



Sal's



PROUDLY CANADIAN
WE SUPPORT TE
LOCAL FARMERS



2/51
600 g
SanMar's
Glazers

DURHAM LOWEST PRICES.

**GUARANTEE LOWEST PRICES
ON YOUR GROCERY BILL!**



HOME OF THE .99¢ HAM!

FLYERS EFFECTIVE FROM AUG 14 - AUG 20TH

Sal's WEEKLY FRESH DEALS!

Get More for Less

FLYERS EFFECTIVE FROM AUG 14 - AUG 20



5.88 lb
12.96 kg
CHICKEN BREAST BONELESS



8.99 lb
19.82 kg
TIP STEAKS
SATURDAY AUG 15 ONLY!



11.17 lb
24.63 kg
VEAL CUTLETS
SUNDAY AUG 16 ONLY!



ONLY \$2.49
3 pack
Romaine Lettuce Hearts



ONLY .99¢
100g
Sugarbush Maple Ham



ONLY \$5.99
900g-450g
Kraft Cheez Whiz



ONLY \$2.99
215 - 343g
Kellogg's Frosted Flakes



ONLY \$2.99
230g
MacLarens Imperial Cheese Spread



ONLY 3 for \$5
160-200g
Ingrano Garlic Bread / Margherita / Veggie Delight Pizza



ONLY \$3.99
375g-450g
Schneiders Red Hot / Juicy Jumbos Hot Dogs Original Blend



ONLY \$3.99
2L
Ocean Spray 100% Cranberry Juice

Grocery

FLYERS EFFECTIVE FROM AUG 14 - AUG 20



2.99
465g
Quaker Protein Oat Cereal



1.99
650ml
Kraft Miracle Whip Original Squeeze



1.99
340ml
Aurora Roasted Peppers



1.99
207g
Taco Bell Mild / Hot Sauce



2.99
400g
Weetabix Whole Grain Cereal Biscuits



.99¢
48ml
Mio Vitamins Cherry / Blackberry Raspberry



3/\$2
450ml
Mogu Mogu Lemon / Peach Iced Tea



3.99
110g
Tassimo Long Espresso Single Serve T-Discs



1.49
76-110g
Nestle Coffee Crisp Mix-Ups / Drumstick Bites Wafer Cone



3/\$1
141.7g
Stellar Snacks Pretzel Braids French Dijon



1.99
384g
Kellogg's Pop Tarts Birthday Berry / Unfrosted Strawberry



.99¢
175-200g
Kraft Dinner Original / Spirals Macaroni and Cheese Dinner



1.99
155g
Pringles Miniles Cheddar and Sour Cream Flavored Puffed Snacks



3.99
2L
Old Dutch Summer Fresh Liquid Laundry Detergent



3/\$5
425g
Taco Bell Creamy Crunch Supreme / Spicy Bean Dip



1.99
31g
Celestial Seasonings Earl Grey Creme Black Tea

Dairy

FLYERS EFFECTIVE FROM AUG 14 - AUG 20



1.99
550g
Icim Labneh Spread Cheese



2.99
150g
Maison Riviera Aged Cheddar Cheese grated



3.99
12 Count
Gray Ridge White Eggs Grade A Large



2.49
227g
Philadelphia Jalapeno Cheddar Cream Cheese



9.99
907g
Black Diamond Shredded Mozzarella Cheese for Pizza & Pasta



2.49
371-384g
Hershey's S'mores / Jell-O Oreo / Strawberry Cheesecake



1.49
350ml
Renee's Homestyle Ranch Dressing



4.99
454g
Beatrice Unsalted Butter



2.99
1kg
Sofina Foods Cooked Ham Pieces



1.49
280g
Philadelphia Whipped Cream Cheese Frosting



5.99
800g
Mastro Casalingo Salami



3.99
300g
Mastro Chorizo / German Salami

Bakery Favourites!



