

 **Dinner's Ready**  
Homemade Entrées, Soups & Desserts

When there's no time to cook, dinner is always ready at Belbin's. With over 50 homemade selections in individual and family sized portions, we've got you covered. Just heat and enjoy!



**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.



85 Quidi Vidi Rd. 576-7640  
www.belbins.com

Open Seven Days a Week



**Featured Specials**

**Cross Rib  
Boneless Pot Roast**  
Hand Cut & Trimmed  
Canada A Grades

**4.95 lb**



**\* Feb 8-14th**

**Beef Bourguignon Dinner**

Tender beef strips in a rich red wine & mushroom gravy with mashed potatoes & fresh vegetables. Heat & Serve 550g



**9.95**

**CHECK THIS OUT!**

**Store Made Muffins**

Belbins own, made from scratch, large size muffins. Assorted flavors may include Lemon, Blueberry, Partridgeberry & Blueberry Bran.

**3.99 4 pak**



**\* Feb 15-21st**

**Chicken Divan Dinner**

Chunks of chicken breast with broccoli in a thick cheese sauce with a Panko bread crumb topping. Heat & Serve 525g



**10.95**

Prices in effect Feb 8-21, 2018

**Country Ribbon**  
Fresh Chicken Legs  
Locally Produced  
**2.99 lb**



**Atlantic Salmon**  
Fresh Fillets  
Boneless / Skin On  
**9.98 lb**



**Pork Tenderloin**  
(May be Frozen)  
Product of Canada  
**5.49 lb**



**Compliments**  
Smoked Bacon  
Sliced 500g  
**4.99**



**Fresh Pineapple**  
Peeled & Cored  
**4.99**



**Mango Fruit**  
Product of Ecuador  
**1.79 ea**



**Brussel Sprouts, 340g**  
Product USA  
**3.99 pk**



**Carrots, 2 lbs**  
Product of Canada  
**1.89**

**Becel**  
Margarine  
Assorted 454g  
**3.49 ea**



**Stouffers & Lean**  
Cuisine Entrees  
Assorted 170-340g  
**3.49 ea**



**McCain**  
Diced Hashbrown  
Potatoes, 900g  
**1.98**



**Delissio 555-630g**  
Thin Crust Pizzas  
Deluxe / Pepperoni  
**3.99 ea**



**Red Rose**  
Orange Pekoe  
Tea Bags, 72's  
**3.49 box**



**McVities**  
Hob Nob Cookies  
Assorted 300g  
**2.99 pkg**



**Maxwell House**  
Original Roast  
Ground Coffee, 925g  
**9.99**



**Compliments**  
Frozen Fruit  
& Berries  
Assorted 600g  
**3.99**



**Aylmer, 540ml**  
Assorted 'Accents'  
Tomatoes  
**1.19 tin**



**Catelli Pastas**  
Spaghetti, Macaroni  
& Fettuccini, 500g  
**1.39**



**Heinz, 398ml**  
Assorted Beans & Pasta  
in Tomato Sauce  
**1.39 tin**



**Robin Hood**  
Quick or Minute  
Oats, 1 kg  
**2.99**



**Kraft, 500ml**  
Strawberry &  
Raspberry Jams  
**4.98 ea**



**Aunt Jemima**  
Pancake Mix & Syrup  
905g - 750ml  
**3.49 ea**



**Pacific**  
Organic Soups  
Assorted 1L  
**5.99 ea**



**Chipits, 270-300g**  
Chocolate Chips  
Milk / Semi Sweet  
**3.98 pk**



**Compliments**  
Sultana, Golden &  
Thompson Raisins  
**3.99**  
375g



**Nutella**  
Chocolate Hazelnut  
Spread 375g  
**3.99**



**Bottoms Up**  
Unfiltered Ginger  
Beer, 355ml  
**2.69**



**Miss Vickies**  
Potato Chips  
Assorted 170-220g  
**2 for 6.49**



**Arm & Hammer**  
Liquid Laundry  
Detergents 2.03-2.21L  
**5.99**



**Clorox**  
Original Bleach  
1.89 L  
**2.89**



**Royal**  
Facial Tissues  
3 ply / 50 ct  
**2.49**



**Caprina, 3x90g**  
Goats Milk Soap  
Fragrance Free  
**3.98 pk**

