

Look what's new!



PLANTERS

NUT-rition

Provides the energy you need to take on your day!

PLANTERS
NUT-rition
SUSTAINING
ENERGY MIX

3 flavours available
Apple Cinnamon
Chocolate Nut
Honey Nut

8.6 oz. boxes
contains 5 packs
\$7.35



Boost your metabolism!

Honey, Oats & Seeds

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

Cinnamon Hazelnut

- Scoops of Wholesome Almonds
- Nutritious Hazelnuts
- Fiber Packed Multi grain Flakes & Clusters with Real Cinnamon



Post
GREAT GRAINS
Protein Blend
14.75 oz.
\$6.29

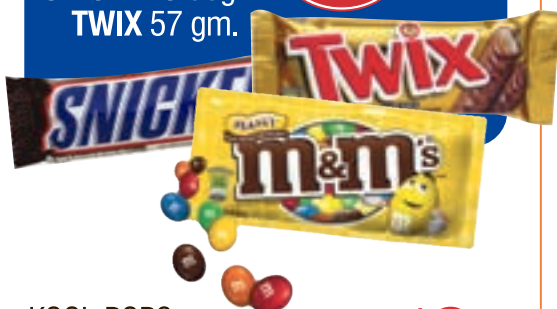
Grocery Aisles Specials

Stock up on Pantry Goods

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|---|---------------|
| KNORR RICE IN SAUCE 4.5 oz. | \$1.85 |
| JACK RABBIT GREEN SPLIT PEAS ... 16 oz. | \$1.69 |
| DELMONTE SUMMER CRISP CORN 11 oz. | \$1.35 |
| GEISHA WHITE TUNA IN WATER 7 oz. | \$2.89 |

CHOCOLATE BARS

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| M&M PEANUT 48 gm. | 89¢ EACH |
| SNICKERS 58gm. | |
| TWIX 57 gm. | |



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|---|---------------|
| KOOL POPS POPSICLES 24 pk. | \$2.79 |
| ELKES CREAM COOKIES Bourbon, Vanilla 150 gm. | \$1.39 |
| OLD DUTCH POTATO CHIPS All Dressed, BBQ, Ketchup 200 gm. | \$4.95 |
| KANGAROO ALL FLAVOURS PITA CHIPS 9 oz. | \$3.35 |

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| HUMPTY DUMPTY POPCORN TWISTS ... 175 gm. | \$4.69 |
| HUMPTY DUMPTY PARTY MIX 300 gm. | \$3.90 |

Household Helpers

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| AJAX DETERGENT With Bleach, Original 50 oz. | \$4.45 |
| PALMOLIVE All scents DISH DETERGENT 25 oz. | \$4.45 |
| COTTONELLE CLEAN CARE TOILET PAPER 12 pk. | \$12.45 |
| SCOTT CHOOSE-A-SIZE PAPER TOWELS 6 pk. | \$12.55 |

Healthy & Beauty Buys

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| SUAVE ALL SCENTS BODY WASH 12 oz. | \$3.55 |
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Condiments & Sauces

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| RAGU SAUCES ALL FLAVOURS 28 oz. | \$3.19 |
| HUNTS BBQ SAUCE ALL FLAVOURS 21 oz. | \$1.89 |
| HELLMANN'S MAYONNAISE 15 oz. | \$3.99 |
| KIKKOMAN STIR FRY SAUCE 12 oz. | \$3.69 |

Cereals, Grains & Pasta

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|---|---------------|
| CATELLI SPAGHETTI 500 gm. | \$1.59 |
| UNCLE BEN'S ALL FLAVOURS COUNTRY INN RICE 6 oz. | \$2.19 |
| CAROLINA PAR-BOILED RICE 5 lb. | \$5.25 |
| NESTLE CHEERIOS Apple Cinnamon 363 gm. | \$4.89 |

Beverages & Mixes

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| MINUTE MAID ALL FLAVOURS COOLERS 10 pk. | \$5.49 |
| OCEAN SPRAY DRINKS Cran-Apple, Mango Pineapple, White Cranberry, 100% Cranberry, Tangerine Orange, Cran-Grape 64 oz. | \$5.35 |

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|---|---------------|
| MUSSELMANS CLEAR APPLE JUICE 64 oz. | \$3.75 |
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From the Deli Counter

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|---|-----------------------|
| HORMEL SPICED HAM | \$4.85 lb. |
| DIETZ & WATSON BEEF BOLOGNA | \$7.25 lb. |
| DIETZ & WATSON BLACK FOREST HAM | \$11.15 lb. |

Freezer Case Specials

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| SEABEST TILAPIA FILLETS 1 lb. | \$5.13 |
| STOUFFER'S FAMILY SIZE LASAGNA Vegetable, Meat .. 90 oz. | \$23.39 |
| JENNIE-O TURKEY BURGERS 3 lb. | \$10.49 |
| GREEN GIANT CORN ON THE COB 6 ear | \$3.27 |
| GREEN GIANT ALL FLAVOURS PASTA ACCENTS 24 oz. | \$6.59 |
| CAVENDISH FRENCH FRIES Crinkle, Shoestring, Straight, Country 2 lb. | \$3.05 |
| TOTINO'S ALL FLAVOURS PIZZAS 10.9 oz. | \$3.59 |
| TYSON HONEY BATTERED CHICKEN TENDERS ... 13.25 oz. | \$4.39 |
| WYMAN'S MANGO CHUNKS 15 oz. | \$3.93 |
| HAAGEN DAZS ALL FLAVOURS ICE CREAM pints | \$6.09 |

Dairy & Chill Cases

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| PILLSBURY JR GRAND BISCUITS 12 oz. | \$2.03 |
| KRAFT PHILADELPHIA CREAM CHEESE Spinach & Artichoke 8 oz. | \$3.43 |
| KRAFT DELI SLICED CHEESE Sharp Cheddar, Swiss, Mild Cheddar 8 oz. | \$4.99 |

50% off
*SELECTED

I can't believe it's not Butter!

15 oz. tubs
Original, Original Light,
Olive Oil or Light Olive Oil



NOW ONLY \$2.19

Bell & Evans
AIR-CHILLED

BELL & EVANS ORGANIC BONELESS CHICKEN THIGHS **\$6.79** lb.



Bake up some smiles

| | | | |
|--|---------------|--|---------------|
| NESTLE TOLL HOUSE SUGAR COOKIE DOUGH 16.5 oz. pkg. | \$5.07 | BETTY CROCKER COOKIE MIX Sugar, Oatmeal, Chocolate Chip, Double Chocolate Chunk, Oatmeal Chocolate Chip 17.5 oz. bag | \$2.99 |
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Lindo's MARKET

LINDO'S MARKET
4 Watlington Road East, Devonshire
Tel: 236-5623
PHARMACY:
t: 236-7732 f: 236-4055
email: pharmacy@lindos.bm

Lindo's FAMILY FOODS

LINDO'S FAMILY FOODS
128 Middle Road, Warwick
Tel: 236-1344
PHARMACY:
t: 236-0010 f: 236-0009
email: rxd@lindos.bm

Why Go Anyplace Else?

STORE HOURS:
Mon., Tues. & Thurs. 8am to 7pm
Wed., Fri. & Sat. 8am to 8pm

web: www.lindos.bm