



DEDICATED TO SERVICING
Sooke and surrounding
communities

WESTERN FOODS

YOUR **COMMUNITY** FOOD STORE

EVERGREEN CENTRE, 6660 SOOKE ROAD, SOOKE, BC • (250) 642-4134 • OPEN 7:00AM - 9:00PM DAILY
HOT DELI FOODS 9:00AM - 8:00PM • FRESH PRODUCE, MEAT & BAKERY • **THURSDAYS** ARE SENIORS' DAY



PRICES EFFECTIVE							MONTH 2026
FRI	SAT	SUN	MON	TUES	WED	THURS	
20	21	22	23	24	25	26	

CASE LOT SALE

ONE WEEK ONLY!

**Whole
Frying Chicken**

2 Pack, kg. 7.67

lb. **3⁴⁸**



**Red
Potatoes**

Canadian Grown, Canada #2 Grade

Each **8⁹⁸**

Each

15 LB.
BAG



**Navel
Oranges**
California Grown

Each **9⁹⁸**

10 LB.
CONSUMER
PACK



**CASE
LOT
SALE**



**Campbell's
Cream of Mushroom
Soup**

Vegetable, Chicken Noodle or
Tomato, Select Varieties, 284 ml.

11⁹⁸

CASE
OF 12



**Rogers
Flour**

Select Varieties

9⁹⁸

10
KG.



**Maxwell House
Coffee**

Original Roast, 864 g.

15⁹⁸



**Minute Maid
Juice**

Select Varieties, 1 litre
*Plus Deposit

17⁹⁸

CASE
OF 12

CASE LOT SALE

ONE
WEEK
SALE

Use this handy Case Lot Shopping Guide...

Campbell's

Soup

PLU/6610 ☐ 2803252 Cream of Mushroom
PLU/6600 ☐ 2801157 Spicy Tomato
PLU/6623 ☐ 2801215 Spicy Chicken Noodle
PLU/6640 ☐ 2803112 Vegetable
PLU/6620 ☐ 2803153 Chicken Noodle
PLU/6630 ☐ 2803096 Tomato
284 ml. Case of 12 **11.98**

Mr. Noodles

Cup Noodles

PLU/6031
☐ 2820058 Thai
☐ 2820074 Kimchi
☐ 2822302 Chicken
☐ 2822310 Beef
☐ 2822336 Vegetable
☐ 2822393 Spicy Chicken
64 g. Case of 12 **13.98**

Mr. Noodles

Big Bowl

PLU/6989
☐ 2822351 Beef
☐ 2822369 Chicken
☐ 2822377 Spicy Chicken
☐ 2822476 Vegetable
110 g. Case of 12 **18.98**

Mr. Noodles

Kimchi Bowl

PLU/6949
☐ 2822443 Traditional
☐ 2822450 Beef
☐ 2822468 Chicken
☐ 2822708 Hot & Spicy
86 g. Case of 12 **13.98**

Mr. Noodles

Pho Noodle Bowl

PLU/6949
☐ 2822666 Chicken
☐ 2822674 Beef
☐ 2822682 Hot Beef
115 g. Case of 12 **14.98**

Mr. Noodles

Instant Noodles

PLU/6030
☐ 2225001 Chicken
☐ 2225019 Beef
☐ 2225027 Mushroom
☐ 2225035 Oriental
☐ 2225050 Curry
☐ 2225068 Spicy Chicken
☐ 2225076 Spicy Beef
☐ 2225084 Vegetable
85 g. Case of 24 **9.98**

Green Giant

Vegetables

PLU/6080
☐ 9800020 Summer Sweet Peas
☐ 2930204 Low Salt Summer Sweet Peas
☐ 9800046 Cream Style Corn
☐ 9800053 Golden Niblets Corn
☐ 2930113 Peaches & Cream Corn
☐ 9800038 Cut Green Beans
☐ 2930261 Low Salt Cut Green Beans
341-398 ml. Case of 12 **19.98**

Western Family

Mushrooms

PLU/6335 ☐ 2930279 Pieces & Stems
284 ml. Case of 12 **12.98**

Only Goodness

Mushrooms

PLU/6290 ☐ 2934115 Pieces & Stems
No Salt Added, 284 ml. Case of 12 **12.98**

Western Family

Pineapple

PLU/6925
☐ 3015062 Tidbits
☐ 3015070 Crushed
☐ 3015088 Sliced
☐ 3015138 Chunks
398 ml. Case of 12 **24.98**

