



FRESHER
than FRESH

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Clementines
Product of South Africa/ Argentina

\$1.99
/Lb



Celery
Product of Canada

\$1.29
/ea



Curly or Italian Parsley
Product of Canada

69¢
/ea



Large Cherries
Product of USA

\$4.99
/Lb



Large Ataulfo Mangoes
Product of Mexico

\$1.29
/ea



Broccoli
Product of Canada

\$1.99
/ea



SUPER DEAL!
99¢
/ea

Romaine Lettuce
Product of Canada

BUTCHER & Seafood



Top Sirloin Grilling Steak

\$6.99
/Lb
15.41/kg



\$4.49
/Lb
9.90/kg

Fresh Pork Back Ribs



\$10.99
/Lb
24.23/kg

Wild Caught Argentinian Shrimp Pieces



Fresh Cod Fillets

\$10.99
/Lb
24.23/kg

GROCERY & Deli



Natural Selections Baked Ham

\$1.69
100g



Krinos Authentic Greek Feta Cheese

\$4.39
200g



Villaggio Bread
Selected Varieties

\$2.99
675g



Liberté Méditerranée Yogurt
Assorted Varieties

\$3.99
500g

WHAT'S FOR DINNER?

Celery Soup

Ingredients

3 large potatoes, peeled and cubed
1 bunch celery washed and chopped
2 large onions, chopped
4 tbsp extra virgin olive oil or canola oil
1 tbsp curry powder
1 tbsp fresh ginger, grated
1 tsp chili peppers, chopped (mild to medium hot)
1 1/2 quarts chicken stock
sea salt and freshly ground black pepper to taste
juice of one lemon, squeezed
1 tbsp butter

Instructions

Sauté the onion and potatoes in the olive oil. Add the seasonings. Stir well and then add the celery and chicken stock. Simmer for 45 minutes. Remove from heat and purée the mixture in a food processor. Season with some fresh lemon juice. Mix in the butter and stir well. Season with salt and pepper and serve warm. Serves 6.



SPECIALS IN EFFECT AUG. 3 - AUG. 9, 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 FRI: 8AM-8PM SAT: 8AM-7PM SUN: 8AM-6PM
CARLING LOCATION: 1855 Carling @ Maitland | 613.722.6106
MON TO SAT: 8AM-7PM SUN: 8AM-6PM

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