





# SALE ON FROM: JUNE 27TH - JULY 3RD

**CATELLI** **PASTA**  
Healthy Harvest, Bistro or Smart Pasta  
Select Varieties  
340-375 G



Canadian Products

2 FOR **3<sup>69</sup>** EA

**AYLMER** **TOMATOES**  
Select Varieties  
398-796 ML



Canadian Products

4 FOR **\$10**

**HEINZ** **BEANS OR PASTA**  
Select Varieties  
398 ML



2 FOR **\$4<sup>50</sup>**

**Cheetos** **MAC 'N CHEESE**  
Asst. 164-170 G



2 **4<sup>9</sup>** EA

**Hidden Valley** **Ranch** **CONDIMENT & DRESSING**  
Asst. 473 ML



5 **5<sup>9</sup>** EA

**Del Monte** **CANNED VEGETABLES**  
Select Varieties  
341-398 ML



2 **4<sup>9</sup>** EA

**STAGG CHILI** **CHILI**  
Asst. 425 G



4 **9<sup>9</sup>** EA

**BUSH'S** **BEANS**  
Asst. 398 ML



2 FOR **\$5<sup>49</sup>**

**MOTT'S** **MIX**  
Select Varieties  
1L or Lime Cordial or Grenadine Mix  
739 ML



6 **1<sup>9</sup>** EA

**Hunt's** **TOMATO PASTE**  
Asst. 156 ML



4 FOR **\$5**

**COMPLIMENTS** **Prepared Mustard**  
400 G



1 **8<sup>9</sup>** EA

**Holiday** **LUNCHEON MEAT**  
340 G



2 FOR **\$8**

**MAPLE LEAF** **Vienna Sausage**  
113 G



2 **4<sup>9</sup>** EA

**MAPLE LEAF** **Flakes of Meat**  
Asst. 156 G



4 **9<sup>9</sup>** EA

**MOTT'S** **CLAMATO OR GARDEN COCKTAIL**  
Select Varieties  
6 X 213 ML



8 **6<sup>9</sup>** EA

**NATURE VALLEY** **MUFFIN BARS**  
Apple Cinnamon  
175 G or **DUNKAROS**  
Select Varieties  
168 G



5 **5<sup>9</sup>** EA

**BEST BUY** **Wafers**  
Asst. 227 G



1 **8<sup>9</sup>** EA

**Takis** **TORTILLA CHIPS**  
Select Varieties  
260-280 G



4 **9<sup>9</sup>** EA

**bubly** **SPARKLING WATER**  
Asst. 12 X 355 ML



2 FOR **\$14**

**POPCORNS** **POPPED-CORN CHIPS**  
Asst. 142 G



2 FOR **\$9<sup>50</sup>**

**Lays** **POTATO CHIPS**  
Select Varieties  
200-235 G



2 FOR **\$9<sup>50</sup>**

**PEPSI** **MINI CANS**  
Asst. 6 X 222 ML



2 FOR **\$9<sup>50</sup>**

**Old Dutch** **POTATO CHIPS**  
Select Varieties  
200-235 G or **VEGGIE CRISPS**  
Asst. 200 G



2 FOR **\$8<sup>50</sup>**

**Old Dutch** **SNACKS**  
Select Varieties of Pretzels, Corn Chips, Crunchy's, Cheese Pleasers, Cheesy Puffcorn, Humpty Dumpty Party Mix or Rings Sour Cream & Onion  
200-400 G



