

 **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

T Bone & Wing Steaks

Hand Cut & Trimmed
Canada A Grades
9.95 LB



*** May 17-23rd**

Pork Back Rib Dinner

Half rack of Canadian pork back ribs, basted with Belbins Own barbecue sauce. Served with grilled corn & vegetable medley. 525g



10.95

CHECK THIS OUT!

Garlic Cheese Bread

Italian bread with garlic spread, grated cheeses and real bacon bits, ready to warm & serve. Great with BBQ's.



3.59

*** May 24-30th**

Chicken Kabobs & Rice

Skewered chunks of grilled & baked boneless chicken breast with red onion & mixed peppers. Served with a rice pilaf & corn.. Heat & Serve. 500g



9.95

Prices in effect May 17-30, 2018

Ground Beef
Medium Store Made
Canada A Grades
4.89 lb



Pork Chops
Fresh Bone In
Hand Cut & Trimmed
4.59 lb



Beef Sausages
Fresh from
Hallidays Meats
3.99 lb



Chicken Breast
Fresh Bone In
Country Ribbon
4.89 lb



Mango Fruit
Product of Peru
1.69 ea



Honeycrisp Apples
Prod of Canada
1.49 ea



Bib Lettuce
Product of Canada
2.59

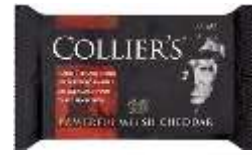


Premium Potatoes
Mashing, Baking, Roasting
3.89 5lbs

Multigrain Bread
Freshly Baked, Sliced
Tilt House Bakery
3.29



Collier's
Welch Bold Cheddar
Cheese, 400g
12.79



Sunrise 500g
Frozen Beef Burgers
Ready to Cook 8 per box
5.95



Sensations 340g
Breaded Coconut
Shrimp, Uncooked
8.95



Jumping Bean
Locally Roasted Coffee
Beans Assorted 454g
10.95 bag



Nutella
Chocolate Hazelnut
Spread 375g
3.99



Kraft
Salad Dressings
Assorted 250 ml
2 for \$3.00



Maxwell House
Original Roast
Ground Coffee, 925g
9.89



French's & Heinz
Prepared Mustard
& Tomato Ketchup
2.19-3.99 ea



Primo
Ready to Serve
Soups, Astd 540ml
1.59 tin



Fairlee
Apple / Orange
Juice 1L Tetra Pak
1.19 ea



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



Sanpellegrino
Sparkling Fruit
Beverages, 6x330ml
5.99 assorted



Kraft
BBQ Sauces
Assorted 455ml
1.39 ea



Post Cereal
Honey Bunches of
Oats, Assorted 411 g
3.29



Purity
Original Jam Jam
Cookies, 425g
3.99



Kraft
Peanut Butter
Assorted 1kg
4.99 ea



Pam
Baking Sprays
Assorted 141-170g
4.59



Miss Vickies
Potato Chips
Assorted 170-220g
3.49



Friskies
Cat Food
Assorted 156g
.69 tin



Finish, 1.6L
Liquid Dishwasher
Detergent
6.99



Clorox
Original Bleach
1.89 L
2.89



Purex, 1.47-2.03L
Liquid Laundry
Detergents
6.95-7.95



Billy Boot, 10-24's
Household & Kitchen
Trash Bags
1.99 pk

