Season's EATINGS

CO-OP TM/MC Gander

JUMBO RED AND GREEN SEEDLESS GRAPES
California #1
6.59 kg

2.99 lb

FRESH BONE-IN CHICKEN BREAST
Family Pack
7.69 kg

3.49 lb

PLUMP RIPE BLUEBERRIES
Mexico or Peru #1 or
RASPBERRIES
Mexico or US #1
6 oz Clamshell

MULTI 2/$5

FRESH PORK LOIN CHOPS RIB OR TENDERLOIN
Family Pack
5.05 kg

FRESH

2.29 lb

FRESH ASPARAGUS
Mexico #1
8.80 kg

3.99 lb

CARVER'S CHOICE SLICED BACON 375g

2.99

AQUA STAR PACIFIC PINK SALMON
567g • 2 pk

7.99

SCHNEIDERS COUNTRY NATURALS DINNER HAMS
700g
White quantities last!

7.99

3.29

BECEL MARGARINE
454g • Assorted

3.33

KRAFT CHEEZ WHIZ
450g • Assorted

4.97

BLACK DIAMOND OR CRACKER BARREL CHEESE BLOCKS
400g • Assorted

MULTI 4/$5

AYLMER TOMATOES
796mL • Assorted

3.77

FAVORITE PICKLED BEETS OR SWEET MUSTARD PICKLES
500-750mL

4.99

COKE PRODUCTS OR AHA SPARKLING WATER
12x355mL • Assorted

MULTI 3/$9

LAY'S FAMILY SIZE POTATO CHIPS
235g • Assorted

HOT DEALS

MULTI 2/$5

LACTANTIA CREAM CHEESE
250g Brick • Original or Light • Limit of 6

MULTI 2/$4

PHILADELPHIA CREAM CHEESE DIPS
227g • Assorted

HOT DEAL 5.99

RED ROSE TEA BAGS
216 ct

Fresh Produce

SWEET JUICY ORANGES
South Africa #1
3 lb Bag
5.99

PLUMP RIPE TOMATOES
US #1
4 pk
2.99

SWEET CRISP PINK LADY APPLES
Washington #1
6.59 kg
2.99 lb

EXTRA LARGE GREEN PEPPERS
US #1
5.93 kg
2.69 lb

SWEET JUICY BOSC OR ANJOU PEARS
Northwest #1
6.59 kg
USA
2.99 lb

GRAPE TOMATOES
Mexico #1
Pint Clamshell
2.99

SEEDLESS CUCUMBERS
Ontario #1
MULTI **2/$5**

SWEET JUICY BLACK PLUMS
Spain #1
8.80 kg
3.99 lb

HARD SQUASH
Ontario or Mexico
4.39 kg
1.99 lb

TAYLOR FARMS CHOPPED SALADS
US #1 • 11-13 oz
Assorted
5.99

STEW PACK
Nova Scotia #1 • 5 lb Bag
4.99

SWEET RIPE HONEYDEW
Imported #1
4.99

FRESH GOURMET SALAD TOPPERS
99g • Assorted
MULTI **2/$5**

4.49
FAVORITE FINE COCONUT
300g

5.49
FAVORITE RED OR GREEN CHERRIES OR FAVORITE GLAZED FRUIT MIX 400g

Organic

CARROTS
US #1
2 lb Bag
3.99

Party Platters

Various Trays Available Size 12" - 18". See store for selection.