3.99
12 Pack
Dempster's Signature Classic Burger Buns



2.99
6 Count
Soft Italian Sub Rolls



3.29
2 Units
Fresh All Beef Sausage Rolls



3.99
3 Patties
Fresh Jamaican Beef / Chicken Patties

Butcher's Finest

FLYERS EFFECTIVE FROM AUG 14 - AUG 20



11.99 lb
26.43kg
T-Bone Steaks



8.99 lb
19.82kg
Outside Roast



5.99 lb
13.21kg
Lean Ground Beef



8.99 lb
19.82kg
Tip Roast



11.17 lb
24.63kg
Beef Sandwich Steak



9.99 lb
22.02kg
Top Sirloin



9.99 lb
22.02kg
Boneless Blade Steak & Roast



11.17 lb
24.62kg
Beef Short Ribs

Fresh Pork



2.99 lb
6.59kg
Pork Rib End Tenderloin



3.49 lb
7.69kg
Pork Butt Roast



3.49 lb
7.59kg
Picnic Roast & Steaks



2.99 lb
6.59kg
Ground Pork

Fire the grill!



2.99 lb
6.59kg
Fresh Chicken Legs



2.49 lb
5.49kg
Fresh Chicken Drumsticks



4.49 lb
9.90kg
Chicken Split Wings



1.49 lb
/100g
Carver's Choice Smoked Half Ham

Frozen

FLYERS EFFECTIVE FROM AUG 14 - AUG 20



9.99
500g
Frozen White Shrimps Peeled



4.99
900g
Butcher's Selection Jumbo Hot Dogs



3.49
336-357g
Mizafi Masala Omelette / Panier / Butter Chicken Bites



6.99
800g
Frozen Fully Cooked Chicken Nuggets / Chicken Balls



.99¢
160g
Ingrano Vegetable Frankie / with Schwan Sauce



3.99
230g
Frozen Raw Breaded Shrimps



4.99
2kg
Frozen Thick Coated Extra Large Fries



3.99 lb
8.80kg
Frozen Basa Fillet



1.99
280g
Healthy Choice Cauliflower Curry Power Bowls



1.99
686g-227g
Bakery Fresh Cupcakes / Donuts / Brownies



4.99
400g
Frozen Crispy Tempura Onion Rings



9.99
852g
Belmont Meats Cheese and Bacon Beef Burgers



2.99
200-312g
Crave All Day Breakfast Bacon & Egg Scramble / Spicy Thai Chicken



2.49
450g
Butter Croissants Ready to Bake



2.49
800g
Cavendish Farms Classic Hash Browns Skin-On Diced



5.99
680g
Watson Ridge Chicken Nuggets, Popcorn, Burger

Deli

FLYERS EFFECTIVE FROM AUG 14 - AUG 20



1.29
/100g
Delfresh Oven Roasted Black Forest Ham



.99¢
/100g
Buffalo Oven Roasted Chicken



.99¢
/100g
Cooked Turkey Breast



1.49
/100g
Smoked Turkey Breast



1.29
/100g
Regular or Lean Mortadella



1.99
/100g
Mild Genoa Salami



1.49
/100g
Pastrami



1.99
/100g
Hot / Mild Calabrese



2.99
/100g
Prosciutto



1.49
/100g
Off the Bone Ham



1.99
/100g
Angus Roast Beef



.99¢
/100g
Rosemary or Tuscany Oven Roasted Ham

Cheese



1.99
/100g
Marble Cheese



1.99
/100g
Baby Gouda



1.99
/100g
Medium White Cheddar



1.99
/100g
Fontal Melting Cheese

IN OSHAWA

385 STEVENSON RD N
OSHAWA, ON L1J 5Y6
905-579-0200



STORE HOURS:

Monday - Saturday
8:00 am - 9:00 pm

Sunday
8:00 am - 8:00 pm

IN AJAX

120 HARWOOD AVE
SOUTH AJAX, ON L1S 2H2
905-426-6847

FRESH QUALITY
LOW PRICES
GREAT SERVICE

**START
SAVING
TODAY!!**