

Look what's new!

We're On Facebook & Twitter
Visit our website: www.lindos.bm

Get them while they're still around!

NEW Boost your metabolism!

- Scoops of Wholesome Almonds
- Nutritious Pumpkin Seeds
- Fiber Packed Multi Grain Flakes & Clusters with Sunflower Seeds

Post
GREAT GRAINS Protein Blend
Honey, Oats & Seeds
14.75 oz.
\$6.29



Planters Limited Edition Mixes **\$8.99** 16.5 oz.

Bursting with berry goodness!
Summer Berry Mix

A delightful nutritious mix of peanuts, cranberries, almonds, blueberries & strawberries

Exploding with flavour!
Stars & Stripes

A nut and chocolate mix - peanuts, raisins, almonds, chocolate covered peanuts, chocolate candy pieces, & cranberries

Have you tried them yet?

NEW
Cool Whip Frostings

Vanilla, Cream Cheese, Chocolate
\$4.33 10.6 oz.

FIND THEM IN THE FREEZER CASE

Dreamy, creamy & spreads so evenly!



Grocery Aisles Specials

Stock up on Pantry Goods

SKIPPY ROASTED HONEY NUT PEANUT BUTTER 16.3 oz. **\$3.20**

DELMONTE STEWED TOMATOES Cajun, Mexican, Italian 14.5 oz. **\$1.89**

LIBBYS FRUITS Sliced Peaches, Fruit Cocktail, Chunky Mixed Fruit 234 gm. **\$1.35**

DELMONTE FRUIT CHILLERS Strawberry, Mango 4 pk. **\$5.35**

PLANTERS TRAIL MIX Nuts, Seeds & Raisins 8 oz. **\$2.95**

JOY COLOR CONES 18 pk. **\$3.59**

KOOL POPS POPSICLES 24 pk. **\$2.79**

PLANTERS PEANUT OIL 24 oz. **\$5.69**

Cereals & Grains

NESTLE CINI MINIS CEREAL 345 gm. **\$4.89**

RONZONI GARDEN DELIGHT PENNE RIGATI 12 oz. **\$1.65**

Condiments & Sauces

HELLMANN'S SQUEEZE MAYONNAISE ... 9 oz. **\$3.15**

BULLSEYE BBQ SAUCE All Flavours 18 oz. **\$2.49**

Beverages & Mixes

HIGHLAND SPRING WATER 1.5 ml. **\$1.55**

LIPTON ICED TEA DRINKS 6 pk. **\$3.99**

OCEAN SPRAY DRINKS & JUICES Cranberry Lime Cocktail, Tangerine Orange, Mango Pineapple, White Cranberry Strawberry, 100% Cran-Raspberry, Cranberry Cocktail 64 oz. **\$5.35**



Freezer Case Specials

SEABEST SALMON FILLETS 1 lb. **\$10.73**

STOUFFER'S FAMILY SIZE VEGETABLE LASAGNA 96 oz. **\$23.39**

TOTINO'S PIZZA ROLLS 7.5 oz. **\$3.37**

JENNIE-O TURKEY BURGERS 3 lb. **\$10.49**

WEAVER CHICKEN STRIPS 28 oz. **\$6.93**

GREEN GIANT CORN ON THE COB 12 ear **\$5.20**

TYSON IQF BONELESS/SKINLESS CHICKEN BREAST 40 oz. **\$11.55**

PICTSWEET VEGETABLES Cut Corn, Peas & Carrots, Sliced Carrots, French Style Green Beans, Cut Green Beans, Mixed Vegetables 16 oz. **\$2.85**

YOSICLE YOGURT POPSICLES Chocolate & Vanilla 8 pk. **\$8.13**

From the Dairy & Chill Cases



BREAKSTONE'S SOUR CREAM 16 oz. **\$3.63**

JELL-O PUDDING SNACKS Chocolate/Vanilla Swirl, Chocolate 6 pk. **\$3.49**

BUY ONE GET ONE FREE Regular I CAN'T BELIEVE ITS NOT BUTTER 15 oz. **\$4.69**

PILLSBURY CRESCENT ROLLS 8 oz. **\$3.05**

BITONI RAVIOLI or TORTELLINI 9 oz. **\$5.45**

BITONI MARINARA SAUCE 15 oz. **\$5.69**

Healthy & Beauty Buys

DEGREE ADRENALINE SERIES FOR MEN ANTIPERSPIRANT & DEODORANT STICK Adventure, Extreme Burst, Everest, Sport Defense **\$6.20** 2.7 oz.

SUAVE ANTI-DANDRUFF SHAMPOO or CONDITIONER with nourishing Coconut & Shea Butter **\$5.75** 12 oz.

IRISH SPRING BODY WASH All Scents **\$6.09** 15 oz.

LEVER 2000 BATH WASH Pomegranate Coconut, Original, Rain **\$7.35** 16.9 oz.

Q-tips 100% Cotton Q-TIPS COTTON SWABS 170's **\$2.85**

HUGGIES NATURAL CARE WIPES - REFILLS FRAGRANCE FREE **\$9.45** 184's

HUGGIES SUPREME DIAPERS All sizes - all types **\$14.19** each

SCHICK QUATTRO DISPOSABLE RAZORS FOR MEN & WOMEN **\$4.35** 3 pk.

From the Deli Counter

CERTIFIED ANGUS BEEF ROAST BEEF **\$12.25** lb.
CERTIFIED ANGUS BEEF CORNED BEEF or PASTRAMI **\$11.75** lb.

ENGLISH BAKED HAM **\$12.69** lb.

ESSKAY HONEY HAM **\$6.49** lb.

From the Butcher

BEEF TENDERLOIN STEAKS **\$17.99** lb.

Household Helpers

FABULOSO ALL-PURPOSE CLEANER All scents 800 ml. **\$2.60**

FAB DETERGENT Ocean Breeze, Rain Forest, Spring Magic 50 oz. **\$5.99**

PALMOLIVE DISH DETERGENT All scents 10 oz. **\$2.35**

BOP INSECT SPRAY All types ... 600 ml. **\$5.29**



For Your Pet 100% Complete & Balanced Nutrition For Dogs of All Sizes KIBBLES 'N BITS DRY DOG FOOD All Varieties **\$6.95** 1.8 kg. The Bits Make It Better.™

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Lindos FAMILY FOODS 236-1344 128 Middle Road, Warwick Open: Mon., Tue., & Thurs. 8am to 7pm Wed., Fri. & Sat. 8am to 8pm