

**LARGE GREEN
SEEDLESS GRAPES**

India #1 or

**LARGE RED
SEEDLESS GRAPES**

Chile #1

5.93 kg



2.69
lb

Grapes from Chile

**GROWN RIGHT HERE!
RUSSET POTATOES**

Newfoundland #1

10 lb Bag



3.99

**FRESH BONELESS
SKINLESS CHICKEN
BREAST Family Pack
OR PORK BACK RIBS**

Cryovac • 11.00 kg



4.99
lb



9.99

**WHITE MEAT CHICKEN
TENDERS OR STRIPS**

2 kg



**PLUMP RIPE
TOMATOES
ON THE VINE**

Ontario #1

4.39 kg

1.99
lb



5.99

MAPLE LEAF HONEY HAM

600g • Honey Ham only



**HEREFORD VIENNA
SAUSAGES 135g OR CLARKE BEANS
398 mL • Assorted**

.99



**DAINTY RICE 350g • Assorted or
BURNS FLAKES OF MEAT
156g • Assorted**

MULTI 4/\$5



TETLEY TEA BAGS

144 Ct

5.77



**DEL MONTE FRUIT BOWLS
4 pk • Assorted OR DORA MY
SPREAD 500mL • Assorted**

2.67



**GARDEN PATCH KERNEL CORN 341mL
GRAVES VEGETABLES 284mL • Assorted
OR AVON MIXED VEGETABLES 284mL**

.77



BEN'S XTRA BREAD

675g

MULTI 2/\$5



COKE PRODUCTS

6x710mL • Assorted

2.99



LAY'S FAMILY SIZE CHIPS

235g • Assorted

MULTI 2/\$6



4.99

**CAVENDISH
STRAIGHT CUT FRIES 5lb**



4.99

MOTHER'S DAY CUPCAKES

6 pk/250g Chocolate or Vanilla



11.99

CASHMERE BATHROOM TISSUE

30 Jumbo Roll



2.97

ABC LAUNDRY DETERGENT

2 L • Assorted or **SUNLIGHT DISH
LIQUID 800 ml • Assorted**

30 JUMBO ROLLS = 50 SINGLE ROLLS

Fresh Produce

**SWEET JUICY
MCINTOSH OR
GALA APPLES**
Nova Scotia #1
3 lb Bag

5⁹⁹



**PLUMP RIPE
TOMATOES**
Florida #1
**OR EXTRA LARGE
GREEN PEPPERS**
Florida #1
4.39 kg

**1⁹⁹
lb**



**SWEET CRUNCHY
COSMIC CRISP
APPLES**
Washington #1
5.49kg

**2⁴⁹
lb**



**SWEET SUCCULENT
MANGOES**
Mexico #1

MULTI 2/\$5



SWEET JUICY WATERMELON
Florida #1 • 1/2's and 1/4's
3.73 kg

**1⁶⁹
lb**

**PLUMP RIPE
BLACKBERRIES**
US or Mexico #1
6oz
clamshell

3⁹⁹



**2⁹⁹
lb**

**SWEET JUICY FORELLE
OR BOSCO PEARS**
South Africa #1 **OR ANJOU**
PEARS Argentina #1 • 6.59kg

LARGE STALK CELERY
California #1

2⁹⁹



4⁹⁹

BABY SPINACH
Family Size
US #1
11oz container

**WHOLE WHITE
MUSHROOMS**
Ontario #1
8 oz cello

MULTI 2/\$6



.89

GREEN ONION
Mexico #1



MULTI 2/\$5

**FRESH CRISP ROMAINE
LETTUCE** California #1



**CLASSIC BRAND
ORGANIC SALADS**
5oz clamshell

3⁹⁹



Baking



4⁹⁹

ROBIN HOOD FLOUR
7 lb/ 3.18 kg



2⁴⁹

ROBIN HOOD QUICK BREAD
396 - 493g • Assorted



MULTI 2/\$6

ROBIN HOOD OATS
1 kg • Assorted



MULTI 2/\$4

DOLE PINEAPPLE
398mL • Assorted



3⁹⁹

KRAFT DREAM WHIP 170g



MULTI 2/\$6

PILLSBURY APPLE TURNOVERS
351g



4⁹⁹

FRY'S COCOA
227g



10⁹⁹

HERSHEY'S CHIPITS
835g/1 kg • Assorted



5²⁹

**BECEL CANOLA &
SUNFLOWER OIL** 1 L



5⁹⁹

SNO'FLAKE SHORTENING
1.13 kg



3⁹⁹

**JELLO NO BAKE
CHEESECAKE** 314g



3⁹⁹

**BIRD'S CUSTARD
POWDER** 340g



MULTI 2/\$4

**KRAFT JET-PUFFED
MARSHMALLOWS**
250g • Assorted



4⁹⁹

FAVORITE GREEN CHERRIES
400g



3⁹⁹

FAVORITE GLAZED FRUIT MIX
400g

Select Meats



9⁹⁹
lb

TOP SIRLOIN STIR FRY
OR GRILLING MEDALLIONS
CANADIAN AA OR HIGHER
22.02kg

THINK THICK!

Top Sirloin Medallions are thick cut steaks that offer lean, well flavored and moderately tender beef at affordable prices. These steaks cook to perfection and are portion sized to fit perfectly on the plate.



