



**1290 Trafalgar St., London  
(just West of Highbury Ave.)**

**519-659-9797  
www.alicias.ca**

If you are like most of us, the challenge of preparing balanced nutritious meals with variety is an on-going one. Perhaps we are just getting tired of the same old recipes and crave something different.

With their large selection of easy to prepare deli foods, unique taste sensations from countries and cultures worldwide, as well as natural healthy lifestyles products and special diet foods, **Alicia's Fine Foods** will help you please your appetite, your family and your guests.

How about a variety of meats that will surpass the mundane? **Alicia's Fine Foods** showcases over 25 types of sausage, more than 40 cold cut deli meats, 30 salamis, hams, wursts, plus domestic and imported cheese in over 120 styles, and certified organic meats.

The freshest European whole grain breads and rolls, 100% rye, 100% spelt and other specialties are baked fresh daily on the premises. Try the desserts and treats such as cookies, cakes and almond rings from **Alicia's Fine Foods**.

Mealtime is a breeze with their custom made signature sandwiches, creative salads, homestyle soups, and prepared foods such as cabbage rolls, and perogies.

The shelves are brimming with an amazing selection of olive oils, vinegars, mustards, jams, biscuits, 100 chocolate brands, candies, pasta, sauces, frozen desserts, juices, coffees, and 120 different teas. They also offer **healthy and natural foods**, gluten-free products, natural nutritional supplements, fresh organic milk products, books on healthy eating, European cosmetics, newspapers and magazines.

Loyal customers benefit from a Customer Appreciation Rewards program. Delivery can be arranged in London.

Owner **Alicja Sikorski**, Manager **Jessica Bielski** and the staff invite you to enjoy the warm, welcoming European-style atmosphere and take home something that will bring your taste buds to life!