



Fresh
**BEEF RIB
GRILLING STEAK**
Cut from Canadian Grade AA Beef
Bone-In, Value Pack
49.56/kg
22⁴⁸
/ lb.

Classico
PASTA SAUCE

Asst. Var.,
218 - 600 mL



2⁹⁸

Faith Farms
CHEESE

*Cheddar, Marble, Mozza, Monterey
Jack, Gouda, Havarti*
Asst. Var.,
320 - 340 g



5⁴⁸

Nabob
COFFEE

Asst. Var.,
340 g



7⁹⁸

Canadian Grown
MIXED PEPPERS

2 lb Bag



3⁴⁸
ea.

Dairyland
MILK

Skim, 1%, 2%, Homo
2 L Carton



3⁶⁸
+ dep

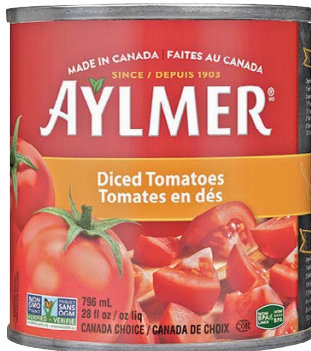
GROCERY *Everything you need*

Kraft
DINNER
Specialty Varieties
Asst. Var.,
156 - 200 g



4/4⁹⁸

Aylmer
TOMATOES
Asst. Var.,
540 - 796 mL



2²⁸



Riscossa
ITALIAN PASTA
Asst. Var., 500 g

1⁶⁸



Knorr
SIDEKICKS
Asst. Var.,
121 - 167 g



1⁷⁸

Western Family
LIGHT TUNA IN WATER
Flaked or Chunk
170 g



3/4⁹⁸

San Remo
BEANS
Asst. Var.,
540 mL



1⁸⁸



Classico
PASTA SAUCE
Asst. Var., 218 - 600 mL

2⁹⁸



San Remo
EXTRA VIRGIN OLIVE OIL
1 L



13⁹⁸

Knorr
SOUP MIX
Asst. Var.,
40 - 83 g



1⁶⁸

Clover Leaf
PINK SALMON
Asst. Var.,
213 g



3⁹⁸

Ben's Original
FAST & FANCY RICE MIXES
Asst. Var.,
132 g



2/2⁹⁸

Unico
STUFFED MANZANILLA OLIVES
Asst. Var.,
375 mL



3⁴⁸

French's
MUSTARD
Asst. Var.,
325 - 500 mL



2⁹⁸

Frank's
RED HOT SAUCE
Asst. Var.,
354 mL



4⁶⁸

Hellmann's
MAYONNAISE
Asst. Var.,
340 mL



3⁹⁸

Everything you need **GROCERY**



General Mills
CEREAL
*Cheerios, Lucky Charms,
French Toast*
Asst. Var., 300 - 430 g

3 48

Roger's
GRANOLA
Asst. Var.,
650 - 750 g



4 98

Pearl Milling
**PANCAKE MIX
& SYRUP**
Asst. Var.,
905 g or 710 mL



3 98

Christie
COOKIES
Asst. Var.,
224 - 303 g



2 98

Nature Valley
GRANOLA BARS
*Sweet & Salty, Crunchy,
Trail Mix, Lunch Box*
Asst. Var.,
130 - 210 g



