



Fresh, Friendly and Local - Since 1948

# Powell's Supermarket

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



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

Fresh Country Ribbon Value Pack  
**Bone-In Split Chicken Breast**



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

Cut From AA or Higher Grades Beef  
**Outside Round Oven Roast**



**\$3<sup>44</sup>**  
PER LB.  
\$7.58/KG.

Fresh Bone-In  
**Pork Butt Roast**



**\$22<sup>99</sup>**

2kg Pinehill IQF  
**Split Chicken Wings**



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

83¢  
Per Box

12x200g Kraft Dinner  
**Original**



**99¢**  
PER LB.  
\$2.18/KG.

Product of Canada  
**Local Cabbage**



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

200g Jacob's  
**Cream Crackers**



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

454g Central Dairies  
**Block Margarine**



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

450g Kraft  
**Cheez Whiz**



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

24x355ml  
**Coke & Flavours**



**\$1<sup>97</sup>**

156g Burns  
**Flakes of Meat**



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

340g Mario's  
**Corned Beef**



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

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



**\$2<sup>49</sup>**  
PER LB.  
\$5.49/KG.

Product of Florida  
**Fresh Tomatoes**



**2/\$5**

145g Christie  
**Bits & Bites or Crispers**

PRICES ARE IN EFFECT MARCH 5 - 11, 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
5	6	7	8	9	10	11

