

BAY ROBERTS 709.786.2101
CARBONEAR 709.596.6644

VISIT US ON FACEBOOK  @PowellsNL



View our flyer online at
www.powellsnl.ca

Fresh, Friendly and Local – Since 1948 **Powell's** Supermarket

\$5⁹⁹
PER LB.
\$13.21/KG.



Fresh Country Ribbon Value Pack
Boneless Skinless Chicken Breast

\$4⁹⁹
PER LB.
\$11.00/KG.



Cut from Canada AA or USDA Select Grades Beef
Outside Round Oven Roast

\$2⁹⁹
PER LB.
\$6.59/KG.



Fresh Bone-In Value Pack Rib & Sirloin
Pork Loin Chops

2/\$5



55-120g JMS
Lunchmates (excludes adult kits)

\$6⁹⁹



1kg Watson Ridge
Nuggets, Burgers or Strips

\$3⁸⁸
PER LB.
\$8.55/KG.



Product of U.S.
Red Seedless Grapes

\$4⁹⁹



400g Armstrong
Cheese Bars

\$3⁹⁹



2lt Old Dutch
Laundry Detergent

\$6⁸⁸



12ct Folgers
K-Cups

\$6⁴⁴



12x355ml **Coke & Flavours** or
AHA or Dasani **Water**

\$3⁹⁹



210-425g Selected Kellogg's
Cereal

2/\$4



2lt Fruite
Drinks

2/\$6⁸⁸



675g Villaggio **Thick Sliced Bread** or 6-8pk **Toscana Rolls**

\$2⁴⁸
HEAD



Product of Canada
Iceberg Lettuce

\$4⁹⁹



7lb Robin Hood
Flour

PRICES ARE IN EFFECT SEPTEMBER 14-20, 2023

All items might not be available at all Powell's locations. Photos are for illustration purposes only. Text will prevail. We reserve the right to limit quantities. We do not sell to retailers.

THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
14	15	16	17	18	19	20

\$4⁷⁷



4pk Del Monte
Fruit Cups

2/\$3



4ct Satin Soft
Bathroom Tissue

\$2⁷⁷



796ml Aylmer
Tomatoes

\$7⁹⁹



144ct Red Rose
Tea Bags

\$2⁸⁸



400ml Ambrosia
Custard or Rice Pudding

\$2⁴⁴



425g Chef Boyardee
Pasta

\$4⁴⁴



300-350g Purity
Cream Crackers

\$8⁹⁹



1.18lt Crisco
Oil

2/\$5



375g Catelli
Smart or Bistro Pasta

2/\$4



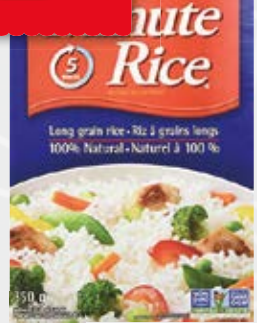
156g Maple Leaf
Flakes of Meat

\$3⁸⁸



2lt Rougemont
Apple Juice

\$2⁸⁸



350g
Minute Rice

\$1⁸⁸



454g Thompson's
White Pea Beans

2/\$5



120g Stove Top
Stuffing Mix

2/\$6⁸⁸



227g Kraft Philadelphia
Dips

\$1⁸⁸



113g Idahoan
Mashed Potatoes

\$4⁹⁹



375g Purity
Chocolate Chip Cookies

\$1⁷⁷



126ct Scotties Premium
Facial Tissue

\$1⁸⁸



51-90g Swiss Chalet
Gravy or Dip Mix

3/\$5



225g Kraft-Dinner
Original

\$2⁸⁸



142g Fresh Gourmet
Croutons

\$4⁸⁸



314g Jell-O
No Bake Cheesecake

2/\$4



354ml Dairy Isle, Regular or 2%
Evaporated Milk

\$2⁸⁸



340g Mario's
Luncheon Meat

\$5⁸⁸



1kg Jif **Peanut Butter**
or 500ml Smuckers **Jam**
(Excludes Raspberry)

**Hey Jr. Shoppers -
You could be our next...**

**BACK TO SCHOOL
SUPERSTAR**



**Enter to WIN
a gift card from
ENTERTAINMENT
CENTRE**

Get your photo taken in the "School Bus" cut out in our stores, send that photo to our Facebook page and you'll enter our weekly draw for a chance to win an Entertainment Centre gift card and a Pepper suffix! Please include child's NAME, AGE & SCHOOL. Contest ends 09-29-2023. Details at Facebook.com/Powellsnl



Your Newfoundland
Butcher

\$3⁹⁹
PER LB.
\$8.80/KG.

Fresh Bone-In Center Cut
Pork Loin Chops

\$11⁹⁹
PER LB.
\$26.43/KG.

Cut from Canada AA or USDA
Select Grades Beef
Prime Rib Grilling Steak

\$7⁸⁸



500g Sunrise
**Beef
Burgers**

\$4⁹⁹



375g Mère Michel
Regular or Salt Reduced
Bacon

\$4⁹⁹
PER LB.
\$11.00/KG.