2 98

Kellogg's
**CHEEZ-IT
CRACKERS**
Asst. Var.,
191 - 200 g



2 98

Oasis & Delmonte
FRUIT JUICE
Asst. Var.,
960 mL



2 28
+ dep

Snack Pack
PUDDING CUPS
Asst. Var.,
4 pk



1 98

SunRype
FRUIT JUICE
Asst. Var.,
5 x 200 mL



2 78
+ dep

Nescafe
**INSTANT
COFFEE**
Asst. Var.,
100 - 170 g



6 98

Nabob
COFFEE
Asst. Var., 340 g

7 98



Arnott's
TIM TAM COOKIES
Asst. Var.,
175 - 200 g



3 98

Western Family
**HOT
CHOCOLATE**
Asst. Var.,
500 g



5 48

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



5 98

Hershey's
CHOCOLATE BARS
Asst. Var.,
34 - 58 g



3/4 98

GROCERY *Everything you need*

Tidy Cats
CAT LITTER
Asst. Var.,
2.72 kg



11⁹⁸

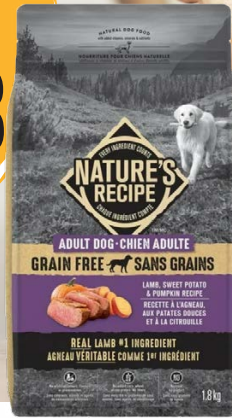
Milk-Bone
DOG BISCUITS
Asst. Var.,
750 - 900 g



4⁹⁸

Nature's Recipe
DRY DOG FOOD
Asst. Var., 1.8 kg

14⁹⁸



Purex
LAUNDRY DETERGENT
Asst. Var.,
1.92 - 2.03 L



6⁹⁸

Ziploc
FREEZER & STORAGE BAGS
Sel. Var.,
10 - 75 pk



4⁹⁸

Sponge Towels
ULTRA PAPER TOWEL
3 Double Rolls



6⁹⁸



Purex
BATHROOM TISSUE
Asst. Var.,
8 Triple Rolls & 12 Double Rolls
6⁹⁸

Herbal Essence
SHAMPOO & CONDITIONER
Asst. Var.,
346 mL



3⁹⁸

Scotties
FACIAL TISSUE
Asst. Var.,
81 - 126 pk



1⁴⁸

PHARMACY *at Uptown*

- + 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

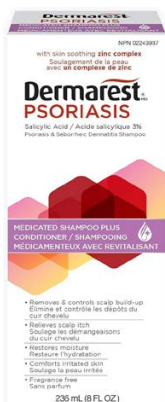


The staff at Askew's Uptown Pharmacy want to work with you to improve and maintain your good health.

Call us at 250-832-7655

Open 9 am - 6 pm Monday to Saturday.
Closed Sundays and Statutory Holidays.

Dermarest Psoriasis
SHAMPOO
236 mL



10⁶⁹

Aerius
ALLERGY PRODUCTS
Asst. Var.,
10 - 100 pk



9⁷⁹ - 12⁹⁹

Atlas
CALAMINE LOTION
Asst. Var.,
255 mL



4⁹⁹

Everything you need **GROCERY**

Jell-O
JELLY POWDER

Asst. Var.,
10 - 85 g



98¢

Eagle Brand
SWEETENED CONDENSED MILK

Original or
Low Fat
300 mL



4⁴⁸



Roger's
FLOUR
Asst. Var., 5 kg

4⁹⁸



ED Smith
PURE PUMPKIN

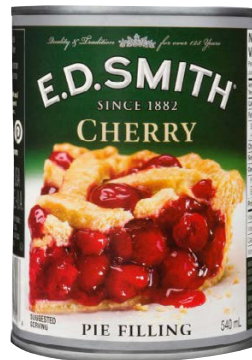
796 mL



4⁴⁸

ED Smith
PIE FILLING

Asst. Var.,
540 mL



5⁴⁸

Roger's
OATS

Asst. Var.,
750 g - 1.1 kg

3⁹⁸



Dempster's
ORIGINAL BREAD

Asst. Var.,
570 - 675 g



2⁷⁸

Natural Bakery
CANADIAN RYE BREAD

900 g



3⁹⁸



Silver Hills
SPROUTED WHOLE GRAIN BREAD

Asst. Var., 430 - 680 g

3⁹⁸



Fresh Baked In-Store
CHOCOLATE CHIP MUFFINS

6 pk

7⁴⁸
ea.



Fresh Baked In-Store
KAISER BUNS

6 pk

3²⁸



Fresh Baked In-Store
GARLIC BREAD

4²⁸
ea.



