

Fresh, Friendly and Local - Since 1948

# Powell's Supermarket

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VISIT US ON FACEBOOK @PowellsNL

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

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

Frozen Value Pack  
**Pork Butt Chops**

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

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

HAPPY  
**MOTHER'S DAY**

**\$15<sup>99</sup>**  
PER LB.  
\$35.25/KG.

Cut From AA or Higher Grades Beef  
**Prime Rib Premium Roast or Grilling Steak**

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

2kg  
Frozen Breaded  
**Chicken Wings**

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

600ml Garden Select  
**Pasta Sauce**

**\$4<sup>49</sup>**  
PER LB.  
\$9.90/KG.

Product of Peru  
**Red Seedless Grapes**

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

510g McCain Deep & Delicious  
**Cakes**

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

850g Eversweet  
**Soft Margarine**

**2/\$9**

6x710ml  
**Coke or Pepsi & Flavours**

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

28-164g Dr. Oetker  
**Pie Fillings or Mousse**

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

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

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

Product of US  
**Romaine Lettuce**

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

2lt Old Dutch  
**Laundry Detergent**

**2/\$6**

10x180ml Kool Aid  
**Jammers**

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

12x113g Kozy Shack  
**Rice Pudding**

PRICES ARE IN EFFECT MAY 7 - 13, 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
7	8	9	10	11	12	13

