

**BAY ROBERTS** 709.786.2101  
**CARBONEAR** 709.596.6644

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[www.powellsnl.ca](http://www.powellsnl.ca)

# Fresh, Friendly and Local – Since 1948

# Powell's

## Supermarket



**\$2<sup>77</sup>**  
 PER LB.  
 \$6.11/KG.

Fresh  
 Country Ribbon  
 Value Pack  
**Chicken Thighs  
 or Drumsticks**



**\$3<sup>77</sup>**  
 PER LB.  
 \$8.31/KG.

Frozen Value Pack  
**Pork Butt Chops**



**\$6<sup>99</sup>**  
 PER LB.  
 \$15.41/KG.

Cut From AA or Higher Grades Beef  
**Inside Round Pot Roast**



**2/\$5**



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



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

340g Holiday  
**Luncheon Meat**



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

10lb Product of Canada  
**Red Potatoes**



**\$9<sup>99</sup>**

12x200g Kraft Dinner  
**Original**

**83¢**  
 Per Box



**2/\$15**

12x355ml  
**Coke & Flavours or AHA Water**



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

450g Kraft  
**Cheez Whiz**



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

427g I Can't Believe It's Not Butter  
**Margarine**



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

240g  
**Black Diamond  
 Natural Cheese Slices**



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

398ml Bush's  
**Baked Beans**



**5/\$3<sup>99</sup>**

Size 88's  
 Product of California  
**Navel Oranges**



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

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



**3/\$4**

43-116g Idahoan  
**Mashed Potatoes**

PRICES ARE IN EFFECT JANUARY 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
<b>1</b> CLOSED	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>