BAKERY

Prepared with love

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

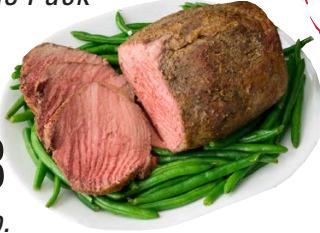
MEAT *Carefully sourced*

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



22⁴⁸
/lb.

Fresh
BEEF EYE OF ROUND ROAST
*Cut from Canadian Grade AA Beef
Boneless, Value Pack*
23.10/kg

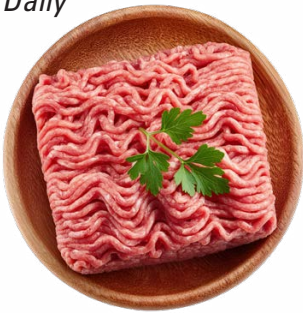


10⁴⁸
/lb.

Fresh
PORK CHOPS
Bone-In, Center Cut, Value Pack
8.77/kg
3⁹⁸
/lb.



Fresh
MEDIUM GROUND BEEF
*Ground Fresh In-Store Daily
Value Pack*
15.39/kg



6⁹⁸
/lb.

Fresh
WHOLE PORK TENDERLOIN
2 per Pack
13.18/kg



5⁹⁸
/lb.

Fresh & Local
CHICKEN THIGHS
Value Pack
9.44/kg



4²⁸
/lb.

Fresh & Local
CHICKEN DRUMSTICKS
Value Pack, 5.47/kg
2⁴⁸
/lb.

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



9⁹⁸
/lb.

Freybe
BACK BACON CORNMEAL
24.21/kg



10⁹⁸
/lb.

Olymel
SLICED BACON
*Asst. Var.,
375 g*



6⁹⁸
ea.

Freybe
SALAMI CHUBS
*Asst. Var.,
250 g*



8⁶⁸
ea.

Freybe
SLICED SALAMI
*Asst. Var.,
100 g*



4⁵⁸
ea.

Freybe
MINI PEPPERONI
*Original +
Power Stick*
250 g



7⁹⁸
ea.

Freybe
LIVER SAUSAGE
Coarse, Herb or Fine
*Asst. Var.,
250 g*



4⁹⁸
ea.

Olivieri
FILLED PASTA
*Asst. Var.,
350 g*



5⁹⁸
ea.



Grimm's
**ZERO-SUGAR
 OR WHISKEY
 THYME MAPLE HAM**
 Asst. Var.,
327
 / 100 g

DELI

Prepared with love

McSweeney's
PEP N' CHED
 Asst. Var.,
 90 g

5³⁷
 ea.



Greek House
DIPS OR HUMMUS
 227 g

4⁹⁷
 ea.



Greek House
RICE
 454 g

4⁹⁷
 ea.



Greek House
POTATOES
 500 g

4⁹⁷
 ea.



Grimm's
HAM
 Back Forest, Honey or Old Fashioned
277
 / 100 g



Frozen
**PINK SALMON
 FILLETS**



1⁹⁸
 / 100 g



IMITATION CRAB

1²⁸
 / 100 g



Fresh
LING COD FILLETS

3²⁸
 / 100 g



High Liner
ENGLISH CHIPS & FISH
 550 g

8⁹⁸
 ea.



