



FRESH SAVINGS FROM THURSDAY, OCTOBER 24TH - WEDNESDAY, OCTOBER 30TH

























749 FR Prod

FRESH GREEN CABBAGE Product of Ontario, No.1 Grade

SAVE 50¢

SAVE \$100

9 9 FRESH ENDIVE OR ESCAROLE Product of USA



FRESH ICEBERG
LETTUCE
Product of USA, No.1 Grade



FRESH CELERY STALKS each Product of Canada/USA, No.1 Grade



599 FRES Production Large

FRESH CHESTNUTS
Product of Italy, No.1 Grade,
Large Size



FRESH HONEY
CRISP APPLES
//b Product of Ontario, Fancy
4.39kg Grade



FRESH ARTICHOKES
Product of USA, Medium Size

6.59kg



799 FRESH LEEKS
Product of Ontario



Product of Italy

/Ib
6.59kg



FRESH BARTLETT
PEARS
/Ib Product of Ontario, Fancy
4.39kg Grade



FRESH GREEN
ASPARAGUS
//lb Product of Mexico, No.1
11.00kg Grade



FRESH CARROTS
Product of Ontario



FRESH SANTA CLAUSE MELONS Product of Brazil



FRESH CANARY MELONS
Product of Brazil



FRESH SWEET ONIONS
/(lb 4.39kg
Product of USA, No.1 Grade



FRESH RUSSET
POTATOES
//lb
//sp. Product of USA, No.1 Grade
3.28kg



each

NONNA FRANCESCA'S HOMESTYLE PASTA SAUCE

Marinara or Primavera

1L



MAZOLA VEGETABLE OIL 2.84L jug



each

KRAFT SMOOTH PEANUT BUTTER 1kg jar



IMPORTED FROM ITALY CAMPISI READY MADE CHERY TOMATO SAUCE Product of Scicily 330g bottle



KASHI GO LEAN each

CEREAL Assorted Varieties 269-400g box



GULLAN MARIA BISCUITS 600g pkg



each

NUTELLA CHOCOLATE HAZELNUT SPREAD 725g jar



each

OASIS FRUIT DRINK Assorted Varieties 960ml tetra



each

PEPSI-7UP SOFT **DRINKS** Assorted Varieties



DIANA BBQ SAUCE **Assorted Varieties** 500ml bottle



each

KELLOGG'S FROZEN EGGO WAFFLES Assorted Varieties



SANT'ANNA WATER Natural or Sparkling case of 6x1.5L bottles each



2L bottle

FERRERO ROCHER FINE HAZELNUT each **CHOCOLATES** 375g pkg



LAY'S STAX POTATO **CHIPS Assorted Varieties** each 163-195g pkg



CHAPMAN'S FROZEN YOGURT OR SORBET Assorted Varieties 2L tub



each

CHRISTIE CRISPERS CRAKERS 145g pkg

BARBECUE



IMPORTED FROM ITALY BOTTICELLI PASTA SAUCE Marinara, Tomato Basil, Roasted garlic or Traditional, 720ml jar



