

BAY ROBERTS 709.786.2101  
CARBONEAR 709.596.6644

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# Powell's Supermarket

Fresh, Friendly and Local – Since 1948



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

Fresh Country Ribbon Value Pack Boneless Skinless  
**Chicken Breast**



**\$9<sup>99</sup>**  
PER LB.  
\$22.02/KG.

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



**\$2<sup>97</sup>**  
PER LB.  
\$6.55/KG.

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



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

Maple Leaf  
**Baby Bologna**



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

3lt Primo  
**Vegetable Oil**



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

1lb Product of US  
**Strawberries**



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

410g Kraft Singles  
**Cheese Slices**



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

280-330g  
Kellogg's  
**Eggo's or Pancakes**



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

6x710ml  
**Coke or Pepsi & Flavours**



**2/\$6<sup>88</sup>**

140-184g  
**Shake'n Bake  
Coating Mix**



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

850g Eversweet  
**Soft Margarine**



**2/\$6**

675g  
Dempster's  
**Xtra Sandwich  
Bread**



**2/\$3**

398ml Clark  
**Beans**



**98¢**  
PER LB.  
\$2.16/KG.

Product of US  
**Watermelon Pieces**



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

12pk Scotsburn  
**Cream, Fudge or Ice Cream Bars**

PRICES ARE IN EFFECT JUNE 19-25, 2025

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
19	20	21	22	23	24	25





2/\$6<sup>88</sup>

4pk Pillsbury  
Pizza Pops



\$2<sup>88</sup>

425ml  
Sweet Baby Rays  
BBQ Sauce



\$3<sup>99</sup>

210-240g Dare  
Bear Paws



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

4pk Lipton  
Cup A Soup



2/\$5

540ml Aylmer  
Stewed Tomatoes



\$1<sup>88</sup>

250ml Club Supreme  
Jam



\$6<sup>88</sup>

2.5kg Robin Hood  
White, Whole Wheat  
or Best for Bread  
Flour



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

398ml Catelli  
Meat Sauce



\$9<sup>99</sup>

6pk Sponge Towels  
Ultra CAS



\$4<sup>88</sup>

72ct  
Red Rose  
Tea Bags



\$6<sup>88</sup>

4lt Old Dutch  
Laundry Detergent



\$4<sup>44</sup>

7-10pk Carnation  
Hot Chocolate Envelopes



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

126-153g Knorr  
Side Kicks



\$4<sup>88</sup>

425g  
Puritan  
Corned Beef Hash



\$2<sup>88</sup>

120g  
Stove Top  
Stuffing



3/\$5

50-55g  
Kellogg's  
Cereal in a Cup



2/\$6

300g Purity  
Ginger Snaps  
or Oatmeal Cookies



\$1<sup>88</sup>

58g  
Kraft  
Dinner  
Cups



\$6<sup>99</sup>

320-400g Black Diamond  
Cheese Bars or Shreds



\$4<sup>88</sup>

6pk Dempster's  
Bagels or 450g  
Sunmaid Cinnamon Raisin Bread



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

200g Breton  
Crackers



\$6<sup>88</sup>

8pk Royale  
Double Roll  
Bathroom  
Tissue



\$1<sup>88</sup>

354ml Dairy Isle Regular or 2%  
Evaporated Milk



\$2<sup>77</sup>

900g Primo  
Macaroni or Spaghetti

# GAME ON



\$2<sup>99</sup>

67-120g JMS  
Lunchmates



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

Product of Egypt  
Oranges



\$10<sup>88</sup>

27x150ml Mr Freeze  
Jumbo Pops



\$17<sup>99</sup>

24x591ml Powerade  
Variety Pack



\$4<sup>88</sup>

12x500ml Ice River  
Spring Water



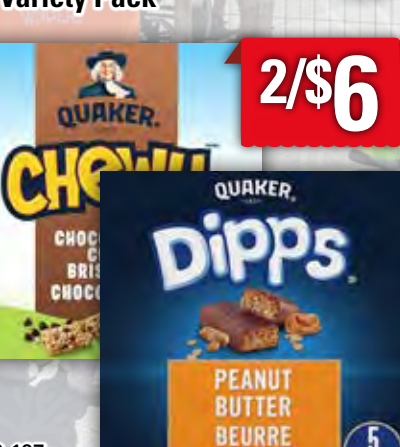
2/\$5

6pk Selected Hostess  
Snacks



\$3<sup>88</sup>

10x180ml Kool Aid  
Jammers



2/\$6

120-187g  
Quaker  
Granola Bars





Your Newfoundland Butcher

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



1.36kg MacGregor's  
**Italian Meatballs**

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



Cut From AA or Higher Grades Beef  
**Cross Rib Roast**



**\$7<sup>99</sup>**  
PER LB.  
\$17.62/KG.

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



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

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



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

6pk Belmont  
**Burgers**



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

Fresh  
Bone-In  
Center Cut  
**Pork Loin Chops**



**\$7<sup>99</sup>**  
PER LB.  
