



# October MONTHLY FEATURES

**pitchfork**  
MARKET + KITCHEN

SHOP HEALTHY . SHOP ORGANIC

**20% OFF**

Entire Line of  
Kusmi Tea Products



**BOGO 50%**

Individual Chicken  
or Beef Pot Pies



**15% OFF**

**FAVUZZI**  
products



## PRODUCE SPECIALS



**Drake Meats**  
Boneless Ham Steak

**\$6.80/lb**



**Mashed Potatoes**

**\$6.00/each**



**Simply Organic**  
Gravy Mix  
24-28 g

**\$2.89/each**



**Casita Foods**  
Croissants  
160 g

**\$6.99/each**

## MEAT & DELI | DAIRY & FROZEN SPECIALS



**Earthbound Farm**  
Frozen Vegetables  
255-350g

**\$4.49/each**



**Eat Wholesome**  
Garlic Dill Pickles  
750 ml

**\$8.99/each**



**Jenny's Delectables**  
Stuffed Potatoes  
6 pack

**\$15.99/each**



**Sober Carpenter**  
Non Alcoholic Craft Cider  
473 ml

**\$3.49/each**

## MARKET ESSENTIALS



**Bobs Red Mill**  
Brownie Mix  
595 g

**\$9.99/each**



**Namaste**  
Muffin & Scone Mix  
453 g

**\$11.99/each**



**Simply Delish**  
Sugar Free Pudding  
48 g

**\$3.89/each**



**Farmers Market**  
Pumpkin Puree  
398 ml

**\$4.79/each**



# This Week WEEKLY SPECIALS

**pitchfork**  
MARKET + KITCHEN

SHOP LOCAL . SHOP HEALTHY

Check out this week's hot deals from October 2nd - 8th | Shop In-Store or Online

## HOT DEAL!

**Pork Loin Roast**  
**\$13.49/lb**

(Regular \$15.99/lb)



**Cyrus O'Leary Mini Pies**  
198 g

**\$5.59**/each



**Better Than Fudge Brownie**

**\$4.00**/each

## BAKERY FEATURES



**Apple Fritters**

3 pack  
**\$3.99**/each



**White Crusty Rolls**  
6 pack

**\$2.99**/each

## MEAT & DELI



**Sweet Potatoes**

**\$2.29**/lb  
Regular \$2.49/lb



**Romaine Lettuce**

**\$3.29**/each  
Regular \$3.49/each



**Yellow Onions**

3lb bag  
**\$3.19**/each  
Regular \$3.49/each



**Red/Russet Potatoes**  
5lb bag

**\$5.49**/each  
Regular \$5.99/each

## DAIRY & FROZEN SPECIALS



**Dairyland Whipped Cream**  
225 g

**\$4.99**/each  
Regular \$5.69/each



**Foothills Creamery Butter Salted**  
454 g

**\$8.29**/each  
Regular \$9.49/each



**L'extra Double Cream Brie**  
170 g

**\$6.29**/each  
Regular \$6.99/each



**Aunt Kathy's Pies**  
750 g

**\$5.49**/each  
Regular \$5.99/each

## INTERNATIONAL FLAVOURS



**Ocean Spray Cranberry Sauce**  
348 ml

**\$2.79**/each  
Regular \$3.29/each



**Raincoast Crisps Assorted**  
150 g

**\$5.49**/each  
Regular \$6.29/each



**Bick's Sliced Beets**  
750 ml

**\$4.99**/each  
Regular \$5.49/each



**Stove Top Stuffing**  
120 g

**\$2.69**/each  
Regular \$2.99/each