Western Family Fruit

PLU/6022 ☐ 3015211 Peach Slices in Syrup
PLU/6022 ☐ 3015229 Peach Halves in Juice
PLU/6022 ☐ 3015203 Peach Slices in Juice
PLU/6730 ☐ 3009008 Fruit Cocktail in Juice
PLU/6730 ☐ 3009081 Fruit Cocktail in Syrup
PLU/6740 ☐ 3018009 Pear Slices in Juice
PLU/6740 ☐ 3018017 Pear Halves
PLU/6850 ☐ 3017001 Apricot Halves
PLU/6976 ☐ 3020146 Prune Plums
398 ml. Case of 12 **31.98**

Western Family

Mandarin Oranges

PLU/6550
☐ 3010113 in Juice
284 ml. Case of 12 **11.98**

Bush's Best

Baked Beans

PLU/6996
☐ 2501146 Original
☐ 2501153 Homestyle
☐ 2501161 Sweet & Tangy
☐ 2501211 Honey
☐ 2501401 Brown Sugar Hickory
☐ 2501443 Maple
☐ 2501468 Molasses with Pork
398 ml. Case of 12 **25.98**

Hunt's Tomato Paste

☐ 2303014 With Garlic
☐ 2303022 With Herbs
☐ 9768383 Regular
156 ml. Case of 12 **15.98**

Hunt's

Tomato Sauce

☐ 9768391 Original
398 ml. Case of 12 **15.98**

Aylmer Tomatoes

☐ 2939130 Whole
☐ 2939163 Diced
796 ml. Case of 8 **15.98**

Kraft Dinner Cups

PLU/6911
☐ 2207223 Original
☐ 2207231 Three Cheese
58 g. Case of 10 **17.98**

Pringles Potato Chips

PLU/6914
☐ 5314471 Original
☐ 5314489 Sour Cream & Onion
37-39 g. Case of 12 **11.98**

San Pellegrino

Sparkling Water

PLU/6260 ☐ 4810396 Original
1 litre, Plus Deposit..... 6 Pack **13.98**

Pure Life

Water

PLU/6977 ☐ 4806766 Sport Cap
710 ml., *Plus Deposit 12 Pack **7.98**

Minute Maid

Juice

PLU/6956
☐ 3100187 Apple
☐ 3101102 Watermelon
☐ 3101110 Peach Mango
☐ 3101128 Fruit Punch
1 litre, *Plus Deposit Case of 12 **17.98**

Western Family

Juice

PLU/6900
☐ 3103397 Apple
☐ 3103397 Mango
☐ 3106655 Grape
☐ 3106671 Mixed Berry
5 x 200 ml., *Plus Deposit Case of 8 **19.98**

Pacific

Evaporated Milk

PLU/6270
☐ 1000116 Regular
☐ 1000017 2%
354 ml. Case of 12 **22.98**

Western Family

Honey

☐ 4103412 Liquid
2 kg. **21.98**

Rogers

Flour

☐ 1102011 All Purpose
☐ 1102169 Unbleached
☐ 1102201 Whole Wheat
10 kg. **9.98**

Rogers Sugar

☐ 1150028 White
10 kg. **13.98**

DAIRY & FROZEN

Western Family

Large Size Eggs

☐ 708172
Canada Grade A
18 Pack **6.48**

Becel Margarine

☐ 9750019
1.70 kg. **13.98**

Starbucks

Iced Coffee

☐ 3101136 Blonde Roast
☐ 3101144 Medium Roast
1.42 litre, *Plus Deposit **6.98**

HOUSEHOLD & PET

Sifto Crystal Plus

Water Softener Salt

☐ 1202308
20 kg. **10.98**

Western Family

-35°C Windshield Washer Fluid

PLU/6690 ☐ 0125997
3.78 litre Case of 4 **19.98**

Tide Pods Laundry Detergent

☐ 6120745 Spring Meadow
☐ 6120752 Free & Gentle
☐ 6120794 Original
☐ 6121081 Febreze
☐ 6121099 Sport
45-76 Pack **25.98**

