



Ontario
Strawberries
Product of Canada

SUPER DEAL!

\$1.99
/340g



Bunched
Radishes
Product of Canada

\$1.29
/ea



Murcott
Mandarins
Product of Argentina

\$2.49
/lb

Green Peppers
Product of Canada

\$1.49
/lb



Cluster Tomatoes
Product of Canada

\$1.29
/lb



Peaches
Product of USA

\$3.49
/lb

Broccoli
Product of Canada

\$1.99
/ea



Empire Apples
Product of Canada

99¢
/lb



Coriander
Product of Canada

99¢
/ea



Andy Boy
Romaine Hearts
Product of USA

\$2.99
/pkg 3

Fresh
Cranberries
Product of Canada

2/\$5
/340g



WHAT'S FOR DINNER?



Pomegranate & Cranberry Sauce

Ingredients

- 3 large tart apples
- 3 medium pomegranates, peeled and seeds separated
- 16 fl oz (473mL) pomegranate juice
- 2 cups white sugar
- 2 large seedless oranges
- 2 bags fresh cranberries, rinsed and sorted
- 1 cup pecans, walnuts or almonds, chopped (optional)

Instructions

Peel and core apples, and put peelings and cores in a small saucepan with pomegranate seeds, 1/2 cup of the pomegranate juice, and 1/2 cup of sugar. Bring to a boil, and then reduce heat to simmer. Cook for 30 minutes. Chop the peeled apples, and place in a large saucepan. Remove zest from half of one orange, chop very fine, and add to apples. Peel oranges, chop coarsely, and add to pan along with cranberries and remaining juice and sugar. Bring to a boil, reduce heat to simmer, and cook for 30 minutes. Remove small pan from heat, and strain juice into larger pan. Cool solids slightly, and then push through a sieve to remove seeds and peels, adding remaining pulp to larger pan. Stir in nuts, if desired. Cook about 10 minutes longer. Serve warm, at room temperature, or chilled. This sauce makes a great addition to a festive Thanksgiving meal and also pairs well with pork and lamb. Makes about 2 cups of sauce.

Enjoy the
recipe online!



WE SHOP *Fresh Food* DAILY

Our team scours the local markets everyday for produce that's fresher than fresh.





SPECIALS IN EFFECT OCT 2 – OCT 8, 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

Lean Boneless
Stewing Beef

\$5⁹⁹

/lb
\$13.21/kg



\$4⁹⁹

/lb
\$11.00/kg

Fresh Medium
Ground Beef

Fresh Pork
Back Ribs

\$3⁹⁹

/lb
\$8.80/kg



SEAFOOD

Nickerson
Salt Cod Bits

\$7⁹⁹

/454g



\$12⁹⁹

/lb
\$28.64/kg

Fresh Canadian Atlantic
Salmon Steaks

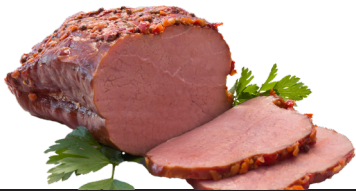
Fresh Tilapia
Fillets

\$9⁹⁹

/lb
\$22.02/kg



DELI



Pastrami Smoked
Round Beef

\$2³⁹

/100g



Celebrity
Goat Cheese
Assorted Varieties

\$4⁹⁹

/113g



Roast Beef

\$2³⁹

/100g

GROCERY



Crispers
Assorted Varieties

\$2⁹⁹

/145g



Nong Shim
Noodle Bowls
Assorted Varieties

3/\$4

/86g



Beatrice
Cottage Cheese
Assorted Varieties

\$3⁹⁹

/500g



SPECIALS IN EFFECT OCT 2 – OCT 8, 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