

NEECHI COMMONS



865 Main Street Winnipeg, MB Ph. 204.949.1338 Fx. 204.589.4862

NEECHIFS@SHAW.CA WWW.NEECHI.CA

OPEN 7 DAYS A WEEK!

CITY-WIDE DELIVERY!

Flyer in effect: March 18 - 25, 2017

<p>FRESH BEEF SHORT RIBS \$4.79 LB. (\$10.53 KG)</p>	<p>FRESH RUMP ROAST \$4.59 LB. (\$10.09 KG)</p>	<p>LEAN GROUND BEEF \$3.69 LB. (\$8.11 KG)</p>
<p>FRESH BEEF SHANK CUT \$3.49 LB. (\$7.67 KG)</p>	<p>REG. GROUND BEEF \$2.99 LB. (\$6.57 KG)</p>	<p>RIB EYE STEAK \$7.99 LB. (\$17.57 KG)</p>
<p>PORK BUTTS Steaks / Whole \$2.69 LB. / \$2.59 LB. (\$5.93 KG / \$5.69 KG)</p>	<p>WHOLE PORK LOIN CUT ONLY \$2.49 LB. (\$5.47 KG)</p>	<p>NEW YORK STEAK \$7.99 LB. (\$17.57 KG)</p>
<p>PORK NECK BONES \$1.79 LB. (\$3.93 KG)</p>	<p>PORK BELLIES \$3.49 (\$7.69 KG)</p>	<p>TOP SIRLOIN STEAK \$5.29 LB. (\$11.63 KG)</p>
<p>BEEF SOUP BONES \$0.99 LB. (\$2.18 KG)</p>	<p>PORK SIDE RIBS \$2.99 LB. (\$6.59 KG)</p>	<p>T-BONE STEAK \$6.99 LB. (\$15.37 KG)</p>
<p>\$45 MEAT PACK</p> <ul style="list-style-type: none"> - 2 lb. Sausages - 2 lb. Reg. Ground Beef - 1 lb. Beef Steak - 2 lb. Chicken Pieces - 2-3 lb. Pork Ribs - 2 lb. Pork Butt Steak - 375g Bacon 	<p>\$94 MEAT PACK</p> <ul style="list-style-type: none"> - 6 lb. Reg. Ground Beef - 3 lb. Beef Roast - 3 lb. Chuck Blade Steak - 4 lb. Rib End Chops - 4 lb. Pork Butt Steaks - 4 lb. Wieners - 4 lb. Chicken Legs - 375g Bacon 	<p>\$110 MEAT PACK</p> <ul style="list-style-type: none"> - 3 lb. Lean Ground Beef - 3 lb. Beef Roast - 1 lb. Beef Stew - 1 lb. Wieners - 1 lb. Beef Steak - 1 lb. Breakfast Sausage - 2 lb. Chicken Legs - 4 lb. Pork Butt Steaks - 2 1/2 lb. Pork Chops - 3 lb. Pork Roast - 3 lb. Pork Side Ribs - 1 lb. Sausage - 1 lb. Garlic Sausage

**Neechi is now part of the Nutrition North Canada food subsidy program
for remote communities: lower cost healthy foods!**



MEAT PACKS! \$45 - \$169 Pick-up or City-wide Delivery! (204) 949-1338 EXT. 110 or NeechiFS@Shaw.ca to order.

CARROTS \$1.99 2LB. BAG	CENTSIBLES BREAD White or Brown \$1.99/570g	CO-OP GOLD SPAGHETTI \$2.29/900g
CELERY STALKS \$1.59 EA.	BANNOCK RAISIN BUNS 6/\$2.99	CENTSIBLES PASTA DINNER \$0.80/200g
ICBERG LETTUCE \$1.99 EA.	BANNOCK LOAF PLAIN \$3.99 EA.	MAPLE LEAF FLAKES OF HAM \$1.99/156g
RED GRAPES \$2.79 LB. (\$6.15 KG)	GARLIC CHEESE BREAD \$4.25 EA.	RITZ REAL CHEDDAR CHEESE \$3.36/200g
SLICER CUCUMBERS \$1.09 EA.	NATURAL BAKERY RYE BREAD \$2.99/500g	CO-OP GOLD ASSORTED POP \$1.59/2L



NEECHI NICHE

BEAUTIFUL INDIGENOUS ART, CRAFTS, BOOKS & MUSIC

Come in and see us on the 2nd floor or call for more details
204-949-1338 Ext. 105 (Tuesday—Saturday 10:30 am to 5 pm)



BisonBerry Restaurant

Homemade soups, fresh baked goods and indigenous-inspired comfort food served to you by our friendly and helpful staff.

Come join us for our all-day breakfast and daily specials!
Check us out on Facebook at **BisonBerry Restaurant & Catering**

BisonBerry Catering

Book your catering with Neechi Commons!
Wraps, sandwiches, deli & bannock platters plus much more!
You can pick up an order form from Customer Service,
phone: 204-949-1338 Ext 103, or email: neechifs@shaw.ca

BREAKFAST SPECIAL

Mon-Fri
7- 9 am
\$5.95
(Coffee included)

<p style="text-align: center; margin: 0;"><u>NEECHI COMMONS HOURS</u></p> <p style="text-align: center; margin: 0;">Supermarket Monday – Saturday 9am to 6pm ; Sunday 10am to 5pm</p> <p style="text-align: center; margin: 0;">BisonBerry Restaurant Monday – Friday 7am to 3pm ; Saturday 7am-4pm; Sunday 10am to 2pm</p> <p style="text-align: center; margin: 0;">Neechi Niche Arts Store Tuesday – Saturday 10:30am to 5pm (closed Sunday & Monday)</p>	<p style="text-align: center; margin: 0;">Neechi Commons is operated by Neechi Foods Co-Op Ltd. as a staff owned and operated “worker cooperative”. Good for you, good for the community!</p>
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