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

900ml Campbell's  
Tetra Broth

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

400g Purity  
Lemon Creams

**\$10<sup>99</sup>**

3pk Sponge Towels Ultra CAS  
Double Roll

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

341-398ml Green Giant  
Vegetables

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

320-400g Black Diamond  
Cheese Bars or Shreds

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

520g  
Apple Valley  
Lemon Meringue Pie

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

1.18lt  
Crisco  
Oil

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

250g Minute Rice  
RTS

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

170ml Fussell's  
Cream

**3/\$5**

200g Kraft Dinner  
Original

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

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

**2/\$6**

6pk Mott's  
Fruitsations

**\$8<sup>88</sup>**

8pk Cashmere  
Bathroom Tissue

**2/\$8**

5pk O'Doughs Gluten Free  
Double Chocolate or  
Sea Salt Caramel Brownies

**2/\$16**

12x355ml  
Pepsi & Flavours or Bubly Water

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

354ml  
Carnation  
Regular or 2%  
Evaporated Milk

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

2lt Rougemont  
Apple Juice

**\$13<sup>88</sup>**

216ct Tetley  
Tea Bags

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

500ml  
Smucker's  
Jam

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

340g No Yolk  
Egg Noodles

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

410g Puritan  
Beef or Irish Stew

**2/\$7**

300g O'Doughs Gluten Free  
Bagels

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

300-437g  
Selected  
General Mills  
Cereal

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

796ml  
Primo  
Tomatoes

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

425ml  
Sweet Baby Rays  
BBQ Sauce

**2/\$4**

284ml  
Franco  
American  
Gravy

**\$13<sup>88</sup>**

Maple Leaf  
Baby Bologna

**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, touts, 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!

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

375-450g  
Schneider's  
Juicy Jumbos



# Your Newfoundland Butcher



Fresh Pork Belly

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

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



Tray Pack Turkey Drumsticks

**\$5.88**



375g Schneiders Bacon



375g Larsen Boneless Ham Slices

**\$6.88**



**\$27.99**

16ct Outlaw Beef Burgers



Made From Fresh or Frozen Portions Value Pack Lean Ground Beef

**\$7.99**  
PER LB.  
\$17.62/KG.



Cut from AA or Higher Grades Beef Boneless Cross Rib Roast

**\$7.99**  
PER LB.  
\$17.62/KG.



204-288g Schneiders Breakfast Sandwiches or Egg Bites

**\$5.88**



Atlantic's Best Homestyle Sliced Puddings

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



800g Watson Ridge Buttermilk Chicken Breast Pieces

**\$9.99**



650g Butcher Selection Button Bones

**\$6.99**



Cut From AA or Higher Grades Beef Boneless Cross Rib Marinating Steak

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



300g Maple Leaf Fully Cooked Sausage Links or Rounds

**\$6.88**



375g Coachman Wieners

**\$3.88**

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# Deli

**\$2.49**  
PER 100G



Store Sliced Deli Classic Roast Beef

**\$21.99**

Instore Rotisserie Chicken Meal

**\$5.99**



175g Maple Leaf Natural Selections Deli Meats

**\$3.49**



200g Chris Brother's 4x6 Sliced Ham

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# From the Sea



340g Ocean Jewel Breaded Coconut Butterfly Shrimp

**\$7.99**



Frozen Atlantic Salmon Fillets

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



340g Ocean Jewel Breaded Coconut Shrimp



340g Comeau Bacon Wrapped Scallops

**\$15.99**



330g Land & Sea Fish Cakes

**\$3.49**

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### Fresh Produce

**\$1.59**  
PER LB.  
\$3.51/KG.



Product of Canada  
**Medium Turnip**

**\$5.99**



3lb Product of Canada  
**Gala Apples**

**\$4.99**  
BUNCH



Product of US  
**Celery Stalks**

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



Product of Morocco  
**Clementines**

**\$3.69**



225g  
Product of Canada  
**White Mushrooms**

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



Product of US  
**Peaches**

**\$1.49**  
BUNCH



Product of US  
**Green Onions**

**99¢**  
EACH



Size 95's  
Product of US  
**Lemons**

**\$2.29**  
PER LB.  
\$5.05/KG.



Product of US  
**Sweet Potato Yams**

**\$2.69**  
EACH



Product of Mexico  
**Avocadoes**

**\$5.49**  
PER LB.  
\$12.10/KG.



Product of US  
**Broccoli Crowns**

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### Dairy

**\$3.99**



427-454g Becel  
Regular of Olive Oil  
**Margarine**

**\$7.44**



828ml  
Starbucks  
Caramel Macchiato  
**Coffee Cream**

**\$3.44**



351g Pillsbury RTB  
**Cinnamon Rolls  
With Icing**

**\$6.99**



44ct Black Diamond  
**Cheese Slices**

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### Frozen

**\$3.44**



750g Cavendish  
**Crispy Coat Fries**

**\$5.77**



280-338g  
Swanson  
**TV Dinner**

**\$3.44**



240g Furlani  
**Garlic Toast**



400-500g  
Green Giant Valley Selections  
**Frozen Vegetables**

**\$3.44**

**\$4.88**



208-232g Smuckers  
**Uncrustables**

**\$8.99**



615g Schneiders  
**Chicken Wings**

**\$4.88**



400g Cavendish Quick Crisp  
**Onion Rings**



300g  
**Pogo Sticks**

**\$4.44**

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Bakery

\$2<sup>99</sup>



Baked In-Store

3 Bun Homestyle White Bread

\$6<sup>59</sup>



6pk Golden Crust Assorted Pastry Squares

\$13<sup>99</sup>



21pk Golden Crust Variety Pack Cookies

\$2<sup>99</sup>



Baked In-Store

12pk White or Whole Wheat Circle Dinner Rolls

Starting at \$10<sup>99</sup>



Baked In-Store

Selected Instore Mother's Day Cakes

\$6<sup>59</sup>



12pk Golden Crust Gourmet Cookies

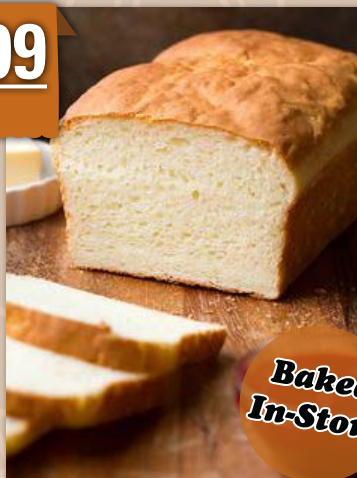
\$8<sup>99</sup>



Homestyle Carrot Loaf

Baked In-Store

\$2<sup>99</sup>



Sugar Free, Fat Free White Bread

Baked In-Store

STARTING AT \$6<sup>99</sup>

Powell's Artisan Sourdough Bread

Baked In-Store

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More Great Deals



\$5<sup>88</sup>

314g Kraft Jell-O No Bake Cheese Cake



2/\$6

500ml Scotsburn Coffee or Blend Cream



\$1<sup>88</sup>

127g Mario's Chicken Breast Chunks



2/\$6

300g Purity Ginger Snaps

\$8<sup>99</sup>

18x19g Nescafe Sweet Creamy Sachets



\$3<sup>99</sup>



450g Weight Watchers Bread



\$4<sup>88</sup>

517g Kool-Aid Cans



\$6<sup>44</sup>

480-600g Selected Kellogg's Cereal

\$5<sup>88</sup>



12x99g Snack Pack Puddings Family Pack



\$3<sup>88</sup>

180g Christie Ritz Crackers



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

92-100g Brunswick Fish Fillets, Kipper Snacks or Gold Smoked Sea Snacks



\$4<sup>99</sup>

129g Black Diamond Combo



\$1<sup>88</sup>

450g Thompson Yellow Split Peas



\$4<sup>99</sup>

300-340g O'Doughs Gluten Free Wild Blueberry or Double Chocolate Muffins



\$3<sup>99</sup>

225g Cool Whip Aerosol



\$3<sup>44</sup>

1kg Robin Hood Minute Oats



\$4<sup>44</sup>

234g Sara Lee Little Bites Muffins

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### Refreshments & Snacks



6x222ml Coke & Flavours Mini Cans



\$3.99

250-300g Humpty Dumpty Cheese Snacks or Party Mix



355ml Jones Soda



2/\$8.50

220-235g Lays XXL or Baked Potato Chips



2/\$4.88

105-141g Hershey Big Box Chocolate



\$3.99

198g Boom Chicka Pop Sweet & Salty



\$3.88

315-360g Dare Wagon Wheels



\$5.88

4x250ml Dole Pineapple Juice



\$9.88

472-576g Old Dutch Variety Pack



\$4.88

12x500ml Ice River Natural Spring Water



2/\$8.50

190-200g Miss Vickies Potato Chips



2/\$5

500ml Coke & Flavours

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### Furry Friends



3/\$5

75g IAMS Perfect Portions Cat Food



\$19.99

7.2kg ALPO Dry Dog Food



\$2.77

170g Jerky Treats Beef Dog Treats



\$3.39

170g Friskies Party Mix Cat Treats



\$10.44

2kg Whiskas Dry Cat Food



2/\$7

630g Pedigree Dog Food

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### House and Home



\$4.44

502ml Dawn Ultra Original Dish Liquid



\$5.44

473ml Liquid Plumr Hair Clog Eliminator



\$6.59

765ml Windex Trigger Cleaner



\$3.99

828ml Pinesol Cleaner



\$1.77

70g Glade Gel Air Freshener



\$2.88

34ct Gain Fabric Softener Sheets

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### Personal Care



99¢

1's Colgate Toothbrush Extra Clean



\$3.44

150g or 300ml Finesse Hair Products



\$6.44

16ct Advil Liqui-Gels Migraine



\$6.88

295ml Vaseline Intensive Care Lotion

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