Cheese & Crackers
19.99 12" 35.99 18"

Meat & Cheese
36.99 12" 45.99 18"

Sandwich Tray
25.99 12" 39.99 18"

Vegetable Tray
27.99 12" 36.99 16"

Select Meats

CANADIAN AA OR HIGHER
FAMILY PACK BONELESS CROSS RIB STEAK OR ROAST
13.21 kg

5.99 lb

CANADIAN BEEF

FRESH PORK LOIN CENTER CUT CHOPS
Family Pack • 6.37 kg

2.89 lb

FRESH TRIMMED LEAN STEWING BEEF
13.21 kg

5.99 lb

SUNRISE WHOLE BOLOGNA
2 kg

12.99

OLD PORT CURED PORK RIBLETS
2 kg Pail

9.99

MAPLE LEAF PRIME CHICKEN NUGGETS, STRIPS OR BURGERS 560-581g

10.99

MULTI 2/$5

HARVEST CREEK COCKTAIL WIENERS
225g

7.99

SIMPLY MOZZARELLA CHEESE STICKS
500g

SUNRISE DELI STICKS
250g
Assorted

4.99

6.99

SCHNEIDERS BACON
375g • Regular or Low Salt

Holiday FAVOURITES

Molasses Black Pepper Glazed Ham

1 bone-in ham, cooked, 10-12 lb
2 cups orange juice
1/4 cup honey
1/4 cup molasses
2 Tbsp brown sugar
2 Tbsp Dijon-style mustard
1 Tbsp black pepper, coarsely ground

Place ham in shallow roasting pan; score a diamond pattern about 1/8-inch thick into the upper surface of the ham. Position rack in the lower third of the oven; heat to 325°F. Place ham in oven and bake until internal temperature, as measured with a meat thermometer, reads 130°F, about 1 1/2-2 hours. Meanwhile, in a small saucepan bring the orange juice to a boil; reduce heat to a simmer and reduce the orange juice by about half, stirring occasionally, about 15-20 minutes. Stir in honey, molasses, brown sugar, mustard and pepper. Simmer slowly until thickened, about 25-30 minutes. Set aside. When ham reaches 130°F, start basting: Using a pastry brush, brush the glaze generously on all surfaces of the ham. Continue to bake for 10 minutes; baste again two more times, until internal temperature of ham reaches 140°F. Remove from the oven and let the ham rest in roasting pan on a rack for at least 10 minutes, or up to 30 minutes. Baste with the drippings in the bottom of the pan a few times before carving.

