



Leeks

Product of Canada

SUPER DEAL!

79¢
/ea



\$4.99
/2L



Ontario Blue Grapes

Product of Canada

Eggplant

Product of Canada

\$1.49
/lb



Lobo Apples

Product of Canada

99¢
/lb



\$1.99
/lb



Long Hot Peppers

Product of Canada

Asian Pears

Product of China

\$1.99
/lb



Seedless Watermelon Cuts

Product of USA

79¢
/lb



Roma Tomatoes

Product of Canada

\$1.29
/lb



\$2.49
/lb

California Nectarines

Product of USA



\$1.29
/ea



Romaine Lettuce

Product of Canada

\$1.69
/lb



Zucchini

Product of Canada



WHAT'S FOR DINNER?



Enjoy the recipe online!

Golden Zucchini & Date Cake

Ingredients

- ½ lb Zucchini
- 1½ cups fresh dates, *chopped*
- 2 tsp orange zest, *grated*
- 2 cups all purpose flour
- 2 tsp baking powder
- 1 tsp baking soda
- 2 egg whites
- 2 eggs
- 1 tbsp vanilla
- 1¼ cup brown sugar
- 1 cup plain, non-fat yogurt
- ¼ cup almonds, optional
- ½ tsp sea salt

Cinnamon Orange Icing

- 1 cup icing sugar
- 1 tsp ground cinnamon
- 2 tbsp orange juice, *freshly squeezed*
- 2 tbsp butter, *softened*

Instructions

Wash zucchini well and chop in a food processor. Add dates and orange zest. Blend well. In a medium bowl, sift flour with baking powder, soda and salt; blend dry ingredients. In another bowl, beat eggs well until they are smooth and velvety. Add yogurt, sugar and vanilla. Add the dry mixture to the egg mixture and combine ingredients. Do not over-mix. Pour batter into a lightly greased and floured bundt pan. Bake at 350 degrees Fahrenheit for about 50 minutes, or until a toothpick inserted comes out clean. Cool on wire rack 10 minutes. Unmold onto a serving platter. Cool completely. Drizzle the icing over the cake and serve.

Icing Instructions:

In a bowl, combine the icing sugar, cinnamon, orange juice and butter. Beat well until smooth.

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BUTCHER

Fresh Pork Tenderloin

\$379
/lb
\$8.36/kg



\$289
/lb
\$6.37/kg

Fresh Whole Chickens

Pepper Steak

\$699
/lb
\$15.41/kg



SEAFOOD

Rainbow Trout Fillets

\$1299
/lb
\$28.64/kg



\$1299
/lb
\$28.64/kg

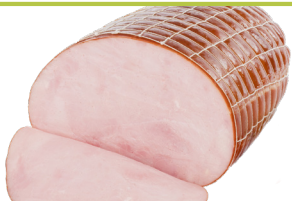
Cajun Catfish Fillets



\$1499
/lb
\$33.05/kg

Wild Caught Tuna Loin Steaks

DELI



Off The Bone Ham

\$189
/100g



Maple Lodge Farm Chicken

Cooked, Smoked, and Cajun

\$189
/100g



Armstrong Monterey Jack
Regular and Jalapeno

\$229
/100g

GROCERY



Betty Super Moist Bread

White or Whole Wheat

\$269
/675g



Beatrice Sour Cream

Assorted Varieties

\$269
/500ml



Dempster's Bagels

Assorted Varieties

\$369
/6 pack



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