Fresh
Pork Back Ribs

\$5⁹⁹
PER LB.
\$13.21/KG.



By the Piece
Maple Leaf
Bologna

\$5⁹⁹
PER LB.
\$13.21/KG.



Cut from Canada AA or USDA
Select Grades Beef
Boneless Stewing Beef

\$6⁹⁹



400-600g Maple Leaf
**Pork Tenderloin or
Rotisserie Chicken Legs**

\$10⁸⁸



595g 44th Street
Pork Back Ribs

\$8⁹⁹
PER LB.
\$19.82/KG.



Quality Vac Pack
**Boneless Salt
Beef**

\$5⁹⁹
PER LB.
\$13.21/KG.



Made from Fresh or
Frozen Portions
Lean Ground Beef

\$15⁹⁹



.09kg Deboer's
**Boneless Skinless
Chicken Thighs**

\$4⁸⁸



900g Butcher Selections
Stampede Wieners

\$2⁹⁹



454g Golden Maple
**Extra Lean
Ground Turkey**

FRESH. FRIENDLY. LOCAL



Deli

\$4⁹⁹



200-250g Main Street Deli
Sliced Meats

\$2⁴⁹
PER 100g

Store Sliced
Deli Classic
**Cooked Roast
Beef**

\$3⁴⁹



200g Chris Brother's
Sliced Ham

\$10



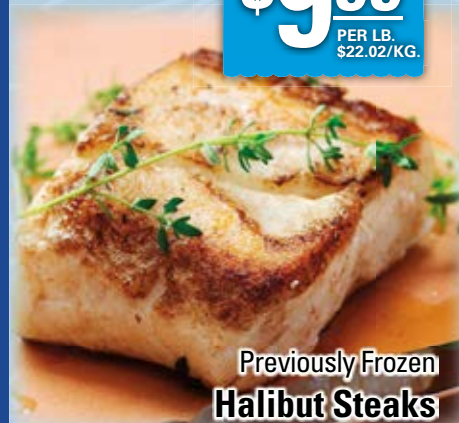
Instore Hot or Chilled
Breaded Chicken Fillets

FRESH. FRIENDLY. LOCAL



From the Sea

\$9⁹⁹
PER LB.
\$22.02/KG.



Previously Frozen
Halibut Steaks

\$5⁹⁹

454g Land & Sea
Salt Fish Bits



\$6⁹⁹
PER LB.
\$15.41/KG.

Store Wrapped
High Liner
**Breaded
Fish Sticks**

\$5⁹⁹



2lb
Fresh Mussels

\$8⁹⁹



400g High Liner
**Wild Pacific
Salmon Fillet**

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Fresh Produce



\$2⁴⁹
PER LB.
\$5.49/KG.

Size 88-100 Product of Canada

Red Delicious Apples



\$1²⁷
PER LB.
\$2.80/KG.

Product of U.S.
Watermelon Pieces



\$5⁴⁹

142g Product of U.S.
Baby Spinach



\$4⁴⁴

3lb Product of Canada
Carrots



\$4⁹⁹
PER LB.
\$11.00/KG.

Product of U.S.
Peaches



\$3⁸⁸
EACH

Product of Canada
English Cucumber



\$5⁹⁹

1lb Product of U.S.
Strawberries



77¢
EACH

Size 95's Product of Argentina
Lemons



\$1⁰⁹
PER LB.
\$2.40/KG.