10.99

BRANDT MINI MAPLE OR BLACK FOREST HAM
750g

16.99

MITCHELL'S GOURMET TOUPIE HAM 1.5 kg

4.99 lb

FROZEN GRADE A CORNISH HENS 11.00 kg

3.99 lb

FROZEN GRADE A DUCK 8.80 kg

Your Destination for *Newfoundland* Seafood

24.99

COLEMANS OCEAN FRESH NEWFOUNDLAND FROZEN COD FILLETS
3 lb Box

11.99 lb

NEWFOUNDLAND FROZEN COD CHEEKS 26.43 kg

8.99

FROZEN BASA FILLETS
2 lb

5.49 lb

FRESH PARAMOUNT IMITATION CRAB FLAKES 12.10 kg

8.99

COMEAU ATLANTIC SMOKED SALMON 150g

5.99

AQUA STAR BREADED BUTTERFLY OR COCONUT SHRIMP 300g

9.99

AQUA STAR SHRIMP SPRING ROLLS 425g

8.99

TOPPITS APPI'S CALAMARI RINGS 500g

11.99

TOPPITS APPI'S TEMPURA SHRIMP 500g

British sweets
AND OTHER TREATS

11.99
CADBURY HEROES, ROSES OR MARS CELEBRATIONS
NESTLÉ QUALITY STREET 600-650g

9.99
FOX'S FABULOUSLY BISCUIT SELECTION 550g

7.99
TOBLERONE BAR
360g • Milk or Fruit & Nut

19.99
QUALITY STREET HOLIDAY COLLECTOR TIN 900g

3.77
TERRY'S CHOCOLATE ORANGE 147-157g
Milk or White Chocolate

6.99
MCVITIE'S VICTORIA BISCUITS 300g

8.99
MCVITIE'S FAMILY CIRCLE BISCUIT SELECTION 620g

5.99
FOX'S FAVOURITES SANTA'S BISCUIT SELECTION 365g

9.99
CADBURY MILK TRAY
360g

Grocery

MULTI 2/$6
KOOL-AID JAMMERS
10 pk • Assorted

MULTI 2/$4
PRIMO PEAS OR BEANS
540mL • Assorted

MULTI 2/$4
SPRAGUE LENTILS, PEAS OR BEANS 398mL • Assorted

2.99
OCEAN'S WHITE ALBACORE TUNA 170g • Assorted

6.99
HORNE'S GRAVY
1.36 L

MULTI 4/$5
PRIMO PIZZA SAUCE
213mL

3.99
VLASIC PICKLES
500mL • Assorted

2.49
UNICO HOT PEPPER RINGS
750mL

MULTI 2/$1
MR. NOODLES
85g • Assorted Flat Packs

MULTI 3/$5
SWISS CHALET MARINADE, DIP OR GRAVY 25-51g • Assorted

2.77
NO YOLKS EGG NOODLES
340g • Assorted

MULTI 2/$4
THOMPSON'S WHITE PEA BEANS 454g

4.99
SHAKE 'N BAKE
283g • Chicken Flavour

4.99
ASTRO YOGURT
12x100g • Assorted

3.99
ASTRO YOGURT
750g • Assorted

2.99
PEEK FREANS COOKIES
275-300g • Assorted

3.99
PURITY LEMON CREAMS
400g

3.99
HAMILTON'S MILK LUNCH BISCUITS 300g

6.99
KRAFT PARMESAN GRATED CHEESE 250g • Assorted

1.69
KRAFT PASTA SALAD MIX
200g

MULTI 4/$5
SPRAGUE BAKED BEANS WITH BACON 398mL

3.99
KÜHNE GOURMET SELECT BABY BEETS 500mL

3.99
HEINZ WORCESTERSHIRE SAUCE 355mL

4.99
KRAFT MIRACLE WHIP OR REAL MAYONNAISE 890mL
Assorted

Chewy Cranberry Oatmeal Cookies

- 1 1/2 cups flour
- 1 tsp baking soda
- 1/2 tsp salt
- 1/2 tsp cinnamon
- 2 1/2 cups old-fashioned oats
- 1 cup unsalted butter, softened
- 1 cup light brown sugar, packed
- 1/2 cup granulated sugar
- 2 large eggs
- 1 Tbsp honey
- 2 tsp pure vanilla extract
- 1 1/3 cups dried cranberries
- 1 cup white chocolate chunks

42 Servings • 20 Min. Prep Time • 9-11 Min. Cook Time

Preheat oven to 350°F. Cover 2 cookie sheets with parchment paper. In medium bowl mix flour, baking soda, salt and cinnamon; stir in oats. Set aside. With an electric mixer, beat the butter and both sugars until light and fluffy. Beat in eggs one at a time. Add honey and vanilla; beat until blended. Add the flour mixture in two additions, beating until well combined. Stir in cranberries and chocolate chunks. Drop the dough by heaping tablespoons about 2 in. apart onto the cookie sheets. Bake until the centers of the cookies are soft, about 9 to 11 min. Let cool on the sheets for 5 min; transfer to wire rack to cool completely.

Bakery&Deli

WEST TOWER SQUARES AND COOKIES
21 pk • Assorted

8.99

12.99

ORIGINAL TWO-BITE BROWNIES
1.36 kg

RHUBARB STRAWBERRY PIE
10 Inch

4.59

4.99

MOM'S POUND CAKE
4250-500g
Plain or Iced

WEST TOWER DARK FRUIT CAKE
525g

7.49

14.99

WEST TOWER DARK FRUIT CAKE
940g
Regular or
No Sugar Added
OR CHERRY CAKE
800g

NEW YORK ECLAIRS
2 pk

3.29

MAPLE LEAF NATURAL SELECTIONS SLICED OR SHAVED MEATS
175g
Assorted

5.99

18.99

HORMEL GATHERINGS DELI TRAY
822-850g
Assorted

GUSTAV GOUDA CHEESE
170g • Assorted

5.49

4.79

BRANDT KOLBASSA OR POLISH CHUB
250-300g

2.99

KAISER SANDWICH
Store Made

Mrs. Claus' Holiday Cookie Cups

2 (14-1/2-ounce) packages gingerbread cake and cookie mix
1 cup heavy cream
1 (8-ounce) package cream cheese, softened
1/2 cup sugar
1/4 cup eggnog
1/4 tsp. ground nutmeg
1/8 tsp. ground cinnamon

