



English Cucumbers
Product of Canada

99¢
/ea



4/99¢

Limes
Product of Mexico

Seedless California Navel Oranges
Product of USA

\$1.29
/Lb

113
SIZE



Large Golden Pineapples
Product of Honduras/ Guatemala

\$1.99
/ea



99¢
/ea

Green Onions
Product of Mexico

SUPER DEAL!

79¢
/ea

Avocados
Product of Mexico



Eggplant
Product of Mexico

\$1.49
/Lb

BUTCHER & Seafood

Top Sirloin Steak
or Roast

\$5.99
/Lb
13.21/kg



\$2.99
/Lb
6.59/kg

Chicken Breasts
Backs Removed



\$9.99
/Lb
22.02/kg

Wild Caught
BC Snapper Fillets

Whole Mackerel

\$3.99
/Lb
8.80/kg



PREVIOUSLY
FROZEN

GROCERY & Deli



Fontaine Santé
Hummus

\$5.99
454g



Assorted Maple Lodge
Cooked Chicken

\$1.69
100g



Black Diamond
Natural Cheese Slices

\$3.99
220-240g



Villaggio Bread
Assorted Varieties

\$3.49
675g

WHAT'S FOR DINNER?



Green Onion Cakes

Ingredients

- 3 cups bread flour
- 1 ¼ cups boiling water
- 2 tbsp extra virgin olive oil
- sea salt and freshly ground black pepper to taste
- 2 bunches green onions, rinsed and finely chopped
- 2 tsp canola oil

Instructions

Using a fork, mix the flour and boiling water in a large bowl. Knead dough into a ball. Cover bowl with plastic wrap; let the dough rest for 30 to 60 minutes. Evenly divide dough into 14 pieces. Roll each piece into a 1/4 inch thick circle. Brush each circle with the olive oil, season with salt and pepper, and sprinkle with about 2 teaspoons of green onions. Roll up, cigar style, and pinch open ends together to form a circle. Roll each circle flat to 1/4 inch. Heat 2 teaspoons of canola oil in a large non-stick frying pan. Fry the cakes until golden brown, about 2 minutes on each side. Makes 14 green onion cakes.