Product of Canada
Turnip



Product of the Tropics
Mangoes



5/\$3⁹⁹

Product of Canada
Fresh Corn

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Dairy



\$3⁹⁹

630g Yoplait Source
Tub Yogurt



\$5⁸⁸

129g Black Diamond
Combs



\$1⁹⁹

227g Lactantia
Garlic Butter



2/\$5

12pk Armstrong
Cheese Melts

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Frozen



\$10⁹⁹

695g Maple Leaf Prime
Chicken Wings



\$4⁸⁸

280-338g Swanson
TV Dinners



\$3⁸⁸

20pk Cavendish Gold
Hashbrown Patties



2/\$4⁴⁴

250g Green Giant
**Simply Steam
Broccoli & Cheese**



\$3⁹⁹

184-187g Stouffer's
Bistro Flatbread



\$3⁹⁹

454-650g Selected McCain
Superfries



\$4⁹⁹

1.5lt Parlour **Ice Cream** or
12x60ml **Multipacks**



\$4⁴⁹

227g Furlani
Garlic Knots

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Bakery



6pk White or
Whole Wheat
Clover Rolls

\$1⁹⁹

**Baked
In-Store**



610g Golden Crust
White Sliced Bread

\$2⁴⁹



12pk Golden Crust
**Variety Pack
Cookies**

\$7⁷⁹



Oreo
Cake

\$11⁹⁹

**Baked
In-Store**



12pk Golden Crust
**Snickerdoodle
Cookies**

\$6⁵⁹



6pk Golden Crust Plain,
Raisin or Blueberry
Tea Buns

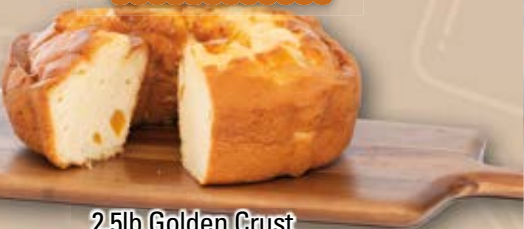
\$4⁶⁹



3 Bun Homestyle
White Bread

\$2⁹⁹

**Baked
In-Store**



2.5lb Golden Crust
Assorted
Ring Cakes

\$16⁹⁹



\$7⁹⁹

**Baked
In-Store**

Coconut Cream
Pie

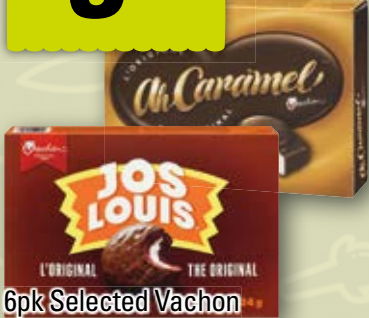
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PRICES ARE IN EFFECT UNTIL OCTOBER 11, 2023

Smart Shopper

\$3⁸⁸



6pk Selected Vachon
Cakes

\$6⁹⁹



336g Black Diamond
Cheestrings

\$4⁴⁴



454g Michelina's Grande
Frozen Entrees

3/\$5



113g Maple Leaf
Vienna Sausages

\$3⁸⁸



800g McCain
Red Bag Fries

\$5⁸⁸



170g Nescafe Rich
Coffee

\$4⁸⁸



425g Puritan
Corned Beef Hash

\$2⁸⁸



170ml Fussell's
Cream

\$4⁴⁴



6x222ml Coke & Flavours
Minis

\$3⁸⁸



1.82lt Heinz
Tomato Juice

\$6⁴⁴



765g Windex
Multi-Surface Cleaner

\$5⁹⁹



6x295ml Ocean Spray
Cocktails

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Personal
Care

\$6⁸⁸

370ml Head & Shoulders
Shampoo



\$2⁸⁸



3pk Ivory
Soap

\$6⁹⁹



12ct Advil
Liqui-Gels

\$3⁹⁹



10ct Eno Antacid
Foil Packets

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Refreshments & Snacks

2/\$8



150-170g Old Dutch
**Project Nice or
Baked Crisps**

2/\$4.44



142g Vidal
Gummy Candy

2/\$7.50



220-235g Lay's XXL
or Baked
Potato Chips

2/\$4.44



500ml
Coke & Flavours

\$4.88



517g Kool Aid
Cans

\$8.99



24x500ml Aquafina
Water

2/\$2.22



60g Big Turk
Bar

\$3.44



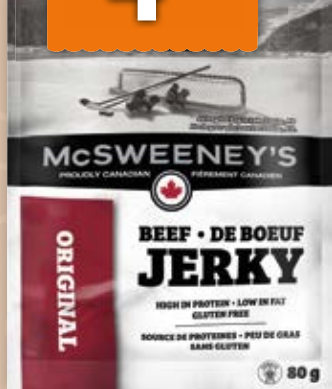
295g Kellogg's
Nutri-Grain Bars

\$5.88



4x250ml Dole
Juice

\$4.88



80g McSweeney's
Beef Jerky

3/\$10



175-200g Old Dutch Dutch
Crunch **Potato Chips** or
Popcorn Twists

\$2.88



120-206g Quaker
Granola Bars

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Furry Friends

\$9.44



6.4kg Arm &
Hammer
Cat Litter

\$21.99



12pk Cesar Club Pack
Dog Food

2/\$4.44



113g Milk Bone
Soft & Chewy
Dog Treats

\$19.99



4kg Whiskas
Cat Food

2/\$3



78g Meow Mix
Tasty Layers
Cat Food

\$19.88



7.2kg Alpo
Dog Food

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House and Home

\$5.44

1.33lt
Mr. Clean
Cleaner



\$2.99



591-828ml Palmolive
Dish Liquid

\$4.44



2.4lt Old Dutch
Bleach

\$5.77

80ct Bounce
Dryer Sheets



\$5.88

1.7kg Cascade
Fresh Scent
Dishwasher Gel



2/\$7



35ct Lysol Citrus Scent
Wipes

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More Great Deals

2/\$13



12x355ml **Pepsi & Flavours
or Bubly Water**

\$3.77



20ct Tetley Live
Tea Bags

2/\$6



190g John West
Kipper Snacks

\$4.99



3.78lt Laurentide
Windshield Wash

\$4.88



110g Pam
Cooking Spray

\$4.99



500ml Vlasic Stackers
Dill Pickles

\$17.88



30ct Folgers
K-Cups

\$5.99



283g Kraft Shake 'n Bake
Coating Mix

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