



**Green Onions**

Product of Mexico

**SUPER DEAL!**

**79¢**  
/ea



**Blueberries**

Product of Peru

**\$1.69**  
/170g



**Broccoli**

Product of USA

**\$1.99**  
/ea



**Organic Green Kale**

Product of Mexico

**\$1.79**  
/ea



**Noor Pitted Dates**

Product of Tunisia

**\$5.99**  
/800g



**Kent Mangoes**

Product of Peru

**\$1.29**  
/ea



**Organic Red Grapefruit**

Product of USA

**\$1.49**  
/ea



**Jalapeno Peppers**

Product of USA/Mexico

**\$1.99**  
/lb



**Bunched Radishes**

Product of Mexico

**99¢**  
/ea



**Romaine Lettuce**

Product of USA

**\$1.69**  
/ea



**\$4.99**  
/lb

**Apricots**

Product of Chile



**WHAT'S FOR DINNER?**



Enjoy the recipe online!

**Fresh Apricot Compote**

**Ingredients**

- 1 cup of fresh apricots, *pitted and sliced*
- ½ cup of chopped walnuts
- 2 tbsp fresh lemon juice
- 1 ½ cups of fresh orange juice
- 2 tbsp of honey
- ½ cup of raisins

**Instructions**

Bring the lemon juice, orange juice and honey to a boil and add apricots and raisins in a small saucepan. Reduce heat to low and simmer just until they become tender and a little syrupy, about 10 minutes. Do not overcook, or they will dissolve. You want to still have definition in your fruit. Remove apricots and raisins with a slotted spoon and reduce sauce for about 2 minutes to thicken. Remove from heat and add apricots, raisins, and walnuts back to sauce. Serve warm or chilled. Yields about 2 cups.



*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 JAN 15 – JAN 21, 2025**

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**

Boneless Skinless  
Chicken Breasts

**\$5<sup>99</sup>**  
/lb  
\$13.21/kg



**\$4<sup>99</sup>**  
/lb  
\$11.00/kg

Hot or Mild  
Italian Sausage

Lean Boneless  
Stewing Beef

**\$6<sup>99</sup>**  
/lb  
\$15.41/kg



**SEAFOOD**

Steelhead  
Trout Fillets

**\$14<sup>99</sup>**  
/lb  
\$33.05/kg



**\$8<sup>99</sup>**  
/lb  
\$19.82/kg

Whole Squid  
U3 Size

Fresh Wild Caught  
Sole Fillets

**\$9<sup>99</sup>**  
/lb  
\$22.02/kg



**DELI**



Castello Traditional  
or Creamy Danish  
Blue Cheese

**\$3<sup>99</sup>**  
/125g



Brandt  
Pizza Pepperoni  
or Kolbassa Loaf

**\$1<sup>89</sup>**  
/100g



Tre Stelle Deluxe  
Mozzarella Cheese

**\$5<sup>79</sup>**  
/340g

**GROCERY**



Betty Bread  
White or Whole Wheat

**\$2<sup>69</sup>**  
/675g



Astro Yogurt  
Assorted Varieties

**\$4<sup>99</sup>**  
/12x100g



Dempster's  
English Muffins

**\$2<sup>49</sup>**  
/6 pack



**SPECIALS IN EFFECT JAN 15 – JAN 21, 2025**

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