



Fresh, Friendly and Local - Since 1948

Powell's Supermarket

BAY ROBERTS 709.786.2101
CARBONAR 709.596.6644

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\$2²⁹
PER LB.
\$5.05/KG.

3-7kg Average Frozen
Grade A Turkeys



\$6⁹⁹
PER LB.
\$15.41/KG.

Cut From AA or Higher Grades Beef
Boneless Cross Rib Roast

Happy Easter



\$2⁷⁷
PER LB.
\$6.11/KG.

Fresh Bone-In
Pork Loin Roast



\$19⁹⁹

1.75kg
Country Pride Choice
Salt Beef

\$4⁹⁹



320-400g Black Diamond
Cheese Bars or Shreds

\$3⁹⁹
PER LB.
\$8.80/KG.



Product of Peru
Red Seedless Grapes

\$6⁹⁹



800g Gold Label Naturally Smoked
Black Forest Hams

\$3⁹⁹



300-350g
Purity Regular or Less Fat
Cream Crackers

\$3⁹⁹



300-400g
Selected Kellogg's
Cereal

2/\$9



6x710ml
Coke & Flavours

\$4⁹⁹



890ml Kraft
Miracle Whip

\$2⁹⁹



250g Lactantia Original
Cream Cheese

\$2⁹⁹



570g Dempsters Holsum Sliced
Bread
or 6-8pk Hotdog or Hamburger
Buns

\$6⁴⁴



1.36kg Parkay
Margarine Quarters

2/\$4⁸⁸



198g Heinz
Bagel Bites
Pizza Snacks

\$3⁴⁹
HEAD



Product of US
Romaine Lettuce

PRICES ARE IN EFFECT MARCH 26 - APRIL 1, 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
26	27	28	29	30	31	1

2/\$4.44

398ml Catelli Meat Sauce

\$6.99

100-170g Nescafe Instant Coffee

2/\$5

120g Kraft Stove Top Stuffing

2/\$16

12x355ml Pepsi & Flavours or Bubly Water

\$13.99

2kg Pinehill Chicken Legs

\$4.44

1.8lt Arctic Power Laundry Detergent

\$1.69

350g Green Barn Yellow Split Peas

2/\$5

348ml Ocean Spray Cranberry Sauce

\$4.88

4pk Del Monte Fruit Cups

\$12.88

2.6kg Minute Rice

\$9.99

3lt Primo Vegetable Oil

\$1.99

341-398ml Green Giant Vegetables

\$16.99

24ct Royale Bathroom Tissue Double Roll

2/\$4

398ml Bush's Baked Beans

2/\$1

85g Mr Noodles

\$3.99

6-10pk Dempster's 10" Tortillas

\$4.99

1.54lt Simply Orange Juice

\$3.29

247-391g Town House Crackers

\$4.44

750ml Habitant Sliced Beets

\$3.88

900g Selected Catelli Pasta

\$3.99

317-430g Selected General Mills Cereal

\$11.44

3pk Bounty SAS Paper Towels

\$2.99

250g Heluva Good! Dips

\$1.99

170g Clover Leaf Skip Jack Tuna

FIN-TASTIC FRIDAY!

SEAFOOD SPECIALS



\$5.99

454g Land & Sea Salt Fish Bits

\$5.99

625-725g Purity Hard or Sweet Bread

2/\$5

120g Land & Sea Krispy Batter Mix

\$4.99

PER LB. \$11.00/KG.

Quality Vac Pack Pork Scrunchions

\$4.99

PER LB. \$11.00/KG.

Store Wrapped Highliner Breaded Fish Cakes

\$2.99

800g Cavendish Fries

\$8.99

PER LB. \$19.82/KG.

