



Discover sensational seafood - from the Captain™



Live Smart, Eat Right

Stove top cooking with no additional oils!

**High Liner Pan-Sear Selects Fillets**  
Assorted Varieties  
540 g  
Frozen

**9<sup>99</sup>**  
each



**High Liner Fish & Chips**  
English Style 550 g or 600 g OR Fish Cakes 700 g, Frozen

**3/9<sup>99</sup>**



**High Liner Basa or Sole Fillets**  
400 g, Frozen

**4<sup>49</sup>**  
each

Try These Fillets Tonight!

Easily Adapts To Any Recipe



**High Liner Fillets**  
Boston Blue, Sole or Salmon, 400 g, Frozen

**2/9<sup>98</sup>**



**High Liner Alaskan Pollock Fillets**  
400 g  
Frozen

**3<sup>99</sup>**  
each

**WITH OMEGA-3 DHA**



**High Liner Seafood**

Healthy Bake Fillets 500 g, Fish in Batter 500 g English or 700 g, Captain's Catch Fillets 500 g, Lemon Peppercorn or Roasted Garlic & Herb Sole 500 g, Fish Sticks 700 g, Frozen

**2/9<sup>98</sup>**



**NEW LOOK!**

**High Liner Signature Packs**  
Battered and Breaded Fillets  
Assorted Varieties  
680 g  
Frozen

**9<sup>99</sup>**  
each

**NEW LOOK!**

**High Liner Selects**

Fillets and Popcorn Shrimp  
680 g  
Frozen

**10<sup>99</sup>**  
each



For quick & delicious recipe ideas, visit [www.highliner.com](http://www.highliner.com)

DANONE

**ACTIVIA**

*Activia® helps to maintain your Digestive Comfort!\**



**2/7<sup>00</sup>**

**Danone Activia**  
Regular or Fat Free or  
Stonyfield Farm  
Organic Yogurt  
650 g



**Danone Activia**  
Regular or Fat Free  
12 x 100 g

**5<sup>99</sup>**  
each



**Danone Activia**  
Regular or Fat Free  
8 x 100 g

**3<sup>99</sup>**  
each



**Stonyfield Farm**  
Yo-Baby or Organic Yogurt  
8 x 100 g

**4<sup>99</sup>**  
each



**3<sup>99</sup>**  
each

**Danone Silhouette, Creamy or Creamy Cremix** 12 x 100 g  
or **Danone DanActive**  
8 x 93 mL  
PLUS DEPOSIT & ENVIRONMENTAL LEVIES WHERE APPLICABLE

**Danone Silhouette**  
650 g or  
**Activia Dessert**  
4 x 110 g

**2/5<sup>00</sup>**



**3<sup>99</sup>**  
each

**Danone Danino** 8 x 100 g or  
**Danone Silhouette Satisfaction**  
6 x 120 g or  
**Danone Danino Go** 8 x 93 mL  
PLUS DEPOSIT & ENVIRONMENTAL LEVIES  
WHERE APPLICABLE

\* As part of a balanced diet and a healthy lifestyle.

**ACTIVIA.ca**