4L jug



SAVE \$3.00

5.99 each
BOUNTY NAPKINS
pkg of 200



SAVE \$1.00

5.99 each
BOUNTY SELECT
A-SIZE PAPER TOWEL
2=3



SAVE \$1.00

3.99 each
COLAVITA WINE
VINEGAR
Red or White
500ml bottle



SAVE \$1.00

1.49 each
AURARA
MEDITERRANEAN
SEA SALT
Fine or Coarse 1kg box



SAVE \$3.70

5.99 each
CHAPMAN'S FROZEN
PREMIUM ICE CREAM
Assorted Varieties
2L tub



SAVE \$1.00

1.99 each
ALLEN'S 100% PURE
APPLE JUICE, PEACH
COCKTAIL, CRANBERRY
COCKTAIL OR FRUIT
PUNCH 1L tetra



SAVE \$1.50

5.49 each
OCEAN SPRAY
CRANBERRY
COCKTAIL Assorted
Varieties 1.89L bottle



SAVE \$1.00

5.99 each
OASIS ORANGE
JUICE
With pulp or Without Pulp
1.5L bottle



SAVE \$1.00

1.99 each
GREEN GIANT
CORN NIBLETS OR
PEACHES & CREAM
341ml tin



SAVE 50¢

3.99 each
LAGO ELLEDI
SAVOIARDI
400g pkg



SAVE \$2.00

2.99 each
PRINGLES POTATO
CHIPS
Assorted Varieties
156g pkg



SAVE \$1.00

4.99 each
SKINNY POP
POPCORN
Assorted Varieties
125g pkg



SAVE 40¢

2.99 each
CEARDVALE
SEAFOOD COCKTAIL
SAUCE
250ml jar



SAVE 40¢

2.99 each
CEARDVALE
HORSERADISH
Regular or Extra Hot
250ml jar



SAVE \$1.00

1.99 each
GREEN GIANT PEAS
Sweetlet, LeSieur Tender,
Summer Sweet or Peas &
Carrots
398ml tin



SAVE 80¢

2.49 each
KRINOS FROZEN
FILO PASTRY
LEAVES
454g pkg

SEAFOOD FRESH/FROZEN



SAVE \$4.00/lb

10.99 FRESH ATLANTIC SALMON FILLETS
/lb
24.23kg



16.99 FRESH SOLE FILLETS
/lb
37.46kg



SAVE 50¢/lb

3.99 FRESH WHOLE WHITING (MERLUZZO)
/lb
8.80kg



3.99 FRESH P.E.I. MUSSELS
/lb
8.80kg



SAVE \$3.00

17.99 OCEAN PRIME FROZEN SEAFOOD MIX
each
908g bag



SAVE \$2.00

19.99 OCEAN JEWEL FROZEN PACIFIC RAW WHITE SHRIMP
each
908g pkg



10.99 HIGHLINGER FROZEN SIGNATURE CUTS PINK SALMON FILLETS
each
400g pkg



SAVE \$1.00

19.99 JANES FROZEN BATTERED HADDOCK FILLETS
each
450g box

BAKING



SAVE \$1.50

5.49 E.D. SMITH PIE FILLING
each
Assorted Varieties
540ml tin



SAVE 70¢

2.99 CARNATION EVAPORATED MILK
each
Assorted Varieties
354ml tin



SAVE 30¢

2.99 BETTY CROCKER SUPERMOIST CAKE MIXES
each
Assorted Varieties
375g box



SAVE \$1.00

2.99 DOLE PINEAPPLE
each
Sliced, Chunk, Tidbits or Crushed
398ml tin



SAVE 50¢

2.99 BETTY CROCKER FROSTING
each
Assorted Varieties
340-450g pkg



SAVE 50¢

5.49 TENDERFLAKE FROZEN PIE SHELLS
each
Regular 320g or Deep Dish 350g

PARTY PLATTERS



59.99 DELI MEAT BANQUET
each
Serves 8-12
14 Inch



49.99 ANTIPASTO TRAY
each
Serves 8-12
14 Inch



49.99 PARTY SANDWICH TRAY
each
Serves 8-12
14 inch



59.99 DELI MEAT & CHEESE FIESTA
each
Serves 6-8
12 inch



59.99 FRUIT FANTASY
each
Serves 8-12
14 inch



49.99 PITA WRAPS TRAY
each
Serves 8-12
14 inch



SAVE \$1.00

2.99 each
BEATRICE SOUR CREAM
Assorted Varieties
500ml tub



SAVE \$4.00

5.99 each
BLACK DIAMOND CHEESE BARS
Assorted Varieties
400g bars



SAVE \$1.00

2.99 each
DEMPSTER'S SLICED BREAD
Assorted Varieties
675g loaf



SAVE \$1.80

4.19 each
SUN-MAID CINNAMON SWIRL RAISIN BREAD
450g loaf



SAVE \$2.50

6.49 each
LACTANTIA BUTTER
Salted or Unsalted
454g pkg



SAVE UP TO \$1.70

3.99 each
LACTANTIA CREAM
10% Half & Half, 5% Light, Fat Free 1L, 35% Whipping or Cooking Cream 473ml



SAVE \$1.00

1.89 each
DUFFLET FROZEN CAKELETS
Assorted Varieties



SAVE \$2.00

2.29 each
COPPA'S FRESH MARKET FRESH STORE-MADE 8" FRUIT FLAN CAKE



SAVE \$1.50

3.49 each
ASTRO YOGURT
Assorted Varieties
650-750g tub



SAVE \$1.00

5.99 each
TRE STELLE BOCCONCINI
Assorted Varieties
200g tub



SAVE 50c

7.49 each
FIMARDOLCI BISCOTTI
Assorted Varieties
Product of Italy
200g pkg



SAVE \$1.00

5.49 each
COPPA'S FRESH MARKET FRESH STORE-BAKED 8" APPLE PIE
Gay Lea Real Whipped cream
\$3.99 22.5g

