



Flat Cabbage

Product of Canada

SUPER DEAL!

69¢
/lb



Green Onions

Product of Mexico

79¢
/ea



Leeks

Product of Canada

99¢
/ea



Celery

Product of Canada

\$1.49
/ea



Lemons

Product of South Africa

\$2.99
/2 lb bag



Coriander

Product of Canada/Mexico

99¢
/ea



Tango Mandarins

Product of Peru

\$1.99
/lb



Broccoli

Product of Canada

\$1.99
/ea



Gala Apples

Product of USA

\$1.29
/lb



2/\$5
/pkg 3

Romaine Hearts

Product of USA



Avocados

Product of Mexico

\$1.29
/ea

CHECK IT OUT!
MAKE IT TONIGHT!
RECIPE BELOW
producepot.ca



WHAT'S FOR DINNER?



Enjoy the
recipe online!

Lemon Avocado Dip

Ingredients

- 1 ripe avocado, halved, seeded and peeled
- 1 tbsp lemon juice, freshly squeezed
- ½ cup low fat sour cream
- ½ clove garlic, minced
- sea salt and freshly ground black pepper to taste
- 1 each of medium bell peppers – red, yellow and orange, seeded and cut into strips

Instructions

In a bowl, mash the avocado with lemon juice. Stir in the sour cream, garlic, salt and pepper. Mix well. Spoon this dip into a decorative serving bowl and garnish with a lemon wedge. Serve the pepper strips on the side for dipping.



Fresher than Fresh
BUTCHER

Our butcher shop stands as the cornerstone of quality and care. Our expert butchers hand-select the finest cuts of meat, ensuring each piece meets the highest standards of freshness and flavor.



SPECIALS IN EFFECT OCT 23 – OCT 29, 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

Eye of Round Roast

\$6⁷⁹ /lb
\$14.97/kg



\$1⁹⁹ /lb
\$4.39/kg

Fresh Chicken Drumsticks

Bonesless Pork Loin Roast

\$3⁹⁹ /lb
\$8.80/kg



SEAFOOD

Rio Mare Solid White Tuna in Oil or Water

\$7⁹⁹ /3x80g



\$9⁹⁹ /lb
\$22.02/kg

Fresh Tilapia Fillets

Rainbow Trout Fillets

\$12⁹⁹ /lb
\$28.64/kg



DELI



Cuddy's Oven Roasted Turkey Breast
Assorted Varieties

\$2⁶⁹ /100g



Assorted Brandt Salamis

\$2⁵⁹ /100g



Provolone Cheese

\$2³⁹ /100g

GROCERY



Kraft Dinner
Assorted Varieties

\$1⁷⁹ /156-200g



Club House Seasonings and Blends
Assorted Varieties

\$4⁹⁹ /111-181g



Betty White or Whole Wheat Bread

\$2⁶⁹ /675g