Fancy Feast

Cat Food

PLU/6380
☐ 5900345 Chicken
☐ 5901301 Gravy Lovers Ocean Whitefish
☐ 5908801 Grilled Salmon
☐ 5924717 Cod, Sole & Shrimp
☐ 5924774 Grilled Tuna
☐ 5925128 Grilled Turkey
☐ 5925136 Chunky Chicken
☐ 5925144 Grilled Ocean Whitefish & Tuna
☐ 5925417 Beef Flavour Chunks
☐ 5926456 Sliced Turkey
☐ 5926530 Ocean Whitefish & Tuna
☐ 5926548 Salmon
☐ 5926555 Turkey & Giblets
☐ 5926589 Liver & Chicken
85 g. Case of 24 **27.98**

Friskies

Cat Food

PLU/6815
☐ 5905302 Flaked Whitefish Dinner
☐ 5905898 Extra Gravy with Chicken
☐ 5905906 Extra Gravy with Salmon
☐ 5924063 Seafood Supreme
☐ 5924089 Shredded Turkey & Cheese
☐ 5924204 Shredded Chicken & Salmon
☐ 5924238 Chef's Dinner
☐ 5924295 Chicken Chunks
☐ 5924329 Ocean Whitefish & Tuna
☐ 5924352 Salmon
☐ 5924378 Chicken
☐ 5925052 Turkey & Giblets
☐ 5925060 Prime Filet Turkey
☐ 5925078 Prime Filet Chicken
☐ 5927538 Shredded Ocean Whitefish & Tuna
☐ 5925094 Shredded Chicken
156 g. Case of 24 **27.98**

Western Family

Cat Litter

☐ 5920509 Clumping
20 kg. **9.98**

CASE LOT PRICES EFFECTIVE ONE WEEK!

Use this handy Case Lot Shopping Guide...

Name: _____

Address: _____

Phone #: _____

AG Foods Store: _____

HOUSEHOLD MUST HAVES

**Western Family
Windshield
Washing Fluid**

-35°C, 3.78 litre

19⁹⁸

CASE
OF 4



**Tide
Laundry Detergent**

Original
115 Use

29⁹⁸



**Tide Pods
Laundry Detergent**

Select Varieties
45-76 Pack

25⁹⁸



**Bounce
Fabric Softener**

Select Varieties
120 Sheets

7⁹⁸



**Dawn Ultra
Dish Liquid**

Original
982 ml.

5⁹⁸



**Western Family
Facial Tissues**

or Ultra, 88-126 Tissues
6 Pack

7⁹⁸



**Western Family
Luncheon Napkins**

200 Pack

3⁹⁸



**Sponge Towels
Ultra Pro**

Double 6 Roll

15⁹⁸



**Glad
Garbage Bags**

Small or Tall
60-100 Pack

12⁹⁸



**Purex
Bathroom Tissue**

or Ultra, Triple 12 Roll

12⁹⁸



**Sifto Crystal Plus
Water Softener Salt**

10⁹⁸



**Western Family
Garbage Bags**

Regular
100 Pack

19⁹⁸



**Bounce
Fabric Softener**

Select Varieties
120 Sheets

7⁹⁸



**Dawn Ultra
Dish Liquid**

Original
982 ml.

5⁹⁸



**Cascade
Dishwasher Detergent**

Complete
3.4 kg.

9⁹⁸



**Western Family
Ammonia**

Lemon Sudsy
1.8 litre

2^{FOR} \$7



**Mr. Clean Platinum
Disinfectant Cleaner**

Lemon
2.93 litre

13⁹⁸



PERSONAL CARE

**Tresemmé
Shampoo**

or Conditioner, Select Varieties
828 ml.

6⁹⁸

**Colgate
Toothpaste**

Select Varieties
75-120 ml.

2^{FOR} \$5

**Irish Spring
Bar Soap**

Aloe
3 Pack

4⁹⁸

**Dove Men + Care
Body Wash**

Select Varieties
532 ml.

7⁹⁸

**Halls
Lozenges**

Extra Strong or Elderberry
25-30 Pieces

2^{FOR} \$8

**Gerber Arrowroot
Biscuits**

Puffs, Select Varieties
42-155 g.