4⁹⁹

MAPLE LEAF PREPPED &
READY NATURAL MEATS
250g • Assorted

3⁹⁹

SCHNEIDERS JUICY
JUMBOS WIENERS
450g



3⁹⁹

MAPLE LEAF
NATURAL TURKEY
BACON
300 g



BELMONT MEALS
HOMESTYLE PRIME RIB
BURGER 852g

10⁹⁹



CARDINAL ROADHOUSE
CHICKEN BURGER
852g

10⁹⁹



STAMPEDE
BEEF BURGER
1 kg

12⁹⁹



3⁴⁹
GOLDEN MAPLE
EXTRA LEAN
GROUND TURKEY
454g



4⁹⁹
SUNRISE
DELI STICKS
250g



LARSENS SMOKED
BOLOGNA
900g

7⁹⁹

Your Destination for Newfoundland Seafood



1⁷⁹
lb
FRESH NEWFOUNDLAND
CULTIVATED MUSSELS 3.95 kg



6⁹⁹
lb
FROZEN COD
PORTIONS 15.41 kg



9⁹⁹
NORTHLAND SHRIMP
340 g



11⁹⁹
lb
FRESH SALMON FILLET
26.43kg



16⁹⁹
FROZEN ATLANTIC SCALLOPS
10-20ct • 37.46 kg

Frozen

MCCAIN PEPPERONI
PIZZA POCKETS
12 Pack



12⁹⁹



MCCAIN SUPERCRISSP
STRAIGHT CUT FRIES
1.45 kg

2⁹⁹



11⁹⁹
APPI'S TEMPURA SHRIMP
500g



BETTER THAN MOMS
POTATO WEDGE 600g

3⁹⁹



ALASKO FROZEN PEAS AND
CARROTS 1 kg

3⁹⁹



ALASKO BERRY CHERRY
BLEND 1 kg

6⁹⁹



OXFORD FROZEN BLUEBERRIES
1.5 kg

11⁹⁹



STOUFFER'S
DINNER CLASSICS
249 - 271g • Assorted

3⁹⁹



MCCAIN DEEP'N
DELICIOUS CAKES
510g • Assorted

4⁹⁹



TENDERFLAKE
PIE SHELLS
320 - 350g Assorted

3⁷⁹



KRAFT COOL WHIP
1L • Assorted

3⁷⁹



FRANDON AHI YELLOW
FIN TUNA STEAKS
340g

10⁹⁹

Grocery



MULTI 2/\$4

HEINZ TOMATO JUICE
1.36 L • Assorted



5⁹⁹

HORNE'S GRAVY
1.36 L



MULTI 3/\$5

DEL MONTE SHREDDED
CELERY, CARROTS OR DICED
BEETS 398mL



3⁹⁹

DEMPSTER'S TORTILLAS
10 inch • Assorted



MULTI 3/\$5

BRUNSWICK KIPPER
AND SEAFOOD SNACKS
92-100g • Assorted



MULTI 2/\$4

BICKS SWEET GREEN RELISH
375 mL



1⁷⁹

OLD STYLE MUSTARD
400 mL



3⁹⁹

HEINZ KETCHUP
1 L



2⁹⁹

DIANA BBQ SAUCES
500 mL • Assorted



MULTI 2/\$5

HEINZ SEAFOOD COCKTAIL
SAUCE 285 mL



2⁹⁹

CLASSICO SPECIALTY OR
PASTA SAUCES 410-650mL
Assorted



2⁴⁹

CATELLI PASTA
900g • Assorted



4⁹⁹

DR. OETKER PIZZAIOLO KIT
700g



1⁹⁹

GRISSOL CROUTONS
150g/175g • Assorted



MULTI 2/\$6

KRAFT SALAD DRESSINGS
475mL • Assorted



MULTI 2/\$5

KNORR OXO CUBES OR
PACKETS 63-72g • Assorted



MULTI 2/\$4

CAMPBELL'S 1/2 FAT, LOW
SODIUM OR NO SALT ADDED
SOUPS 284 mL • Assorted



MULTI 3/\$5

CAMPBELL'S HEARTY
NOODLES 55g • Assorted



