



**Hothouse Tomatoes**  
Product of Canada

**SUPER DEAL!**

**\$1.49**  
/lb



**Brussel Sprouts**  
Product of USA

**\$1.79**  
/lb

**Pink Lady Apples**  
Product of USA

**\$1.29**  
/lb

**Nappa**  
Product of Canada

**79¢**  
/lb



**Bartlett Pears**  
Product of USA

**\$1.99**  
/lb

**Cauliflower**  
Product of USA

**\$2.49**  
/ea

**Red, Yellow or White Potatoes**  
Product of Canada

**\$2.99**  
/5 lb bag



**Raspberries**  
Product of Mexico

**2/\$5**  
170g

**Cantaloupes**  
Product of USA

**\$2.79**  
/ea

**Iceberg Lettuce**  
Product of Canada

**\$1.29**  
/ea



**Red or Green Swiss Chard**  
Product of Canada

**\$1.49**  
/ea



**WHAT'S FOR DINNER?**



Enjoy the recipe online!

**Swiss Chard & Cheese Tart**

**Ingredients**

- 1 bunch Swiss chard (about 1 lb)
- 2 tablespoons butter
- 1 bunch green onions (about 1½ cups), *thinly sliced*
- ¼ cup fresh Italian (flat leaf) parsley, *chopped*
- sea salt and freshly ground black pepper to taste
- 4 large eggs
- ¾ cup of low fat ricotta cheese
- ½ cup of 10 % cream
- ¾ cup crumbled feta or goat cheese

**Pastry**

- 1½ cups all-purpose flour
- ¼ teaspoon sea salt
- ½ cup cold butter, *cubed*
- 1 egg yolk
- 1 teaspoon lemon juice, *freshly squeezed*, or white vinegar
- ice water

**Instructions**

**Pastry:** In bowl, mix flour with salt. Using pastry blender or 2 knives, cut in butter until mixture is in fine crumbs with a few larger pieces. In a liquid measuring cup, beat egg yolk with lemon juice or vinegar; mix in enough ice water to make 1/3 cup of liquid. Drizzle this liquid over dry ingredients, stirring briskly with fork until ragged dough forms. Press into a ball and wrap in plastic wrap and refrigerate until chilled, about 30 minutes. Note: you can make this pastry ahead and refrigerate it—covered well—for 2 days. On a lightly floured surface, roll out pastry to 1/8 inch thickness; fit into 9-inch pie plate. Trim edge to ¾ inch overhang; fold overhang under and flute edge. Prick shell all over. Line with foil, fill with pie weights or dried beans. Bake in bottom third of the oven at 400 F for 15 minutes. Remove weights and foil; bake until evenly golden, 10 minutes longer. Let cool on rack.

Cut off Swiss chard stems; discard or save for another use. In a pot of boiling salted water, cook Swiss chard leaves until tender, about 2 minutes. Drain and chill in cold water; drain again and squeeze dry. Chop leaves; set aside. In a skillet, melt butter over medium heat; fry green onions until softened, about 3 minutes. Stir in Swiss chard, parsley, salt and pepper. Set aside. In separate bowl, beat together eggs, ricotta cheese and cream until smooth; stir in Swiss chard mixture and half of the feta cheese. Pour into pie shell; sprinkle with remaining feta. Bake tart in centre of oven at 375 F until filling is set and golden, about 35 minutes. Let cool on rack for 10 minutes before cutting into wedges. You can make this tart ahead of time and let it stand for about 4 hours. You can also cover it well and refrigerate it for up to 24 hours. Before serving, let it come to room temperature. Makes 6-8 servings.



*Fresher than Fresh*  
**SEAFOOD**

Whether you're searching for wild-caught salmon or fresh shrimp, we take pride in offering a variety that's as fresh as it gets, delivering ocean-to-table flavor you can trust.



**SPECIALS IN EFFECT OCT 16 – OCT 22, 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





**BUTCHER**

Top Sirloin  
Steak or Roast

**\$6<sup>99</sup>**

/lb  
\$15.41/kg



**\$5<sup>99</sup>**

/lb  
\$13.21/kg

Fresh Lean  
Ground Beef

Breaded Pork  
Loin Schnitzel

**\$3<sup>99</sup>**

/lb  
\$8.80/kg



**SEAFOOD**

Cajun Catfish  
Fillets

**\$12<sup>99</sup>**

/lb  
\$28.64/kg



**\$16<sup>99</sup>**

/lb  
\$37.46/kg

Wild Caught  
Tuna Loin Steaks

U3 Whole Squid

**\$7<sup>99</sup>**

/lb  
\$17.61/kg



**DELI**



Brandt Pizza  
Pepperoni

**\$1<sup>79</sup>**

/100g



Tre Stelle Deluxe  
Mozzarella

**\$5<sup>79</sup>**

/340g



San Daniele  
Canadian  
Prosciutto

**\$3<sup>39</sup>**

/100g

**GROCERY**



Hamburger  
Helper

Assorted Varieties

**\$2<sup>49</sup>**

/158-  
240g



Black Diamond  
Cheese Bars

Assorted Varieties

**\$5<sup>99</sup>**

/400g



Villaggio  
Bread

Selected Varieties

**\$3<sup>49</sup>**

/600g



**SPECIALS IN EFFECT OCT 16 – OCT 22, 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