

Fresh, Friendly and Local - Since 1948
Puwwell's
Supermarket



\$7⁹⁷



1.5lt Kraft
Miracle Whip Regular

\$9⁹⁹



12x200g
Kraft Dinner Original

\$3⁹⁹



450g Kraft
Cheez Whiz

\$2⁸⁸



600ml Catelli
Garden Select
Pasta Sauce



Fresh, Friendly and Local - Since 1948

Powell's Supermarket



\$4.97

1.36lt
Heinz
Tomato
Juice

2/\$5



200g Kraft
Macaroni Salad Mix

\$4.88



475ml Kraft
Sandwich Spread

\$4.77



355ml Renée's
Dressing





BAY ROBERTS
CARBONEAR

709.786.2101
709.596.6644

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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

\$4⁹⁹



375g Leadbetter's
Smoked Bacon

\$2⁹⁹
PER LB.
\$6.59/KG.



Fresh
Boneless Pork Loin

\$4⁴⁴
PER LB.
\$9.79/KG.



Fresh Country Ribbon Value Pack
Whole Chicken Wings

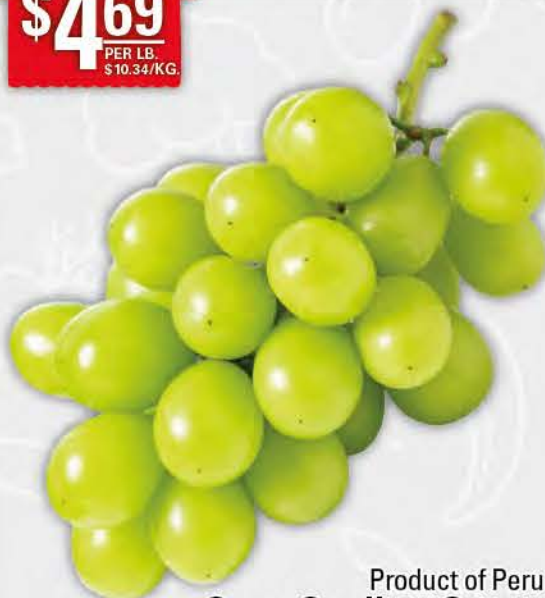
**WHILE
SUPPLIES
LAST**

2/\$4⁸⁸



340g Holiday
Luncheon Meat

\$4⁶⁹
PER LB.
\$10.34/KG.



Product of Peru
Green Seedless Grapes

\$1⁸⁸



398ml Bush's
Baked Beans

\$6⁴⁴



1.28kg Imperial
Soft Margarine

4/\$5



454g Selected Primo
Pasta

\$12⁴⁹



24x355ml
Coke & Flavours

\$3⁹⁹



477-664g
Red Baron
Classic or
Thin Crust
Pizza

\$2⁴⁹
PER LB.
\$5.49/KG.

FLORIDA
TOMATOES



Product of Florida
Tomatoes

\$1⁹⁷



375-404g
Betty Crocker
Cake Mixes

2/\$6⁸⁸



675g Dempster's Xtra
Sandwich Bread

3/\$5



398ml
Club Supreme
Fruit

PRICES ARE IN EFFECT JANUARY 29 - FEBRUARY 4, 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
29	30	31	1	2	3	4



\$7.44

500ml
Smucker's
Jam



\$4.99

400g Purity Variety Pack
Cookies



\$4.88

410g Black Diamond
Cheese Slices



\$7.44

1.18lt
Mazola
Oil



\$6.88

8pk Royale
Bathroom
Tissue



\$2.77

340-450g
Betty Crocker
Frostings



2/\$3

227g
Rice A Roni



\$4.88

400g Cavendish Quick Crisp
Onion Rings



2/\$4.44

354ml Carnation Regular or 2%
Evaporated Milk



2/\$6

176-384g Kellogg's
Poptarts or Rice Krispie Squares



2/\$16

12x355ml
Pepsi & Flavours or Bubly Water



\$14.44

12x355ml Budweiser
Non-Alcoholic Beer



\$7.99

320-400g Cracker Barrel
Cheese Bars or Shreds



\$2.77

250g
Timewise
Pasta



\$6.99

100-170g Nescafe or Encore
Instant Coffee



2/\$3

43-116g
Idahoan
Mashed
Potatoes



\$4.44

1.8lt Arctic Power
Laundry Detergent



\$1.88

1lt Allen's
Juice



\$9.99

3pk Royale
Tiger Towels



\$14.88

10kg
Robin
Hood
Flour



\$3.99

341ml VH
Cooking Sauce



\$2.99

250g Scotsburn
Heluva Good Dip



2/\$6

141g Betty Crocker
Potatoes



\$2.99

67-120g
Schneider's
Lunchmates

SOUP'S ON!
at
Nan's Kitchen
Homestyle Cooking

TURKEY SOUP
Made with house roasted turkey. Served with a homemade bun.