## Your Newfoundland Butcher

**\$4<sup>99</sup>**  
PER LB.  
\$11.00/KG.



Atlantic's Best  
**Homestyle Sausages**

**\$24<sup>99</sup>**



2kg Pinehill  
**Split Chicken Wings**

**\$5<sup>99</sup>**  
PER LB.  
\$13.21/KG.



By The Piece  
Maple Leaf  
**Bologna**

**\$8<sup>99</sup>**  
PER LB.  
\$19.92/KG.



Cut From AA Or Higher Grades Beef Value Pack  
**Stewing Beef**

**STAMPEDE**  
BEEF BURGERS  
TEXAS STYLE

**\$12<sup>99</sup>**



1kg Butcher Selection Stampede  
**Beef Burgers**



250g Maple Leaf  
**Prepped & Ready Chicken**

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



**\$4<sup>99</sup>**  
PER LB.  
\$11.00/KG.

Quality Vac Pack  
**Pork Scrunchions**

**\$3<sup>99</sup>**  
PER LB.  
\$8.80/KG.



Frozen  
Tray Pack  
**Turkey Drumsticks**

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



900g Larsen  
Regular or BBQ **Wieners**

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



65-85g Maple Leaf Ready Crisp  
**Bacon Pieces or Slices**

**\$6<sup>99</sup>**



650g Butcher Selection  
**Button Bones**

**\$8<sup>99</sup>**



300g Schneider's  
**Pepperettes**

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



575g 44th Street Slow Cooked  
**Beef Pot Roast**

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



375g  
Sunrise  
Thick  
or Thin  
Sliced  
**Bologna**



## Deli

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



175g Chris Brothers  
**Pizza Variety Pack**

**\$2<sup>49</sup>**  
PER 100G



Store Sliced Deli Classic  
**Montreal Smoked Meat or Pastrami**

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



150-175g Maple Leaf Natural Selection  
**Sliced Meats**

**\$12<sup>99</sup>**



10pc Instore  
Hot Or Chilled  
**Breaded Chicken Fillets**



## From the Sea

**\$8<sup>99</sup>**



1lb Comeau  
**Salt Cod Bits**

**\$19<sup>99</sup>**



5lb Seafresh  
**Battered Cod**

**\$10<sup>99</sup>**  
PER LB.  
\$24.23/KG.



Frozen Atlantic  
**Salmon Fillets**

**\$3<sup>49</sup>**



330g Land & Sea  
**Fish Cakes**

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## Fresh Produce

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



Product of Honduras  
**Pineapple**

**\$3<sup>69</sup>**



3lb  
Product of Canada  
**Carrots**

**\$9<sup>99</sup>**



908g Clamshell  
Product of Chile  
**Kiwi Fruit**

**99¢**  
EACH



Product of US  
**Lemons**

**99¢**  
PER LB.  
\$2.18/KG.



Product of Canada  
**Spanish Onions**

**\$1<sup>29</sup>**  
PER LB.  
\$2.84/KG.



Product of Canada  
**Green Cabbage**

**\$5<sup>49</sup>**



1lb  
Product of Canada  
**Parsnip**

**\$1<sup>99</sup>**  
EACH



Product of Mexico  
**Avocados**

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



3lb Product of Canada  
**McIntosh Apples**

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



Size 55's  
Product of South Africa  
**Pink Grapefruit**

**\$3<sup>49</sup>**  
EACH



Product of Brazil  
**Mangoes**



## Dairy

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



8x100g Activia  
**Yogurt**

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



16ct Black Diamond  
**Marble Cheestrings**

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



256-424g Jell-O RTE  
**NSA Jell-O or Strawberry Cheesecake**

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



129g Black Diamond  
**Combos**



## Frozen

**\$5<sup>44</sup>**



371-397g  
Boston Market  
**Frozen Entrees**

**3/\$5**



190g Swift  
**Pot Pie**

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



750g  
Cavendish  
**Crispy Coat Fries**

**\$15<sup>88</sup>**



48ct Kellogg's Family Size  
**Original Eggo's**

**2/\$4**



250g Green Giant Simply Steam  
**Broccoli & Cauliflower**

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



288g Furlani Three Cheese  
**Texas Toast**

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



326g Pillsbury  
**Toaster Strudels**

**\$12<sup>88</sup>**



12pk  
McCain  
**Pizza Pockets**

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Bakery

**\$11<sup>99</sup>**



Chocolate  
Fudge  
Brownie  
**Cake**

**Baked  
In-Store**

**Baked  
In-Store**

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



12pk  
White or  
Whole Wheat  
**Circle Dinner Rolls**

**\$3<sup>79</sup>**



6pk  
Golden Crust  
**Bagels**

**\$5<sup>39</sup>**



6pk Golden Crust  
NSA Plain or Raisin  
**Tea Buns**

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



3 Bun Homestyle  
**White Bread**

**Baked  
In-Store**

**\$3<sup>60</sup>**



2pk Golden Crust Gracie's  
**Cream Filled Donuts**

**\$7<sup>79</sup>**



12pk Golden Crust  
**Variety Pack Cookies**

STARTING AT

**\$6<sup>99</sup>**

Powell's Artisan  
**Sourdough  
Bread**

**Baked  
In-Store**



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



8pk Golden Crust  
**Hotdog or Hamburger Buns**

**More Great  
Deals**

**\$5<sup>77</sup>**



280-338g  
Swanson  
**TV Dinners**

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



234g Sara Lee  
**Little Bites Muffins**

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



300g  
**Pogo Sticks**

**\$7<sup>44</sup>**



500ml  
Smucker's  
**Jam**

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



650g  
Atlantic  
Baker's  
**Buttermilk  
Pancake &  
Waffle Mix**

**\$8<sup>99</sup>**



18x19g Nescafe  
Sweet & Creamy  
**Sachets**

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



165g  
Gattuso  
**Pizza  
Flour**

**3/\$5**



284ml Heinz  
