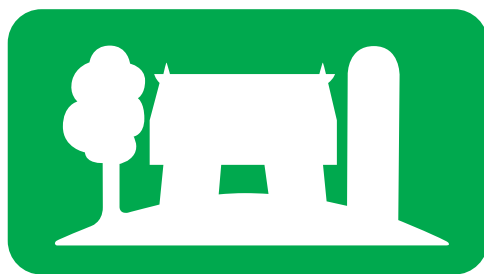


Fresh savings effective
Thursday, July 16 to
Wednesday, July 22, 2026

Sign-up for your E-flyer
today at highlandfarms.ca



HIGHLAND FARMS



START FRESH

Check out highlandfarms.ca for more tasty goodness.

owned and operated since 1963

CANADIAN



SCAN FOR OUR WEEKLY
FLYER & SPECIALS



Canada

AAA

19⁹⁹

/lb
44.07/kg

Fresh Beef
Capless Rib Steaks
Product of Canada

SAVE MORE!



2⁹⁹

/lb
6.59/kg

Seedless Grapes
Red, Green or Black
Product of U.S.A.
No. 1 Grade

SAVE MORE!



Tostitos
Tortilla Chips
Selected Varieties

2/8⁵⁰

250-296g

Allen's
Apple Juice or
Cranberry Cocktail
Selected Varieties

3⁶⁹

1.89L



100% Canadian.
Freshly Ground.
Every day.



6⁹⁹

/lb
15.41/kg

Fresh
Lean Ground Beef



5⁹⁹

La Croix
8x355ml
Sparkling Water



5⁷⁹

Natrel
Butter
Salted or Unsalted
454g



2⁴⁹

4L
Monterey
Pure White Vinegar



6⁹⁹

650-
750g
Danone
Oikos
Greek Yogurt
Selected Varieties



1⁹⁹

bunch
Ontario Homegrown
Fresh Broccoli

PRODUCE

Tree-Ripened Peaches
No. 1 Grade or
Nectarines
Product of U.S.A.

3⁹⁹
/lb
8.80/kg



2⁹⁹
/lb
6.59/kg

Black Plums
Product of U.S.A.
No. 1 Grade



6⁹⁹
1.5L

Ontario Homegrown
Fresh Yellow Plums
No. 1 Grade



1⁹⁹
each

Fresh Avocados
Product of Mexico

Andy Boy
Romaine Hearts
Product of U.S.A.

3⁹⁹
pkg
of 3



1⁴⁹
each

Ontario Homegrown
Seedless Cucumbers
No. 1 Grade



Fresh Lettuce
Red or Green Leaf
Product of Ontario

1⁹⁹
each



1⁴⁹
/lb
3.28/kg

Ontario Homegrown
Fresh Dill Pickles



3⁹⁹
/lb
8.80/kg

Ontario Homegrown
Greenhouse
Sweet Red
Shepherd Peppers
No. 1 Grade



3⁹⁹
/lb
8.80/kg

Ontario Homegrown
Sweet Green Peas



1⁹⁹
bunch

Ontario Homegrown
Spinach

BAKERY

Dempster's
Signature Sausage or
Hamburger Buns

3⁴⁹
pkg of 6-8



3⁷⁹
640g

Wonder
10" Wraps White or
100% Whole Wheat



1⁵⁹
each

Highland Farms
Country Kitchen
Fresh Donuts
Selected Varieties
Half Dozen \$8.99



La Rocca
Fresh 8"
Chantilly Cake

28⁹⁹
each



Coca-Cola
Soft Drinks
Mini Cans
Assorted Varieties

2/9⁰⁰
6x222ml



1⁹⁹
2L
Fruitè
Fruit Drinks
Assorted Varieties



Sanpellegrino
Sparkling Fruit Beverage
Assorted Varieties

2/13⁰⁰
6x330ml



2⁴⁹
828ml
Palmolive
Liquid Dish Soap
Assorted Varieties

GROCERIES



Bertolli
Olive Oil
Extra Virgin or Extra Light

4⁹⁹
630ml
19⁹⁹
2L



Quaker
Instant Oatmeal
Selected Varieties

2/7⁵⁰
232-344g



Fiuggi
Spring Water
Natural or Sparkling

3⁶⁹
1L
19⁹⁹
6x1L



2⁹⁹
150g-
175g
Loacker
Wafers
Assorted Varieties



6⁴⁹
750-
890ml
Hellmann's
Mayonnaise
Assorted Varieties



4⁴⁹
each
Mutti Passata
680ml or
Tomato Paste
Tube 156ml
4⁹⁹
1L &
750ml
Heinz
Tomato Ketchup
Selected Varieties



