



Fresh, Friendly and Local - Since 1948

# Powell's Supermarket

BAY ROBERTS 709.786.2101  
CARBONAR 709.596.6644

VISIT US ON FACEBOOK @PowellsNL

View our flyer online at [www.powellsnl.ca](http://www.powellsnl.ca)



**\$13<sup>99</sup>**  
PER LB.  
\$30.84/KG.

Cut From AA or Higher Grades Beef Value Pack  
**Striploin Grilling Steak**



**\$2<sup>99</sup>**  
PER LB.  
\$6.59/KG.

Fresh Country Ribbon  
**Whole Bagged Chicken**



**\$2<sup>99</sup>**  
PER LB.  
\$6.59/KG.

Fresh Boneless  
**Pork Loin**



**\$13<sup>99</sup>**

2kg Pinehill  
**Chicken Legs**



**\$1<sup>88</sup>**

425ml Campbell's  
**Spaghetti's**



**\$7<sup>99</sup>**

15lb Product of Canada  
**Russet Potatoes**



**\$5<sup>88</sup>**

16x100g Yoplait Source  
**Yogurt**



**\$4<sup>99</sup>**

890ml Kraft  
**Miracle Whip**



**\$12<sup>49</sup>**

24x355ml  
**Coke & Flavours**



**\$3<sup>99</sup>**

450g Kraft  
**Cheez Whiz**



**3/\$5**

398ml Clark  
**Beans**



**2/\$4**

265g Dainty  
**Fried Rice**



**2/\$6<sup>50</sup>**

550-675g Villaggio Thick Sliced **Bread**  
or 6-8pk Toscana **Buns**



**10/\$5<sup>99</sup>**

Size 88's Product of Egypt  
**Oranges**



**2/\$4<sup>88</sup>**

427g Imperial  
**Soft Margarine**



**\$1<sup>88</sup>**

200g Jacob's  
**Cream Crackers**

PRICES ARE IN EFFECT APRIL 30 - MAY 6, 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
30	1	2	3	4	5	6



