

DEALS OF THE WEEK

**LEAN GROUND PORK**

**\$2.79** /lb

\$6.15/kg



Logan & Express Locations!

**PORK SIDE RIBS**

**\$3.99** /lb

\$8.79/kg



Logan & Express Locations!

**OUTSIDE ROUND ROAST OR STEAK**

**\$5.99** /lb

\$13.20/kg




Logan & Express Locations!

**BONE IN CHICKEN BREAST**

**\$4.59** /lb

\$10.12/kg




Logan & Express Locations!

**PRIME RIB STEAK OR ROAST**

**\$12.99** /lb

\$28.63/kg



Logan & Express Locations!

**BEEF SHORT RIBS, KOREAN, OR MIAMI CUT**

**\$9.99** /lb

\$22.02/kg



Logan & Express Locations!

**LOGAN LOCATION ONLY! THANKSGIVING SPECIAL**

- 1 Turkey (Frozen Grade A 3-5kg)
- 1 Picnic Ham
- 1 Ring of Garlic Sausage
- 2lbs. Fresh Carrots
- 5lbs. Potatoes
- 1 Box of Stuffing Mix
- 1 Dozen Dinner Rolls
- 2 pkgs Gravy Mix
- 1 Thaw & Serve Pie
- 1 Can Cranberry Sauce
- 1 750g Frozen Vegetables

**\$99.99ea**

**LOGAN LOCATION ONLY!**

**PORK BUTT STEAKS** **\$34.99** /ea

10lb. Frozen

**FRESH PORK PICNIC** **\$2.79** /lb

\$6.15/kg

**PORK NECK BONES** **\$15.99** /ea

10lbs. Frozen

**PORK BUTTONS** **\$3.99** /lb

Frozen \$8.79/kg

**DELI SPECIALS!!**  
LOGAN & EXPRESS LOCATIONS

**BLACK FOREST OR HONEY HAM** **\$1.89** /100g

\$18.90/kg

**WINNIPEG OLD COUNTRY SALAMI** **\$1.59** /100g

\$15.90/kg

**SMOKED CHICKEN BREAST** **\$1.99** /100g

\*CANTOR'S EXPRESS SPECIAL \$19.90/kg

**FROZEN #8 MEAT PACK**

LOGAN LOCATION ONLY.  
FRESH MEAT PACKAGES ARE SOLD AT REGULAR PRICE + \$10

3lbs. Top Sirloin Steak  
2lbs. T-Bone Steak  
3lbs. Sirloin Tip Steak  
5lbs. Chicken Legs  
3lbs. BBQ Cut Pork Side Ribs  
2lbs. Beef Patties  
4lbs. Pork Chops  
2lbs. Wpg Old Country Wieners  
1kg. Smokies

REG PRICE \$169.99  
**SALE \$159.99** /ea

**FROZEN #10 MEAT PACK**

LOGAN LOCATION ONLY.  
FRESH MEAT PACKAGES ARE SOLD AT REGULAR PRICE + \$10

2lbs. Ribeye Steak  
2lbs. New York Striploin  
3lbs. Pork Back Ribs  
4lbs. Beef Patties  
3lbs. Top Sirloin Steak  
3lbs. Boneless Chicken Breast  
4lbs. Pork Chops