\$17.62/KG.

Quality Vac Pack Bone-In  
**Salt Beef**



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

500g  
Country Ribbon  
**Chicken Liver**



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

375g  
Schneiders  
**Bacon**



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

Atlantic's  
Best Homestyle  
**Sausages**



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

615g Schneider's  
**Chicken Wings**



**2/\$7**

375g  
Coachman  
**Wieners**



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

650g Butcher Selections  
**Button Bones**



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

2kg Pinehill  
**Chicken Legs**



Deli

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



175g Chris Brothers  
**Pizza Variety Pack**



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

Instore  
Clubhouse  
**Sandwich**



**\$1<sup>99</sup>**  
PER 100G

Store Sliced All White  
**Turkey Roll**



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

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



From the Sea

**2/\$5**



120g  
Land & Sea  
**Krispy Batter Mix**



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

340g  
Ocean  
Jewel  
**Breaded Coconut Shrimp**



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

330g  
Land & Sea  
**Fish Cakes**



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

Store Wrapped Highliner  
**Breaded Fish Cakes**

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## Fresh Produce

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



Product of Canada  
**Romaine Lettuce**

**\$3<sup>79</sup>**  
PER LB.  
\$8.36/KG.



Product of US  
**Peaches**

**\$2<sup>49</sup>**



2lb Product of Canada  
**Yellow Onions**

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



Product of Honduras  
**Cantaloupe**

**\$1<sup>19</sup>**  
BUNCH



Product of Canada  
**Green Onions**

**\$6<sup>49</sup>**



1 pint  
Product of Mexico  
**Blueberries**

**\$1<sup>49</sup>**



6oz  
Product of Canada  
**Red Radish**

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



Product of US  
**Plums**

**\$1<sup>69</sup>**  
PER LB.  
\$3.73/KG.



Product of Canada  
**Turnip**

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



3lb  
Product of Canada  
**McIntosh Apples**

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



Product of Canada  
**English Cucumber**

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## Dairy

**\$7<sup>88</sup>**



16pk Danone  
**Creamy Yogurt**

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



16ct Black Diamond  
**Cheestrings**

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



227g Lactantia Rich & Creamy  
**Cream Cheese Spread**

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



946ml International Delights  
**Coffee Cream**

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## Frozen

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



400g  
McCain  
**Tastiez Mac & Cheese Triangles**

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



520g Apple Valley  
**Lemon Meringue Pie**

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



650g  
Cavendish Quick Crisp  
**Fries or Potato Tots**

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



700g  
Maple Leaf Prime  
**Chicken**

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



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

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



326g Furlani  
**Stuffed Mozza Breadsticks**

**3/\$5**



190g  
Swift  
**Pot Pies**

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



1.2kg  
McCain  
**Bistro Extra Crispy Onion Rings**

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**Bakery**

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

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

*Baked In-Store*

**\$6<sup>59</sup>**

12pk Golden Crust  
**Gourmet Cookies**

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

600g Golden Crust Homestyle  
**Banana Bread**

**\$6<sup>25</sup>**

540g Golden Crust  
**Assorted Pies**

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

3 Bun Homestyle  
**White Bread**

*Baked In-Store*