### Your Newfoundland Butcher



**\$8.99**  
PER LB.  
\$19.82/KG.

Cut From AA or Higher Grades Beef  
**Sirloin Tip Oven Roast**



**\$3.99**  
PER LB.  
\$8.80/KG.

Fresh Value Pack Boneless  
**Pork Loin Chops**



**\$7.99**  
PER LB.  
\$17.62/KG.

Made From Fresh or Frozen Portions Value Pack  
**Medium Ground Beef**



**\$5.88**

375g Mere Michel Regular or Salt Reduced  
**Bacon**



**\$15.99**

2kg Sunrise  
**Bologna**



**\$19.99**

1.75kg Country Best  
**Salt Beef**



**\$4.88**

375g Sunrise  
**Sliced Bologna**



**\$3.99**  
PER LB.  
\$8.80/KG.

Tray Pack Frozen  
**Turkey Wings**



**\$4.99**

250g Sunrise  
**Salami or Pepperoni Sticks**



**\$4.44**

375g Maple Leaf  
**Wieners**



**\$12.99**

1kg Butcher Selection Stamped  
**Beef Burgers**



**\$9.99**  
PER LB.  
\$22.02/KG.

Cut From AA or Higher Grades Beef Value Pack  
**Sirloin Tip Marinating Steak**



**\$2.99**

67-120g Schneider's  
**Lunchmates**



**\$6.99**

500g Butcher Selection  
**Hand Cut Ribs**



### Deli



**\$6.77**

6oz Mojito Sushi Spicy or Regular  
**California Roll**



**\$5.44**

300g Dawn  
**Sliced Ham**



**\$4.99**

150-175g Chris Brother's  
**Shaved Meats**



**\$1.99**  
PER 100G

Store Sliced Golden Maple or Harvest Creek  
**Chicken Breast**



### From the Sea



**\$5.99**

454g Land & Sea  
**Salt Fish Bits**



**\$9.99**

375g Frozen  
**Cod Nuggets**



**2/\$7**

250g High Liner  
**Breaded Fish Burgers**



**\$9.99**

700g High Liner  
**Family Size Fish Sticks**

FRESH. FRIENDLY. LOCAL

FRESH. FRIENDLY. LOCAL

FRESH. FRIENDLY. LOCAL



### Fresh Produce

**\$5.99**



3lb Product of Canada  
**McIntosh Apples**

**\$2.59**



2lb Product of Canada  
**Yellow Onions**

**\$1.69**  
PER LB.  
\$3.73/KG.



Product of US  
**Green Cabbage**

**\$4.99**  
PER LB.  
\$11.00/KG.



Product of Australia  
**Plums**

**\$2.79**



Product of Canada  
**English Cucumber**

**\$1.99**  
PER LB.  
\$4.39/KG.



Product of Mexico  
**Watermelon Pieces**

**\$4.49**



1lb Product of Canada  
**Parsnip**

**\$1.49**  
EACH



Size 42's Product of Mexico  
**Limes**

**\$6.49**  
EACH



Product of Costa Rica  
**Pineapple**

**\$2.49**  
PER LB.  
\$5.49/KG.



Product of US  
**Minneolas**

**\$2.29**  
PER LB.  
\$5.05/KG.



Product of US  
**Red Onions**

FRESH. FRIENDLY. LOCAL



### Dairy

**\$6.88**



16ct Black Diamond  
**Marble Cheestrings**

**\$2.99**



12pk  
**Armstrong Cheese Melts**

**\$15.99**



1.7kg  
**Becel Regular Margarine**

**\$7.99**



450g  
**Kraft Velveeta Cheese Loaf**

FRESH. FRIENDLY. LOCAL



### Frozen

**\$2.88**



10ct Cavendish  
**Hashbrown Patties**

**\$4.88**



240-560g Selected Kellogg's  
**Eggos or Mini Pancakes**

**\$13.99**



700g  
**Janes Pub Style Breaded Chicken**

**\$5.88**



638g  
**Furlani Texas Garlic Toast**

**\$3.99**



317-326g  
**Red Baron Deep Dish Singles Pizza**

**\$15.88**



32oz  
**Original Cakery Classic Variety or Chocolate Cheesecake**

**\$5.88**



1.5kg  
**McCain Red Bag Fries**

**\$11.88**



1.19kg  
**Swanson Skillet Meals**

FRESH. FRIENDLY. LOCAL



Bakery

\$17<sup>99</sup>



2.5lbs Golden Crust Assorted Ring Cakes

\$10<sup>99</sup>



Large Trifle

Baked In-Store

\$5<sup>39</sup>



8pk Golden Crust Cinnamon Sugar Donuts

\$3<sup>39</sup>



Golden Crust French Bread

\$12<sup>99</sup>



Double Chocolate Cake

Baked In-Store

\$7<sup>99</sup>



12pk Golden Crust Plain, Raisin or Blueberry Tea Buns

\$2<sup>99</sup>



3 Bun Homestyle White Bread

Baked In-Store

\$2<sup>49</sup>



Golden Crust Single Serve Assorted Flips

STARTING AT

\$6<sup>99</sup>

Powell's Artisan Sourdough Bread

Baked In-Store

Powell's Artisan

FRESH. FRIENDLY. LOCAL

More Great Deals

\$1<sup>88</sup>



454g Thompson White Pea Beans

\$2<sup>99</sup>



6pk Dempster's English Muffins

\$12<sup>99</sup>



10ct Starbucks House Blend K-Cups

2/\$6<sup>50</sup>



170g Purity Candy

\$4<sup>44</sup>



7-10pk Carnation Hot Chocolate Envelopes

\$3<sup>99</sup>