3⁹⁹

BECHTLE SPAETZLE EGG
NOODLE PASTA 500g



1⁹⁹

REALEMON LEMON JUICE
440mL



2⁷⁹

CORONATION MARASCHINO
RED CHERRIES 375mL



MULTI 2/\$4

PILLSBURY WIENER WRAP
200 g



MULTI 2/\$7

CHRISTIE COOKIES
450-500g • Assorted



3⁹⁹

CHRISTIE ARROWROOT
COOKIES 350g • Assorted



3⁴⁹

DORA COULIS DESERT
TOPPINGS 340mL • Assorted

Around the Home



7⁴⁹

SPONGE TOWELS
6 Rolls • Assorted



6⁹⁹

KLEENEX FACIAL TISSUES
6 Pack • Multi



MULTI 3/\$4

CLUB SUPREME
BLUE RECYCLING BAGS 10 pk



MULTI 2/\$4

CAPRINA GOAT'S MILK SOAP
141g • Assorted



MULTI 2/\$4

IVORY SOAP
3 pack



3⁹⁹

DOVE FOAMING HANDWASH
Peach • 500 mL



.⁹⁹

COMET CLEANSER
Regular or Lemon • 400g



3⁴⁹

VIM BATHROOM CLEANER
950mL



MULTI 3/\$5

SNUGGLE FABRIC SOFTENER
SHEETS 20 Ct



MULTI 4/\$5

CLOSE-UP TOOTHPASTE
RED GEL 100mL

Pet Supplies



14⁹⁹

KIBBLES'N BITS DOG FOOD
6 kg • Assorted



3⁹⁹

ALLEY CAT
CAT FOOD 2 kg



MULTI 2/\$5

MILK-BONE SOFT &
CHEWY DOG TREATS
113 g • Assorted



8⁹⁹

MILK-BONE SOFT & CHEWY
DOG TREATS 708g



12⁹⁹

NATURE'S RECIPE GRAIN FREE
DOG FOOD 1.8 kg

Bakery & Deli



9⁹⁹

MOTHER'S DAY CAKE
Chocolate or Vanilla • 8 inch
630g • Single layer



**WEST TOWER
RAISIN TEA BISCUITS**
520g/8 Pack

4⁹⁹



**STORE MADE
GARLIC BREAD**
3⁴⁹



**FLATOUT
FLATBREADS
ORIGINAL**
399g
3⁹⁹



**OAKRUN FARM
CRUMPETS**
6 pk/284g
2⁹⁹



**DAWN COOKED
HAM LOAF**
300g
4⁹⁹

**STORE MADE
MAC AND CHEESE**
Family size

8⁹⁹



ANCO GOUDA
Assorted • 170g
4²⁹



.89
per 100g

**JOHNSTON'S
SALADS**
Assorted

5⁹⁹
per slice

STORE MADE LASAGNA
Wednesday only



We love Moms a whole **brunch**



4⁹⁹

**SWIFT PREMIUM
SLICED BACON** 375g



**AUNT JEMIMA
SYRUP**
750 mL • Assorted
and **PANCAKE MIX**
905g • Assorted

MULTI 2/\$6



SIMPLY JUICE OR LEMONADE
1.54 L • Assorted
3⁹⁹



**MAXWELL HOUSE INSTANT
COFFEE** 150g
4⁹⁹



NESTLÉ COFFEE MATE
450g • Assorted
3⁷⁹



TETLEY SPECIALTY TEAS
20-24 ct Canisters • Assorted
3²⁹



CARNATION HOT CHOCOLATE
7/10 pk • Assorted
3⁴⁹



KRAFT JAM
500mL • Assorted
3⁹⁹



**BONNE MAMAN MARMALADES
AND JAMS** 250 mL Assorted
4⁶⁹



**BEN'S WHOLE WHEAT OR
WHITE ENGLISH MUFFINS** 6pk
MULTI 2/\$5



IMPERIAL SOFT MARGARINE