Preheat oven to 350°F. Prepare dough according to package directions for cookies. Roll dough into 20 balls, place in muffin cups, and lightly press dough down. Bake 10 minutes, remove from oven, and make a well in center of each cookie cup using a wooden spoon handle or small juice glass. Return to oven and bake 4 to 5 more minutes or until set. Press down lightly in center of each cookie cup. Let cool 10 minutes, then run a knife around edges to loosen slightly. Cool 10 more minutes then remove from tin and finish cooling on wire rack. In a medium bowl, beat heavy cream until stiff peaks form. In another medium bowl, beat cream cheese and sugar until creamy. Add eggnog, nutmeg, and cinnamon and beat until mixed. Fold whipped cream into eggnog mixture until thoroughly combined. Pipe or spoon mixture into cookie cups. Refrigerate 1 hour or until ready to serve.

Baking

3.49
BAKER'S CHOCOLATE CHIPS
300g • Semi Sweet or Milk Chocolate

2.99
SHIRRIFF LEMON PIE FILLING
425g

4.49
JELL-O NO BAKE CHEESECAKE
314g

6.79
SPEERVILLE ORGANIC WHOLE WHEAT FLOUR 2.27 kg

MULTI 3/$5
DR. OETKER MOUSSE
28-87g • Assorted

MULTI 2/$4
DUNCAN HINES CAKE MIX
432g • Assorted Classic Only

MULTI 2/$6
ROBIN HOOD QUICK BREADS
396-493g • Assorted

2.49
CLUB SUPREME VEGETABLE OIL COOKING SPRAY 141g

MULTI 2/$5
KRAFT JET-PUFFED MARSHMALLOWS
400g • Assorted

5.99
LACTANTIA SALTED BUTTER STICKS 454g

3.99
TENDERFLAKE PIE SHELLS
320-350g • Assorted

2.99
FLEISCHMANN'S CORN STARCH
454g

No Bake Terry's Chocolate Orange Cheesecake

For the base
100 g Butter melted
200 g Graham wafer crackers

For the cheesecake mixture
2 Whole Terry's Chocolate Orange 157g each
500 ml Double cream Whipped
560 g Cream cheese Full fat (room temperature)
100 g Icing sugar
Half a Lemon Juice only
2 tsp Orange Extract If you want a stronger flavour

For decoration
12 Terry's Chocolate Orange pieces

Crush the graham wafer crackers and mix with the melted butter. Press into a 7" non stick springform pan. Gently melt the 2 Terry's Chocolate Oranges in a glass bowl over a pan of boiling water. Stir until smooth. Cool for 5 minutes. Combine the whipped double cream, cream cheese, icing sugar, lemon juice and orange essence (if using). Fold in gently until fully combined. Add the cooled melted Chocolate Oranges and stir thoroughly. Smooth on top of the wafer base.
From www.tamingtwins.com

