



# PETE'S FROOTIQUE & FINE FOODS

CALL HALIFAX: 902-425-5700 OR BEDFORD: 902-835-4997

A SAMPLE OF ITEMS AVAILABLE FOR DELIVERY/PICK-UP  
EFFECTIVE SEPTEMBER 1, 2020

WHILE SUPPLIES LAST

## PRODUCE WIDE RANGE OF PRODUCE IS AVAILABLE - CALL TO PLACE YOUR ORDER

### EGGS

COLDSPRING free range eggs 12'S	\$6.49
NOVA large brown eggs 12	\$3.79
NOVA large white eggs 12	\$3.69

### DAIRY AND DAIRY ALTERNATIVES (Farmer's Dairy products below)

MILK, 1L (1%, 2% homogenized)	\$2.59
MILK, 2L (1%, 2% homogenized)	\$3.79
MILK, 4L (1%, 2% homogenized)	\$5.59
BLEND, 473ml	\$2.69
COFFEE CREAM, 1L	\$4.79
COFFEE CREAM, 473ml	\$2.99
NATREL Lactose Free, 2L (0%-3.25%)	\$5.99
SILK almond hazelnut coffee cream	\$3.29
SILK true almond (unsweetened, vanilla, chocolate)	\$5.99
SILK SOY plain	\$5.69

### YOGURT / SOUR CREAM / BUTTER

LIBERTE classique plain yogurt 2%, 650g	\$4.39
LIBERTE Mediterranean vanilla yogurt, 750g	\$5.79
LIBERTE Greek yogurt, 4pk (lime, orange, peach pineapple)	\$3.69
LIBERTE strawberry yogurt, 500g	\$3.99
LIBERTE blackberry yogurt, 500g	\$3.99
LIBERTE Greek 5% plain, vanilla 750g	\$5.99
LIBERTE Kefir, 1L (strawberry, mango, plain)	\$5.49
FARMERS sour cream, 250g	\$2.99
SCOTSBURN salted or unsalted butter, 454g	\$6.49

### PASTA & RICE

RUMMO fettucine #15, 500g	\$3.69
RUMMO spaghetti #3, 500g	\$3.69
RUMMO gf linguine, 400g	\$4.99
RUMMO gf spaghetti #3	\$4.99
LUNDBERG org basmati cal brown rice, 907g	\$11.99
LUNDBERG org jasmine white rice, 907g	\$13.99
CLIC patna long grain rice, 907g	\$2.99
CLIC arborio rice, 907g	\$7.99

### SNACKS

NEAL BROTHERS salsas, 410ml	\$5.49
NEAL BROTHERS organic white tortillas, 300g	\$4.99
PETE'S NACHO'S, 300g	\$5.99
LATE JULY saltine crackers	\$5.99
PETE'S OWN yogurt covered raisins, 200g	\$2.99
WONDERFUL Pistachios, 200g	\$6.99
RITTER SPORT nut selection bars, 100g	\$4.49
COVERED BRIDGE chips - ask about flavors	\$3.99
MADE WITH LOCAL bars - ask about flavors	\$3.49
MAMA T'S oatmeal chocolate chip cookie, 100g	\$4.99
LOVE GOODFATS bars - ask about flavors	\$2.99

### SEAFOOD

HADDOCK FILLETS	\$9.99/lb
ATLANTIC SALMON	\$16.99/lb
FAROE ISLAND SALMON	\$25.99/lb
SHRIMP 31/40 RAW PACIFIC WHITE	\$11.99/lb
PETE'S FISHCAKES - ask about your favorites	\$8.99/lb - \$9.99/lb

### PLANT BASED

BEYOND MEAT burger, 226g	\$8.99
ACADIANA SOY extra firm, 450g	\$5.49
ACADIANA SOY tofu plain, 450g	\$4.99

### COFFEE / TEA

ANCHORED COFFEE	\$16.99
JAVA BLEND coffee	\$10.99
PG TIPS tea 40's	\$7.99
TYPHOO tea 80's	\$9.99

### BEST OF BRITAIN - Goodies from Across the Pond

IRON BRU, 500ml	\$3.39
NAIRN'S Oat Cakes	\$8.99
WALKERS CRISPS, 32.5g	\$2.29
BISTO, 170g ask about flavors	\$7.99
SARSONS Malt Vinegar	\$6.49

### BOTTLED DRINKS

(bottle deposit will apply where applicable)	
PETE'S ozonated spring water, 12 Pack	\$4.99
POP CULTURE KOMBUCHA ask us about your favorites	\$5.99
LA CROIX, 8 pack	\$7.99
SANPELLEGRINO, 6 pack	\$6.99

