



Home Delivery for under \$5.00

We can pick, pack and deliver your groceries all for just \$4.99 – something to think about on those busy and not-so-shopping-friendly winter days! Call or order online.



We also encourage you to drop by Belbin's and try our line of 'Dinner's Ready' soups, entrees and desserts. With fifty delicious selections in individual and family-sized portions, we take the stress out of supper.

**BELBIN'S GROCERY**  
SHOPPING MADE SIMPLE

85 QUIDI VIDI RD. 576-7640  
WWW.BELBINS.COM

Open Seven Days a Week

**BELBIN'S GROCERY**  
SHOPPING MADE SIMPLE

**FEATURED SPECIALS**



**Turkey Breast, whole  
Fresh or Frozen**

**\$ 4.89 lb**

**Tide, 1.47 lt  
Liquid Laundry  
Detergents  
Assorted**



**\$ 9.95**

**Prices in Effect July 22 – Aug 4 2010**



Fresh  
Boned Cod Fillet

5.99 lb



Fresh Flank Steak  
Canada A Grades

6.99 lb



Watermelon  
Chunks

1.49 lb



Fresh Plums  
Product of USA

2.59 lb



Raw Frozen Scallops  
Large / 20-30 ct

11.79 lb



Compliments Boneless  
Ham Slices 3.49 lb

NL Jumbo Eggs 3.29 doz



Fresh Asparagus  
3.99 lb

Fresh Broccoli  
Product of Canada

1.98 ea

*Compliments*

Compliments Assorted  
Wheat Crackers

1.79 / 225g



Dinner's Ready, 540 g  
Cod au Gratin  
7.99



Compliments,  
100% Pure  
Canola & Ex  
Virgin Olive  
Oil, 946 ml  
3.98



Stonewall Kitchen  
Assorted Pancake Mixes

\$ 6.99 tin



Gatorade, 950 ml  
Thirst Quenchers

2 for \$4



Walkers Biscuits , 150g  
Choc Rasp & Toffee Pecan

\$ 3.69 pk



Becks,  
6x330ml  
Non Alcoholic  
Imported Beer

\$ 9.95 + dep



Dove, 2 x 120g  
Assorted Bar Soaps

\$ 3.98 pk



Sponge Towels Ultra  
2 Roll Pak

2 for \$5