Frozen

MULTI 2/$4
CAVENDISH HASH BROWNS
750g

6.99
MCCAIN TATER CHEF SHOESTRING FRIES
6.5 lb Bag

MULTI 2/$6
MCCAIN FRIES
900g • Assorted

3.99
BETTER THAN MOM'S BATTERED POTATO WEDGES 600g

MULTI 2/$6
LEAN CUISINE ENTREES
201-340g • Assorted

6.49
MARIE CALLENDER'S ENTREES
680-870g • Assorted

MULTI 2/$5
STOUFFER'S DINER CLASSICS
249-271g • Assorted

MULTI 2/$1
STOUFFER'S HOT POUCHES
113g • Assorted

2.99
NAPOLI PIZZA 356-370g
Cheese or Pepperoni

5.99
EUROPE'S BEST FROZEN FRUIT OR BERRIES 400-600g • Assorted

Around *the* Home

7.77
ROYALE TIGER TOWELS
6 Roll

9 MEGA = 24 SINGLE ROLL

7.99
ROYALE BATHROOM TISSUE
9 Mega Roll

MULTI 3/$4
CLUB SUPREME CLEAR KITCHEN GARBAGE BAGS 10 pk

.99
CLUB SUPREME ALUMINUM FOIL 25 ft

MULTI 2/$5
Q-TIPS SWABS
170 pk

MULTI 2/$5
SIMPLY KIDS UNSCENTED WIPES 72 ct

MULTI 2/$3
ARM & HAMMER FRIDGE PACK BAKING SODA 500g

2.99
LYSOL DISINFECTING SPRAY
350g •Crisp Linen

3.99
VIM HARDWOOD FLOOR CLEANER 1 L

MULTI 2/$4
RAINBOW SCRUBBY CLEANING CLOTH 1 ct • Regular or Sponge

11.99
MR. CLEAN
3.78 L • Assorted

3.99
FLEECY FABRIC SOFTENER
1.36 L • Assorted

18.99
TIDE PODS
57 ct

17.99
CASCADE PLATINUM ACTIONPACS
6 ct • Fresh Scent

1.99
OLD DUTCH DISH LIQUID
740mL • Assorted

Festive ENTERTAINING

3.99
OCEAN'S CRABMEAT IN WATER 170g

MULTI 2/$4
CLOVER LEAF SMOKED MUSSELS AND OYSTERS 85g

3.99
LIMFJORD MARINATED MUSSELS 340g • Assorted

15.99
WARREN'S PICKLED WIENERS 20 ct

8.99
WARREN'S PICKLED EGGS 12 ct

3.69
PEPSI MINI CANS 6x222mL • Assorted

3.99
COKE MINI BOTTLES 8x300mL • Assorted

MULTI 4/$5
THE POP SHOPPE SODA 355mL • Assorted

6.49
BUBLY SPARKLING WATER 12x355mL • Assorted

3.79
PURITY SYRUP 750mL • Assorted

MULTI 2/6.50
HUMPTY DUMPTY SNACKS 265-320g • Assorted

MULTI 2/$7
MISS VICKIE'S KETTLE COOKED CHIPS 200-220g • Assorted

MULTI 2/4.44
BEAVER MIXED NUTS OR PEANUTS 190-200g • Assorted

5.99
BEAVER WHOLE CASHEWS 200g • Assorted

MULTI 3/$5
GLACEAU VITAMIN WATER OR SMART WATER 591mL

12.99
ST-HUBERT MOZZARELLA STICKS 510g

12.99
WONG WING APPETIZERS 852g

3.99
SOLO NAPKINS 32 ct, PAPER PLATES 24-36 ct, PLASTIC PLATES 15 ct, HOT CUPS 28 ct, RED CUPS 30 ct or WINE GLASSES 10 ct

Breakfast

5.99
NESCAFÉ INSTANT COFFEE 170g • Regular Only

9.99
FOLGERS GROUND COFFEE 920-975g • Assorted

8.99
TIM HORTONS K CUPS 12 ct • Assorted

3.99
SPEERVILLE NEW FOUND ROLLED OATS 910g

5.99
UNCLE LEE'S GREEN TEA 100 ct

2.99
KELLOGG'S ALL BRAN FLAKES 450g

3.99
KELLOGG'S RAISIN BRAN OR ORIGINAL SPECIAL K 425-435g

3.99
GENERAL MILLS FRENCH TOAST CRUNCH LUCKY CHARMS REESE'S PUFFS OR GOLDEN GRAHAMS 331-380g

3.49
MINUTE MAID CHILLED JUICE 1.75 L • Assorted

MULTI 2/$6
MINUTE MAID FIVE ALIVE OR JUICE BOXES 8x200mL • Assorted

2.99
LACTANTIA OLIVINA MARGARINE 427g

14.99
MAPLE CREST OLD FASHIONED MAPLE SYRUP 1 L

3.99
SMUCKER'S NO SUGAR ADDED JAM OR MARMALADE 310mL • Assorted

This Season
GIVE THE GIFT OF CHOICE.

