

Get your mornings going in the right direction!

Kellogg's Special K Protein Shakes
Chocolate, Vanilla, Strawberry - 4 pk./bottles **\$10¹⁵**

Kellogg's Special K Cereal
Red Berries - 11 oz. box **\$6⁵⁵**

Kellogg's Special K Cereal Bars
Vanilla Crisp, Strawberry 6 pack box **\$4⁵⁹**



Winter Savings throughout the store!

Kashi Heart-to-Heart Instant Oatmeal
Apple & Cinnamon, Maple Brown Sugar - 12.1 oz. box **\$4³⁵**

Ensure Complete Nutrition Shake
Chocolate, Vanilla 4 pack/8 oz. bottles **\$14⁴⁹**



Kit Kat Chocolate Bar
Regular - 4 finger **\$1¹⁰** each

Everyone deserves a little indulgence now and then!

Cadbury Chocolate Bars
Whole Nut, Dairy Milk, Fruit & Nut, 75 gm. bar **\$2⁰⁰** each

Rowntree's Fruit Pastilles
52 gm. pkg. **\$1¹⁰** each



McVities Digestives
400 gm. **\$3²⁹**

Sunshine Cheez-its
Original - 7 oz. box **\$3⁸⁹**

Dole Raisins 6 pk./1.5 oz. pkg. **\$2⁹⁵**

Dole Fruit Bowls
All flavours - 4 pack **\$3⁹⁹**



NESCAFÉ Cappuccino
6 pack/box **\$3⁵⁵**

Heinz Ketchup
20 oz. bottle **\$3¹⁵**

Filippo Berio Extra Virgin Olive Oil Spray
200 ml. bottle **\$4⁵⁵**

Nesquik Chocolate Powder
10.9 oz. canister **\$3⁸⁵**

Grace Corned Beef
12 oz. can **\$3⁴⁵**

Heinz Baked Beans in Tomato Sauce
415 gm. can **\$2³⁹**

Bertolli Creamy Alfredo Sauce
Regular, Garlic 15 oz. jar **\$3⁵⁹**

Motts Apple Sauce
All Flavours - 6 pack **\$3³⁵**

Crisco Vegetable Oil
48 oz. bottle **\$5⁷⁹**

Motts Apple Juice
Clear - 64 oz. bottle **\$3⁸⁵**



Household

Arm & Hammer 2X Detergent
Tropical Burst, Sensitive Plus - 75 oz. jug **\$8⁸⁹**

Gladlock Snack Bags 50 ct./box **\$2⁶⁹**

Tilex Mildew Stain Remover
16 oz. spray bottle **\$3⁶⁵**

Glad Quick-Tie Tall Kitchen Bags
35- ct./13 gallon size **\$8⁷⁵**

Lysol Kitchen Cleaner
22 oz. spray bottle **\$3⁶⁵**

Lysol Toilet Bowl Cleaner
Original 24 oz. squeeze bottle **\$3²⁵**

Lysol All-Purpose Cleaner
Lavender Breeze - 40 oz. bottle **\$4¹⁵**

Save on Pet Food



ALPO Dog Food
All flavours 22 oz. cans **\$2¹⁰** each



Fancy Feast Variety Pack Cat Food
24 pack/cans **\$25²⁹** each



CLOROX Disinfectant Wipes
Lemon, Fresh 35 ct./canister **\$4³⁵**

Personal Care

Gillette 3X Gel Deodorant
Power Rush, Cool Wave, Sport 4 oz. stick **\$6²⁵**

Aim Gel Toothpaste
100 ml. tube **\$1²⁰**

Seven Seas Haliborange Immune +
10 caplets **\$7⁶⁰**

Worldwide Pure Protein Shakes
French Chocolate, Cookies 'n Cream, Vanilla Cream 12 oz. bottle **\$3³⁵**

Worldwide Pure Protein Bars
All Flavours 50 gm. bar **\$2³⁵**



MANY OPTIONS TO KEEP YOU LOOKING

fabulous for Las Vegas



WIN A LAS VEGAS VACATION
WIN 1 OF 5 \$100 GROCERY VOUCHERS



#SPKVegas
#SPK6lbs2wks
Share your journey with pics
www.bga.bm

Lose up to 6 pounds in 2 weeks



Promotion ends February 28, 2014

To Enter:
Purchase any two (2) Special K items.
Write your name and number on the back of your receipt. Drop your receipt in the ballot box at BGA, 1 Mill Creek. FREE gift with entry. One (1) gift per customer. Las Vegas vacation awarded as a \$2000 travel voucher.

Lindo's MARKET

LINDO'S MARKET
4 Watlington Road East, Devonshire
Tel: 236-5623
PHARMACY:
t: 236-7732 f: 236-7922
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