

# WF

# WESTERN FOODS

6660 Sooke Road  
 Open 7 Days a Week 7:00am to 9:00pm  
 We reserve the right to limit quantities.  
 Items may not be exactly as shown  
 WESTERNFOODS.COM • 250.642.4134

Your Community  
 Food Store



YOUR COMMUNITY FOOD STORE *Founded in 1974* LOCALLY OWNED

GROCERY

Kraft Dinner 225g **99¢**

Buttercup Bread 570g **3/5.00**

Kellogg's Family Size Corn Flakes 760g **4.99**

Bubly Sparkling Water 12x355ml **2/9.00** +dep

Nabob Traditional Coffee 300g **5.99**

French's Squeeze Ketchup 1L **2.99**

Kraft Grated Parmesan 250g **6.99**

Coca Cola 1L **2/3.00** +dep

Nestle Single Chocolate Bars Various weights **5/5.00**

Lays XXL Potato Chips 235g **2/6.00**

Pepsi Cola 12x355ml **4.99** +dep

Hershey Chipits Chocolate Chips Various weights **2/7.00**

Hamburger Helper Various weights **2.29**

Old Dutch Restaurant Tortilla Chips or Salsa Various weights **2/6.50**

Sunrype Juice 3.78L **5.99** +dep

VOETS Bulk Coffee Per 100g **1.99**

Idahaon Au Gratin or Scalloped Potatoes 140g **2/3.00**

McVities Digestive Cookies 300-400g **2.69**

Kraft Salad Dressing 250ml **2/4.00**

AHA Sparkling Water 1L **5/5.00** +dep

Unico Capers 125ml **2/5.00**

Stove Top Stuffing Mix 120g **4/5.00**

Texana Long Grain Rice 907g **2.99**

Town House Crackers 269-391g **2.69**

Coffee Mate 450g **2.99**

Hunts Tomato Sauce 680ml **4/5.00**

Old Dutch Arriba Tortilla Chips 235g **2/6.50**

Natures Bakery Rye Bread 900g **3.99**

Planters Peanut Oil 750ml **4.99**

Kibbles N Bits Dog Food 6kg **11.99**

Paper Chef Parchment Paper 205ft. **8.99**

Ziploc Large Freezer Bags 50's **5.99**

Granny's Ultra Liquid Laundry Detergent 3.78L **5.49**

**NATURAL FROZEN**

Gardein Chick'n Bowls 241g **4.99**

California Broccoli Crowns 1.96/kg **89¢** /lb

**PRODUCE**

AAA Sirloin Tip Roast 13.21/kg **5.99** /lb

AAA Sirloin Tip Steak 13.21/kg **5.99** /lb

AAA Beef Stirfry 15.41/kg **6.99** /lb

**MEAT**

Island Farms 18% Table Cream 1L **3.29**

**DAIRY**

Armstrong Cheddar Cheese 600g **7.99**

Island Farms Chocolate Milk 750ml **1.79**

Activia Yogurt 8x100g **4.49**

**NATURAL & ORGANIC**

Blue Diamond Nut Thins 120g **2.99**

Bragg Liquid Soy Seasoning 946ml **7.49**

Lily's Chocolate Bars 85g **2/9.00**

GT's Kombucha 1.4L **7.99** +dep

**GLUTEN FREE**

UDI's Gluten Free Pizzas 493-592g **13.99**

BC Ambrosia Apples 3lbs **2/5.00**

California Green or Red Lettuce **2/3.00**

**SEAFOOD**

Fresh Ground Sirloin 14.31/kg **6.49** /lb

Johnsonville Sausages 375-500g **5.49**

Schneider's Chicken Wings 750g **11.99**

Outlaw Burgers 1.8kg **19.99**

Boars Head Bacon 500g **6.49**

**FROZEN**

McCain French Fries 900g **2.99**

Basillis Chicken or Beef Lasagna 2.27kg **11.99**

MEATMAN's Savory Meat Pie 280g **2/7.00**

Haagen Dazs Ice Cream 500ml **4.99**

Blue Diamond Nut Thins 120g **2.99**

Bragg Liquid Soy Seasoning 946ml **7.49**

Lily's Chocolate Bars 85g **2/9.00**

GT's Kombucha 1.4L **7.99** +dep

Foley's Vitality Dog Treats 454g **5.99**

Gullon Digestive Cookies 230-265g **2/4.00**

Lakanto Golden Sweetener 235g **6.49**

Thai Kitchen Coconut Milk 400ml **2/5.00**

**BAKERY**

French Bread **1.79** ea

Panini Buns 6's **2.29**

Garlic Cheese Focaccia Bread **3.39** ea

Garlic Cheese Scissor Rolls **3.39** ea

California Cello Carrots 5lbs **2/8.00**

BC Russet Potatoes 10lbs **2/8.00**

Peru Red Seedless Grapes 5.49/kg **2.49** /lb

Mexico Mesh Avocados 4's **2/5.00**

Mexico Zucchini 1.74/kg **79¢** /lb

California Romaine Hearts 3's **2/7.00**

Mexico Grape Tomatoes **2/4.00** pint

Organic Braeburn Apples 3lbs **2/7.00**

Organic Spaghetti Squash 2.18/kg **99¢** /lb

Snapper Fillets **1.99** /100g

Aquastar Cooked Prawns 340g **8.99**

Pacific Shrimp Meat **2.99** /100g

McCain French Fries 900g **2.99**

Basillis Chicken or Beef Lasagna 2.27kg **11.99**

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**DELI**

Grimms Regular or Garlic Roast Beef **2.69** /100g

Arbutus Dill Pickle Pasta Salad **1.29** /100g

Mayflower Pockets **2/5.00** ea

Rotisserie Chicken **9.99** ea