NEW ZEALAND FROZEN LAMB

NONNA FRANCESCA'S



SAVE \$5.00/lb

10.99 /lb
NEW ZEALAND FROZEN SHORT CUT LEGS
24.23kg



SAVE \$5.00

21.99 each
NEW ZEALAND FROZEN LAMB SHOULDER CHOPS
675g pkg



SAVE \$2.00

2.99 each
NONNA FRANCESCA'S FROZEN CANNELLONI
Meat, Medium



SAVE \$2.00

2.99 each
NONNA FRANCESCA'S FROZEN LASAGNA
Meat, Medium



SAVE 79c/lb

10.99 /lb
NEW ZEALAND FROZEN LAMB SHANKS
24.23kg



SAVE \$5.00

18.99 /lb
NEW ZEALAND FROZEN LAMB LOIN CHOPS
41.87kg



SAVE \$1.00

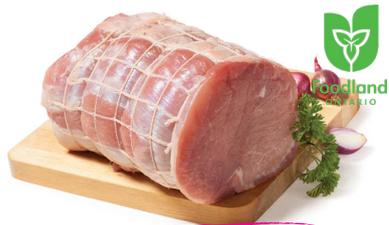
15.99 each
ROMAN FROZEN MEAT & 4 CHEESE LASAGNA
2.27kg pkg



SAVE 50c

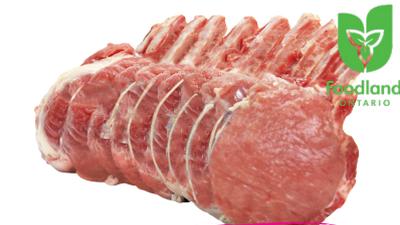
3.99 each
ROMAN FROZEN PASTA
Ravioli, Tortellini meat & Cheese or Gnocchi
454g pkg

FRESH CHOPS



3⁹⁹ /lb
8.80kg
FRESH ONTARIO BONELESS PORK LOIN ROAST

SAVE \$1⁵⁰/lb



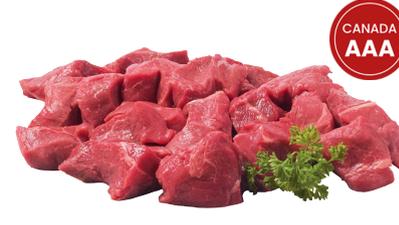
4⁹⁹ /lb
11.00kg
FRESH ONTARIO RACK OF PORK

SAVE \$1⁰⁰/lb



11⁹⁹ /lb
26.43kg
FRESH INSIDE ROUND BEEF CUTLETS Cut from Canada AAA Grade Beef, Product of Canada

SAVE \$1⁰⁰/lb



9⁹⁹ /lb
22.02kg
FRESH BONELESS STEWING BEEF Cut from Canada AAA Grade Beef, Product of Canada



5⁹⁹ /lb
13.21kg
KING COLE FROZEN GRADE A DUCKS

SAVE 50c/lb



5⁹⁹ /lb
13.21kg
FROZEN GRADE A CORNISH HENS

SAVE 50c/lb



4⁴⁹ /lb
9.90kg
SPRINGER'S MEATS SMOKED PORK PICNIC SHOULDER

SAVE 50c/lb



15⁹⁹ each
600g pkg
MAPLE LEAF BLACK FOREST HAM

SAVE \$1⁰⁰

DELI



7⁹⁹ /lb
17.61kg
SAN DANIELE MORTADELLA Freshly Sliced at the Deli

SAVE up to \$5⁰⁰/lb



11⁹⁹ /lb
26.43kg
CUDDY OVEN ROASTED TURKEY BREAST Freshly Sliced at the Deli

SAVE \$8⁰⁰/lb



7⁹⁹ /lb
17.61kg
BRANDT BLACK FOREST HAM Freshly Sliced at the Deli

SAVE \$1⁰⁰/lb



16⁹⁹ /lb
37.46kg
FINÌ ORIGINAL PROSCIUTTO Freshly Sliced at the Deli

SAVE \$9⁰⁰/lb



7⁹⁹ each
340g pkg
TRE STELLE MOZZARELLA BALL

SAVE \$2⁰⁰



6⁹⁹ each
500g vac pack
SANTA LUCIA FRESH RICOTTA CHEESE

SAVE \$3⁰⁰



17⁹⁹ /lb
36.66kg
AGRAPUR BRIE L'EXTRA DOUBLE CREAM BRIE At the Deli

SAVE \$2⁰⁰/lb



10⁹⁹ /lb
24.23kg
SANTA LUCIA BOCCONCINI CHEESE At the Deli

SAVE \$4⁰⁰/lb

VISIT OUR 2 GRAND LOCATIONS

KING CITY
1700 King Rd.
King's Ridge Marketplace
905.833.7035

HOURS
Mon - Thu 8 a.m. - 9 p.m.
Fri - Sat 8 a.m. - 9 p.m.
Sunday 8 a.m. - 8 p.m.

SCARBOROUGH
148 Bennett Rd.
(at Lawrence Ave.)
416.282.5759

HOURS
Mon - Sat 8 a.m. - 9 p.m.
Sunday 8 a.m. - 8 p.m.

Although we strive for accuracy in illustration, copy and regulatory requirements, unintentional errors may occur. We reserve the right to limit quantities