2 FOR **\$9**

**Pillsbury** **TOASTER STRUDEL OR SCRAMBLES**  
Select Varieties  
204-326 G



4 **3<sup>9</sup>** EA

**CHAPMAN'S** **YUKON** **Ice Cream Treats**  
Select Varieties  
5-8 Packs



6 **1<sup>9</sup>** EA

**Dr.Oetker** **PIZZA**  
Ristorante or Casa Di Mama  
Select Varieties  
320-410 G



7 **4<sup>9</sup>** EA

**BEST BUY** **Frozen Vegetables**  
Select Varieties  
750 G



3 **6<sup>9</sup>** EA

**McCain** **DEEP'N DELICIOUS** **Cake**  
Select Varieties  
510 G



7 **4<sup>9</sup>** EA

**McCain** **HASHBROWN PATTIES**  
Classic  
1.3 KG



8 **0<sup>9</sup>** EA



# SALE ON FROM: JUNE 27TH - JULY 3RD

## COMPLIMENTS

Perogies  
Select Varieties  
907 G



Canadian  
Products  
NNC

3<sup>69</sup>  
EA

## BEVERAGES

Del Monte Nectar, Oasis Juice or  
Arizona Iced Tea  
Select Varieties  
960 ML



Canadian  
Products  
NNC

2 FOR  
\$6



## 100% JUICE

Select Varieties  
900 ML



Canadian  
Products  
NNC

2 FOR  
\$6

## compliments

## COCKTAIL OR

100% JUICE BLEND  
Select Varieties or  
Ruby Red Grapefruit Cocktail  
1.89 L



Canadian  
Products  
NNC

4<sup>99</sup>  
EA

## compliments

## LEMON JUICE

From Concentrate  
946 ML



Canadian  
Products  
NNC

3<sup>69</sup>  
EA

## QUAKER



## CEREAL

Family Size  
Select Varieties  
450-650 G

NNC

8<sup>69</sup>  
EA

## QUAKER

## INSTANT OATMEAL

Select Varieties  
232-344 G



NNC

4<sup>39</sup>  
EA

## QUAKER

## GRANOLA BARS

Chewy or Dips  
Select Varieties  
120-156 G



3<sup>69</sup>  
EA

## Kellogg's



## CEREAL

Select Varieties  
350-510 G

5<sup>59</sup>  
EA

## Pearl Milling

## PANCAKE & WAFFLE MIX

Asst. 905 G or  
SYRUP  
Asst. 710 ML



4<sup>99</sup>  
EA



## CHEESE SPREAD

Select Varieties  
450 G



NNC

6<sup>19</sup>  
EA



## PERRIER

Sparkling Water Beverage  
Select Varieties  
6 X 500 ML

11<sup>19</sup>  
EA

## compliments

## PURE JAM

Select Varieties,  
Concord Grape Jelly or  
Pure Orange Marmalade  
500 ML



Canadian  
Products

6<sup>19</sup>  
EA

## compliments

## INSTANT COFFEE

Regular  
200 G or  
Decaf  
100 G



Canadian  
Products

8<sup>69</sup>  
EA

## TWO-BITE

Strawberry Cupcakes  
Minis  
284 G



Canadian  
Products

6<sup>19</sup>  
EA



## BREAD

Select Varieties  
510-540 G or  
TOSCANA BUNS  
Sausage  
6'S or  
Hamburgers  
8'S



