



Canadian Strawberry Basket
Product of Canada

\$2⁹⁹ /L

10lb White Potatoes
Product of Canada

\$3⁹⁹ /Bag

Gala Apples
Product of USA

\$1⁶⁹ /Lb

Bartlett Pears
Product of USA

\$1⁷⁹ /Lb

Romaine Hearts
Product of Canada

\$2⁹⁹ Pkg 3

Red Peppers
Product of Canada

\$1⁷⁹ /Lb

Field Tomatoes
Product of Canada

99¢ /Lb

SUPER DEAL!

BUTCHER & SEAFOOD

Top Sirloin Grilling Steaks
Product of Canada

\$7⁹⁹ /Lb 17.61/kg

Fresh Pork Tenderloin
Product of Canada

\$3⁴⁹ /Lb 7.69/kg

Whole Squid

\$7⁹⁹ /Lb 17.61/kg

U3 SIZE

Fresh B.C Snapper Fillets
Product of Canada

\$8⁹⁹ /Lb 19.82/kg

WILD CAUGHT

GROCERY & DELI

Landana Red Wax Mild Gouda

\$2²⁹ /100g

Cuddy Sundried Tomato & Basil Turkey Breast

\$2²⁹ /100g

Albero Della Vita Grapeseed Oil

\$6⁹⁹ 1L

Astro Yogurt
Selected Varieties

\$2⁹⁹ 650-750g

WHAT'S FOR DINNER?



Enjoy the recipe online!

Strawberry & Spinach Salad

Ingredients

- 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 servings.