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

21pk Golden Crust Variety Pack  
**Cookies**

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

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

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

Chocolate Mint  
**Cake**

*Baked In-Store*

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

STARTING AT  
Powell's Artisan  
**Sourdough Bread**

**\$**

**Smart Shopper**

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

30ct Folger's  
**K-Cup Coffee**

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

250g Lactantia  
**Cream Cheese**

**\$5<sup>97</sup>**

450g Magic  
**Baking Powder**

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

1.36kg Imperial  
**Margarine Quarters**

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

210g Hawkins  
**Cheezies**

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

633g Chris Brother's  
**Donair Dippers**

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

1kg Jif  
**Peanut Butter**

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

750ml Purity  
**Syrup**

**3/\$5**

27.5g Slim Jim  
Mild or Original  
**Giant Stick**

**\$10<sup>88</sup>**

680g Stampede  
**Pork Back Ribs**

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

250-300g Humpty Dumpty  
**Cheese Snacks or Party Mix**

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

340g Litehouse  
**Dips**

**Personal Care**

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

18ct Tampax Pearl  
**Tampons**

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

150g or 300ml Finesse  
**Hair Products**

**2/\$3**

95ml Colgate  
**Toothpaste**

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

16ct Advil Liqui-Gels  
**Migraine**





# GARDEN CENTRE

Our Garden Centre is back and BIGGER than ever! Located at Powell's Bay Roberts, 160 Conception Bay Highway, this piece of plant paradise is a must-see!

We have a large selection of perennials, annuals, bushes, trees, plant food, soil, mulch and so much more!

**GARDEN CENTRE HOURS;**  
**9AM-6PM DAILY**







## Refreshments & Snacks

4/\$5

1.5lt  
True  
North  
Water



\$2<sup>99</sup>



6x57g  
Litehouse  
Caramel Dip

3/\$4



1lt  
Pepsi & Flavours

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



180-300g Ruffles  
XL Potato Chips or  
Tostitos Tortilla Chips

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



175-210g  
Selected  
Nature Valley  
Bars

\$1<sup>44</sup>



240g  
Crosby  
Crystals

\$1<sup>88</sup>



63-85g  
Selected Nestle  
King Size Bars

\$7<sup>88</sup>



946ml Ocean Spray  
Pure Juice

\$1<sup>77</sup>



340ml  
Simply  
Refrigerated Juice

99¢



45g  
Hawkins  
Cheezies

2/\$4



120-140g  
Squashies  
Candy

\$3<sup>88</sup>



200-235g  
Old Dutch  
XXL or Ridgies Potato Chips

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## Furry Friends

2/\$2<sup>22</sup>



78g  
Meow Mix  
Cat Food

\$1<sup>88</sup>



375g  
Pedigree  
Dog Food

\$27<sup>99</sup>



8kg  
Pedigree  
Healthy  
Vitality  
Dry  
Dog  
Food

\$3<sup>88</sup>



500g  
Meow Mix  
Dry Cat Food

3/\$5



85g Whiskas  
Temptations

2/\$6



450g  
Milk Bone  
Small Dog  
Snacks

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## House and Home

2/\$3



372ml  
Palmolive  
Dish  
Liquid

\$2<sup>88</sup>



680ml  
Mr. Clean  
Multi-  
Purpose  
Cleaner

\$3<sup>99</sup>



900ml  
Drano,  
Liquid

\$7<sup>99</sup>



3.57lt  
Clorox  
Bleach

\$1<sup>29</sup>



25ft Club Supreme  
Aluminum Foil Wrap

\$5<sup>77</sup>



80ct Bounce  
Dryer Sheets

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## More Great Deals

4/\$5



85g  
Jell-O  
Powder

\$5<sup>99</sup>



625-725g  
Purity Sweet  
or Hard Bread

\$4<sup>88</sup>



340ml Hellmann's  
Buttermilk Ranch  
or Garlic Parmesan  
Mayonnaise

\$3<sup>77</sup>



430-440g  
Betty Crocker  
Brownie Mix  
or Angel Food Cake

\$3<sup>88</sup>



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

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



620ml  
Mott's Fruitsation  
Apple Sauce

\$5<sup>88</sup>



314g Jell-O No Bake  
Cheesecake

\$5<sup>44</sup>



450g  
Nestle  
Coffee  
Mate  
Powder

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