NNC

4<sup>99</sup>  
EA

## COMPLIMENTS

Mini Muffins  
Chocolate Chip or Blueberry  
336 G



Canadian  
Products

7<sup>49</sup>  
EA

## COMPLIMENTS

Mini Cupcakes  
Chocolate or Vanilla  
284 G



Canadian  
Products

6<sup>19</sup>  
EA

## COMPLIMENTS

Dessert Squares  
Select Varieties  
400 G



Canadian  
Products

8<sup>09</sup>  
EA



## SMALL PITAS

Whole Wheat or White  
6'S  
300 G



Canadian  
Products

1<sup>89</sup>  
EA

## COMPLIMENTS

Garlic Texas Toast  
Asst. 638 G



Canadian  
Products  
NNC

6<sup>19</sup>  
EA

## PARKAY

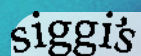
## MARGARINE

Tub  
1.28 KG or  
Squares  
1.36 KG



NNC

8<sup>69</sup>  
EA



## YOGOURT

Select Varieties  
650 G



NNC

7<sup>49</sup>  
EA



## BEVERAGES

Smooth Original or Classic Vanilla  
1.89 L



Canadian  
Products  
NNC

4<sup>99</sup>  
EA

## COMPLIMENTS

Cottage Cheese  
Asst. 500 G



Canadian  
Products  
NNC

4<sup>99</sup>  
EA



## SOUR CREAM

Select Varieties  
425-500 ML



Canadian  
Products  
NNC

4<sup>39</sup>  
EA

## COMPLIMENTS

Salted Butter  
454 G



Canadian  
Products  
NNC

8<sup>69</sup>  
EA



## CHOCOLATE MILK

946 ML



Canadian  
Products  
NNC

3<sup>39</sup>  
EA



## SOUR CREAM DIP

Asst. 250 G



NNC

4<sup>39</sup>  
EA



## COFFEE CREAMER

Select Varieties  
750 ML



7<sup>49</sup>  
EA



**WHIPPED TOPPING  
OR CREAM**  
Coconut or Real  
Select Varieties  
Aerosol  
225 G

Canadian  
Products

4<sup>99</sup>  
EA



## DISHWASHING LIQUID

Select Varieties  
431-473 ML



NNC

3<sup>69</sup>  
EA



SALE ON FROM: JUNE 27TH - JULY 3RD

PRODUCE!



ZUCCHINI

NNC ✓

2<sup>49</sup><sub>LB</sub> 5.48 KG



CHERRIES  
Large

NNC ✓

7<sup>49</sup><sub>LB</sub> 16.48 KG



BROCCOLI CROWNS

NNC ✓

3<sup>19</sup><sub>LB</sub> 7.02 KG



BARTLETT PEARS

NNC ✓

2<sup>49</sup><sub>LB</sub> 5.48 KG



HOTHOUSE TOMATOES  
Large

NNC ✓

2<sup>49</sup><sub>LB</sub> 5.48 KG



NAVEL ORANGES  
3 LB Bag

NNC ✓

7<sup>49</sup><sub>EA</sub> 3 LB BAG



ENGLISH CUCUMBERS

NNC ✓

4 FOR \$6



GALA APPLES  
3 LB Bag

NNC ✓

7<sup>49</sup><sub>EA</sub> 3 LB BAG



GREEN ONIONS

NNC ✓

1<sup>59</sup><sub>EA</sub> PER BUNCH



RED MANGOES  
Large

NNC ✓

3<sup>09</sup><sub>EA</sub>



SALE ON FROM: JUNE 27TH - JULY 3RD

MEATS!

CANADA A/AA/AAA GRADE BEEF & FEDERALLY INSPECTED PORK & POULTRY -EXPECT THE BEST FROM EXCELLENT MEAT CUTTERS!



**RIB STEAK**

NNC ✓

**19<sup>99</sup>**  
LB 43.98 KG



**MEDIUM GROUND BEEF**  
Family Pack

NNC ✓

**6<sup>19</sup>**  
LB 13.62 KG



**CROSS RIB ROAST**  
Boneless

NNC ✓


**11<sup>19</sup>**  
LB 24.62 KG



**PORK LOIN ROAST**  
Boneless

NNC ✓

**4<sup>99</sup>**  
LB 10.98 KG



**PORK SIDE RIBS**

NNC ✓

SWEET & SOUR

**4<sup>49</sup>**  
LB 9.88 KG

**3<sup>69</sup>**  
LB 8.12 KG



SALE ON FROM: JUNE 27TH - JULY 3RD

MEATS!

**BACON**  
Select Varieties  
375 G or  
Ready Crisp  
Natural Bacon  
Asst. 65-85 G

**EZEE SUB SAUCE**  
Original Recipe  
350 ML

**NATURAL CHICKEN**  
Prepped & Ready  
Sliced Regular, Shredded  
BBQ or Regular  
250 G

**SAUSAGE MEAT**  
Ground Pork  
Frozen  
500 G

**BEEF BURGERS**  
1 KG

**TOP DOGS**  
Regular or BBQ  
375 G

**HAM**  
Natural Smoked  
Black Forest or Original  
600 G

**CHICKEN**  
Strips, Burgers, Popcorn,  
Asst. Nuggets  
700 G  
Wings  
Select Varieties  
695 G or  
Stuffed  
Select Varieties  
568 G