454g Tub
MULTI 3/\$5



**DEL MONTE OATS OR CHIA FRUIT
CUPS** 2pk • Assorted
3⁴⁹



QUAKER OATMEAL
228/430g • Assorted
MULTI 2/\$6



DANONE YOGURT
650g • Assorted
MULTI 2/\$6



**DANONE OIKOS GREEK
YOGURT** 4pk • Assorted
MULTI 2/\$7



**MAPLE LEAF FULLY COOKED
NATURAL SAUSAGE** 300 g
5⁹⁹



CAVENDISH HASHBROWNS
750g
MULTI 2/\$4

Mix or Match
4/\$5



COKE PRODUCTS
2 L • Assorted



DAIRY ISLE EVAPORTED MILK
354 mL • Assorted



NISSIN PREMIUM TERIYAKI CHOW MEIN NOODLE
120g • Assorted



GATTUSO PIZZA CRUST MIX 165g



FAVORITE SLICED OR WHOLE MUSHROOMS 284 mL

More *great* Savings



MULTI 3/\$5

ALLEN'S FRUIT PUNCH OR COCKTAILS OR FAIRLEE JUICE
1 L • Assorted



MULTI 2/\$5

KOOL-AID JAMMERS
10pk • Assorted



MULTI 2/\$6

MINUTE MAID FRUIT PUNCH
10pk



3²⁹

DEL MONTE FRUIT
796mL • Assorted



.88

FAVORITE MANDARIN ORANGES 284mL



MULTI 3/\$5

PURITAN BEANS & WIENERS
425 g



MULTI 3/\$5

CHEF BOYARDEE PASTA
411/425 g • Assorted



3²⁹

CLOVER LEAF WHITE ALBACORE TUNA
170 g • Assorted



3⁷⁷

MARIO'S COOKED HAM
340 g



MULTI 2/\$5

QUAKER GRANOLA BARS
150/175 g • Assorted



MULTI 3/\$5

CATELLI GARDEN SELECT PASTA SAUCE
640mL • Assorted



3⁷⁷

FAVORITE NL STYLE SWEET MUSTARD PICKLES OR BEETS
500-750 mL



2⁹⁹

KNORR OR LIPTON SOUP MIXES 4 pk • Assorted



7⁹⁹

MINUTE RICE
2 kg • Jumbo Pack



2⁶⁹

LA PERLA VEGETABLE OR CANOLA OIL 946mL



12⁹⁹

POWERADE
24pk • Assorted



MULTI 2/\$6⁵⁰

LAY'S SUN CHIPS
205g



MULTI 2/\$5

OLD DUTCH CHIPS
170g-235g • Assorted



MULTI 2/\$4

HOSTESS SNACK CAKES
159-206g • Assorted



MULTI 2/\$5

WHIPPET COOKIES
140-285g • Assorted



2⁹⁹

QUAKER CAP'N CRUNCH
350g



3³³

KRAFT CHEESE SINGLES
410g • Assorted



MULTI 2/\$6

PHILADELPHIA CREAM CHEESE DIPS
227g • Assorted



5⁹⁹

BLACK DIAMOND AND CRACKER BARREL CHEESE
400g • Assorted



3⁹⁹

MR. FREEZE MINI ICE POPS
80pk/20ml



MULTI 3/\$10

NAPOLI PIZZA CHEESE AND PEPPERONI
356-370g



MULTI 3/\$10

GIUSEPPE GARLIC FINGERS AND BRUSCHETTA
317-405g



3⁴⁹

PEPSI PRODUCTS
6x710mL • Assorted



1⁹⁹

PEACE TEA
1.75 L • Assorted



72 Elizabeth Drive, Gander 709-256-4843



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