



Roma Tomatoes  
Product of Mexico

**SUPER DEAL!**

**\$1.29**  
/lb

**\$1.79**  
/lb

Broccoli Crowns  
Product of Mexico / USA

Brussel Sprouts  
Product of USA

**\$1.79**  
/lb

Golden Pineapples  
Product of Guatemala

**\$2.99**  
/ea

Lychee  
Product of Madagascar

**\$2.99**  
/lb

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

**\$1.99**  
/lb

Clementines  
Product of Morocco

**\$1.99**  
/340g

Ontario Strawberries  
Product of Canada

## BUTCHER & SEAFOOD

Fresh Whole Chickens

**\$2.59**  
/lb  
\$5.71/kg

**\$3.59**  
/lb  
\$7.91/kg

Fresh Whole Pork Side Ribs

Sea Scallops

**\$32.99**  
/lb  
\$72.73/kg

**\$11.99**  
/lb  
\$26.43/kg

Fresh Wild Caught Cod Fillets

## GROCERY & DELI

Piller's Love Salami

**\$2.49**  
/100g

Fromalp Fondue Cheese

**\$8.99**  
/400g

Natuegg Large Omega 3 Eggs  
Canadian Grade A

**\$4.99**  
/dozen

Mr. Noodle Instant Soup  
Assorted Varieties

**2/99¢**  
/85g

## WHAT'S FOR DINNER?



Enjoy the recipe online!

### Pork with Lychee Sauce

#### Ingredients

6 boneless pork chops, about an inch thick  
1/2 teaspoon ground sage  
sea salt and freshly ground black pepper to taste  
3 tablespoons extra virgin olive oil  
1/2 cup balsamic vinegar  
1/2 cup chicken stock, low sodium  
2 1/2 cups fresh lychees, peeled and chopped, and seeds removed  
1 teaspoon ground cinnamon

#### Instructions

Place pork chops between two pieces of plastic wrap or wax paper and pound until they are 1/2-inch thick. Sprinkle both sides of pork with the sage, sea salt and freshly ground black pepper. Heat a large skillet over medium heat. When hot, add the olive oil, swirling to coat the pan. Place the pork chops in the pan and cook for about 5 minutes on each side until browned and just slightly rosy in the center. Remove pork chops from skillet and keep warm. To the juices in the pan, add the balsamic vinegar, chicken stock, lychees and cinnamon. Cook about 5 minutes until liquid is reduced and thickened, stirring occasionally to scrape up the browned bits. Return the warm pork chops to the pan gravy and turn them over to coat them well. Serve the pork chops with the warm lychee sauce. You can serve them with steamed rice or mashed potato. Makes 6 servings.



**SPECIALS IN EFFECT FEB. 7 - FEB. 13, 2024**  
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