PEA SOUP
The classic, just like Nan would make. Served with a homemade bun.

(709)786-2997
Inside Powell's Supermarket Bay Roberts

3/\$5

Swift Premium
SINCE 1908

BEEF BŒUF
POT PIE | PÂTE
190g

TURKEY DINDE
POT PIE | PÂTE
190g

CHICKEN POULET
POT PIE | PÂTE
190g

190g Swift
Pot Pies



Your Newfoundland Butcher

\$21⁹⁹



1.75kg
Country Pride Choice
Salt Beef



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

\$5⁹⁹



\$3⁹⁹



Fresh Value Pack
Boneless Pork Loin Chops

\$4⁹⁹



Fresh
Pork Belly



Fresh Country Ribbon
Value Pack
Chicken Thighs or Drumsticks

\$3⁴⁴



250g Maple Leaf Prepped & Ready
Chicken

\$7⁹⁹



\$10⁹⁹

10-12ct
Atlantic's Best
Pickled Eggs or Wieners

\$5⁹⁹



By
The Piece
Maple Leaf
Bologna

\$10⁹⁹



695g Maple Leaf Prime
Chicken Wings



\$10⁹⁹

595g
44th Street
Honey Garlic
or Maplewood Smoked
Pork Back Ribs



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

\$8⁹⁹

\$13⁹⁹



700g Janes Pub Style
Breaded Chicken
**Strips, Nuggets,
Burgers or
Popcorn Chicken**



\$6⁹⁹

800g Watson Ridge
**Nuggets, Burgers,
Strips, or Popcorn Chicken**



Deli

\$3⁴⁹



250g Chris Brothers
Deli Combo



150-175g
Selected
Schneiders
Deli Meats

\$5⁹⁹

\$2⁴⁹



Store Sliced Deli Classic
Montreal Smoked Meat or Pastrami

\$6⁷⁷



6oz Moji Sushi
Spicy or Regular
California Roll



From the Sea

\$5⁹⁹



4oz Quinlan
Crab Au Gratin

\$11⁹⁹

Fresh Atlantic
Salmon Fillets



2/\$7

250g
High Liner Tempura
Battered Fish

\$3⁴⁹



330g Land & Sea
Fish Cakes

FRESH. FRIENDLY. LOCAL

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FRESH. FRIENDLY. LOCAL



Fresh Produce

\$1⁸⁹
PER LB.
\$4.17/KG.



Product of Brazil
Watermelon Pieces

\$1³⁹
PER LB.
\$3.06/KG.



Product of Canada
Green Cabbage

\$4⁹⁹
PER LB.
\$11.00/KG.



Product of Chile
Peaches

\$3⁶⁹



3lb
Product of Canada
Carrots

\$4⁶⁹
PER LB.
\$10.34/KG.



