



**Peaches**

Product of USA

**SUPER DEAL!**

**\$1.79**  
/lb



**Jumbo Cherries**

Product of USA

**\$5.99**  
/lb



**99¢**  
/ea

**Bunched Radishes**

Product of Canada



**69¢**  
/ea

**English Cucumbers**

Product of Canada



**\$1.29**  
/lb

**Cluster Tomatoes**

Product of Canada



**\$1.49**  
/ea

**Green and Red Leaf Lettuce**

Product of Canada



**\$5.99**  
/lb



**99¢**  
/ea

**Bunched Radishes**

Product of Canada



**69¢**  
/ea

**English Cucumbers**

Product of Canada



**\$1.29**  
/lb

**Cluster Tomatoes**

Product of Canada



**\$1.49**  
/ea

**Green and Red Leaf Lettuce**

Product of Canada



**BUTCHER & SEAFOOD**



**\$6.99**  
/lb  
\$15.41/kg

**Sirloin Tip Marinating Steaks**

**\$3.99**  
/lb  
\$8.80/kg

**Pork Tenderloin**



**\$9.99**  
/lb  
\$22.02/kg

**Fresh Tilapia Fillets**

**\$3.99**  
/lb  
\$8.80/kg

**Whole Mackerel**

PREVIOUSLY FROZEN

**GROCERY & DELI**



**\$1.79**  
/100g

**Brandt Black Forest Ham**



**\$2.29**  
/100g

**St. Albert Marble Mild Cheese**



**\$3.29**  
/600g

**Villaggio Bread**  
Assorted Varieties



**\$2.99**  
/1.75L

**Beatrice Lemonade**  
Assorted Varieties

**WHAT'S FOR DINNER?**



**Strawberry & Spinach Salad**

Enjoy the recipe online!

**Ingredients**

- 340g strawberries
- 10oz spinach
- ¼ cup of extra virgin olive oil
- 3 tbsps apple cider vinegar
- 2 tbsps pure maple syrup
- 2 tbsps finely chopped red onion
- ½ 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.