



BAY ROBERTS
CARBONEAR

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@PowellsNL



View our flyer online at
www.powellsnl.ca

Fresh, Friendly and Local – Since 1948

Powell's Supermarket

\$6⁹⁹
PER LB.
\$15.41/KG.



Cut From AA or Higher Grades Beef
Outside Round Oven Roast

\$2⁹⁹
PER LB.
\$6.59/KG.



Country Ribbon Fresh
Whole Bagged Chicken

\$2¹⁹
PER LB.
\$4.83/KG.



5kg Average Sous Chef
Seasoned Turkey

\$2⁹⁹
PER LB.
\$6.59/KG.



Fresh Bone-In
Pork Loin Roast

\$3⁴⁴



410g Black Diamond
Cheese Slices

\$6⁸⁸



10lb Product of Canada
Red Potatoes

\$1⁸⁸



198g Heinz
Bagel Bites
Pizza Snacks

\$4⁴⁴



340g Mario's
Corned Beef

\$5⁹⁹



700-800g
Watson Ridge
Breaded Chicken

\$4⁹⁹



890ml Kraft
Miracle Whip

3/\$5



398ml
Club Supreme
Fruit

\$1⁸⁸



398ml Bush's
Baked Beans

\$3⁸⁸
PER LB.
\$8.55/KG.



Product of US
Red Seedless Grapes

\$2⁹⁹



570g
Dempster's Holsum **Bread** or
8pk Hotdog or Hamburger **Buns**

\$6⁴⁴



1.2kg Imperial
Soft Margarine

2/\$9



6x710ml
Coke or Pepsi & Flavours

PRICES ARE IN EFFECT OCTOBER 1 - 7, 2026

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
1	2	3	4	5	6	7



2/\$4.44

375ml Primo
Pizza Sauce



\$1.88

250ml Club Supreme
Jam



4/\$5

200g Lady Sarah
Wafers



\$4.44

3lb Golden Crust
Bread &
Roll Mix



2/\$4

2lt
Coke & Flavours



\$4.99

1.89lt Mott's
Clamato Juice



\$5.88

520g Apple Valley Baked
Lemon Meringue Pie



\$11.44

3pk Bounty SAS
Paper Towels



\$4.88

425ml Bullseye
BBQ Sauce



2/\$4.44

354ml Dairy Isle
Regular or 2%
Evaporated Milk



\$4.99

1.8lt
Arctic
Power
Liquid
Laundry
Detergent



\$2.77

900g Primo
Macaroni or Spaghetti



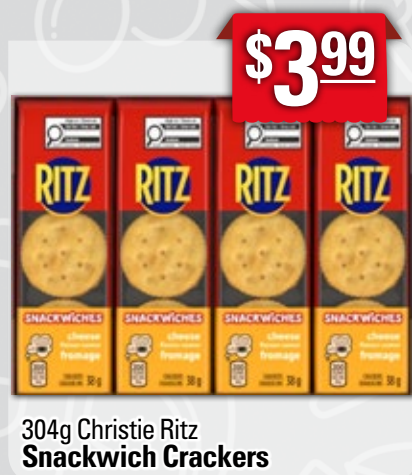
\$4.88

170g
Kraft
Dream
Whip



\$1.88

450g Thompson
Yellow Split Peas



\$3.99

304g Christie Ritz
Snackwich Crackers



\$9.88

1.18lt Crisco
Canola or
Vegetable Oil



\$19.99

30pk
Cashmere
Jumbo
Bathroom Tissue



\$24.99

2kg Pinehill Bone-In
Chicken Breast



\$1.99

1lt
Selected Minute Maid or Fruitopia
Tetra Pack Juice



\$7.99

1.4kg
Minute Rice



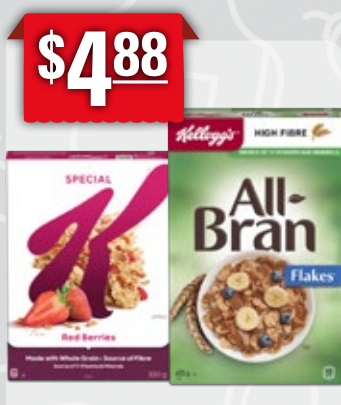
\$6.99

320-400g Armstrong
Cheese Bars or Shreds



\$7.99

24pk Humpty Dumpty or Old Dutch
Snacks



\$4.88

210-405g Selected Kellogg's
Cereal



\$5.88

72ct Tetley
Tea Bags



\$12.99

600-900g Marc Angelo
Pork or Chicken Souvlaki

Powell's Supermarket

A FALL FAVOURITE IS BACK!

