### BAKERY

**$2.99**
- Country Harvest Assorted Breads, 600 G
- Swiss Rolls, 400 G

**$6.99**
- Co-op Gold Pizza Crust, 184 G
- Co-op Gold Shredded Cheese, 340 G

### FROZEN

**$12.99**
- Co-op Gold Full Cooked Entrees, 575 - 600 G

**$3.99**
- McCain French Fries, 650 G

### PRODUCE

**$3.99**
- Grape Tomato, Pint

**$0.99 LB/ $2.18 KG**
- Bananas, LB/KG

**$3.99**
- Avocado, Each

**$4.99**
- Gala Apples, 3 LB

**$1.99**
- Long English Cucumber, Each

**$3.99**
- Strawberries, 1 LB

**$2.89 LB/ $6.37 KG**
- Green Bell Peppers, LB/KG

### SPIRIT Prepaid Visa Card

Start enjoying the benefits of the Spirit Prepaid Reloadable Visa card today!

### CONTACT:
- Ventures: Open Daily 9 a.m. to 10 p.m. Phone: 979-5992
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- Video Shack: Open Daily 9 a.m. to 10 p.m.