2^{FOR} \$7

**Ivory
Body Wash**

Aloe
1.03 litre

7⁹⁸



**Method
Hand Wash Refill**

Select Varieties
828 ml.-1 litre

6⁹⁸



PET'S CORNER



**Fancy Feast
or Friskies
Cat Food**

Select Varieties, 85-156 g.

27⁹⁸

CASE
OF 24

**Western Family
Cat Litter**

Clumping

9⁹⁸

20 KG.

**Milk-Bone
Dog Biscuits**

Large
2 kg.

7⁹⁸



**Alpo
Dog Food**

Cookout Classics
16 kg.

42⁹⁸



HOT DEALS FROM THE FREEZER



Western Family Vegetables
Frozen, Select Varieties

5⁹⁸

2 KG.

HOT! DEAL



Western Family Vegetable Spring Rolls
Frozen, 700 g.

10⁹⁸



Dr. Oetker Giuseppe Pizza
Frozen, Select Varieties 480-854 g.

7⁴⁸



Bassili's Best Lasagna
or Shepherd's Pie, Frozen Select Varieties, 907 g.

7⁹⁸



McCain Hashbrown Patties
Frozen

6⁹⁸

1.3 KG.



McCain Fries
Frozen, Select Varieties, 800 g.

2 FOR \$8



Pogo Corn Dogs
Original or All Beef, Frozen 600-750 g.

10⁹⁸



Kellogg's Eggo Waffles
Original, Frozen

16⁹⁸

48 PACK



Island Farms Ice Cream
Select Varieties

9⁹⁸

4 LITRE

HOT! DEAL



Nestlé Ice Cream
or Frozen Novelties Select Varieties 1.5 litre or 4-10 Pack

7⁹⁸



Snowcrest Perfectly Imperfect Fruit
Frozen, Select Varieties

11⁹⁸

1.75 KG.

DAIRY DELIGHTS



Kraft Singles
or Cheez Whiz, Select Varieties
825-900 g.

8⁹⁸



Saputo Feta Cheese

Traditional
400 g.

6⁹⁸



Western Family Shredded Cheese

Triple Cheddar or Tex Mex
900 g.

16⁹⁸



Cracker Barrel Cheese

Select Varieties, 600 g.

11⁹⁸



iÖGO Multipack Yogurt

Select Varieties, 16 x 100 g.

6⁹⁸



Kraft Parmesan Cheese

Shaved
141 g.

5⁴⁸



Danone Oikos Yogurt

or Activia Expert
Select Varieties
4 x 95-100 g.

2^{FOR} \$8



Activia Yogurt

Select Varieties
650 g.

2^{FOR} \$8



Tropicana Orange Juice

Chilled, Select Varieties
2.63 litre, *Plus Deposit

9⁹⁸



Becel Margarine

13⁹⁸



1.7 KG.



Coffee Mate Coffee Enhancer

Select Varieties, 946 ml.
*Plus Deposit

2^{FOR} \$9



Dairyland Cottage Cheese

Select Varieties
600-750 g.

6⁴⁸



Dairyland Sour Cream

14%
750 ml.

4⁹⁸



Dairyland Organic Milk

Select Varieties, 1.89 litre
*Plus Deposit

5⁹⁸



Starbucks Iced Coffee

Blonde or Medium, Chilled
*Plus Deposit

6⁹⁸

1.42 LITRE



Dairyland Chocolate Milk

1%, 4 litre, *Plus Deposit

8⁴⁸



GROCERY ESSENTIALS

Bush's Best Baked Beans

Select Varieties, 398 ml.

25⁹⁸

CASE
OF 12

Hellmann's Mayonnaise

1.42 litre

9⁹⁸



Canola Harvest Canola Oil

Pure
3 litre

13⁹⁸



Western Family Wine Sauerkraut

500 ml.

2^{FOR} \$8



Hidden Valley Ranch

Original
1.06 litre

7⁹⁸



Heinz Ketchup

1.5 litre

7⁹⁸



Pace Salsa

Medium
1.7 litre

10⁹⁸



Western Family Pieces & Stems Mushrooms

or Only Goodness, 284 ml.

12⁹⁸



CASE
OF 12

Primo Pasta

Elbow Macaroni or Spaghetti
2.27 kg.

