



Sweetie Apples

Product of USA

SUPER DEAL!

99¢
/lb



Broccoli

Product of Canada

\$1.99
/ea



Yellow Fleshed Potatoes

Product of Canada

79¢
/lb



Sweet Potatoes

Product of USA

99¢
/lb



89¢
/ea



Leeks

Product of Canada



Ontario Strawberries

Product of Canada

\$1.99
/340g



Fresh Packaged Herbs

Product of Mexico/Columbia
Assorted Varieties

\$1.99
/pkg



\$2.99
/ea

Golden Pineapples

Product of Costa Rica/Honduras

\$1.29
/ea

Avocados

Product of Mexico



Romaine Lettuce

Product of Canada

89¢
/ea



Buttercup, Butternut, Pepper and Spaghetti Squash

Product of Canada

99¢
/lb



WHAT'S FOR DINNER?



Enjoy the recipe online!

Tasty Butternut Squash

Ingredients

- 1 medium sized butternut squash, cut into 1 inch cubes (about 4 cups)
- 1 medium onion, cut in half and sliced
- 3 cloves garlic, chopped
- 2 tbsps extra virgin olive oil
- 1/2 tsp cinnamon
- 1 cup chicken or vegetable stock
- 1 tbsp Italian flat leaf parsley, chopped
- 2 tbsps chives, chopped
- sea salt and freshly ground black pepper to taste

Instructions

Cut squash into cubes and steam in a steamer with a tight fitting lid until al dente, about 5-6 minutes. Heat the olive oil in a medium size skillet. Saute onion in olive oil for about 5 minutes over medium heat stirring frequently. Add garlic, cinnamon and mix well. After about 1 minute add the chicken stock and begin to simmer gently. When squash is al dente, almost done, but still firm on the inside, add to simmering sauce and cook together for another 3-4 minutes. Season with salt and pepper and sprinkle with parsley and fresh chives. Makes 4 servings.



Fresher than Fresh
PRODUCE

We take pride in providing our customers with the freshest fruit and vegetables available. We're in the market every day buying only the best produce to make sure our customers get the best quality and variety.





BUTCHER

Fresh Chicken Wings

\$3⁵⁹

/lb
\$7.91/kg



\$9⁹⁹

/lb
\$22.02/kg

New York Striploin Steak

Fresh Pork Tenderloin

\$3⁹⁹

/lb
\$8.80/kg



SEAFOOD

Organic Whole Atlantic Salmon

\$5⁹⁹

/lb
\$13.21/kg



\$14⁹⁹

/lb
\$33.05/kg

Fresh Steelhead Trout Fillets

Whole Atlantic Mackerel

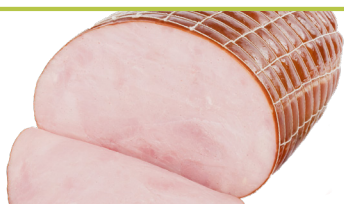
\$3⁹⁹

/lb
\$8.80/kg



PREVIOUSLY FROZEN

DELI



Smoked Ham

\$1⁹⁹

/100g



St. Albert Mild Marble Cheddar Cheese

\$2³⁹

/100g



Castello Brie Cheese

\$2⁵⁹

/100g

GROCERY



Heinz Beans Assorted Varieties

\$1⁹⁹

/398ml



Covered Bridge Chips Assorted Varieties

\$2⁹⁹

/170g



Sunmaid Raisin Bread

\$4⁴⁹

/450g