PUMPKIN SPICE WHOOPIE PIES ARE BACK AT POWELL'S! MADE FRESH IN OUR BAKERY, THIS SEASONAL FAVOURITE BRINGS TOGETHER SOFT PUMPKIN SPICE CAKES WITH A SWEET AND CREAMY FILLING FOR A TREAT THAT TASTES LIKE FALL!

FIND THEM FRESH IN THE BAKERY WHILE QUANTITIES LAST!



\$4.97

1lt Heinz
Ketchup



Your Newfoundland Butcher

\$21⁹⁹



1.75kg
Country Pride
Choice Salt Beef

\$8⁹⁹
PER LB.
\$19.82/KG.



Cut From AA
or Higher Grades
Beef Value Pack
Outside Round Marinating Steak

\$7⁹⁹
PER LB.
\$17.62/KG.



Made From Fresh or
Frozen Portions Value Pack
Medium Ground Beef

\$9⁸⁸



1kg
Sunrise
Baby
Bologna



\$5⁸⁸

375g Mère Michel
Bacon



\$6⁹⁹

375g Johnsonville
Breakfast Sausages



\$6⁹⁹

800g Watson Ridge
Chicken Balls



\$9⁹⁹

500g Sunrise
Beef Burgers



\$3²⁹
PER LB.
\$7.25/KG.

Frozen Tray Pack
Turkey Tails



\$3⁴⁹
PER LB.
\$7.69/KG.

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



\$3⁹⁹

375g Maple Leaf
Wieners



\$4⁹⁹
PER LB.
\$11.00/KG.

Fresh
Pork Belly



\$5⁸⁸

375g
Schneider's
Smoked
Sausage



\$8⁹⁹

500-675g
Marc Angelo
Pork
Sausages



Deli

\$4⁹⁹

200-250g
Main Street
Deli Sliced
Meats



\$1⁹⁹
PER 100G



Store Sliced
Maple Leaf
Bologna



\$2⁹⁹



\$21⁹⁹

Instore
Rotisserie Chicken
Meal Deal

250g
Chris Brother's
Sandwich Pack



From the Sea

\$4⁹⁹



6pc High Liner
Breaded Pollock
Fillets



\$6⁹⁹

284g
Ocean Jewel
Shrimp
Ring



\$10⁹⁹
PER LB.
\$24.23/KG.

Frozen Atlantic
Salmon Fillets



\$3⁴⁹

330g Land & Sea
Fish Cakes

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Fresh Produce



\$1³⁹
PER LB.
\$3.06/KG.

Product of Canada
Medium Turnip



\$5⁴⁹
BUNCH

Product of Canada
Broccoli



3lb
Product of Canada
McIntosh Apples



\$7⁹⁹
EACH

Product of US
Honeydew Melon



\$5⁹⁹
EACH

Product of Costa Rica
Pineapple



\$1⁵⁹
BUNCH

Product of Canada
Green Onions



\$3⁹⁹

340g Product of Canada
Cranberries



\$1⁴⁹
PER LB.
\$3.29/KG.

