



REAL CANADIAN[®] SUPERSTORE

加拿大
AAA 級
或美國農業部
Choice 級



店內現切
去肥優質燒牛肉
CAP-OFF prime rib premium oven roast
cut from Canada AAA grade beef or USDA Choice grade beef
self serve tray
Rest of week \$6.98 lb \$15.39/kg
20812304

優惠僅限
周四至周日

4⁹⁸ **LB**
10.98/kg



紅/綠
無核葡萄
red or green
seedless grapes
product of U.S.A.
no. 1 grade
20425775001
20159199001

.98 **LB**
2.16/kg



皮薩
PC[®] Thin Crust Pizza 535-597 g or
Delissio Thin Crust pizza 555-630 g
selected varieties frozen
20971479/20749391

2⁹⁸ **EA**



Tropicana orange juice,
Simply orange juice,
lemonade or
Gold Peak iced tea
selected varieties
refrigerated, 2.63 L
2019756001/20151025001

純果汁/冰茶

4⁴⁸ **EA**



可口可樂/Canada Dry/冰茶
Coca-Cola, Canada Dry
soft drinks 24x355 mL
or Nestea iced tea 20x341 mL
selected varieties, 20308197001/21021553

6⁴⁸ **EA**



熟/生
剥皮白蝦
PC[®] cooked
or raw white
peeled shrimp
31+40 ct per lb, 400 g,
frozen
20791581

節省 2.00

9⁹⁸ **EA**

FREE FROM[™]



雞翅
氣冷式
PC[®] Free From[™]
split chicken wings
fresh
21000781

4⁹⁸ **LB**
10.98/kg

CERTIFIED
SUSTAINABLE
SEAFOOD
MSC
www.msc.org



節省高達 2.01 LB

fresh 黑線鱈魚
haddock fillets
from the service case,
subject to availability
20102738

10⁹⁸ **LB**
24.21/kg



新鮮
小火雞
PC young turkeys
fresh, selected sizes, 20000339/20003349
20000000/20000339/20003349

2²⁸ **LB**
5.03/kg



意式
麵包
D'Italiano
buns - pkg of 4 or
bread 454 g
selected varieties
20000000/20000000

2⁰⁰ **EA**

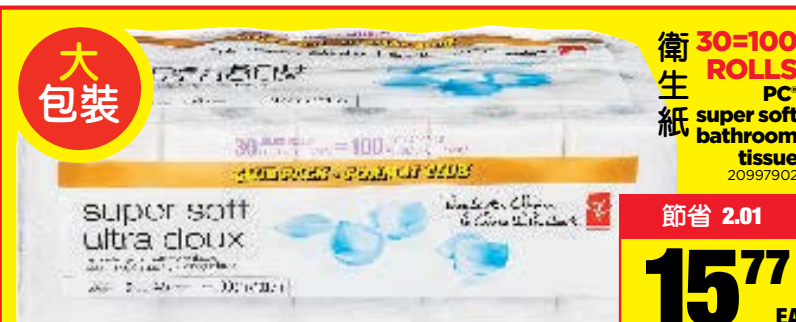


燒豬肉/小牛肉餡
PC[®] Free From[™]
picnic roast
bone-in \$8.77/kg
or lean
ground veal
454 g
21095289

節省 .30 LB/EA

3⁹⁸ **LB/EA**

大包裝



衛生紙
30=100 ROLLS
PC[®]
super soft
bathroom
tissue
20997902

節省 2.01

15⁷⁷ **EA**



扇貝/貽貝
SeaQuest[®]
bay scallops
or
New Zealand
green lipped
mussels
frozen, 454 g
20151325

6⁹⁸ **EA**



豬裏脊
pork loin thirds
rolled in cornmeal
20145616

節省 1.71 LB

2⁷⁸ **LB**
6.10/kg

加國海鮮



青口貝
Canadian Cove
fresh mussels
907 g
or live
Atlantic
mussels
2 lb,
subject to
availability
20992437

4⁹⁸ **EA**



芝士蛋糕
no name[®]
cheesecake
selected varieties,
frozen
500 g
21080951

5⁰⁰ **EA**

Foodland
ONTARIO 各類南瓜
butternut, spaghetti,
acorn, buttercup or
kabocha squash
product of Ontario
20071263001

.98 **LB**
2.16/kg

一級
菜花
cauliflower
product of Canada,
no. 1 grade
20135377001

1⁹⁸ **EA**

菠蘿
pineapple
product of Costa Rica
20160992001

2⁴⁸ **EA**



甜椒/蘆筍
Farmer's Market[®]
sweet peppers
club size, pkg of 4,
product of Canada or Mexico
or asparagus
product of Peru, no. 1 grade
8.77/kg 2017550001/20174581001

3⁹⁸ **EA/LB**



黑李子
black plums
product of U.S.A. or Spain,
no. 1 grade
20159199001

1⁹⁸ **LB**
4.37/kg

Foodland
ONTARIO



每袋3磅
胡蘿蔔/黃洋蔥
Farmer's Market[®]
carrots or yellow
onions product of
Ontario, Canada no. 1 grade
20600927001/20811994001

1⁹⁸ **EA**

Foodland
ONTARIO



Beefsteak
tomatoes
product of Ontario,
Canada no. 1 grade
20426141001

番茄

1⁴⁸ **LB**
3.26/kg



芹菜
celery
product of Canada,
no. 1 grade 20163119001

1⁴⁸ **EA**

大包裝



2磅
一級草莓
strawberries
product of U.S.A.,
no. 1 grade
20069661001

5⁹⁸ **EA**

價格有效期：2019年10月10-16日；營業時間：7am-11pm 節日期間：14日(週一)休息；13日(週日)7am-8pm

South Kanata Superstore
760 Eagleson Road, Kanata
613-254-6050

Westboro Superstore
190 Richmond Road, Ottawa
613-722-5890

South Orleans Superstore
4270 Innes Road, Orleans
613-824-0842