



Visit us on the Web : www.rsquare.com
and read our customers' testimonials.



Perestroika Products Ltd. - Russian Bakery (est. 1990)
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We are open Mon.- Fri. 6:00 a.m. - 5 p.m., Sat. 9 a.m. - 5 p.m., Ph: (604) 437-7911 for orders
Please refer to the map at the back of the page for direction.

We are pleased to offer to our customers the following products:

Breads

1. Multigrain bread	2 lb/ each	\$4.50
2. Dark rye flax- caraway bread	2 lb/ each	\$4.50
3. 100% Wholewheat bread	2 lb/ each	\$3.00
4. Unbleached / untreated white	2 lb/ each	\$3.00
5. Cinnamon bread	2 lb/ each	\$4.50
6. Cheddar Cheese bread	2 lb/ each	\$4.50
7. Raisin bread	2 lb/ each	\$4.50
8. Lowcarb 4g net carbs	2 lb/ each	\$6.00
9. Ultra lowcarb 1g net carbs	2 lb/ each	\$8.00
10. Poppy seed strudel	500g/ each	\$12.00/ kg

*Try our freshly ground
Instant Flaxseed
Cereal!*

Enjoy it twice a day-
1/2 cup portions:
Morning and 1 hour
after Dinner.

Only \$10.00/ 4 lb Bag

Great with Yogurt!

Or just add 1 cup of
boiling water to

1/2 cup of flax cereal,
add sweetener
(brown sugar, honey,
maple syrup or
Splenda), add little
milk if desired.

*Enjoy weight reduction,
lower cholesterol and
blood pressure.*

*It also helps to rebuild
skin cells and cartilage,*

since it is very high in
Omega 3 Fatty acids.
Flax seeds are very high
in dietary fiber, protein
and Omega 3 fatty acids.
1/2 cup of our Flax
cereal is equivalent to
60 cups of Broccoli in
soluble fiber (*Lignans*).

Piroshki

1. Potato & Onion Piroshki	8- pack	\$7.00
2. Cheddar Cheese Piroshki	8- pack	\$7.00
3. Broccoli & Potato Piroshki	8- pack	\$7.00
4. Lean Beef Piroshki	8- pack	\$8.00

Vareniki-Mini Perogies

1. Cheddar Cheese	4 lb bag/frozen	\$14.00
2. Potato & Onion	4 lb bag/frozen	\$12.00

Lean Chicken Breast Kolbassa

(double smoked)		\$1.70/ 100g
Pork Kolbassa (double smoked with garlic)		\$1.70/ 100g
Borscht Soup (vegetarian)	1.7 litre jar	\$10.00
Cabbage Rolls (beef)	5-pack	\$12.00

Pelmeni- Mini Meat Dumplings

1. Pork Pelmeni	4 lb bag/frozen	\$16.00
2. 100% Beef Pelmeni	4 lb bag/frozen	\$16.00
3. Chicken Pelmeni	4 lb bag/frozen	\$16.00

***** Get a Free bread with a purchase of \$30*****

***** Large Gourmet Cookies**

\$6.00/ 8 pack

No Cholesterol, Eggs, Dairy or Sugar!

Low Carb Delicious
Donuts with "Splenda"
5g of net carbs,
7.5g of Fibre, 12g of protein
\$8.00/ 8 pack

Low Carb Cranberry
Muffin Tops
\$8.00/ 6 pack

Low Carb Chocolate
Cranberry Buns
\$8.00/ 6 pack

Low Carb Cheese
Scones \$8.00/ 6 pack

Low Card Cinnamon
Cranberry Buns
\$10.00/ 6 pack

Sugar-Free
Chocolate Truffles
\$12.00/500g

We carry *Gluten-Free*
Products
any many *Natural Food*
Items.

Please visit our website:
www.rsquare.com
and see Peoples' Testimonials
and Doctors' endorsements!

Most of our Flax Products
helped many people to loose
over
120 lbs and more....
Please check our
RED SQUARE Regimen.

We make over 25 kinds of
Cookies!

Try our Free-Range
Chickens 7.00/kg