Highland Farms
Country Kitchen
Flatbread
Assorted Varieties

2/8⁰⁰
150g



Highland Farms
Country Kitchen
Walnut Halves

12⁹⁹
450g



3⁹⁹
500g
Highland Farms
Country Kitchen
Pasta
Product of Italy
Assorted Varieties



3⁹⁹
250ml
Smucker's
Pure Jam
Selected Varieties



Dare
Crackers Breton or Vinta 100-225g,
Grissol Melba, Baguettes or Canapé
120-200g or Motts Fruitsations 6pk
Selected Varieties

2⁹⁹
each



Black Diamond
Cheese Slices
Selected Varieties

2/7⁰⁰
410g



5⁴⁹
350-
355ml
Renée's
Salad Dressing
or Vinaigrette
Assorted Varieties



Natrel
Plus
Assorted Varieties

DAIRY



3⁹⁹
500g
Liberté
Méditerranée
Selected Varieties

MEAT



6⁹⁹
375-500g
Johnsonville
Breakfast Pork
Sausages or
Sausages
Selected Varieties

BRING HOME THE
SIZZLE



7⁹⁹
/lb
17.61/kg
Freshly Seasoned
In-Store
Chicken Breast
Boneless, Skinless
Assorted Varieties



6⁹⁹
/lb
15.41/kg
Freshly Seasoned
In-Store
Jumbo Split
Chicken Wings



12⁹⁹
/lb
28.64/kg
Freshly Seasoned
In-Store Pork or Chicken Souvlaki



10⁹⁹
/lb
24.23/kg
Fresh Store-Made
Beef Burgers Lean, Cheddar, Bacon
or Montreal Steak

DELI



5⁹⁹
375-450g
Schneiders
Juicy Jumbos
Wieners
Assorted Varieties



4⁹⁹
375g
Schneiders
Red Hots Wieners



8⁹⁹
375g
Tre Stelle
Feta Cheese
Regular



2/9⁰⁰
175g
San Daniele
Mortadella
Sliced Regular, Light or Hot



6⁹⁹
100-200g
Fantino & Mondello
Meat Slices
Assorted Varieties



2⁹⁹
/100g
Mastro
Genoa Salami
Regular or Hot
Freshly Sliced
at the Deli



1⁶⁹
/100g
Podhalanska
Lean BBQ Sausages
at the Deli



1⁹⁹
/100g
Sikorski
Kolbassa at the Deli

Dodoni
Kefalotyrri or
Kefalograviera Cheese
Freshly Sliced at the Deli

4⁹⁹
/100g



DODONI

SEAFOOD



Wild



11⁹⁹
/lb
26.43/kg
Fresh
Steelhead Trout Fillets



8⁹⁹
/lb
19.82/kg
Fresh Wild
Sole Fillets



5⁹⁹
/lb
13.21/kg
Fresh Whole
Cleaned Whiting

Triple Crown
Raw Black
Tiger Shrimp
16/20ct
Frozen

15⁹⁹
454g



9⁹⁹
340g
Triple Crown
Shrimp Ring
31/40ct
Frozen

FROZEN FOODS

Häagen-Dazs
Ice Cream
Selected Varieties

5⁹⁹
450ml or 3-4pk



Maple Leaf Prime
Chicken Nuggets,
Strips or Burgers
Frozen

10⁹⁹
700g



7⁴⁹
4pk
Promise
Gluten Free
Hamburger or
Hot Dog Buns
Frozen

850 ELLESMERE RD.
AT KENNEDY RD.
416.298.1999

Store Hours:
Monday – Saturday:
7:00a.m. till 10:00p.m.
Sunday: 8:00a.m. till 8:00p.m.

9940 DUFFERIN ST.
AT MAJOR MACKENZIE DR. W.
905.832.4481

Store Hours:
Monday – Saturday:
7:00a.m. till 10:00p.m.
Sunday: 8:00a.m. till 8:00p.m.



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