Frozen
POLLOCK FILLETS

1⁴⁸
 / 100 g



SEAFOOD

Healthy & delicious



fish FRIDAY
**FRESH SABLEFISH FILLETS
 SKIN ON**

DAIRY *From basics to deluxe*

Kraft
CHEEZ WHIZ
Asst. Var.,
450 g



3⁹⁸

Saputo
FETA
Asst. Var.,
200 g



3⁴⁸

Faith Farms
CHEESE

Cheddar, Marble, Mozza,
Monterey Jack, Gouda, Havarti
Asst. Var., 320 - 340 g

5⁴⁸



Armstrong
CHEESE SLICES
Asst. Var.,
220 - 240 g



4⁹⁸

Island Farms
SOUR CREAM
Asst. Var.,
500 mL



3²⁸

Tre Stelle
MOZZA BALLS
340 g



4⁹⁸

Dairyland
MILK
Skim, 1%, 2%, Homo
2 L Carton

3⁶⁸
+ dep

International Delight
COFFEE CREAMERS
Asst. Var.,
400 - 425 mL



2⁹⁸

Dairyland
ULTRA-FILTERED MILK
Asst. Var.,
1 L



3⁹⁸
+ dep

Dairyland
AEROSOL WHIP CREAM
400 g



5⁴⁸

Lactantia
SALTED BUTTER
454 g



6⁴⁸

Philadelphia
DIP
Asst. Var.,
227 g



2⁹⁸

Black Diamond
CHEESE STRINGS
Asst. Var.,
336 g



6⁹⁸

Kraft
SINGLES CHEESE SLICES
Asst. Var.,
410 g



4⁹⁸

Kozy Shack
RICE PUDDING
Asst. Var.,
624 g



3²⁸

Most practical **FROZEN**

Cavendish Farms

FRIES
Asst. Var.,
400 - 750 g



2⁹⁸

Madalea Farms

BLUEBERRIES
1 kg



6⁹⁸



Chapman's
SUPER PREMIUM ICE CREAM
Asst. Var., 500 mL

2⁹⁸



Western Family
VEGETABLES

Asst. Var.,
750 g



2⁶⁸

Pillsbury
PIZZA POPS

Asst. Var.,
760 g



5⁹⁸

Red Baron
RISING CRUST PIZZA

Asst. Var.,
740 - 875 g



7⁴⁸

Crave
ENTREES

Asst. Var.,
200 - 340 g



3⁹⁸

Old Dutch
RESTAURANTE TORTILLA CHIPS
Asst. Var., 275 - 295 g
3⁹⁸

Old Dutch
DUTCH CRUNCH POTATO CHIPS

Asst. Var.,
200 g

3⁹⁸



Pringles
POTATO CHIPS & CRISPS

Asst. Var.,
156 g

2/4⁹⁸



Everything you need **GROCERY**

Miss Vickie's
POTATO CHIPS
Asst. Var., 200 g
2/8⁹⁸



Old Dutch
ARRIBA TORTILLA CHIPS

Asst. Var.,
235 - 245 g

3⁹⁸



Aha
SPARKLING FLAVOURED WATER

Asst. Var.,
12 x 355 mL

5⁹⁸

+ dep



Cheetos
CHEESY SNACKS

Asst. Var.,
260 g

2/8⁹⁸



Pure Life
SPRING WATER
24 x 500 mL

6⁹⁸

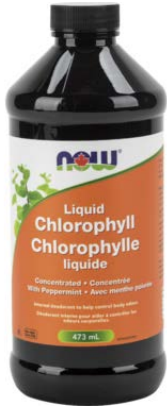
+ dep



WELLNESS

Living life to the fullest

Now
LIQUID CHLOROPHYLL
473 mL



39⁹⁸

Supports body's detoxification processes.

Nordic Naturals
CHILDREN'S DHA XTRA
90 Soft Gels



29⁹⁸

Helps to support cognitive health & brain function.

Wild Rose
HERBAL D-TOX
1 Kit



55⁹⁸

Provides full body cleanse.

Good Protein
ALL-IN-ONE PROTEIN POWDER
Asst. Var.,

31⁹⁸ 440 g
49⁹⁸ 880 g

Botanica
HOLY BASIL
Asst. Var.,
60 Caps



31⁹⁸

Promotes healthy response to stress & increases energy.

St Francis Farm
ALLERGY RELIEF WITH DEEP IMMUNE
50 mL



21⁹⁸

Helps relieve seasonal allergy symptoms.

