



FRESHER
than FRESH

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Product of Spain

SUPER DEAL!

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/Lb



Cantaloupes
Product of Honduras

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/ea



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Red, Orange or
Yellow Peppers
Product of Mexico

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/Lb



Roma
Tomatoes
Product of USA/Mexico

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/Lb



Romaine Hearts
Product of USA

\$399
/ Pkg 3

BUTCHER & SEAFOOD



Boneless Inside
Round Oven Roast

\$599
/Lb
13.21/kg

\$399
/Lb
8.80/kg

Fresh Medium
Ground Beef



Whole Mackerel

\$399
/Lb
8.80/kg

Basa Fillets

\$499
/Lb
11.00/kg

GROCERY & DELI



St. Albert
Cheese Curds

\$239
/100g



Lester's
All Beef Salami

\$189
/100g



Covered Bridge
Potato Chips
Assorted Varieties

\$299
170g



Beatrice
Chocolate Milk

\$199
1 L

WHAT'S FOR DINNER?



Enjoy the
recipe online!

Colourful Pepper Risotto

Ingredients

- 2 cooking onions, finely chopped
- 1 clove garlic, minced
- 2 cups seeded and chopped coloured bell peppers
- 4 tbsp extra virgin olive oil
- 1 tbsp butter
- 1 ¼ cup short-grain (Arborio) rice
- 2 ¾ cups chicken stock
- 2 medium fresh zucchini, diced
- sea salt and pepper to taste
- 1/2 cup grated Parmesan cheese
- 1/3 cup fresh flat leaf Italian parsley, chopped
- 1 to 2 leaves basil, finely chopped

Instructions

In medium saucepan, cook onion, garlic and coloured bell peppers in olive oil over medium-high heat, until softened, 3 to 5 minutes. Add butter and mix well. Add rice and mix well to coat. Add chicken stock, zucchini, salt and pepper; bring to boil. Reduce heat, cover and simmer, stirring occasionally, for about 20 minutes or until most of the liquid is absorbed and mixture is creamy. Stir in Parmesan, parsley and basil. Serve immediately sprinkled with additional Parmesan cheese, if desired. Makes 4 servings.



SPECIALS IN EFFECT JAN. 25 - JAN. 31, 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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