**BOLOGNA**  
500 G

**BACON**  
375 G

**COOKED HAM**  
375 G

**WIENERS**  
375 G

**TURKEY BURGERS**  
852 G

**SALAMI**  
Select Varieties  
125-150 G

**PACIFIC WHITE SHRIMP**  
Cooked, Peeled, Deveined,  
Tail-On  
31-40 Count  
340 G

**GARLIC SAUSAGE**  
Coil  
500 G

**WIENERS**  
Regular, All Beef or  
Polish Sausages  
675 G

**PACIFIC WHITE SHRIMP**  
With Cocktail Sauce  
Cooked  
680 G

**PACIFIC WHITE SHRIMP**  
Uncooked, Peeled, Deveined, Tail-On  
31-40 Count, 340 G or  
Raw, Shell-On,  
Easy Peel, Tail-On  
31-40 Count, 340 G

**PEPPERONI OR SALAMI**  
Chub  
375 G

**CHICKEN**  
Fully Cooked, Breaded  
Burgers, Nuggets or Strips  
700 G

**BURGERS**  
Smashed  
100% Beef  
680 G

**BURGERS**  
Select Varieties  
852 G

**SALAD**  
Select Varieties  
426-454 G

**ITALIAN SAUSAGE**  
Hot or Mild  
500 G

**DELI MEAT** *SLICED FRESH THE WAY YOU LIKE!*

**SCHNEIDERS**  
Deli Best Ham and Bacon Loaf

**SCHNEIDERS**  
Capocollo

**VISKING BOLOGNA**

**PEPPERONI, SALAMI OR CAMPFIRE COIL**



SALE ON FROM: JUNE 27TH - JULY 3RD

## SUPERSTORE SALES!

### COUNTRY HARVEST

Select Varieties of Bread  
600-650 G or  
Bagel 6'S



3<sup>99</sup>  
EA

### REAL CANADIAN

Natural Spring Water  
24 X 500 ML



3<sup>79</sup>  
EA

### BULL'S-EYE OR DIANA SAUCE

Select Varieties  
425/ 500 ML



4<sup>69</sup>  
EA

### J.L. KRAFT

Pure Dressing  
Select Varieties  
355 ML



6<sup>69</sup>  
EA

### MAGNUM BARS

Select Varieties of Bars  
Frozen  
4'S or  
BEN & JERRY'S  
473 ML



6<sup>59</sup>  
EA

### RIGHTEOUS

Sorbetto or Gelato  
Select Varieties  
Frozen  
473 ML



6<sup>69</sup>  
EA

### HELLMANN'S

Mayonnaise  
Select Varieties  
710-890 ML



7<sup>69</sup>  
EA

### FRUITÉ

Drinks  
Select Varieties  
Refrigerated  
1.54 L



3<sup>99</sup>  
EA

### CHRISTIE

Snak Paks Cookies  
Select Varieties  
144-200 G



3<sup>29</sup>  
EA

### CHRISTIE

Ritz Crackers  
Select Varieties  
180-200 G



3<sup>09</sup>  
EA

### ACTIVIA

Yogurt Tubs  
Select Varieties  
625/ 650 G



4<sup>49</sup>  
EA

### AHA

Sparkling Water  
Select Varieties  
12 X 355 ML



7<sup>29</sup>  
EA

### D'ITALIANO

Select Varieties of Bread  
675 G or  
Buns  
6/ 8'S



2 FOR  
\$7

### QUAKER

Rice Cakes or Crispy Minis  
Select Varieties  
90-199 G



3<sup>29</sup>  
EA

### PEEK FREANS COOKIES

Select Varieties  
275-350 G



4<sup>69</sup>  
EA

### CAMPBELL'S

Ready To Serve Soup  
Select Varieties  
515 ML



3<sup>59</sup>  
EA

### CLASSICO

Pasta Sauce  
Select Varieties  
410/ 600 ML



4<sup>39</sup>  
EA

### MCCAIN

Superfries or Specialty Potatoes  
Select Varieties  
Frozen  
454-800 G



3<sup>69</sup>  