**Tomato Soup**

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



72ct Red Rose  
**Tea Bags**

**2/\$6**



300g Purity  
**Ginger Snaps or  
Oatmeal Cookies**

**88¢**



20-50g  
Old Dutch  
**Vending Machine Chips**

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



900ml  
Campbell's  
**Tetra Broth**

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



110g Pam  
**Cooking Spray**

**\$6<sup>44</sup>**



946ml  
**Mazola Oil**

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



42g Gerber  
**Graduate Puffs**

**\$12<sup>88</sup>**



404-502g  
Piatto@Home  
**Pizzas**

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## Refreshments & Snacks

**\$4<sup>77</sup>**



6x222ml  
**Coke & Flavours Minis**



175g  
**Old Dutch  
Popcorn  
Twists**

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



20ct Kellogg's  
**Rice Krispie Squares**

**\$15<sup>88</sup>**



150-200g  
**Smartfood  
Snacks XL**

**2/\$6**



205g  
**Sunchips  
XL**

**2/\$6**



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



234g  
**Act II  
Popcorn**



**2/\$6**



6pk Selected Hostess  
**Snacks**



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



6x295ml  
**Ocean Spray  
Cranberry Cocktail**



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

105-141g Hershey  
**Big Box Chocolate**



**4/\$5**

355ml Jones  
**Soda**



**4/\$5**

1.5lt  
**True North  
Spring Water**



**\$9<sup>88</sup>**

472-576g  
**Old Dutch  
Variety Pack Snacks**

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## Furry Friends



**4/\$5**

156g  
**Friskies  
Cat Food**



**\$19<sup>99</sup>**

7.2kg  
**Alpo  
Dry Dog Food**



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

170g  
**Purina  
Beggin'  
Strips**



**\$8<sup>99</sup>**

6.4kg Arm & Hammer  
**Cat Litter**



**\$8<sup>99</sup>**

1.36kg  
**Meow Mix  
Dry Cat Food**



**\$1<sup>77</sup>**

100g  
**Cesar  
Dog Food**

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## House and Home



**\$6<sup>44</sup>**

16ct  
**Gain  
Flings**

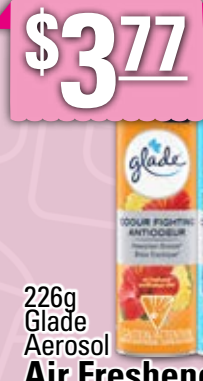
**\$4<sup>44</sup>**

800ml Lestoil  
**Household  
Cleaner**



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

80ct  
**Fleecy  
Dryer  
Sheets**



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

226g  
**Glade  
Aerosol  
Air Freshener**

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

35ct  
**Clorox  
Wipes  
Lemon  
Fresh**



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

473ml  
**Liquid Plumb  
Hair Clog  
Eliminator**



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## Personal Care

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



170ct Q-Tips  
**Cotton Swabs**

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



311g Gillette Foamy  
**Shaving Cream**

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



221ml  
**Soft Soap Hand Pump  
Soap**

**\$6<sup>44</sup>**



24ct Aleve  
**Caplets**

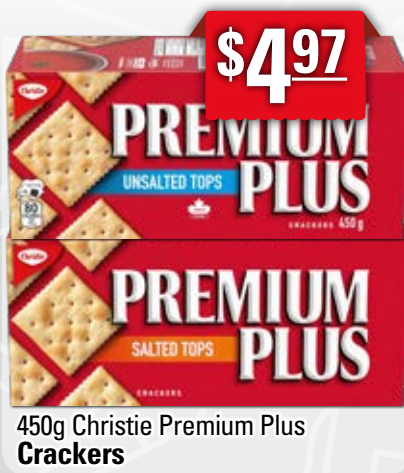
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**\$3<sup>99</sup>**

240-344g  
Quaker RTS  
Oatmeal



**\$4<sup>97</sup>**

450g Christie Premium Plus  
Crackers



**\$4<sup>97</sup>**

1lt Heinz  
Ketchup



**\$12<sup>99</sup>**

12ct Cashmere Double Roll  
Bathroom Tissue



**\$4<sup>77</sup>**

600-700g  
Minute Rice



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

1lt Bick's  
Hamburger Slices or Dill Pickles



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

3lb  
Golden  
Crust  
Bread &  
Roll Mix



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

350g Purity  
Tea Vees



**\$7<sup>44</sup>**

228g M&M  
Lavalicious Chocolate Cake



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

354ml Carnation Regular or 2%  
Evaporated Milk



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

2lt Rougemont  
Apple Juice



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

1.5lt Nestle Ice Cream,  
12pk Delmonte Novelties  
or 4-8pk Nestle Novelties



**\$6<sup>99</sup>**

320-400g Black Diamond  
Cheese Bars or Shreds



**2/\$6**

6pk Mott's  
Fruitsations



**2/\$4**

284ml  
Franco American  
Gravy



**2/\$5**

410g Selected Barilla  
Pasta



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

425g  
Chef Boyardee  
Pastas



**\$6<sup>44</sup>**

1kg Jif  
Creamy Peanut Butter



**\$1<sup>77</sup>**

199-284ml  
Green Giant  
Cream Style Corn or Niblets



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

1.8lt  
Arctic Power  
Liquid Laundry Detergent

**3/\$5**

2lt  
Coke & Flavours



**2/\$5**

280g Econo Pack  
Cookies



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

340g  
Litehouse  
Dips



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

3pk Bounty  
Paper Towels SAS

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

3.78lt  
Laurentide  
Windshield Wash



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

156g Burns  
Flakes of Meat

**Powell's Supermarket Community Corner**

*Nan's Kitchen*  
Homestyle Cooking

**ALL DAY BREAKFAST!**

Did you know that Nan's Kitchen offers all day breakfast? So whatever time of day you're in the mood for some fresh homemade toast, eggs, bacon, toutons, coffee, tea and more, we will be happy to serve you!

We're always cooking up something delicious. Visit us at Nan's Kitchen Restaurant, located in Powell's, Bay Roberts, or call **786-2997** to place your take out order!

**2/\$8<sup>50</sup>**



6x710ml  
Pepsi & Flavours