



CLOSED CANADA DAY: FRIDAY, JULY 1ST

Green or Red Leaf Lettuce
Product of Canada



79¢
/ea

English Cucumbers
Product of Canada



79¢
/ea

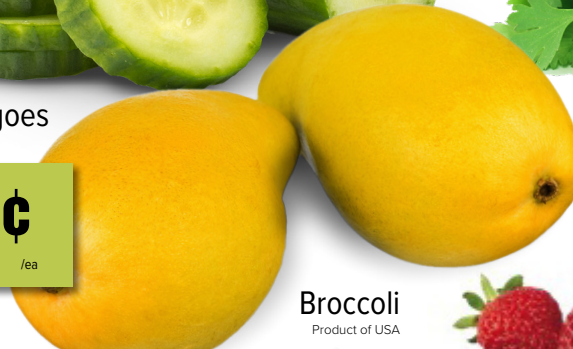
Coriander
Product of Canada



89¢
/ea

Ataulfo Mangoes
Product of Mexico

99¢
/ea



Canadian Strawberries
Product of Canada



SUPER DEAL!
\$3.99
1L

Pink Lady Apples
Product of USA



\$1.49
/Lb

Broccoli
Product of USA



\$2.49
/ea

BUTCHER & Seafood

New York Striploin Steak



\$10.99
/Lb
24.23/kg



\$3.99
/Lb
8.80/kg

Fresh Pork Tenderloin

Wild Caught Argentinian Shrimp Pieces



\$10.99
/Lb
24.23/kg



\$5.99
/Lb
13.21/kg

Fresh Whole Atlantic Salmon



GROCERY & Deli



St. Albert White Cheese Curds
\$2.29
100g



Schneider's Jumbo Summer Sausage
\$1.59
100g



Beatrice Lemonade
\$1.99
175L



Dempster's Bagels
Assorted Varieties
\$3.29
6 Pack

WHAT'S FOR DINNER?



Curried Spinach & Shrimp

Ingredients

- 3 cups spinach, trimmed
- 4 tbsp extra virgin olive oil
- 4 medium onions, thinly sliced
- 2 small cloves garlic, minced
- 1 fresh green chili, finely chopped
- 1 tsp fresh ginger, grated
- 1 tbsp curry powder (according to your taste)
- 1 tsp cumin, ground
- ¼ tsp coriander, ground
- 3 pounds medium shrimp, shelled and de-veined
- 1 ¾ cups coconut milk
- hot steamed rice enough for 4 people

Instructions

Bring a large pot of salted water to a boil. Add the spinach and cook for about 30 seconds. Drain well and roughly chop. Heat the oil over medium-low heat in a large saucepan. Add the onions, garlic, chili, and all of the spices. Sauté until the onions are golden, about 10 minutes. Do not let the mixture burn or get too brown. Stir in the shrimp, increase the heat to medium-high and cook until the shrimp are just white and firm, about 6 minutes. Reduce the heat to low. Stir in the coconut milk and spinach. Season with salt and pepper. Toss and cook over low heat until the spinach is heated through. Serve over hot steamed rice. Makes 4 servings.



SPECIALS IN EFFECT JUNE 29 - JULY 5, 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
MON TO THUR: 8AM-8PM FRI: CLOSED SAT: 8AM-7PM SUN: 8AM-6PM
CARLING LOCATION: 1855 Carling @ Maitland | 613.722.6106
MON TO THUR: 8AM-7PM FRI: CLOSED SAT: 8AM-7PM SUN: 8AM-6PM