





Cosmic Crisp Apples
Product of USA

SUPER DEAL!

\$1.29 /lb



Celery
Product of Canada

89¢ /ea



Peaches
Product of USA

\$1.69 /lb



English Cucumbers
Product of Canada

99¢ /ea



Field Tomatoes
Product of Canada

\$1.49 /lb



Ataulfo Mangoes
Product of Mexico

99¢ /ea



Broccoli
Product of Canada

\$1.99 /ea







BUTCHER & SEAFOOD



Sirloin Tip Marinating Steaks

\$7.99 /lb
\$17.61/kg



Fresh Extra Lean Ground Beef

\$5.99 /lb
\$13.21/kg



Whole Wild Caught Pink Salmon

\$4.99 /lb
\$11.00/kg




Argentinean Shrimp Pieces

\$11.99 /lb
\$26.43/kg

1-3 lbs

WILD CAUGHT

GROCERY & DELI



San Daniele Mortadella
Regular, Light or Hot

\$1.99 /100g



Mild Swiss Cheese
Product of Germany

\$2.29 /100g



Astro Yogurt
Assorted Varieties

\$4.99 /12x100g



Dempster's Signature Buns
Selected Varieties

\$3.99 /6 or 8 pack

WHAT'S FOR DINNER?



Enjoy the recipe online!

Beef and Broccoli

Ingredients

- 1 lb steak, *very thinly sliced into bite-sized strips*
- 2 tbsp olive oil (or vegetable oil), *divided*
- 1 lb broccoli, *cut into 6 cups of florets*

Sauce Ingredients

- 2 tsp sesame seeds (optional garnish)
- 1 tsp fresh ginger, *loosely packed and grated*
- 2 tsp garlic, *grated* (from 3 cloves)
- ½ cup hot water
- 6 tbsp low sodium soy sauce
- 3 tbsp packed light brown sugar
- 1½ tbsp corn starch
- ¼ tsp black pepper
- 2 tbsp sesame oil

Instructions

Combine all stir fry sauce ingredients in a bowl, stir well to dissolve the sugar, and set aside.

Place a large skillet over medium heat and add 1 tbsp oil. Add broccoli florets and sauté 4-5 minutes, partially covered with lid, stirring or tossing several times until broccoli is bright green and crisp-tender then remove from pan. Tip: If you prefer softer broccoli, add 2 tbsp water before covering with the lid and it will steam cook the broccoli. Increase heat to high heat and add 1 tbsp oil. Add beef in a single layer and sauté 2 minutes per side or just until cooked through.

Add the sauce, reduce heat to medium/low and simmer 3-4 minutes. It will thicken. Add broccoli and stir to combine. Stir in 1-2 tbsp water to thin the sauce if desired.

Serve over white rice.



SPECIALS IN EFFECT JULY 31 – AUG 6, 2024

We reserve the right to limit quantities. Products not exactly as shown. While quantities last.

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