



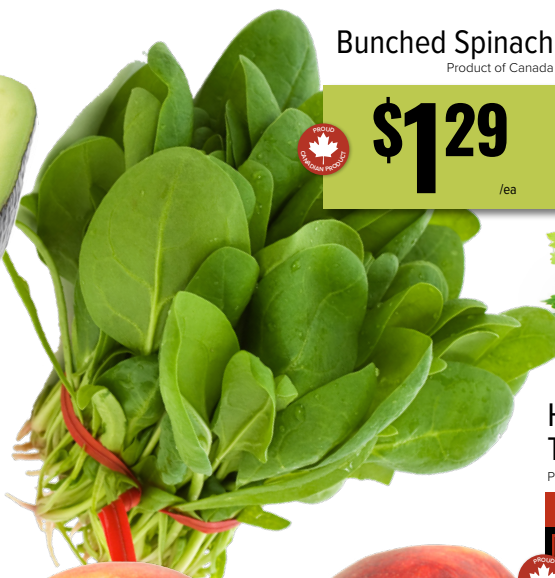
Avocados  
Product of Peru

**99¢**  
/ea



Romaine  
Lettuce  
Product of Canada

**99¢**  
/ea



Bunched Spinach  
Product of Canada

**\$1.29**  
/ea



Curly or Italian  
Parsley  
Product of Canada

**89¢**  
/ea



Nectarines  
Product of USA

**\$2.49**  
/Lb

Hot House  
Tomatoes  
Product of Canada

**SUPER DEAL!**

**\$1.49**  
/Lb



Raspberries  
Product of USA

**2/\$5**  
170g

## BUTCHER & Seafood

Top Sirloin  
Grilling Steak

**\$6.99**  
/Lb  
15.41/kg



**\$4.49**  
/Lb  
9.90/kg

Fresh Lean  
Ground Beef



Rainbow Trout Fillets  
Product of Ontario

**\$10.99**  
/Lb  
24.23/kg

PREVIOUSLY  
FROZEN

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

Wild Caught  
Whole Mackerel

## GROCERY & Deli



Schneider's  
Off The Bone Ham

**\$1.89**  
100g



Krinos Cow &  
Goat Milk Feta Cheese

**\$4.29**  
200g



Liberté Greek Yogurt  
Assorted Varieties

**\$5.99**  
650-750g



Dempster's  
Deluxe Buns

**\$3.29**  
6 or 8 pack

## WHAT'S FOR DINNER?



### Citrus Salad with Avocado

#### Ingredients

- 4 medium soft corn tortillas
- 4 medium seedless navel oranges
- 3 medium red or pink grapefruits
- 2 cups cubed fresh watermelon, seeded
- 3 tbsp honey
- 4 tbsp apple cider or raspberry vinegar
- 2 avocados, peeled and sliced
- 6 sprigs fresh mint for garnish (optional)

#### Instructions

Slice corn tortillas into thin strips. Dry the strips by placing on a cookie sheet and baking in preheated 225° F oven for approximately 15 minutes. Set aside. Grate the oranges to obtain approximately 2 teaspoons of orange rind for each serving. Set aside. Peel oranges and grapefruits and then section and remove any seeds from the fruits. Set these sections aside. In a glass bowl, mix honey, vinegar, orange, grapefruit sections and watermelon. Add the orange rinds and tortilla strips. Toss all ingredients gently. Top with avocado slices and a sprig of fresh mint for garnish. Serve with grilled fish or chicken. Makes 4 servings.



**SPECIALS IN EFFECT JUNE 22 - JUNE 28, 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