

pork Be inspired®



Pork Roulade
Find the recipe on
www.lindos.bm

Get inspired with Pork!

It's time for the 'other white meat' to make a grand appearance on the fall menu! Today, most cuts of pork are leaner than ever. Packed full of protein, pork is a great alternative to higher fat meat and perfect for low-carb diets!

Smithfield

SMITHFIELD PORK SIRLOIN ROAST \$3.69 lb.

SMITHFIELD PORK TENDERLOIN \$5.99 lb.

From the FREEZER CASES

Sea Best Salmon Fillets \$11.15
1 lb. bag

Le Fe Cassava \$8.69
Imported - 5 lb. bag

Birdseye Vegetables \$3.15
Broccoli/Cauliflower/Carrot Blend, Broccoli/Corn/Red Pepper Blend, Broccoli/Carrots & Water Chestnuts
16 oz. bag

Cavendish French Fries \$3.05
Crinkle, Country, Straight, Steak 2 lb. bag

Tyson IQF Chicken Drumstick/Thigh Combo \$10.33
5 lb. bag

Totino's Pizzas \$3.73
All Varieties-10.9 oz box

Wyman's Mixed Berries \$4.63
15 oz. bag



Dairy Cases

Esbenshade Farms Eggs \$1.99
1 doz./carton

Anchor Butter \$4.95
Salted, Unsalted
454 gm. pkg.

La Yogurt Yogurts \$1.09
All Types - 6 oz. container

Tropicana Premium Orange Juice \$5.59
Lots of Pulp, Some Pulp, Calcium, No Pulp
59 oz. carton

We Shall Never Forget
those who gave their lives so we might live

Remembrance Day

Deli Counter Buys

Always freshly sliced to order

Esskay HONEY HAM \$7.25 lb.

Hormel SPICED HAM \$4.85 lb.

How about ham on a poppy seed bun?

Sara Lee Oven Roasted CHICKEN BREAST \$9.25 lb.

Perdue Oven Roasted TURKEY BREAST \$6.25 lb.



Diced PORK FOR PIE \$3.69 lb.

PERDUE Boneless/Skinless CHICKEN BREAST \$4.49 lb.

Cut Up CHICKEN FOR PIE \$4.49 lb.

Canned & Dry Goods

Aunt Jemima Complete Pancake Mix \$3.99
Buttermilk, Regular - 2 lb. box

Aunt Jemima Syrup \$4.99
All Flavours- 750 ml. bottle

Twinnings Tea Bags \$4.99
English Breakfast, Earl Grey - 50 ct./box

Folger's 100% Colombian Ground Coffee \$5.99
10.3 oz. canister

Old Dutch Potato Chips \$4.59
All Flavours - 180 gm. bag

Bachman Restaurant Style Tortilla Chips \$5.35
10 oz. bag

Kellogg's Frosted Flakes \$6.99
19 oz. box

Pepperidge Farm Milano Cookies \$2.75
7 oz. bag

Pepperidge Farm Golden Butter Thin Crackers \$3.20
9.75 oz. box

Carolina Par-boiled Rice \$5.65
5 lb. bag

Catelli Macaroni \$1.89
500 gm. box

Pet Buys

Pedigree Dog Food \$1.15
13 oz. can

Whiskas Temptations Cat Food \$1.99
85 gm. bag



Beverages

Chamdor Sparkling Grape Juice \$5.25
All Varieties - 750 ml. bottle

Ocean Spray Cranberry Lime Cocktail, 100% Tangerine Orange, 100% Mango Pineapple, White Cranberry Strawberry, 100% Cran-Raspberry \$5.50
60 oz. bottle

Coke, Diet Coke, Sprite \$2.09
1 litre bottle

Pepsi (Diet or Reg.), Mountain Dew, 7-UP, Sierra Mist \$4.49
6 pk./12 oz. cans



CLOROX greenworks Dishwashing Liquid \$4.39
Free & Clear, Original, Tangerine
22 oz. bottle

Household

Ajax Ultra Laundry Detergent \$4.59
Original, Bleach
50 oz. jug



BAKING ESSENTIALS

ROBIN HOOD WHITE FLOUR \$3.95
5 lb. bag

WESSON COOKING OIL \$4.30
Canola, Vegetable
48 oz. bottle

MUSSELMAN'S BLUEBERRY PIE FILLING \$5.99
21 oz. can

LANTIC GRANULATED SUGAR \$2.10
4 lb. bag

SUNMAID RAISINS \$4.18
15 oz. box



MIXED PEEL \$3.79 lb.

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

Lindos FAMILY FOODS

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

Why Go Anyplace Else?
STORE HOURS:
Mon., Tues. & Thurs. 8am to 7pm
Wed., Fri. & Sat. 8am to 8pm
web: www.lindos.bm