



Little Potato Company Potatoes  
Product of Canada



**SUPER DEAL!**

**\$2.99**  
/680g



**4/99¢**

Limes  
Product of Mexico

Avocados  
Product of Mexico

**99¢**  
/ea

Green Beans  
Product of Mexico

**\$1.79**  
/Lb

Butternut, Buttercup,  
Spaghetti, or  
Pepper Squash  
Product of Canada

**99¢**  
/Lb

Green Peppers  
Product of Canada

**\$1.49**  
/Lb

Large Golden  
Pineapples  
Product of Costa Rica

**\$2.99**  
/ea

## BUTCHER & Seafood

New York Striploin Steak

**\$9.99**  
/Lb  
22.02/kg



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

Fresh Pork Tenderloin

Wild Caught Argentinean  
Shrimp Pieces

**\$11.99**  
/Lb  
26.43/kg



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

Wild Caught  
Cod Fillets



PREVIOUSLY  
FROZEN

## GROCERY & Deli



Assorted Gustav  
Gouda Cheeses

**\$2.49**  
100g



Hot or Mild  
Pepperoni Sticks

**\$3.79**  
100g



Betty Super  
Moist Bread  
White or Whole Wheat

**\$2.49**  
675g



Beatrice  
Cottage Cheese  
Assorted Varieties

**\$3.49**  
500mL

## WHAT'S FOR DINNER?



### Moroccan Green Pepper & Tomato Salad

#### Ingredients

- 2 ½ cups ripe cherry tomatoes, halved
- 1 ½ fresh green peppers, rinsed well and diced
- 1 tsp red onion, minced
- 1 tsp fresh cilantro, finely chopped (optional)
- 2 to 3 tsp apple cider vinegar
- ½ tsp fresh lemon juice
- 2 to 3 tbsp extra virgin olive oil
- sea salt and freshly ground black pepper to taste
- pinch of ground cumin (optional)

#### Instructions

Chop the tomatoes and dice the green pepper. Place the tomatoes and peppers in a glass bowl and add the remaining ingredients (there's no need to mix the vinaigrette separately). Toss ingredients in bowl gently. If desired, adjust the seasonings. Serve immediately or tomatoes will become limp. Makes 4 servings.



**SPECIALS IN EFFECT SEPT. 28 - OCT. 4, 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

ORDER WITH  
**Uber Eats**  
Now at the Carling Ave. location.