EA

### HIGH LINER

Breaded or Battered Fish  
Select Varieties  
500-700 G



8<sup>89</sup>  
EA

### PALMOLIVE

Dishwashing Liquid  
Select Varieties  
591/ 828 ML



2<sup>59</sup>  
EA



SALE ON FROM: JUNE 27TH - JULY 3RD

## PLATTERS/ CASE DEALS!

Allow 48 Hours Preperation Time For Platters

### DELUXE SANDWICH

Platter Tray  
Small  
Serves 5-10



37<sup>49</sup>  
EA

### DELUXE SANDWICH

Platter Tray  
Large  
Serves 15-20



72<sup>49</sup>  
EA

### DELUXE WRAP

Party Tray  
Small  
Serves 5-10



37<sup>49</sup>  
EA

### DELUXE WRAP

Party Tray  
Medium  
Serves 10-15



53<sup>69</sup>  
EA

### DELUXE WRAP

Party Tray  
Large  
Serves 15-20



72<sup>49</sup>  
EA

### MEAT & CHEESE

Combo Platter Tray  
Small  
Serves 10-14



NNC ✓

57<sup>49</sup>  
EA

### MEAT & CHEESE

Combo Platter Tray  
Medium  
Serves 15-25



NNC ✓

89<sup>99</sup>  
EA

### MEAT & CHEESE

Snack Platter  
Medium  
Serves 14-24



NNC ✓

74<sup>99</sup>  
EA

### MEAT & CHEESE

Snack Platter  
Large  
Serves 24-34



NNC ✓

99<sup>99</sup>  
EA

### DELUXE MEAT PLATTER

Tray  
Small  
Serves 10-14



NNC ✓

53<sup>69</sup>  
EA

### DELUXE MEAT PLATTER

Tray  
Medium  
Serves 14-24



NNC ✓

78<sup>69</sup>  
EA

### CLASSIC CHEESE

Platter  
Medium  
Serves 14-24



NNC ✓

109<sup>99</sup>  
EA

### TRADITIONAL CHEESE

Platter  
Large  
Serves 24-34



NNC ✓

137<sup>49</sup>  
EA

### GARLIC COIL

Snack Platter  
Serves 1-2



NNC ✓

18<sup>69</sup>  
EA

### PEPPERONI & CHEDDAR

Snack Tray  
Serves 1-2



NNC ✓

18<sup>69</sup>  
EA

### BANANAS

Stage 3/4  
40 LB



NNC ✓

57<sup>69</sup>  
EA

### GOLDEN BEETS

25 LB



NNC ✓

67<sup>99</sup>  
EA

### GRAPEFRUIT

56 PK



NNC ✓

78<sup>59</sup>  
EA

### RED POTATO

Large  
50 LB



NNC ✓

42<sup>89</sup>  
EA

### WATERMELON

Whole, Seedless  
6 PK



NNC ✓

112<sup>49</sup>  
EA

### BURNS

Wieners  
24 X 375 G



NNC ✓

90<sup>49</sup>  
EA

### GROUND BEEF

91% Extra Lean  
Frozen  
6 X 10 LB



NNC ✓

510<sup>59</sup>  
EA

### SMITH'S

Ribeye Steak  
18 X 10 OZ



NNC ✓

242<sup>29</sup>  
EA

### SMITH'S

Sirloin Cap Steak  
28 X 6 OZ



NNC ✓

262<sup>59</sup>  
EA

### SMITH'S

Smokies  
7"  
2 X 2.5 KG



NNC ✓

79<sup>59</sup>  
EA

### SUCCESS

Whole Mandarin Oranges  
In Juice  
6 X 2.84 L



NNC ✓

74<sup>19</sup>  
EA

### SELECTION

Canola Oil  
12 X 473 ML



NNC ✓

51<sup>89</sup>  
EA

### PRIMO

Tomato Sauce  
6 X 2.84 L



NNC ✓

62<sup>29</sup>  
EA

### MINUTE RICE

100% Premium Long Grain  
White Rice  
6 X 2.6 KG



NNC ✓

124<sup>39</sup>  
EA

### GREEN GIANT

Cream Style Corn  
24 X 284 ML



NNC ✓

51<sup>89</sup>  
EA