



Canadian Strawberry Basket
Product of Canada

SUPER DEAL!

\$2.99 /L



99¢ /Lb



McIntosh Apples
Product of Canada

\$1.29 /Lb



NEW CROP


Celery
Product of Canada

\$1.29 /ea



Green Peppers
Product of Canada

\$1.29 /ea



Avocados
Product of Mexico

\$1.29 /ea

CHECK IT OUT!
MAKE IT TONIGHT!
RECIPE BELOW
ProduceDepot.ca

\$1.49 /ea



Hot House Tomatoes
Product of Canada

\$1.29 /Lb



Dandelion
Product of Canada

\$1.49 /ea



Kale
Product of Canada

BUTCHER & SEAFOOD

Fresh Whole Pork Side Ribs

\$2.99 /Lb
6.59/kg



\$3.99 /Lb
8.80/kg

Wild Caught Cod Fillets
Product of USA/Canada

\$11.99 /Lb
26.43/kg

Bay Scallops

\$9.99 /Lb
22.02/kg

PREVIOUSLY FROZEN

GROCERY & DELI



Natural Selections
Smoked Black Forest Ham

\$1.69 /100g



Fontaine Sante
Hummus
Assorted Varieties

\$3.99 250-260g



Dempster's
Grain Breads
Selected Varieties

\$3.49 600g



Black Diamond
Natural Cheese Slices
Selected Varieties

\$4.99 220-260g

WHAT'S FOR DINNER?



Enjoy the recipe online!

Summer Zucchini Soup

Ingredients

- 1 large onion, chopped
- 2 medium cloves of garlic, chopped
- 2 tbsp of red chili powder
- 3 cups of chicken or vegetable stock
- 3 tbsp of extra virgin olive oil
- 1 small-medium green pepper, diced
- 4 small zucchini, diced
- 1 cup finely chopped spinach or kale
- 1 15oz can diced tomatoes
- 1 15oz can rinsed black beans
- 1 cup frozen yellow corn
- 1 tsp of dried oregano
- 1 tsp of cumin
- 1/2 cup of Italian flat leaf parsley, chopped
- sea salt and black pepper to taste

Instructions

Heat the olive oil in a medium soup pot. Sauté the onion, garlic, and green peppers over medium heat for about 5 minutes, stirring often. Add red chili powder, mix in well and add stock, zucchini, spinach or kale and tomatoes. Cook for another 5 minutes and add beans, corn, oregano, and cumin. Bring to a boil on high heat. Once it begins to boil, reduce heat to medium low and simmer uncovered for 15 minutes longer. (Simmering uncovered enhances the flavour) Add chopped parsley, sea salt and pepper. Serves 6.



SPECIALS IN EFFECT SEP. 13 - SEP. 19, 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