

Your Co-op Specials



February 7th – February 13th, 2010

Your Co-op: The Best Deal in Town

WOW SPECIALS!

Bakery

- “Pie of the Week” Cherry \$3.99
Saxby Chocolate Fudge Cake \$10.99
Farley Hills Garlic Breadsticks 2/\$4.00

Store Hours

Mon. & Tues. 9 am – 7 pm
Wed. to Fri. 9 am – 9 pm
Saturday 9 am – 7 pm
Sunday 10 am – 6 pm

Gas Bar Hours

Mon. to Sun. 6 am – 11 pm



Meat

- Striploin Grilling Steak, Family Pack \$11.00 kg./\$4.99 lb.
Country Morning White Cooked Shrimp Ring 30/35 227 gm. \$2.99 ea.

Produce

- Fresh Express Garden Salad Package 454 gm. \$1.99 ea.
Whole White Mushrooms 200 gm. 2/\$4.00
Chocolate Dip and Fondue 283 gm. \$2.99 ea.

Deli

- All Landana Cheese, Assorted Flavours \$1.59/100 gm.
Pillar Hot Pepperoni \$2.99 ea.
Beef or Chicken Mini Meat Pies \$0.79 ea.

Grocery

- Dole Pineapple Tidbits 398 ml. \$0.99
Kellogg's Special K Vanilla Almond 400 gm. \$4.99
Taipan Chow Mein Noodles 397 gm. 2/\$4.98
Co-op Gold Mild Cheese 900 gm. \$9.99



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Meat

Pork Side Ribs, Breast Bone Off
Family Pack \$4.17 kg./\$1.89 lb.

Lean Ground Pork
Regular Pack \$5.49 kg./\$2.49 lb.

Fresh Chicken Legs Back Attached
Family Pack \$3.73 kg./\$1.69 lb.

Aqua Star King Crab Legs
Frozen \$25.99 ea.
907 gm.

Mitchell's Thick Sliced Side Bacon \$9.99 ea.
1 kg.

Schneider's Lunchmate Stackers
Selected Varieties 2/\$5.00
111 gm.

Schneider's Lunch 'N Snack
Sausage Sticks \$5.99 ea.
500 gm.

All Beef Gluten Free Sausage
Store Made \$4.39 kg./\$1.99 lb.



Valentine's Day Lobster
Special! 1.5 lb Lobster Only
\$19.99

Orders can be placed with the
Meat Department in person or
by Phone. Please call 873-5770
ext.229 Orders must be placed
before February 11th

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Look For the
SUPERBOWL
SPECIALS
Sunday Only

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Deli

Italian Balsamic Vinegar of Modena 250 ml. \$4.99

Clover Leaf Cheese Balls 227 gm. \$5.99 ea.
Garden Vegetable or Sharp

Grimm's Smoked Turkey Breast \$9.99 ea.
500 gm. Package



Bakery

Baker Boys Cinnamon Twists \$6.99

Max's Dessert Cups \$1.99

2 Bite Macaroons \$3.49
Chocolate and Coconut



Produce

Broccoli Crown Cut \$4.39 kg. / \$1.99 lb.

Tri-Color Peppers \$4.99 ea.

1 Pint Concerto Grape Tomatoes \$3.99 ea.

3 Bulb Garlic \$0.99 ea.

Avocadoes \$1.29 ea.

Asian Pears \$2.85 kg. / \$1.29 lb.

Red Delicious Apples \$2.85 kg. / \$1.29 lb.



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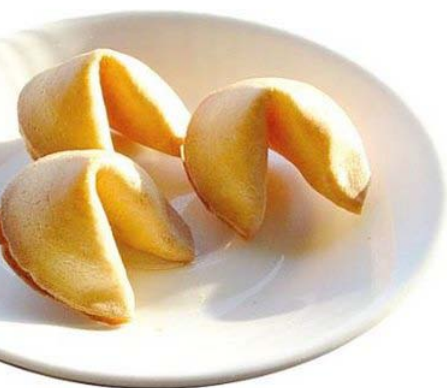


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Grocery

Kellogg Special K Strawberry Bars	\$2.99 132 gm.	Kellogg Nutrigrain Raspberry Cereal Bars	\$2.99 8 ea.
VH Stir Fry Sauce Teriyaki	2/\$4.98 355 ml.	Co-op Gold Rising Crust Deluxe Pizza	\$5.99 859 gm.
Ka-Me Peanut Satay Noodle Box	\$4.49 330 gm.	Simply Asia Spicy Kung Pao	\$3.99 240 gm.
Kellogg All Bran Oatmeal	\$2.99 180 gm.	Co-op Gold Old Cheddar	\$9.99 ea 900 gm.
China Sun Rice Vermicelli	\$1.99 250 gm.	Eastern Star Whole Water Chestnuts	\$1.19 ea. 227 ml.
Hot Kid Rice Crisp Original	\$1.99 100 gm.	Taipan Oyster Sauce	2/\$4.98 350 ml.
Dragon King Cut Baby Corn	2/\$2.88 398 ml.	Taipan Fortune Cookies	\$1.99 ea.



Co-op Gold Thin Crust Pizza \$5.99
BBQ Chicken or Sicilian 462 gm.