### BAKERY

PETE'S demi baguette	\$1.79
PETE'S baguette	\$2.99
PETE'S half loaf of bread	\$1.99
PETE'S cookies, 6 pack	\$4.99
PETE'S muffins, 6 pack	\$4.79
PETE'S tea biscuits, 6 pack	\$4.75
PETE'S pita chips	\$4.99
PETE'S English muffins	\$3.69
PETE'S GF corn tortillas, 450g	\$3.99
24 CARROTS multigrain bread	\$4.69
24 CARROTS 100% whole wheat bread, 350g	\$3.99
24 CARROTS white bread, 500g	\$3.79
MONTREAL BAGELS, 6pk	\$6.49

### CHEESE

PETE'S OWN Cheddar	\$3.69/100g
COW'S extra old cheddar	\$4.79/100g
EMMA parmigiano reggiano	\$5.50/100g
PETE'S OWN Brie	\$4.99
ARMSTRONG old cheddar	\$7.99
SAPUTO cheese slices	\$6.99
SAPUTO cheese shreds	\$8.49
HOLMESTEAD feta, 250g	\$6.99

### DELI

BROTHER'S pepperoni	\$2.49/100g
CEDARVALLE black forest ham	\$2.50/100g
CEDARVALLE sundried tomato herb	\$4.70/100g
CEDARVALLE Montreal smoked turkey	\$4.70/100g
EMMA'S gnocchi	\$3.99
BRAVO olives, 400g	\$7.99
QUESADILLAS, housemade (chicken)	\$3.50
TOSTADAS, housemade	\$3.25
STAFF OF LIFE samosas - (vegetable)	\$3.75
STAFF OF LIFE samosas - (chicken, beef)	\$4.50
STAFF OF LIFE Jamaican patties - (chicken, beef, vegan)	\$4.00
PETE'S AT HOME lasagna, butter chicken, mac n' cheese and spaghetti (ask about family size)	\$9.99
HOUSEMADE DIPS - artichoke pâté, spinach dip, hummus, dill dip, tzatziki	\$2.30/100g
PETE'S SALSA, housemade	\$1.50/100g
PETE'S GUACAMOLE, housemade	\$2.70/100g
HOUSEMADE DELI SALADS ask about your favorites	\$2.00/100g

### PANTRY FAVOURITES

PETE'S OWN extra virgin olive oil, 500ml	\$14.99
PASTENE chopped tomatoes, 398ml	\$2.49
PASTENE san Marzano tomatoes, 796ml	\$6.99
MUIR GLEN crushed fire roasted tomatoes, 796ml	\$5.99
MARINELLI'S pasta sauce, 720ml (roasted garlic, vegetable primavera, tomato basil)	\$7.99
SACLA basil pesto, 285ml	\$6.99
CLIC chickpeas, 540g	\$1.99
CLIC black turtle beans, 540ml	\$1.99
THAI KITCHEN light coconut milk, 400ml	\$3.99
HUTCHINSON'S maple syrup, 250ml	\$8.99
MALDON sea salt flakes, 240g	\$7.99
NUTSMITH natural crunchy or smooth peanut butter, 500g	\$7.99
SUPERFRUIT PUREE wild blueberry, 350ml	\$9.99
HELLMANN'S real mayonnaise	\$6.99
KOZLIK'S mustards starting at	\$6.49
ROCKY Filipino	\$7.99
MITCHELL'S soup mixes	\$9.49
SPEERVILLE org new found oatmeal, 910g	\$5.49
PACIFIC org broth, 1L (chicken, beef, vegetable)	\$6.99

### MEAT

CHICKEN BREAST BONELESS SKINLESS 2pk	\$10.99/lb
CHICKEN WHOLE	\$3.99/lb
CHICKEN BREAST BONELESS SKINLESS FAMILY PACK 4pk	\$8.99/lb
CHICKEN THIGHS BONELESS	\$6.99/lb
CHICKEN DRUMSTICKS	\$3.49/lb
EXTRA LEAN GROUND BEEF	\$8.99/lb
SIRLOIN TIP STEAK	\$9.99/lb
BOSTON TOP SIRLOIN STEAK	\$13.99/lb
LEAN GROUND BEEF	\$7.99/lb
PETE'S SMOKEHOUSE DOUBLE SMOKED MAPLE BACON	\$8.99/lb
PETE'S SMOKEHOUSE DOUBLE SMOKED BACON	\$9.99/lb
PETE'S SMOKEHOUSE DOUBLE SMOKED MONTREAL BACON	\$10.99/lb
PETE'S SAUSAGE - ask about your favorites	\$6.99/lb
ARMSTRONG BACON	\$7.99
ARMSTRONG MONTREAL SMOKED BACON	\$8.99

### OTHER

CABOO TOLIET PAPER	\$6.29
CABOO PAPER TOWEL	\$6.29