

# Barbecue

grillin' & chillin' time



**FRESH CERTIFIED ANGUS BEEF TOP SIRLOIN STEAK**  
\$10<sup>99</sup> LB.

**FRESH CERTIFIED ANGUS BEEF TOP SIRLOIN ROASTS**  
\$9<sup>99</sup> LB.

## Sirloin Steak

GRILL • BROIL • SAUTÉ

Family-sized steak that offers lean, well-flavoured and moderately tender beef at an affordable every day price. Convenient and a great value with no bones and little fat. Versatile, juicy and delicious.



**CERTIFIED ANGUS BEEF ROAST BEEF** \$13<sup>90</sup> lb.

**CAROLINA LOWER SODIUM TURKEY BREAST** \$7<sup>99</sup> lb.

**DAK BOILED HAM** \$5<sup>80</sup> lb.

From the Deli Counter



**DANNON Light & Fit Greek Yogurt** 5.3 oz. cup  
\$1<sup>87</sup> ea. **YOUR CHOICE**

**ANCHOR Cooking Cream** 1 litre carton  
\$6<sup>53</sup> ea.

**KRAFT American Cheese Slices** 8 oz. pkg.  
\$3<sup>83</sup> ea.

**I CAN'T BELIEVE IT'S NOT BUTTER Margarine** Original 15 oz. tub  
\$4<sup>09</sup> ea.

**JELL-O Puddings** All varieties 4 pack  
\$3<sup>73</sup> ea.

**KERRYGOLD Garlic Butter** 100 gm. pkg.  
\$2<sup>09</sup> ea.

## Dairy & Chill Cases



**NATURE'S RECIPE Grain Free Dog Food** \$1<sup>55</sup> ea.  
2.75 oz. tray



## Your Choice! Breyers

**Ice Cream**  
All varieties  
48 oz. tub  
\$6<sup>75</sup> ea.



**Ice Cream Bars**  
All flavours - 6 pack  
\$5<sup>97</sup> ea.



**CARIBBEAN FOOD DELIGHTS Patties** Your Choice!  
Beef (Mild or Spicy), Vegetable, Curry Chicken, Beef & Cheese - 2 pack  
\$4<sup>53</sup> ea.



**SEA BEST Salmon Fillets** 1 lb.  
\$13<sup>53</sup> ea.



**DiGIORNO Rising Crust 12-inch Pizzas** Your Choice!  
\$11<sup>07</sup> ea.



**BANQUET Chicken Nuggets** 15 oz.  
\$5<sup>05</sup> ea.

**TYSON Chicken Tenderloins** 40 oz. bag  
\$12<sup>49</sup> ea.

**STOUFFER'S Vegetable Lasagna** PARTY SIZE- 96 oz.  
\$25<sup>43</sup> ea.

**WYMAN'S Cherry Berry, Plum with Cacao Bits** 3 lb. bag  
\$15<sup>07</sup> ea.

**THOMAS Bagels** All flavours - 6 pack  
\$6<sup>87</sup> ea.



## Stock up on Pantry Goods

Soups, Pasta, Rice, Sauces, Beverages...



**CAROLINA Jasmine Rice** 2 lb.  
\$3<sup>65</sup> ea.



**POST Great Grains Cranberry Almond** - 14 oz.  
\$5<sup>95</sup> ea.



**PET Evaporated Milk** 12 oz.  
\$1<sup>45</sup> ea.



**NATURE VALLEY Granola Bars Oats & Honey** - 8.94 oz.  
\$4<sup>39</sup> ea.



**LIBBY'S Corned Beef** 12 oz.  
\$3<sup>79</sup> ea.



**HEINZ Baked Beans in Tomato Sauce** 415 gm.  
\$2<sup>79</sup> ea.



**WESSON Vegetable Oil** 48 oz.  
\$5<sup>40</sup> ea.



**BETTY CROCKER Walnut Brownie Mix** 19.5 oz.  
\$4<sup>10</sup> ea.



**SKIPPY Peanut Butter Creamy, Crunchy** - 16.3 oz.  
\$3<sup>99</sup> ea.

**FLAVORICE Ice Pops** 20 pack  
\$4<sup>15</sup> ea.

**EAT SMART Garden Sticks** 7 oz.  
\$5<sup>15</sup> ea.

**KRAFT Dressings** 16 oz. bottle  
\$3<sup>45</sup> ea.

**HELLMANN'S Squeeze Mayonnaise** 11.5 oz.  
\$4<sup>15</sup> ea.

**HEINZ Ketchup** 20 oz.  
\$3<sup>05</sup> ea.

**HUNT'S BBQ Sauce** 18 oz.  
\$1<sup>99</sup> ea.



**MUSCLE MILK Non Dairy Protein Shakes** Vanilla, Cookies & Cream, Chocolate 17 oz. bottle  
\$4<sup>69</sup> ea.



## Personal Care Buys

**U by KOTEX Tampons** Regular, Super Super Plus - 18 ct. pkg.  
\$7<sup>55</sup> ea.

**HUGGIES Snug & Dry Diapers** ALL SIZES  
\$11<sup>55</sup> ea.

**AXE Body Wash** All scents - 16 oz.  
\$6<sup>95</sup> ea. **Your Choice!**

**SUAVE Body Wash** \$3<sup>45</sup> ea.  
12 oz. bottle

## Household & Laundry Essentials

Supplies you need to keep your home & laundry clean and spiffy



**PALMOLIVE Dish Detergent** 20 oz.  
\$4<sup>65</sup> ea.

**FABULOSO All-purpose Cleaner** All scents - 28 oz.  
\$3<sup>05</sup> ea.



**GO Insect Repellent** Kids, Family \$4<sup>27</sup> ea.  
200 ml. spray can



**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**  
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