8⁹⁸



Hunt's Tomato Paste

or Sauce, Select Varieties
156-398 ml.

15⁹⁸



CASE
OF 12

Splendor Pasta

Spaghetti or Macaroni
2 kg.

11⁹⁸



Prego Pasta Sauce

Original or Mushroom & Herb
1.75 litre

6⁹⁸



Annie's Macaroni & Cheese

White Cheddar & Shells
4 Pack

8⁹⁸



Aylmer Tomatoes

Whole or Diced, 796 ml.

15⁹⁸

CASE
OF 8



Mr. Noodles Instant Noodles

Select Varieties, 85 g.

9⁹⁸

24
PACK

Mr. Noodles Noodle Cups

Select Varieties
64 g.

13⁹⁸



CASE
OF 12

Mr. Noodles Big Bowl

Select Varieties
110 g.

18⁹⁸



CASE
OF 12

Mr. Noodles Kimchi Bowl

Select Varieties
86 g.

13⁹⁸



CASE
OF 12

Mr. Noodles Pho Bowl

Select Varieties
115 g.

14⁹⁸



CASE
OF 12

Yù Thai Rice Noodle

Vermicelli or Stick
250 g.

2^{FOR} \$4



Western Family Long Grain Rice

White
8 kg.

16⁹⁸



GROCERY ESSENTIALS

Green Giant Vegetables

Select Varieties, 341-398 ml.

19⁹⁸

CASE
OF 12



Western Family Pineapple

Select Varieties
398 ml.

24⁹⁸



CASE
OF 12

Western Family Fruit

Select Varieties
398 ml.

31⁹⁸



CASE
OF 12

Western Family Mandarin Oranges

in Juice, 284 ml.

11⁹⁸

CASE
OF 12



Western Family Pickles

Select Varieties
1 litre

2^{FOR} \$8



Clover Leaf Light Tuna

Flaked
170 g., 3 Pack

11⁹⁸



Gallo Olive Oil

Extra Virgin
3 litre

33⁹⁸



Montana's Ready To Serve Soup

Tex Mex or Ribs Style with
Vegetables, 540 ml.

2^{FOR} \$6



Western Family Vinegar

White
4 litre

3⁹⁸



Western Family Worcestershire Sauce

284 ml.

2⁹⁸



Western Family Queen Olives

Pitted or Stuffed
375 ml.

2^{FOR} \$7



**BUILDING
COMMUNITY**
One Rink at a Time

Learn More At
KRAFTHOCKEYVILLE.CA

© NHL © NHLPA

Kraft Miracle Whip

8⁹⁸

1.5
LITRE



Kraft Dinner Cups

Original or Three Cheese
58 g.

17⁹⁸

CASE
OF 10



SNACKS

Nestlé Chocolate Bars
Select Varieties
1 Pack **3 FOR 4⁹⁸**

Snack Pack Pudding
Select Varieties
6⁴⁸

12 PACK



Orville Redenbacher Popcorn

or Act II, Select Varieties
10-14 Pack

9⁹⁸



Christie Premium Plus Crackers

Salted or Unsalted Tops
900 g.

8⁹⁸



Hawkins Cheezies

640 g. or 14 Pack

8⁹⁸



Nature Valley Granola Bars

Select Varieties
525-630 g.

7⁹⁸



Dentyne Gum

or Trident, Select Varieties
40-60 Pieces

2 FOR \$8

Cadbury Fingers

Original or White Chocolate
114 g.

4⁹⁸

Value Priced Cookies

Select Varieties, 600 g.

2 FOR \$9

Go Pure Bars

Select Varieties
140-175 g.

2 FOR \$6

SunRype Fruit To Go

or FruitSource
12-24 Pack

10⁹⁸

Blue Diamond Almonds

Select Varieties
170 g.

2 FOR \$11

Snack Factory Pretzel Crisps

Original
200 g.

2 FOR \$7

M&M's Chocolate

or Maltesers, Select Varieties
95-100 g.

2 FOR \$8

Mars King Size Chocolate Bars

Snickers or Twix
85-93 g.

3 FOR 6⁹⁹

Western Family Tortilla Chips

or Only Goodness
Select Varieties, 300-500 g.

