



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!

**Cross Rib
Boneless Pot Roast**
Hand Cut & Trimmed
Canada A Grades
5.99 lb



*** June 15-21st**

Blackened Salmon Dinner
Generous portion of Atlantic Salmon fillet served with roasted baby red potatoes, lima beans & corn. Heat & Serve. 475g



10.95

NL Berry Almond Galette, 200g
Flakey crust with Belbins own filling consisting of blueberries, partridgeberries & almonds. Warm & serve with ice cream or topping of your choice.



\$4.99

*** June 22-28th**

Prime Rib Dinner
Tender store roasted prime rib with garlic mashed potato & assorted fresh grilled vegetables. Heat & Serve. 525g



14.95

*** Prices in effect June 15-28, 2017**

Maple Leaf
Store Sliced
Bologna



3.59 lb

Halliday's
Fresh Beef
Sausages
3.99 lb



Chicken Thighs
Boneless & Skinless
Country Ribbon Fresh
5.49 lb



Cod Fillet
Fresh Boned
Newfoundland Cod
6.99 lb



Mango Fruit
Product of Peru
2.39



Bananas
Product of Tropics
1.09 lb



Carrots, 2 lbs
Product of Mexico
1.89



Brussel Sprouts
Product USA
2.99 lb

NL Eggs
Large White
Grade A Dozen



3.29

Becel
Assorted 454g
Margarines



2.99

Compliments
Shredded Cheeses
Assorted 180g



3.59

Lactanita
Garlic Butter
Foil Sticks, 125g



2.19

Belbins, 454g
Coffee Beans
Assorted Blends
11.59 bag



Tetley, 144's
Orange Pekoe
Tea Bags
8.95



Nyakers
Ginger Snaps
Assorted 150g
2.95



Golden Sun
Seedless Raisins
250g
1.89



Compliments
Breaded Cod Nuggets
Uncooked, 16+ pieces



6.95 454g

Compliments
Chicken Wings, 750g
Mild & Honey Garlic



9.95 box

Babybel
Original, Gouda &
Cheddar, 120-129g



4.59

Compliments
Basmati Rice
900g Bag
4.95



Kelloggs, 285-440g
Rice Krispies
& Corn Flakes
3.99 ea



Compliments
Multigrain
Crackers, 225g
2.29



IMPORTED

Ambrosia
Custards & Puddings
Assorted 400g
2.89 tin



Coyote, 900g
Pancake &
Waffle Mix
3.99



Robin Hood
7 lb Flour
All Purpose Enriched
4.79



Compliments
Party Nuts, 300g
60% Peanuts
4.99



S Pellegrino
Sparkling Mineral
Water, 750ml
1.98



Sunlight
Dish Liquid
1.5L Plastic
4.89



Sunlight
Laundry Powder
1.47 kg Box
7.95



J Cloth
Heavy Duty, 8's
Disposal Cloths
3.59



Cashmere
2 ply Bathroom Tissue
Double Rolls, 6's
3.98