**\$2.77**

425g Chef Boyardee Pasta

**\$2.77**

341ml Del Monte Corn Kernels

**\$5.99**

526-725g Selected General Mills Cereal

**2/\$4.88**

200g Purity Cream Crisps

**\$4.44**

3lb Golden Crust Bread & Roll Mix

**\$6.99**

500ml Bertolli Classic or Extra Light Olive Oil

**\$6.99**

320-400g Black Diamond Cheese Bars or Shreds

**\$5.99**

1kg Kraft Peanut Butter

**\$4.99**

400g Purity Variety Pack

**\$8.99**

8 Roll Charmin Triple Roll Bathroom Tissue

**\$4.88**

475ml Kraft Sandwich Spread

**\$1.99**

354ml Dairy Isle Regular or 2% Evaporated Milk

**2/\$3**

227g Rice A Roni

**2/\$5**

410g Barilla Pasta

**\$2.99**

900ml Campbell's Broth

**2/\$9**

6x710ml Pepsi & Flavours

**\$6.88**

4lt Old Dutch Laundry Detergent

**\$2.99**

6pk Dempsters English Muffins

**\$6.88**

1.5lt Shaws Ice Cream

**\$4.77**

1.89lt Fairlee Apple or Cranberry Juice

**\$4.99**

540ml Del Monte Jar Fruit

**\$4.88**

410g Black Diamond Cheese Slices

**\$11.44**

3pk Bounty SAS Paper Towels 3=6

**\$5.99**

620g Apple Valley NSA Baked Apple Pie

**Ultra-Pure REVERSE OSMOSIS PURIFIED WATER**

**AMAZING VALUE**

**BOTTLE PRICING:**  
 4L - \$4.99  
 10L - \$12.99  
 11.3L - \$19.99  
 18.9L - \$22.49  
 LIDS - \$0.99

**REFILL PRICING:**  
 4L - \$0.75  
 10L - \$1.65  
 11.3L - \$1.85  
 18.9L - \$2.99

**AVAILABLE AT BOTH POWELL'S LOCATIONS!**

**2/\$3**

43-116g Idahoan Mashed Potatoes



### Your Newfoundland Butcher



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

Cut From AA or Higher Grades Beef  
**Boneless Stewing Beef**



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

**Bone-In Smoked Picnic Ham**



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

Cut From AA or Higher Grades Beef  
**Stir Fry Strips**



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

Tray Pack Frozen  
**Turkey Drumsticks**



**\$10.99**  
PER LB.  
\$24.23/KG.

Quality  
Vac Pack Boneless  
**Salt Beef**



**\$6.99**  
PER LB.  
\$15.41/KG.

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



**\$3.88**

375g  
Coachman  
**Wieners**



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

Fresh Bone-In  
**Pork Butt Chops**



**\$5.88**

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



**\$9.99**

500g Sunrise  
**Beef Burgers**



**\$9.99**

568-700g  
Selected Maple Leaf Prime  
**Chicken**



**\$15.99**

2kg Sunrise  
**Baby Bologna**



**\$2.99**  
PER LB.  
\$6.59/KG.

Fresh  
**Pork Leg Roast**



**\$10.99**

44th Street Honey Garlic or Maplewood Smoked  
**Pork Back Ribs**

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### Deli



**\$4.99**

100-175g  
Fantino &  
Mondello  
**Meats**



**\$4.99**

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

**\$1.99**  
PER 100G

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



**\$6.77**

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

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### From the Sea



**\$4.49**

200g Land & Sea  
**Fish & Brewis**



**\$7.44**

550g High Liner English Style  
**Chips & Fish**

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

Previously Frozen  
**Atlantic Cod Fillets**

**\$6.99**

255g Comeau  
**Fish Cakes**



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### Fresh Produce



**\$4.99**  
EACH

Product of US  
**Broccoli**



**\$3.99**

1lb  
Product of Mexico  
**Strawberries**

**\$3.99**  
EACH



Product of Honduras  
**Pineapple**



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

Product of South Africa  
**Plums**



**\$3.69**

225g  
Product of Canada  
**White Mushrooms**



**\$5.99**

3lb Product of Canada  
**Red Delicious Apples**



**\$2.29**

2lb  
Product of Canada  
**Yellow Onions**



**\$7.99**  
EACH

Product of Honduras  
**Honeydew Melon**



**\$5.79**

142g  
Product of US  
**Baby Spinach**



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

Product of US  
**Anjou Pears**



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

Product of US  
**Sweet Potato Yams**

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### Dairy



**2/\$9**

650g  
Activia  
**Yogurt**



**\$3.99**

427-454g Becel  
Regular or Olive Oil  
**Soft Margarine**



**\$2.99**

225g Armstrong  
**Cheese Melts**



**2/\$4.88**

226g Pillsbury RTB  
**Crescent Rolls**

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### Frozen



**\$3.44**

240g Furlani  
**Garlic Toast**



**2/\$4.44**

200g Swanson  
**Pot Pies**



**\$5.88**

1.5kg McCain  
**Red Bag Fries**



**\$11.99**

800g Watson Ridge  
Lightly Breaded  
**Chicken Chunks**



**\$3.44**

326g Pillsbury  
**Toaster Strudels**



**\$5.44**

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



**\$6.99**

560-600g Giuseppe  
**Easy Pizzi Pizza**



**\$16.88**

1.5kg  
**Pogo Sticks**

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Bakery

\$4.99



12pk Golden Crust Touton Balls

\$11.99



Chocolate Fudge Brownie Cake

\$2.99



3 Bun Homestyle White Bread

\$3.49



2pk Golden Crust Raspberry Flakies

\$7.79



12pk Golden Crust Variety Pack Cookies

\$2.99



Sugar Free, Fat Free White Bread

\$3.49



Golden Crust Garlic Bread (Foil Bag)

STARTING AT

\$6.99

Powell's Artisan Sourdough Bread

Baked In-Store

\$17.99



2.5lb Golden Crust Assorted Ring Cakes

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More Great Deals

\$1.44



165g Gattuso Pizza Flour

2/\$6



400g Kraft Jet Puff Marshmallow

2/\$4.44



92-100g Brunswick Fish Fillet, Kipperd Snacks or Sardine Fillets

\$3.99



8pk Swiss Hot Chocolate Envelopes

\$1.44



398ml Success Beans in Tomato Sauce

\$9.99



6x126's Scotties Facial Tissues

\$9.44



250g Kraft Parmesan Cheese

\$8.99



16x37g Kellogg's Nutri-Grain Bars

\$3.44



340g Mario's Chopped Ham

\$1.44



500ml Allens White Vinegar

\$12.99



10ct Starbucks K-Cups

2/\$3



25g Club House Selected Gravy Mix

\$1.29



10ct Club Supreme Clear Garbage Bags or Kitchen Catchers

\$3.99



240-344g Quaker RTS Oatmeal

\$5.99



454g Swift Premium Cooked Ham

\$4.88



3.78lt Windshield Wash

2/\$3



32g Maple Leaf Mighty Protein Stick

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### Refreshments & Snacks



45g Hawkins Cheezies

99¢



24x250ml True North Spring Water

\$7.99



Selected Vachon Buns

\$4.44



500ml Sunny D

\$1.44



6x591ml Gatorade

2/\$11.50



180-285g Cheetos XL Snacks

\$3.99



3pk Orville Redenbacher Popcorn

2/\$6.50



472-576g Old Dutch Variety Packs

\$9.88



560-640g Old Dutch Club Pack Chips

\$6.99



80-160g Candy Dude Candy Cup

\$1.88



24x591ml Powerade Variety Pack

\$17.99



30-32g Tunnock's Caramel Log or Wafer Bar

59¢

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### Furry Friends



113g Milk Bone Soft & Chewy Dog Treats

2/\$4.44



75g Whiskas Perfect Portions Cat Food

4/\$5



12.7kg Arm & Hammer Cat Litter

\$14.88



8kg Pedigree Healthy Vitality Dog Food

\$28.99



100g Cesar Dog Food

\$1.77



170g Friskies Party Mix Cat Treats

2/\$6.50

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### House and Home



473ml Plumr Hair Clog Eliminator

\$4.99



34ct Bounce Dryer Sheets Outdoor Fresh

\$2.99



475ml Murphy's Oil Soap

\$2.77



1ct Glade 2in1 Candle

\$5.88



8ct Septo Bac

\$4.99



650ml Spray Nine Trigger

\$7.88

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### Personal Care



24ct Tylenol Arthritis Pain

\$5.88



621ml Ivory Bodywash

\$6.44



250ml Listerine Cool Mint Mouth Wash

\$3.88



591ml Irish Spring Bodywash

\$5.29

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