2 FOR \$8

Frito-Lay Mini Snacks

Select Varieties
81-145 g.

2 FOR \$8



Frito-Lay Variety Pack

Select Varieties
16 Pack

9⁹⁸



Pringles Potato Chips

Original or Sour Cream & Onion
37-39 g.

11⁹⁸



Ruffles Potato Chips

Select Varieties
180-200 g.

2 FOR \$9



Miss Vickie's Potato Chips

Select Varieties
190-200 g.

2 FOR \$9



Old Dutch Rip-L Chips
Kettle Cooked / Cuites au Marmite
Sea Salt & Malt Vinegar / Sel de mer et vinaigre de malt

Old Dutch Club Pack Potato Chips
or Snacks, Select Varieties
560-640 g.

6⁹⁸

San Pellegrino Sparkling Water

1 litre
*Plus Deposit

13⁹⁸



Pure Life Spring Water

Sport Cap, 710 ml.
*Plus Deposit

7⁹⁸



Pure Life Spring Water

35 x 500 ml.
*Plus Deposit

9⁹⁸



Western Family Juice

Select Varieties, 5 x 200 ml.
*Plus Deposit

19⁹⁸



SunRype Pure Apple Juice

3.78 litre
*Plus Deposit

9⁹⁸



San Pellegrino or Perrier Sparkling Water

Select Varieties, 750 ml.-1 litre
*Plus Deposit

2 FOR \$5



Good Host Iced Tea Mix

2.35 kg.

16⁹⁸



Coke or Canada Dry Beverages

Select Varieties, 20 x 355 ml.
*Plus Deposit

13⁹⁸



Pepsi or 7Up Beverages

Select Varieties, 24 x 355 ml.
*Plus Deposit

15⁹⁸



Propel Beverages

Grape or Strawberry Kiwi
6 x 500 ml., *Plus Deposit

5⁹⁸



BEVERAGES

BREAKFAST BUYS

General Mills Jumbo Cereal

Select Varieties, 825 g.-1.3 kg.

8⁹⁸

**HOT!
DEAL**



Smucker's Pure Jam

Raspberry
1 litre

11⁹⁸



Western Family Honey

21⁹⁸



2 KG.

Kraft Peanut Butter

Smooth
2 kg.

11⁹⁸



Only Goodness Organic Pure Maple Syrup

Dark
946 ml.

19⁹⁸



Nestlé Coffee Mate

1.4 kg.

12⁹⁸



Nestlé Carnation Hot Chocolate

1.7 kg.

21⁹⁸



Kellogg's Jumbo Cereal

Select Varieties, 730 g.-1.05 kg.

9⁹⁸



Lipton Green Tea

100 Bags

8⁹⁸



Red Rose Orange Pekoe Tea

210 Bags

14⁹⁸



Western Family Quick Oats

2.25 kg.

6⁹⁸



BAKING BUYS

Sugar Twin Sweetener

Original
200 Pack

5⁹⁸



Western Family Large Eggs

Canada Grade A

6⁴⁸



Hershey's Chipits

Semi Sweet
925 g.

16⁹⁸



Tenderflake Pie Crust

Tart Shells or Puff Pastry
Frozen, 255-397 g.

2 FOR \$9



Rogers White Sugar

13⁹⁸

10 KG.



Dairyland Whipping Cream

or Coffee Cream, 473 ml.
*Plus Deposit

3²⁸



Philadelphia Cream Cheese

Original
450 g.

8⁹⁸



Crisco Shortening

1.36 kg.

10⁹⁸



Pacific Evaporated Milk

Regular or 2%, 354 ml.

22⁹⁸

CASE OF 12



BUTCHER SHOPPE

Top Sirloin Steak

Value Pack, kg. 26.41

lb. **11⁹⁸**



Inside Round Roast

kg. 18.70

lb. **8⁴⁸**



Pork Tenderloin

Whole in a Bag, kg. 13.18

lb. **5⁹⁸**



Pork Loin Chops

Boneless, Value Pack
kg. 10.98

lb. **4⁹⁸**



Fort Hardy Pork Back Ribs

Select Varieties
568 g.