Previously Frozen Atlantic Cod Fillet

\$3.44

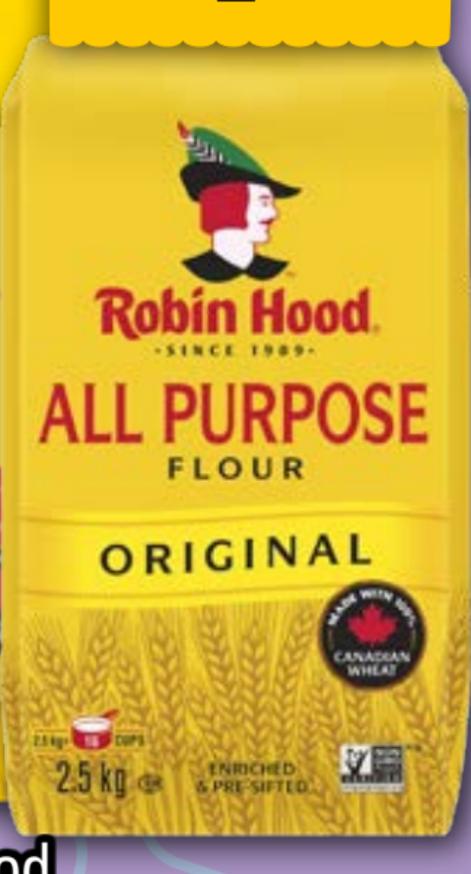
354ml Heinz Tartar Sauce

Easter Baking

WITH



\$4⁹⁹



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

2/\$4⁸⁸



170ml Fussell's Cream

\$3⁹⁹



250ml Smucker's Jam

2/\$4⁴⁴



354ml Carnation Regular or 2% Evaporated Milk

Easter Baking

WITH

SMUCKER'S®

\$3~~44~~



1kg Robin Hood
Minute Oats

\$6~~44~~



1kg Jif
Creamy Peanut Butter

\$4~~88~~



300ml Eagle Brand Sweetened
Condensed Milk



Your Newfoundland Butcher



Bone-In Smoked Picnic Ham

\$3⁹⁹
PER LB.
\$8.80/KG.



\$7⁹⁹
PER LB.
\$17.62/KG.

Made From Fresh or Frozen Portions Value Pack Lean Ground Beef



\$9⁹⁹
PER LB.
\$22.02/KG.

Cut From AA or Higher Grades Beef Stir-Fry Strips



Fresh Country Ribbon Value Pack Whole Chicken Wings

\$4⁷⁷
PER LB.
\$10.52/KG.



695g Maple Leaf Prime Chicken Wings

\$10⁸⁸



113g Frozen Beef Liver

2/\$3



Tray Pack Frozen Turkey Wings

\$3⁹⁹
PER LB.
\$8.80/KG.



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

\$3⁴⁴
PER LB.
\$7.58/KG.



By The Piece Maple Leaf Bologna

\$5⁹⁹
PER LB.
\$13.21/KG.



\$9⁴⁴

300-375g Schneider's Pepperettes



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

\$10⁹⁹



375g Maple Leaf Bacon

\$5⁸⁸



595g 44th Street HoneyGarlic or Maplewood Smoked Pork Back Ribs

\$10⁹⁹



575g 44th Street Slow Cooked Beef Pot Roast

\$18⁹⁹

FRESH. FRIENDLY. LOCAL



Deli



200-250g Main Street Deli Sliced Meats

\$3⁴⁹



Store Sliced Levesque Cooked Ham

\$1⁹⁹
PER 100G



250g Chris Brother's Deli Combo

\$3⁴⁹



Instore Rotisserie Chicken Meal

\$21⁹⁹

FRESH. FRIENDLY. LOCAL



From the Sea



Whole Salt Fish

\$6⁹⁹
PER LB.
\$15.41/KG.



340g Land & Sea Cod Tongues

\$15⁹⁹



350g Catch of the Day Breaded Fish

\$4⁹⁹

\$9⁹⁹
PER LB.
\$22.02/KG.



Atlantic Salmon Sides

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Fresh Produce

\$3.69



225g Product of Canada
White Mushrooms

\$5.99



3lb Product of Canada
Gala Apples

\$2.49



2lb Product of Canada
Yellow Onions

\$6.99



5lb Product of Canada
Small Turnip

\$1.89
PER LB.
\$4.17/KG.



Product of Spain
Watermelon Pieces

\$2.69
PER LB.
\$5.93/KG.



Product of US
Anjou Pears

\$3.29
EACH



Product of Mexico
Cucumbers

\$9.99



908g Clamshell Product of Greece
Kiwi Fruit

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



Product of US
Red Onions

\$1.79
EACH



Size 56's
Product of South Africa
Pink Grapefruit

\$1.89
PER LB.
\$4.17/KG.



