

**Dinner's Ready**  
Homemade Entrées, Soups & Desserts

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.



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

Open Seven Days a Week



**Featured Specials**

**Pork Loin Roast**  
Fresh Boneless Pork  
Hand Cut & Trimmed  
**3.99 lb**



**CHECK THIS OUT!**



**Belbins BBQ Sauces, 375ml**

Whether you're barbecuing beef, poultry, pork or seafood, one of our store made sauces will enhance the flavour. Can also be used as a marinade or dipping sauce, four great flavours to choose from.



**\$3.49 bottle**

**\* August 9-15th**

**Honey Curry Chicken Stir Fry**

Boneless chicken breast with fresh vegetable medley sautéed with Belbins Own Honey Curry dressing.  
Heat & Serve. 525g



**\$8.95**

**\* August 16-22nd**

**Wings & Salads**

Oven roasted wings prepared with Ernie's dry rub seasoning & served with Belbins Own Curried Rice and Broccoli Cheese salads



**\$8.95**

Prices in effect Aug 9-22 nd, 2018

**Strip Loin Steaks**  
Hand Cut & Trimmed  
Canada A Grades  
**11.95 lb**



**Bison Sausages**  
Canadian Bison  
Locally Made  
**8.95 lb**



**Maple Leaf**  
Regular & BBQ  
Wieners, 375-450g  
**2.99 pk**



**Maple Leaf**  
Natural Smoked  
Ham 600g  
**7.99 ea**



**Bananas**  
Product of Tropics  
**.89 lb**



**Royal Gala Apples**  
Product Chile / 100's  
**3.79 for 4**



**Fresh Zucchini**  
Product of Mexico  
**2.98 lb**



**Fresh Corn**  
Product of Canada  
**2 for 1.69**

**NL Eggs**  
Large White  
Grade A Dozen  
**3.29**



**Multigrain Bread**  
Freshly Baked, Sliced  
Tilt House Bakery  
**3.29**



**Catelli Pastas**  
Spaghetti &  
Macaroni, 500g  
**1.39**



**Belbins Own**  
Sweet Mustard  
Pickles, 500ml  
**4.95**



**Store Packed**  
Fully Cooked Pies  
Assorted 450-650g  
**4.99 ea**



**Scotsburn 1.5L**  
'Family Favourites'  
Assorted Ice Cream  
**3.99 ea**



**Kicking Horse**  
Coffee Beans  
Assorted 454g  
**14.95**



**Christie 320-350g**  
Social Tea Biscuits &  
Dad's Oatmeal  
**3.98 pkg**



**Sun Maid**  
Pitted Prunes  
Bite Size 250g  
**3.98**



**Uncle Ben's**  
'Bistro Express'  
Assorted Rice Dishes  
**2.98**



**Heinz**  
Worcestershire  
Sauce 355 ml  
**3.59**



**V8 6x156ml**  
Vegetable Cocktail  
Original / Low Sodium  
**3.39**



**Kraft, 500ml**  
Strawberry &  
Raspberry Jams  
**4.98 ea**



**Kelloggs 285-450g**  
Rice Krispies &  
Corn Flakes  
**3.29 box**



**Purity**  
Original Jam Jam  
Cookies, 425g  
**3.99**



**Clover Leaf**  
Skipjack Tuna 170g  
Chunked / Flaked  
**1.79 tin**



**Ritter Sport**  
Chocolate Bars  
Assorted 100g  
Imported from Germany  
**2.99**



**Neal Brothers**  
'Real Tasty' Salsa  
Assorted 410 ml  
**3.99**



**Pam**  
Baking Sprays  
Assorted 141-170g  
**4.59**



**Ruffles**  
Potato Chips  
Assorted 220g  
**2 for 6.00**



**Stonewall Kitchen**  
Liquid Hand Soap  
Assorted 500 ml  
**9.95 ea**



**green works**  
Household Cleaners  
Assorted 650-946 ml  
**3.79 ea**



**J Cloth**  
Heavy Duty 5's  
Disposable Cloths  
**2.99**



**Billy Boot**  
Household Trash  
Bags, 40's  
**6.99**