Each **9⁹⁸**



Centre Cut Pork Loin Roast

Boneless, kg. 9.88

lb. **4⁴⁸**



Boneless Skinless Chicken Breasts

Value Pack, kg. 15.39

lb. **6⁹⁸**



Split Chicken Wings

Value Pack, kg. 8.77

lb. **3⁹⁸**



SMOKED & PACKAGED MEATS

Western Family Chicken Wings

Frozen, Select Varieties
750 g.

Each **14⁹⁸**



Western Family Mozzarella Cheese Sticks

Frozen, 500 g.

Each **7⁹⁸**



Olymel Sliced Meat

Ham & Turkey
250 g.

Each **4⁹⁸**



Laflour Ham Halves

Select Varieties
550 g.

Each **9⁹⁸**



Olymel Sliced Meat

Submarine Trio
300 g.

Each **4⁹⁸**



Von Slick's Finishing Butter

Select Varieties, 140 g.

Each **6⁹⁸**



Freybe Pepperoni

Select Varieties, 500 g.

Each **9⁹⁸**



Western Family Sliced Bacon

Select Varieties
375 g.

Each **5⁹⁸**



Freybe Sliced Meat

Select Varieties
175 g.

2 FOR \$9



Harvest Wieners

Select Varieties, 675 g.

Each **10⁹⁸**



SEAFOOD

Western Family Wild Cod Loins

Frozen, 568 g.

Each **14⁹⁸**



Western Family Butterfly Crunchy Shrimp

Frozen, 680 g.

Each **13⁹⁸**



DELI

Marc Angelo Sliced Meat

Select Varieties
85 g.

Each **6⁹⁸**



Harvest Deli Bologna

Per 100 g.

1⁴⁸



Harvest Deli BBQ Loaf

Per 100 g.

1⁹⁸



Freybe Deli Sausages

Select Varieties

Per 100 g.

1⁹⁸



MARKET FRESH PRODUCE

Yellow Cooking Onions

Canadian Grown, Canada #1 Grade

6⁹⁸

Each

10 LB. BAG



Long English Cucumbers

Canadian Grown
Canada #1 Grade
2⁹⁸

Each

Red Beets

Canadian Grown

4⁹⁸

Each

5 LB. BAG

Hot House Butterleaf Lettuce

Canadian Grown

3⁹⁸

Each

Hot House Mixed Colour Peppers

Mexican Grown

6⁹⁸

Each

2 LB. BAG

Hot House Concerto Grape Tomatoes

U.S. or Mexican Grown

7⁹⁸

Each

2 LB. PACK

Taylor Farms Chopped Salad Kits

Select Varieties, Product of U.S.A., 11-12.6 oz.

5⁴⁸

Each



Sweet Mangos

Product of Peru

2⁴⁸

Each

Red Grapefruit

California Grown

5⁹⁸

Each

3 LB. BAG

Cantaloupe Melon

Central American Grown
kg. 4.37
1⁹⁸

lb.

Red or Green Seedless Grapes

Peruvian Grown

7⁹⁸

Each

2 LB. Clamshell

Ambrosia or Gala Apples

Canadian or Washington Grown

6⁹⁸

Each

5 LB. BAG

ORGANICS

Organic Kiwi Fruit

U.S. or Greece Grown
1 lb. Clamshell
6⁹⁸

Each

BAKERY BARGAINS

Cheddar Buns

6 Pack

4⁹⁸

Each



Cheddar Cheese Sticks

6 Pack

5⁹⁸

Each



Furlani Texas Toast

Garlic Parm or Garlic
480-638 g.
5⁹⁸

Each

Mini Strudels

Select Varieties
6 Pack

2⁴⁸

Each

Plain Bagels

or Sesame
4 Pack
2⁹⁸

Each

Fiera Foods Cheese Bagels

Select Varieties
4 Pack
3⁹⁸

Each

Two-Bite Brownies

265 g.

4⁹⁸

Each

Dempster's Tortillas

Select Varieties
6-10 Pack
2^{FOR} \$8

Each

Focaccia Buns

or Calabrese Rolls, 6 Pack

2⁹⁸

Each



Assorted Bagels

Select Varieties
4 Pack
3⁹⁸

Each

Natural Bakery Canadian Rye Bread

900 g.

3⁹⁸

Each

Dempster's Signature Bread

or Whole Grains, Select Varieties
600-680 g.
2^{FOR} \$8

Each

