



FRESHER
than FRESH

SIGN UP to WIN \$100

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Clementines
Product of Spain

\$249
/Lb



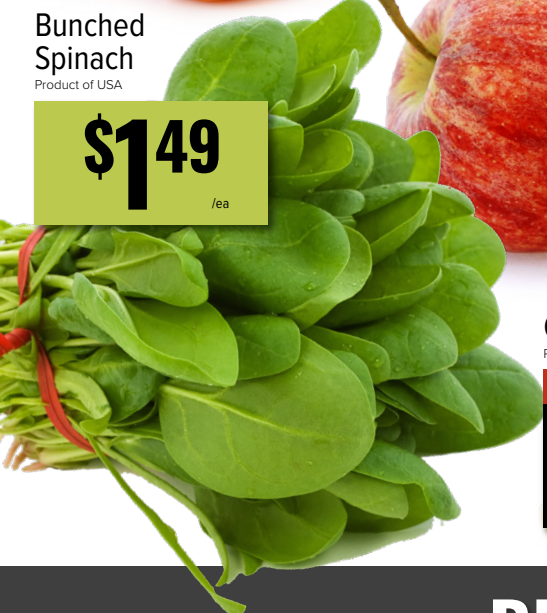
Quince
Product of Turkey

\$199
/ea



10Lb Potatoes
Product of Canada

\$399
/ea



Bunched Spinach
Product of USA

\$149
/ea



Gala Apples
Product of USA

\$199
/Lb



Roma Tomatoes
Product of Mexico

\$149
/Lb

Green Onions
Product of Mexico

SUPER DEAL!

69¢
/ea



BUTCHER & SEAFOOD



Fresh Boneless
Cross Rib Pot Roast

\$499
/Lb
11.00/kg

\$399
/Lb
8.80/kg

Fresh Pork Back Ribs



Cajun Catfish Fillets

\$1299
/Lb
28.64/kg

\$1199
/Lb
26.43/kg

Wild Caught
Cod Fillets

GROCERY & DELI



Mozzarella Cheese

\$199
/100g



Pizza Pepperoni

\$139
/100g



Dempster's Bagels

\$369
6 Pack



Black Diamond
Cheese Bars

\$599
400g

WHAT'S FOR DINNER?



Enjoy the
recipe online!

Thai Coconut Cod

Ingredients

- 1 cup chicken stock
- 8 ounces thick rice noodles
- 2 tbsp grated fresh ginger
- 3 medium cloves garlic, chopped
- ½ tsp turmeric
- 1 cup coconut milk
- 1 ½ pounds fresh cod cut into 1-inch pieces (thick cut)
- 1/2 cup fresh cilantro, chopped
- 1 ½ cup chopped green onions
- 3 to 4 tablespoons freshly squeezed lemon juice
- 2 medium ripe tomatoes, chopped and seeded
- 2 cups of bean sprouts, chopped
- sea salt and freshly ground black pepper to taste

Instructions

In a large saucepan, bring the chicken stock to a boil. Turn to simmer and set this aside. In another pot, cook rice noodles according to package directions. When cooked, drain noodles and divide between 4 bowls. To the simmering chicken stock, add the ginger, garlic and cod. Cook for about 3 minutes, stirring constantly. Add the turmeric, coconut milk and simmer on medium-high heat for about 5 minutes.

Add cilantro, green onions, lemon juice, and tomatoes. Cook for about 3 minutes more. Turn off heat and season with salt and pepper to taste. Ladle over noodles and top with chopped bean sprouts. Makes 4 servings



SPECIALS IN EFFECT FEB. 1 - FEB. 7, 2023

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
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