More *great* Savings

MULTI 3/$5

IMPERIAL MARGARINE
454g

MULTI 4/$5

PRIMO SPAGHETTI OR MACARONI 454g

MULTI 2/$5

PREGO PASTA SAUCE
645mL • Assorted

Gifts FROM Home

SEALSKINS
$139

5.99

BLACK DIAMOND CHEESTRINGS
336g/16 pk or **SHREDDED CHEESE**
320g • Assorted

MULTI 4/$5

KRAFT DINNER
225g • Original

4.99

KRAFT JAMS
500mL • Assorted

.99

HEINZ TOMATO SOUP
284mL

8.99

MONTANA'S POT PIES
650g • Braised Beef or Salisbury Meat

MULTI 4/$5

GOLD SEAL SARDINES
125g • Assorted

4.99

SWIFT PREMIUM COOKED HAM
454g

MULTI 3/$5

GREEN GIANT VEGETABLES
341-398mL • Assorted

MULTI 2/$5

SWEET BABY RAY'S BBQ SAUCE
425mL • Assorted

MULTI 2/$5

PRIMO KETCHUP
1 L

2.99

CORONATION OLIVES, ONIONS OR SWEET GHERKINS 375mL

MULTI 2/6.50

RUFFLES CHIPS
180-220g • Assorted

6.99

NESTLÉ PREMIUM ICE CREAM
1.5 L • Assorted

5.79

MOTT'S CLAMATO JUICE
2.54 L

MULTI 2/$7

TOSTITOS CHIPS OR SALSA 205-295g / 418-430mL or
DORITOS 230-235g • Assorted

Mix & Match

2 for $5.50

Bent White & Wheat Bread, Ben's Hot Dog & Hamburger Buns, Ben's English Muffins, Campbell's® Tortillas, Vachon Snack Cakes & Tasty Chips

Christmas SWEETS

MULTI 2/$6

MORITZ ICY SQUARES OR ICY CUPS 120-130g

6.99

POT OF GOLD CHOCOLATES
245-248g • Assorted

5.99

LOWNEY CHERRIES
200g

4.99

TOFFIFEE CHOCOLATES
246g

10.99

OH HENRY! CHOCOLATES
364g

Ice Cube Chocolates

2 1/2 cups dark or milk chocolate chips
2 Tbsp coconut oil
Assorted fillings (peanut butter, shredded coconut, nuts, caramels, chocolate-coated candy, mini marshmallows, etc.)

Lightly coat 2 plastic ice cube trays with cooking spray. In a medium microwave-safe bowl, combine chocolate chips and oil. Microwave 60 to 90 seconds or until chips are melted, stirring occasionally. Pour chocolate into ice cube trays, filling each cube about one-third full. Place trays in freezer 2 minutes. Remove trays from freezer and tilt to make sure chocolate coats all sides of each cube. Place trays back in freezer 2 minutes or until chocolate has thickened slightly. Tilt again to make sure chocolate coats all sides of cubes with a thicker coat of chocolate. Place trays in freezer 2 more minutes or until set. Fill each chocolate shell with about 1 teaspoon of your desired filling. Cover filling with melted chocolate and tap ice cube trays on counter to level chocolate. Pour more melted chocolate on top. Place trays in freezer 1 hour or until hardened. Remove trays from freezer and let sit 5 minutes. Unmold chocolates by lightly twisting trays.

We reserve the right to limit quantities. Prices do not include sales tax where applicable. Text prevails over photos.