Naka
LAVENDER ESSENTIAL OIL
100 mL



27⁹⁸

Supports insomnia & reduces stress.

Every Man Jack
HYDRATING BODY WASH
Asst. Var.,
500 mL



11⁹⁸

Provides deep cleaning & moisturizes.

Purica
IMMUNE 7
Asst. Var.,
60 V Caps



31⁹⁸

Strengthens & modulates the immune system.

Homecan
TRAUMACARE
Asst. Var.,
50 g



19⁹⁸

Relieves muscle and joint pain & inflammation.



A delicious, nutrient dense shake.

** Not all products available at all locations.*



Meat Your New Favourite!

FIRE UP THE GRILL!

Askew's Own sausages are house made from scratch by our talented team at Askew's Armstrong, with their signature seasoning recipes and freshly ground meat. Which is **YOUR favourite?**

Nature's Path
ORGANIC LOVE CRUNCH GRANOLA
Asst. Var., 300 - 325 g

5.88

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

8.48



NATURALLY
Good!

Prana Granolove
ORGANIC GRANOLA
Asst. Var., 300 g

4.98



Blue Monkey
SPARKLING JUICE BEVERAGES
Asst. Var., 4 x 250 mL

3.28 + dep



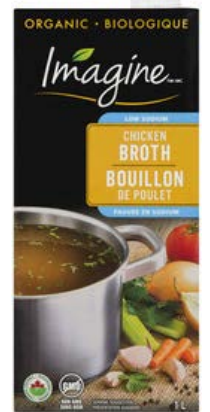
Barbara's
CHEESE SNACKS
Asst. Var., 155 - 198 g

3.28



Imagine
ORGANIC BROTH
Asst. Var., 1 L

4.98



Righteous
GELATO OR SORBET
Asst. Var., 473 mL

6.68



Kettle
POTATO CHIPS
Asst. Var., 368 g

4.98



Cabana
LEMONADE
Asst. Var., 591 mL

2.88 + dep



Applesnax
ORGANIC APPLE SAUCE
Asst. Var., 620 mL

3.68



Blue Diamond
NUT THINS
Asst. Var., 120 g

4.98



Manitoba Harvest
HEMP HEARTS
227 g

6.98



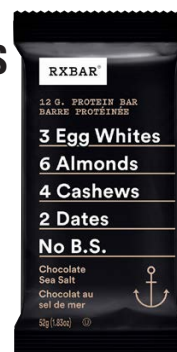
Raincoast Global
WILD SKIPJACK TUNA
Asst. Var., 142 g

3.38



RX
PROTEIN BARS
Asst. Var., 52 - 55 g

2.28



Stash
TEA
Asst. Var., 18 pk

3.98



PRODUCE *Seasonal goodness & more*

Canadian Grown
MIXED PEPPERS
2 lb Bag



3⁴⁸
ea.

USA Grown - Fresh Express
SPINACH
8 oz Bag



2⁴⁸
ea.

BC Grown
BULK RUSSET POTATOES
1.50/kg
68¢ / lb.



USA Grown
Earthbound Farm
ORGANIC GREENS
1 lb Clamshell

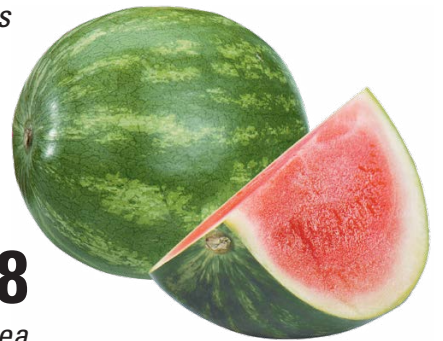


6⁹⁸
ea.

BC Grown
ANJOU PEARS
2.82/kg
1²⁸ / lb.



Mexican Grown
BABY WATERMELON
Seedless



3⁹⁸
ea.

California Grown
ORGANIC CARROTS
2 lb Bag



2⁹⁸
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 Made Right Here" logo for products that are created in house at Askew's!

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