340g Mario's Cooked Ham

\$4<sup>44</sup>



350g Captain Crunch Cereal

\$1<sup>44</sup>



45-60ct Club Supreme Zipper Bags

\$5<sup>44</sup>



907g Ben's Original Whole Grain Rice

\$7<sup>99</sup>



24x500ml Aquafina Water

\$3<sup>99</sup>



24ct Tetley Green or Earl Grey Decaf Tea Bags

\$4<sup>88</sup>



170g Kraft Dream Whip

FRESH. FRIENDLY. LOCAL

\$5<sup>44</sup>



1.36lt Dole Light Pineapple Juice

\$3<sup>29</sup>



1kg Robin Hood Flour

2/\$4<sup>44</sup>



200g Swanson Pot Pies

\$2<sup>77</sup>



650g Atlantic Bakers Pancake & Waffle Mix Complete



### Refreshments & Snacks

**\$1.44**

500ml Sunny D

**\$3.44**

175g Old Dutch Popcorn Twists

**\$2.88**

145g Christie Crispers or Bits & Bites

**2/\$4.88**

4lt True North Natural Spring Water

**2/\$6.50**

120g General Mills Cereal Bars

**3/\$4.50**

1lt Pepsi & Flavours

**\$8.99**

16x37g Kellogg's Nutri Grain Bars

**\$2.88**

234g Act II Popcorn

**2/\$5**

130-155g Selected Lay's Snacks

**\$5.44**

132g Nutella B-Ready Bar

**\$1.44**

503ml Sparkling Ice Beverage

**\$9.88**

472-576g Old Dutch Variety Packs

FRESH. FRIENDLY. LOCAL



### Furry Friends

**\$1.77**

100g Cesar Dog Food

**2/\$2.22**

78g Meow Mix Cat Food

**3/\$5**

85g Whiskas Temptations

**\$13.88**

7lb IAMS Mini Chunks Adult Dry Dog Food

**88¢**

100g Pedigree Choice Cuts in Gravy Dog Food

**\$17.88**

9.1kg Arm & Hammer Multi Cat Litter

FRESH. FRIENDLY. LOCAL



### House and Home

**\$3.88**

1.65lt Fabuloso Multi Purpose Cleaner

**\$7.44**

275g Pledge Lemon

**\$3.99**

900ml Drano Liquid

**\$3.99**

1.6lt Old Dutch Fabric Softener

**\$3.88**

700ml Vim Power & Shine Kitchen Spray

**\$3.99**

710ml Lysol Toilet Bowl Cleaner

FRESH. FRIENDLY. LOCAL

### Personal Care

**\$5.99**

591ml Irish Spring or Soft Soap Bodywash

**\$3.29**

10ct Tampax Tampons Regular

**\$3.44**

3pk Ivory Bar Soap

**\$12.99**

150ml Buckley's Complete

FRESH. FRIENDLY. LOCAL



**\$6<sup>88</sup>**

4lt Old Dutch Laundry Detergent



**\$2<sup>77</sup>**

900g Primo Macaroni or Spaghetti



**\$2<sup>88</sup>**

398ml Dole Pineapple



**\$6<sup>88</sup>**

1.5lt Shaw's Ice Cream



**\$3<sup>77</sup>**

400g Kraft Deluxe Mac & Cheese



**\$11<sup>44</sup>**

3pk Bounty SAS Paper Towels 3=6



**2/\$4<sup>44</sup>**

354ml Dairy Isle Regular or 2% Evaporated Milk



**\$18<sup>99</sup>**

24x591ml Powerade Variety Pack



**2/\$16**

12x355ml Pepsi & Flavours or Bubly Water



**\$4<sup>88</sup>**

350g Purity Tea Vees Cookies



**\$15<sup>99</sup>**

6x355ml Quidi Vidi Iceberg Non Alcoholic Beer



**\$4<sup>88</sup>**

1lt French's Ketchup



**2/\$6<sup>50</sup>**

128-226g General Mills Fruit Snacks, Gushers, Roll Ups or Fruit by the Foot



**\$3<sup>99</sup>**

1lt Liberty Canola Oil



**\$3<sup>77</sup>**

341ml VH Dipping Sauce



**\$3<sup>44</sup>**

250g Jamie Oliver Rice



**\$4<sup>44</sup>**

1.89lt Ocean Spray Cranberry Cocktail



**\$2<sup>88</sup>**

166-240g Betty Crocker Hamburger Helper



**\$3<sup>88</sup>**

250g Lactantia Original Cream Cheese



**\$1<sup>88</sup>**

85g Clover Leaf Smoked Oysters or Mussels



**\$4<sup>44</sup>**

425ml Kraft Dressings



**\$1<sup>44</sup>**

165g Gattuso Pizza Flour



**\$16<sup>99</sup>**

24ct Royale Double Roll Bathroom Tissue



**2/\$4<sup>44</sup>**

398ml Hunt's Manwich Sauce



**\$2<sup>99</sup>**

389g Idahoan Mashed Potatoes

*Mothers Day Treat Boxes*

**\$24.99**

Each Box Includes:

- 2 Macarons
- 2 Truffles
- 2 Chocolate Covered Oreos
- 2 Chocolate Covered Strawberries
- 1 Oreo Cheesecake Bar
- 1 Blueberry & Lemon Flakie
- 1 Red Velvet Cupcake
- 1 Biscoff Cookie Sandwich

**Powell's Famous Bakery**  
Call (709)786-0208 to order.  
Preorder until May 6<sup>th</sup> While quantities last!

**CINCO DE MAYO**

**\$2<sup>88</sup>** 250ml Scotsburn Sour Cream

**\$7<sup>44</sup>** 320-400g Cracker Barrel Cheese Bars or Shreds

**\$4<sup>44</sup>** 250-510g Old El Paso Dinner Kits

**\$9<sup>44</sup>** 2kg Frozen Red & Green Peppers