



Kale
Product of USA

\$1.49
/ea

Hot House
Tomatoes

Product of Canada

SUPER DEAL!

\$1.29
/Lb

\$1.49
/Lb

Royal Gala
Apples

Product of USA

Broccoli

Product of USA

\$1.99
/ea

Blueberries

Product of Mexico

2/\$5
170g

Golden
Pineapples

Product of Costa Rica

2/\$5

\$1.99
/Lb

Red, Orange, or Yellow Peppers

Product of Canada

BUTCHER & Seafood

Pepper Steak

\$5.99
/Lb
13.21/kg

\$3.99
/Lb
8.80/kg

Fresh Medium
Ground Beef

Matane Shrimp

\$15.99
/Lb
35.25/kg

\$10.99
/Lb
24.23/kg

Wild Caught
Cod Fillets

Product of USA

GROCERY & Deli

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

Soak long wooden skewers in water for 30 mins. 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.



Gustav Havarti Cheese **\$1.99**

Assorted Varieties

100g



Fletcher's Smoked
Black Forest Ham

\$1.29

100g



Betty White or Whole
Wheat Bread **\$2.29**

675g



Astro Yogurt
Selected Varieties

3/\$8

650-750g



SPECIALS IN EFFECT MAY 11 - MAY 17, 2022

We reserve the right to limit quantities. Products not exactly as shown. While quantities last.

BANK ST. LOCATION: 2446 Bank & Hunt Club | 613.521.9653
MONDAY TO FRIDAY: 8AM-8PM SATURDAY: 8AM-7PM SUNDAY: 8AM-6PM
CARLING LOCATION: 1855 Carling @ Maitland | 613.722.6106
MONDAY TO SATURDAY: 8AM-7PM SUNDAY: 8AM-6PM