REG PRICE \$199.99  
**SALE \$189.99** /ea

**FRESH BLUEBERRIES** 170g

**\$2.99** /ea

**NAVEL ORANGES** 3lb. Bag

**\$6.49** /ea

**WHOLE WHITE MUSHROOMS** 200g

**\$2.29** /ea

**RED BELL PEPPERS**

**\$2.99** /lb \$6.59/kg

**RED OR WHITE BULK ONIONS**

**\$1.49** /lb \$3.28/kg

**TOMATOES ON THE VINE**

**\$1.99** /lb \$4.39/kg

**MCINTOSH or ROYAL GALA APPLES**  
Product of Canada

**\$1.69** /lb \$3.72/kg

**BLACK DIAMOND CHEESE SLICES** 410g

**\$3.99** /ea

**IMPERIAL SOFT MARGARINE** 850-907g

**\$5.99** /ea

**MCCAIN DICED HASHBROWNS** 900g

**\$2.99** /ea

**POPSICLE BRAND ICE CREAM NOVELTIES** 6-12 Count

**\$4.99** /ea

**HOLIDAY LUNCHEON MEAT** 340g

**\$2.39** /ea

**PILLSBURY PIZZA POPS OR TOASTER STRUDELS** 326-380g **2.99** /ea

**HEINZ CANNED BEANS, KIDNEY BEANS, OR PASTAS** 398mL **3/\$5**

**SWEET BABY RAY'S BBQ SAUCE** 425mL **2/\$5**

**CLASSICO PESTO, ALFREDO OR TOMATO SAUCE** 218-650mL **3.99** /ea

**CHINA LILY SOYA SAUCE** 483mL **2.99** /ea

**OLD DUTCH BOXED POTATO CHIPS** 220g **2/\$7**

**LAY'S FAMILY SIZE POTATO CHIPS** 235g **2/\$8**

**SPONGE TOWEL PAPER TOWELS** 3-6 Count **6.99** /ea

**PARKAY SOFT OR QUARTERED MARGARINE** 1.28-1.36kg **5.99** /ea

**BLACK DIAMOND SHREDDED CHEESE** 320g **5.99** /ea

**KELLOGG'S JUMBO CEREALS** Excludes Rice Krispies and Corn Flakes 730-1200g **7.99** /ea

**DELISSIO RISING CRUST FROZEN PIZZAS** 519-888g **5.99** /ea

**CAVENDISH FARMS BATTERED ONION RINGS** 1kg **8.49** /ea

**MCCAIN FRIES, WEDGES, OR TASTI TATERS** 1.45-1.8kg **7.49** /ea

**BEATRICE SALTED BUTTER** 454g **6.99** /ea

**HEINZ SQUEEZE KETCHUP** 1L **4.99** /ea

**CHEETOS CHEESE SNACKS** 170-285g **3.99** /ea

**BETTY CROCKER HAMBURGER OR TUNA HELPER** 158-240g **2.89** /ea

**ROGERS ASSORTED SUGARS** Berry, Icing, Golden Yellow, or Demerara 1kg **2.49** /ea

**KELLOGG'S NUTRI GRAIN BARS** 295g **2.99** /ea

**ORIGINAL KRAFT DINNER** 225g **4/\$5**

**STOVE TOP CHICKEN OR TURKEY STUFFING MIX** 120g **1.49** /ea

**CLUB HOUSE GRAVY MIXES** 21-37g **99¢** /ea

**CLUB HOUSE SEASONING MIX ENVELOPES** 21-42g **4/\$5**

**QUAKER DIPPS GRANOLA BARS** 36 Count **12.99** /ea

**MOTT'S FRUIT SNACKS** 68 Count **10.99** /ea

**BROOKSIDE DARK CHOCOLATE COVERED ACAI BERRIES** 850g **9.99** /ea

**HIDDEN VALLEY ORIGINAL RANCH DRESSING** 1.18L **5.99** /ea

**OCEANS WILD SOCKEYE SALMON** 213g **4.99** /ea

**BLACK DIAMOND MARBLE CHEESE STRINGS** 40 Count **13.99** /ea

**KIRKLAND BABY WIPES** 100 Count **2.99** /ea

**JUMBO MINUTE RICE** 3kg **10.99** /ea

**BUCKLEY'S ORIGINAL MIXTURE COUGH & CONGESTION** 200mL **7.99** /ea

**CITY BREAD ORIGINAL OR MARBLE RYE BREAD** 480g **2/\$4**

**NATURAL BAKERY FRENCH BREAD** 700g **2.99** /ea

**WHOLE WHEAT BREADED CHICKEN STRIPS** 800g **8.99** /ea

**BUFFALO FLINGS** 800g frozen **10.99** /ea

**COMPLIMENTS BREAD** White or Whole Wheat, 570g **1.99** /ea

**BUBLY FLAVOURED SPARKLING WATER** 12 x 355mL **4.99** /ea

**COMPLIMENT'S SELECT JUICES** 1l **3/\$5**

**PEPSI & PRODUCTS** 2l **1.99** /ea

**CAMPBELL'S TOP 4 CANNED SOUPS** Tomato, Chicken Noodle, Vegetable or Mushroom, 284mL **3/\$5**