



FRESHER  
than FRESH

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Bosc Pears

Product of South Africa

**\$1.49**  
/Lb

1Lb Strawberries

Product of USA

**2/\$5**

Green Onions

Product of Mexico

**59¢**  
/lea

Flat Cabbage

Product of USA

**SUPER DEAL!**

**79¢**  
/Lb

Hot House Tomatoes

Product of Canada

**\$1.49**  
/Lb

Red Delicious Apples

Product of USA

**\$1.49**  
/Lb

**\$1.69**  
/lea

Romaine Lettuce

Product of USA

## BUTCHER & SEAFOOD

Hot or Mild Italian Sausage

**\$4.99**  
/Lb  
11.00/kg

STORE  
MADE

GLUTEN  
FREE

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Whole Mackerel

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PREVIOUSLY  
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**\$17.99**  
/Lb  
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Icelandic Haddock Fillets

## GROCERY & DELI



Pizza Pepperoni

**\$1.59**  
/100g



Tre Stelle  
Deluxe Mozzarella

**\$5.49**  
340g



Beatrice  
Chocolate Milk

**\$2.29**  
1 L



Betty White or  
Whole Wheat Bread

**\$2.69**  
675g

## WHAT'S FOR DINNER?



Enjoy the  
recipe online!

### Herbed Romaine Salad with Strawberries

#### Ingredients

- 1/2 cup raw unsalted pistachios
- 1 large head romaine lettuce, cored and roughly chopped
- 2 tbsp fresh tarragon, torn into small pieces
- 1 tbsp fresh mint leaves, torn into small pieces
- 1 1/2 cups strawberries, hulled and quartered lengthwise
- 1/4 cup fresh lemon juice
- 2 tsp minced shallot (about 1 medium)
- 2 tsp maple syrup
- sea salt to taste
- 3 tbsp extra virgin olive oil
- 6 to 8 ounces mild feta cheese, cut into triangles

#### Instructions

Preheat oven to 350°. Spread pistachios on a large baking sheet and bake until very lightly toasted (they should still retain some green), 8 to 10 minutes. Remove from oven and cool to room temperature. In a large bowl, toss together lettuce, tarragon, mint, and half of the strawberries. In a small bowl, whisk together lemon juice, shallot, honey, and salt. Drizzle in olive oil, whisking constantly, until mixture is emulsified. Drizzle dressing over lettuce mixture and toss well. Divide lettuce mixture among plates, then top with remaining strawberries, toasted pistachios, and feta triangles. Serves 4.



**SPECIALS IN EFFECT MAY 24 - MAY 30, 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  
MON TO SAT: 8AM-7PM SUN: 8AM-6PM