Product of Spain
Plums

\$5⁶⁹



2lb
Product of Morocco
Clementines

\$3⁹⁹
HEAD



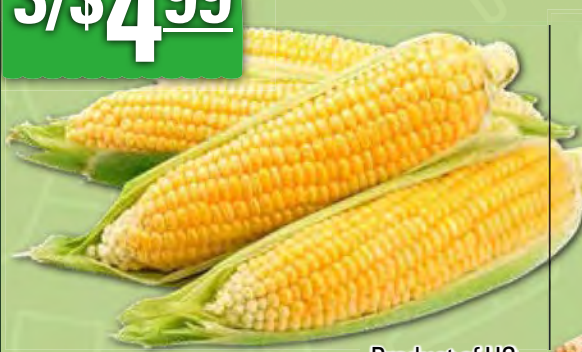
Product of US
Iceberg Lettuce

\$5⁹⁹



3lb Product of Canada
Red Delicious Apples

3/\$4⁹⁹



Product of US
Fresh Corn

\$5⁴⁹



1lb
Product of Canada
Parsnip

\$3⁴⁹
EACH



Product of Peru
Mangoes

FRESH. FRIENDLY. LOCAL



Dairy

\$7⁴⁴



828ml
Starbucks
Caramel
Macchiato
Liquid Coffee Cream



\$5⁸⁸

500g Scotsburn
Cottage Cheese

\$3⁴⁴



400g Pillsbury RTB Easy Roll
Pie Crust

\$3⁹⁹



427-454g Becel
Regular or Olive Oil
Soft Margarine

FRESH. FRIENDLY. LOCAL



Frozen

\$3⁴⁴



750g
Cavendish
Crispy Coat
Fries

\$5⁸⁸



638g Furlani
Garlic Texas Toast

\$5⁴⁴



350g Authentic Asia
**Curry Chicken or
Wonton Shrimp Soup**

\$5⁴⁴



693g Pillsbury
Pizza Bites

\$16⁸⁸



1.5kg Family Size
Pogo Sticks

\$3⁴⁴



400-500g
Green Giant
Valley Selections
Vegetables

\$4⁹⁹



20pk Cavendish
Gold Hashbrown Patties

\$5⁹⁹



360-455g Swanson Hungryman
Dinners

FRESH. FRIENDLY. LOCAL



Bakery

\$2⁹⁹



12pk White or Whole Wheat

Circle Dinner Rolls

Baked In-Store

\$2⁹⁹



3 Bun Homestyle White Bread

\$13⁹⁹

Baked In-Store



Vanilla or Chocolate Sprinkle Cake

\$7⁷⁹



12pk Golden Crust Variety Pack Cookies

\$5⁹⁹



8pk Golden Crust Fancy Cake Donuts

\$3⁹⁹



Baked In-Store

4pk Rich's Croissants

\$17⁴⁹



2.5lbs Golden Crust Ring Cakes

STARTING AT

\$6⁹⁹

Powell's Artisan Sourdough Bread



Baked In-Store

\$2⁹⁹



8pk Golden Crust Hotdog or Hamburger Buns

More Great Deals

\$2⁷⁷



341ml Delmonte Tin Corn

\$3⁸⁸



213g Clover Leaf Pink Salmon

\$3⁸⁸



225g Lawry's Seasoned Salt

\$4⁸⁸



170g Kraft Dream Whip

\$5²⁹



500ml Vlasic Stackers Pickles

\$3²⁹



500g Natural Bakery Rye Bread

\$1⁴⁴



165g Gattuso Pizza Flour

\$6⁸⁸



500g Vim Skim Milk Powder

2/\$4⁸⁸



72ct Blue Nose Tea Bags

\$3⁴⁴



375g Catelli Maple Leaf Pasta

2/\$3



50-55g Kellogg's Cereal in a Cup

\$6⁴⁴



1kg Jif Peanut Butter

\$2⁷⁷



284g Club House English Style or Beer Batter Mix

\$3⁸⁸



125g Kellogg's Special K Fruit Crisps

\$2⁸⁸



250ml Steeves Maple Taste Syrup

\$12⁸⁸



1.2kg McCain Pizza Pockets

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Refreshments & Snacks



210-235g Doritos XL
Tortilla Chips



132g Nutella
B-Ready



1lt Pepsi & Flavours
or Aquafina Water



45g Hawkins
Cheezies



145g Christie
Crispers or
Bits & Bites



170g Purity
Candy



4x473ml
Monster
Energy Drink



200-235g
Old Dutch
XXL Potato Chips or Ridgies



6x591ml
Gatorade



180-200g Ruffles XL
Potato Chips



Selected
Vachon Buns



4lt True North
Water



Furry Friends



8kg
Pedigree
Healthy
Vitality
Dog Food



1.42kg
Meow
Mix
Dry
Cat
Food



12.7kg
Arm &
Hammer
Cat Litter



113g
Milk Bone Soft & Chewy
Dog Treats



1.81kg
Smartblend
Lamb & Rice
Dog Food



6kg
Nutri
Choice
Cat
Food



House and Home



828ml Pinesol
Household
Cleaner



473ml
Dawn Ultra Original
Dish Liquid



385-946ml
Scrubbing Bubbles
Easy Peasy
Multi Purpose
Foam Cleaner



10ct
Glad
Clear, Blue or Black
Garbage Bags



2pk Mr Clean
Magic Eraser



34ct Bounce
Outdoor Fresh Sheets

Personal Care



45-70g
Selected Lady or Mennen Base
Speed Stick



3pk Ivory
Soap



24pk Tylenol Extra Strength
Tablets or Caplets



621ml Ivory
Bodywash

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