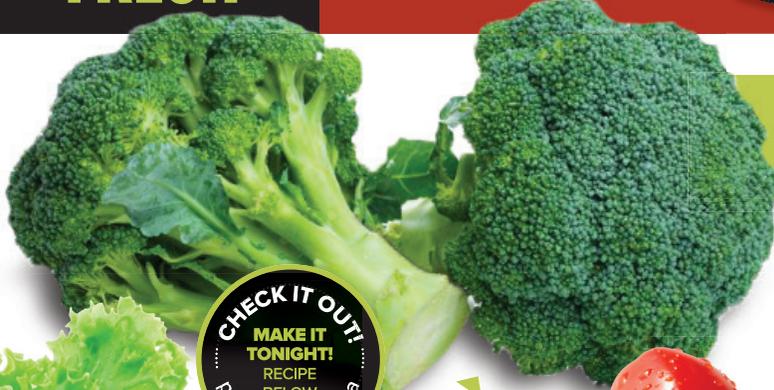




**\$149**  
/ea.

Cantaloupes  
Product of Guatemala



**\$149**  
/ea.

Broccoli  
Product of U.S.A.



**\$129**  
/ea.

Green Leaf Lettuce  
Product of U.S.A.



**\$149**  
/Pint

Grape Tomatoes  
Product of Mexico



**\$179**  
/170g

Blackberries  
Product of Mexico



English Cucumbers  
Product of Canada

**99¢**  
/ea



Large Pomegranates  
Product of Peru

**2/\$5**

**BUTCHER & Seafood**



**\$289**  
/Lb  
6.37/kg

Centre Cut  
Pork Loin Chops

**\$299**  
/Lb  
6.59/kg

WILD CAUGHT

Fresh Whiting  
Product of Canada/U.S.A.



**\$499**  
/Lb  
11.00/kg

Fresh Premium  
Salmon Roasts  
Product of Canada



**\$599**  
/Lb  
13.21/kg

Boneless Top  
Sirloin Steaks

**GROCERY & Deli**



**\$159**  
/100g

Cooked Chicken Breast  
Regular, Smoked or Cajun



**\$229**  
/100g

Jarlsberg Cheese



**\$199**  
500g

Beatrice  
Sour Cream  
Assorted varieties



**\$399**  
500mL-1L

Bick's Pickles  
Selected varieties

**WHAT'S FOR DINNER?**

**Marinated Broccoli Salad**

**Ingredients**

- 1 cup medium sized Brussels sprouts, tough outer leaves, and excess stem removed
- 1 large carrot peeled and cut in 1 inch chunks
- 2 cups large size broccoli florets
- 1 cup green beans cut into 1 inch lengths
- 2 cups medium white mushrooms cut in half
- 1 medium red bell pepper cut into 1 inch chunks
- 1 medium green bell pepper cut into 1 inch chunks
- 1 medium red onion thinly sliced

**Marinade:**

- 3 Tbs honey
- 4 Tbs fresh lemon juice
- 2 Tbs extra virgin olive oil
- 1 Tbs minced fresh oregano
- 1 medium clove of garlic, pressed
- sea salt and cracked black pepper to taste
- pinch of red pepper flakes

**Instructions**

Bring salted water to a boil in large pan. Place colander in sink, and set up a bowl of ice water. Cut vegetables to appropriate sizes and have ready. (For this salad it is important to cut vegetables in fairly large pieces. They will hold up better and last longer.) When water is boiling, add carrots, whole Brussels sprouts, and cook for 4 minutes. Then add broccoli, pepper, green beans, mushrooms and onion. Cook for another 4 minutes. Drain through colander and immediately put into ice water. Let chill for about 10 minutes and drain well. It is important to drain well, so flavour is not diluted. If possible lay vegetables out on paper towels and pat dry. Make marinade by whisking together ingredients adding olive oil a little at a time. Put into glass container or bowl, add marinade, cover and put into refrigerator for at least 1 hour. Serves 4.