Product of Canada
Spanish Onions



\$7⁹⁹
EACH

Product of US
Canary Melon



\$1⁹⁹

2lb
Product of Canada
Carrots



\$10⁹⁹

10lb
Product of Canada
Beets

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Dairy



\$4⁴⁴

168g Black Diamond
Marble Cheestrings



\$3⁴⁴

351g Pillsbury RTB
Cinnamon Rolls With Icing



\$4⁸⁸

4x100g Oikos
Greek Yogurt



\$4⁹⁹

828-946ml
Nestle
Coffee Mate Liquid

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Frozen



\$3⁴⁴

400-500g
Green Giant
Frozen Vegetables



\$5⁴⁴

693g Pillsbury
Pizza Bites



\$3⁸⁸

650g Cavendish Quick Crisp
Fries or Potato Tots



\$6⁹⁹-\$8⁹⁹

1kg Selected Below Zero
Frozen Fruit



2/\$7

800g McCain
Diced Hashbrowns



\$5⁹⁹

638g Furlani
Garlic Texas Toast or Parmesan Toast



\$5⁷⁷

477-664g
Red Baron
Classic or Thin Crust Pizza



2/\$5

128-284g
Michelin's
Frozen Entrees

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Bakery

\$13⁴⁹



Boston Cream Pie

Baked In-Store

\$6⁹⁹



4pk
Golden Crust
Selected
Muffins

\$7¹⁹



4pk Golden Crust
Cream Filled Long Johns

\$8⁹⁹



12pk Golden Crust
Moose Farts

\$4⁹⁹



600g Golden Crust
Multigrain & Flax Bread

\$4⁸⁸



8pk Golden Crust
Brioche Buns

\$2⁹⁹



3 Bun
Homestyle
White Bread

Baked In-Store

\$10⁹⁹



Baked In-Store

Large
Trifle

STARTING AT

\$6⁹⁹

Powell's Artisan
Sourdough Bread

Baked In-Store

Powell's Artisan

More Great Deals

\$11⁸⁸



6x330ml
Molson
Heineken
Non-Alcoholic Beer

\$3⁴⁴



334g Old El Paso
Tortillas

\$3⁸⁸



6-8pk
Dempster's Signature Gold
Hotdog or Hamburger Buns

\$2⁸⁸



455ml Golden Dragon
Oyster or Stir Fry Sauce

\$16⁸⁸



1.5kg Family Pack
Pogo Sticks

\$4⁴⁴



675g Crosby's
Fancy or Family
Cooking Molasses

\$4⁹⁹



454g Tenderflake
Pure Lard

\$3⁸⁸



430g Betty Crocker
Angel Food Cake Mix

2/\$7⁵⁰



260g Takis
Chips

88¢



85g Litehouse Chocolate,
Cream Cheese or Ranch
Dip Portions

\$2⁷⁷



250g
Timewise
Pasta

\$7⁸⁸



1.125lt Heinz
Picnic Pack

\$3⁴⁴



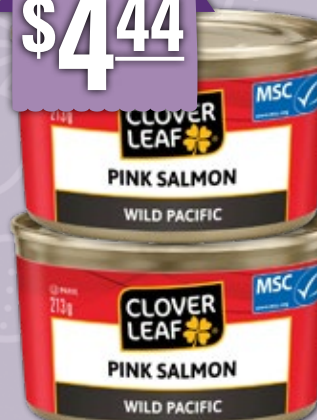
750g Cavendish
Crispy Coat Fries

\$4⁸⁸



425g
Old Dutch
Chip Dip

\$4⁴⁴



213g Clover Leaf
Pink Salmon

\$4⁸⁸



500ml Scotsburn
Whipping Cream

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Refreshments & Snacks

2/\$8⁵⁰



190-200g
Miss Vickie's
Potato Chips



175g Old Dutch
Popcorn Twists

\$3⁸⁸



4x473ml
Monster
Energy Drink

\$9⁹⁹



355ml
Jones
Soda

2/\$3

3/\$5



75g
Long
Chips



4pk Dole
Pineapple Juice

\$5⁸⁸

2/\$4⁸⁸



4lt
True North
Natural Spring Water

2/\$8



150-205g
Smartfood
XL or
Sunchips

2/\$6⁵⁰



3pk Orville Redenbacher
Popcorn

2/\$4⁸⁸



105-141g Hershey Big Box
Chocolate

\$3⁸⁸



200-235g Old Dutch XXL
or Ridgies Potato Chips

3/\$4⁵⁰



1lt Pepsi & Flavours
or Aquafina Water

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Furry Friends

2/\$2²²



78g
Meow Mix
Cat Food



196g
Snausages
Dog Treats

\$1⁹⁹

\$29⁹⁹



6.8kg
Iams
Mature
Adult
Dog
Food

\$8⁹⁹



1.36kg
Meow Mix
Salmon &
Chicken
Dry Cat
Food

\$18⁹⁹



22.7kg
QualiCat
Extra
Clumping
Cat Litter

\$4⁹⁹



340g
Milkbone
Peanut
Butter
Dipped
Dog
Treats

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House and Home

\$6⁹⁹



16ct
Gain Flings
Laundry
Pods

\$5⁴⁴



2.4lt
Clorox
Bleach

\$6²⁹



650ml
Fantastik
Spray
Regular

\$3⁴⁴



20pk
Billy Boot
Clear or Blue
Recycling
Bags

\$4⁷⁷



502ml
Dawn
Ultra
Dish
Liquid

\$4⁷⁷



230g Febreze
Air Freshener

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Personal Care

\$5⁸⁸



24ct Tylenol
Arthritis Pain

\$3⁴⁴



250ml
Scope
Mint Mouthwash

\$3⁴⁴



150g or 300ml Finesse
Hair Products

\$3⁴⁴



3pk Ivory
Soap Original

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