KINDER SUPRISE MAXI 150g pkg

SEAFOOD FRESH/FROZEN



33.05kg

FRESH RAINBOW TROUT FILLETS

FRESH WILD COD FILLETS 39.66kg

SAVE \$200/lb

SAVE \$200/lb FRESH SOLE **FILLETS**

28.64kg



FRESH RED **SNAPPER FILLETS** 26.43 kg

SAVE \$300/lb

FRESH ATLANTIC SALMON /lb 33.05kg **STEAKS**

JANES SAVE \$400

JANES FROZEN FILLET OF SOLE 590g pkg



JANES FROZEN TAVERN each BATTERED COD 615g pkg

WORLD OF FOOD ◆

KOSHER



S&F SMOKED SPRATS IN OIL 160g tin

SAVE 60¢

KRAKUS BISCUITS WITH CHOCOLATE **Assorted Varieties** 135g pkg



WISSOTZKY TEA Selected Varieties box of 20-25



WHITE ROCK **SELTZER WATER Assorted Varieties** 1L bottle



Product of Latvia

SIELSKI PETITE DILL **PICKLES** 1L jar



JORDANKA SPARKLING MINERAL WATER 6x1.5L bottles

Product of Poland



MOTOLA CUCUMBERS IN BRINE 670ml can each



OSEM BAMBA PEANUT BUTTER PUFFS 100g pkg



S&F KASHA BUCKWHEAT 900g pkg



FRITSCH NOODLES Assorted Varieties 454g pkg Product of Germany



SABRA HUMMUS Assorted Varieties 283g pkg



GALIL THIN RICE CAKES Selected Varieties each 100g pkg



SIGGI'S YOGURT Assorted Varieties 650-750q tub



CONTRY HARVEST SLICED BREAD Assorted Varieties 600g loaf



PLANET BREAD BAGELS Assorted pkg of 6



FAIRLIFE ULTRA-FILTERED MIILK

2%. Homo, Fat Free or Chocolate 1.5L bottle



GAY LEA NORDICA COTTAGE CEESE Assorted Varieties each 450-500g tub



ACE BAKERY BAKE YOUR OWN BRIOCHE **CLUSTER** 420g pkg



FARMERS MARKET FROZEN BAR CAKES Assorted Varieties, 675-770g



CRAKER BARREL NATURAL CHEESE SLICES

Assorted Varieties 200-240g pkg



LACTANTIA CREAM 10% Half & Half, 5% Light or Fat Free 1L carton



JOUD BAKERY BAKLAVA 125g pkg



COPPA'S FRESH MARKET FRESH STORE-BAKED PIZZA **BUNS**

Family Pack pkg of 6



NONNA FRANCESCA'S FRESH PASTA

Angel Hair, Spaghetti or Fettuccine



OLYMPIC ORGANIC YOGURT Assorted Varieties 650g tub



LACTANTIA LACTOSE FREE MILK 1%, 2%, Skim or Homo 2L carton



FRESH ROASTED WHOLE **CHICKENS** Min. Weight 800g



FRESH STORE-MADE COOKED 16" PEPPERONI **PIZZA**



GOOD FOR YOU

each



BRAGGS ORGANIC APPLE CIDER VINEGAR 946ml bottle



349 FF PC /lb CC 7.69kg

FRESH ONTARIO PORK LOIN CENTER CUT CHOPS



FRESH ONTARIO PORK RIB END OR SIRLOIN CHOPS

FRESH ONTARIO
BONELESS PORK

//b
9.90kg

SAVE 50¢/lb



FRESH, GROUND
DAILY LEAN GROUND
BEEF



PRIME RAISED
WITHOUT ANTIBIOTICS
FRESH EXTRA LEAN
GROUND TURKEY OR
CHICKEN
454g pkg

SAVE \$200/lb

B 9 9 /(lb 19.82kg

FRESH INSIDE ROUND
BEEF CUTLETS FAST
FRY CLUB PACK



699/lb
3747kg

FRESH BEEF STRIPLOIN STEAKS FAST FRY Cut from Canada AAA

Cut from Canada AAA Grade Beef , product of Canada



99/lb
24.23kg

FRESH ONTARIO CHICKEN BREAST CUTLETS FAST FRY FAMILY PACK

DELI



1 1 99 (lb 26.43kg)

IMPORTED FROM ITALY FELINO ITALIAN PROCIUTTOFreshly Sliced at the Deli



CUDDY OVEN
ROASTED
TURKEY BREAST
Freshly Sliced at the
Deli



CANADIAN FETA
CHEESE
/(lb At the Deli
12.10kg



 $10^{99}_{^{\prime/b}}$

AMMERLAND GERMAN HAVARTI CHEESE Freshly Sliced at the Deli



AMMERLAND FONTINA CHEESE Freshly Sliced at the Deli



SAPUTO
PROVOLONE
CHEESE
//lb
Regular
30.84kg Freshly Sliced at the Deli

VISIT OUR 3 GRAND LOCATIONS

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

Mon - Thu 8 a.m. - 9 p.m Fri - Sat 8 a.m. - 10 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. NORTH YORK 4750 Dufferin St. (at Supertest Rd.) 416.736.6606 HOURS Mon - Sat 7 a.m. - 10 p.m. Sunday 8 a.m. - 8 p.m.

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