Product of US
Sweet Potato Yams

FRESH. FRIENDLY. LOCAL



Dairy

\$5.88



500g Scotsburn
Cottage Cheese

\$6.88



16ct Black Diamond
Marble Cheestrings

\$3.99



225g
Kraft Cool Whip
Aerosol

\$6.88



907g
Central Dairies
Soft Margarine

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Frozen

\$9.99



530g Schneiders Buffalo
or Four Cheese Spinach
Dip

\$5.88



510g McCain Deep & Delicious
Cake

\$5.88



480g Furlani
Parmesan Garlic Toast

\$4.88



477-664g
Red Baron
Classic or
Thin Crust
Pizza

3/\$5



190g Swift
Pot Pies

\$5.44



639g Pillsbury
Pizza Bites

\$4.99



269-306g
Healthy
Choice
**Gourmet
Steamers**

\$5.99



540-600g
McCain
**Beef Taco, Cheeseburger,
Ham & Cheddar or
Pizza Pockets**

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Bakery

\$349



12pk Golden Crust Dinner Rolls

\$339



340g Golden Crust Breaded Crumbs

Baked In-Store

\$899



Homestyle Carrot Loaf

\$299



3 Bun Homestyle White Bread

Baked In-Store

Starting at \$1099



Selected Easter Cakes

Baked In-Store

\$779



12pk Golden Crust Variety Pack Cookies

\$499



6pk Golden Crust Hot Cross Buns

STARTING AT \$699

Baked In-Store

Powell's Artisan Sourdough Bread



\$449



6pk Golden Crust Marshmallow Squares

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More Great Deals

\$277



284g Club House English Style or Beer Batter Coating

\$349



36ct Tetley Tea Bags

\$588



314g Jell-O No Bake Cheesecake

\$588



1.5lt Parlour Ice Cream or 12pk Novelties

\$199



400g Club Supreme Icing Sugar

\$344



250g Sunmaid Raisins

\$288



10ct Cavendish Hashbrown Patties

\$799



12ct Folgers K-Cup Coffee

\$488



450g Sunmaid Cinnamon Raisin Bread

2/\$5



280g Econo-Pack Cookies

\$429



154-157g Atlantic Spice Craft Spices

4/\$5



10.1-85g Jell-O Regular or NSA Jell-O Powder

\$1099



6x330ml Becks Non-Alcoholic Beer

\$549



340g Birds Custard Powder

\$388



213g Clover Leaf Pink Salmon

\$488



110g Pam Cooking Spray

3/\$2



250ml Selected Chubby Drinks

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Refreshments & Snacks

\$7⁹⁹



24x500ml Ice River Natural Spring Water

2/\$8⁵⁰



180-200g Ruffles XL Potato Chips

\$3⁹⁹



304g Christie Ritz Snackwiches

2/\$11⁵⁰



6x591ml Gatorade

\$3⁹⁹



250-300g Humpty Dumpty Cheese Snacks or Party Mix

2/\$6⁵⁰



120g General Mills Cereal Bars

\$1⁸⁸



120-140g Squashies Candy

\$3⁹⁹



240g Old Dutch Pretzel Pieces

2/\$6⁵⁰



128-226g Betty Crocker Fruit Snacks, Gushers, Rollups or Fruit by the Foot

\$3⁹⁹



8-10pk Minute Maid Juice Packs

2/\$6



150-205g Smartfood XL or SunChips

\$9⁹⁹



4x473ml Monster Energy Drinks

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Furry Friends

3/\$5



75g Iams Perfect Portions Cat Food

\$1⁸⁸



375g Pedigree Dog Food

\$4⁴⁴



170g Purina Beggin' Strips Dog Treats

\$10⁴⁴



2kg Purina Cat Chow For All Cats

\$25⁹⁹



6kg Nutri Choice Dry Cat Food

\$9⁴⁴



2kg Pedigree Healthy Vitality Dry Dog Food

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House and Home

\$4⁴⁴



591-828ml Palmolive Dish Liquid

\$2⁹⁹



1.2lt Lysol Multi Purpose Cleaner

\$4⁴⁴



650ml Shout Trigger

\$4⁴⁹



34ct Gain Fabric Softener Sheets

\$2⁷⁷

\$25⁹⁹



\$5⁴⁴

2.4lt Clorox Bleach

\$3⁴⁴



2pk Mr Clean Magic Eraser

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Personal Care

\$3²⁹



120ml Colgate Total Whitening Toothpaste

\$5²⁹



24ct Advil Regular Tablets or Caplets

\$4⁴⁴



346ml Herbal Essence Shampoo & Bodywash Body Envoy

\$6⁴⁴



532ml Old Spice Bodywash

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