



When there's no time to cook, dinner is always ready at Belbin's. With over 50 homemade selections in individual and family sized portions, we've got you covered. Just heat and enjoy!



Home Delivery for under \$5.00

We can pick, pack, and deliver your groceries all for just \$4.99 — something to think about on those busy and not-so-shopping-friendly winter days! Call or order online.

BELBIN'S GROCERY
SHOPPING MADE SIMPLE

85 Quidi Vidi Rd. 576-7640
www.belbins.com

Open Seven Days a Week

BELBIN'S GROCERY

SHOPPING MADE SIMPLE

Featured Specials

CHECK THIS OUT!

Rump Roast

Canada A Grades
Hand Cut & Trimmed.

5.69 lb



*** April 20-26th**

Beef Goulash, 500g

Made in our own kitchen using Belbins lean ground beef, tender pasta noodles and our own tomato sauce, everyone's favourite. Heat & Serve.



6.95

Chocolate Bark

Store made chocolate bark using the finest ingredients including top quality Belgian chocolate. Assorted flavours to choose from. Random weights.

\$1.99 per 100g



*** April 27 - May 3rd**

Curried Chicken Soup, 500ml

Thick & creamy, made with fresh chicken breast with mushrooms & apricot, truly delicious! Heat & Serve.



5.49

Prices in effect April 20 - May 3, 2017

Maple Leaf
Bologna
Store Sliced



3.39 lb

New Zealand
Lamb Sausages
Frozen 500g



6.95

Old Port
Boneless Salt Meat
Vacum Packed



6.59 lb

Ocean Jewel
Uncooked Shrimp
21-25 ct / 908g



23.95 bag



Large Navel Oranges
Product of USA
1.19 ea



Golden Delicious Apples
Product USA
.89 ea



Fresh Corn
Product of USA
2 for 1.89



Green Beans
Product of USA
2.89 lb

Central Daries
Margarine
454g Block



1.39

Cracker Barrel
Cheese Slices
Assorted 220-240g



6.59

Burnbrae
Simply Egg
Whites 2 x 250ml



3.79

Almond Breeze
Non Dairy Beverage
Assorted 946 ml



3.49

McVities
Digestive Cookies
Assorted 300-400g



3.29

Tetley
Speciality Teas
Assorted 20-24's



3.69

Robertsons
English Marmalades
Assorted 250ml



3.49

McCain, 260g
Assorted Marche
Pizza Pockets



4.29

Ghirardelli
Chocolate Chips
Assorted 326g



4.59

Kraft, 250g
Jet Puffed
Marshmallows



1.39

Fussells, 170ml
Thick Cream
Product of Holland



1.98

Motts
Apple Juice, 1.82L
Original & Natural



2.98

Spectrum
414g, Organic
Coconut Oil



8.95

Maxwell House
Instant Coffee
200g Jar



4.95

Thai, 400ml
Coconut Milk
Reg / Lite



3.69

Success, 398ml
Grapefruit Segments
In Light Syrup



1.95

Sensations
Basmati Rice
900g Bag



4.98

Robin Hood
Quick or Minute
Oats, 1 kg



2.99

Kraft Dinner
Macaroni & Cheese
Dinner, 225g



.99 box

Whiskas
Seafood / Meaty
Dry Cat Food, 1kg



4.99 bag

Mr Clean
Magic Erasers
2 pads per pak



3.49

Tide Pods
Laundry Detergent
Tabs, 14's



5.69

SpongeTowels
Econo Towels
2 Roll Pak



1.49

Cashmere
Dinner Napkins
3 ply / 50's



4.98