

BUTCHER \mathcal{E} SEAFOOD

Top Sirloin Grilling Steaks





Whole Squid

GROCERY & DELI



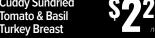
Landana Red Wax Mild Gouda

Albero Della Vita Grapeseed Oil



\$F







WHAT'S FOR DINNER?

Strawberry & Spinach Salad

Ingredients

Å

1 tsp toasted sesame seeds 6 to 7 cups fresh spinach leaves, washed well and torn 3 cups fresh strawberries, rinsed, dried and hulled

Dressing

1/4 cup of extra virgin olive oil 3 tbsp apple cider vinegar 2 tbsp pure maple syrup 2 tbsp finely chopped red onion 1/2 garlic clove, minced Sea salt and freshly ground black pepper to taste



Instructions

In a large bowl, toss spinach with sesame seeds. Prepare strawberries, cutting large ones in half. Add strawberries to salad. Cover and refrigerate. Combine dressing ingredients in a screw-top jar or shaker; shake well then refrigerate to chill. Pour chilled dressing over strawberry and spinach salad mixture in bowl and toss gently to distribute well. Makes 4 servinas.

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



SPECIALS IN EFFECT SEP. 20 - SEP. 26, 2023