



**\$1.99** /Pint

**BC Blueberries**  
Product of Canada



**\$1.49** /Lb

**Broccoli Crowns**  
Product of Canada



**99¢** /Lb

**Green Peppers**  
Product of Canada



**\$1.49** /Lb

**Bosc & Bartlett Pears**  
Product of Argentina



**\$2.49** /ea

**Large Cantaloupes**  
Product of Canada



**99¢** /ea

**Romaine Lettuce**  
Product of Canada



**59¢** /ea

**Curly or Italian Parsley**  
Product of Canada



**BUTCHER & Seafood**

**\$4.99** /Lb (11.00/kg)

**Top Sirloin Steak**

CHECK IT OUT!  
MAKE IT TONIGHT!  
RECIPE BELOW  
[produce depot.ca](http://produce depot.ca)



**\$3.79** /Lb (8.36/kg)

**Fresh Lean Ground Beef**



**\$4.99** /Lb (11.00/kg)

**Fresh Caught Atlantic Salmon**  
5LB Average | Product of Canada



**\$3.99** /Lb (8.80/kg)

**Fresh Wild Caught Pacific Salmon**  
2-3LB Average | Product of Canada



**GROCERY & Deli**

**Tre Stelle Ricotta**  
Traditional or Light

**\$2.99** 280g




**Oven Roasted Turkey Breast**  
Assorted Varieties

**\$1.99** 100g



**Quaker Granola Bars**  
Assorted Varieties

**2/\$5** 156g



**Black Diamond Shredded Cheese**  
Assorted Varieties

**\$4.99** 320g



**WHAT'S FOR DINNER?**

**Beef & Pineapple Kebabs**

**Ingredients**

- 1/4 cup lemon or lime flavoured Perrier water
- 1/4 cup soy sauce
- 4 Tbsp maple syrup or honey
- 4 Tbsp apple cider vinegar
- 1 clove garlic, minced
- Sea salt and freshly ground black pepper to taste
- 2 pounds sirloin steak cut into 1-inch cubes
- 2 medium onions cut into wedges
- 1/2 pound fresh whole mushrooms
- 2 medium red or yellow bell peppers (or combination)
- 1 medium fresh pineapple, cut into 1-inch chunk

**Instructions**

- Long wooden skewers, soaked in water for 30 minutes
- Combine first 6 ingredients in a large shallow, glass dish. Add beef cubes and mix well with marinade. Cover and let marinate for 1 hour at room temperature or a minimum of 2 hours to overnight in the refrigerator. Remove beef cubes from marinade, reserving marinade. Alternately thread beef cubes, onion, mushrooms, peppers and pineapple chunks onto prepared skewers.
- Grill, covered, over medium-hot coals (350° to 400°F) for 10 to 12 minutes or until desired doneness, turning and basting occasionally with reserved marinade. Discard any remaining marinade. Makes 4 to 6 servings. Serve with hot steamed basmati rice.

