



10 lb PEI
Russet Potatoes
Product of Canada

SUPER DEAL!
\$3.99
/bag

Sweet Red
Peppers
Product of Mexico

\$2.49
/lb

Broccoli
Product of USA

\$1.99
/ea

Qunice
Product of Turkey

\$1.79
/ea

Gala Apples
Product of USA

\$1.69
/lb

Ontario
Strawberries
Product of Canada

\$3.49
/340g

Hothouse
Tomatoes
Product of Canada

\$1.99
/lb

Clementines
Product of Morocco

\$2.49
/lb

Brussel Sprouts
Product of USA/Mexico

\$1.99
/lb

Romaine
Lettuce
Product of USA

\$1.69
/ea

Pomegranates
Product of Egypt

\$1.99
/ea



WHAT'S FOR DINNER?



Enjoy the
recipe online!

Ginger Pomegranate Relish

Ingredients

- Seeds of 2 large pomegranates
(about 1 ¾ cups)
- 1 tbsp orange zest, *finely chopped*
- 1 tbsp orange juice, *freshly squeezed*
- ½ tbsp fresh ginger, *grated*
- 1 tbsp honey
- ½ tsp sea salt

Instructions

Gently mix all ingredients together. Cover with plastic wrap and refrigerate until serving.

This relish is excellent served over turkey, pork or lamb. Makes about 1 ¾ cups.

Fresh SEVILLE ORANGES

NOW
AVAILABLE
IN STORE



Seville oranges, also known as bitter oranges, are a unique fruit that are mostly grown in Spain, especially in the city of Seville. This orange is not the sweet kind you might eat as a snack; instead, it's quite sour and has a strong, tangy flavor. They are used in cooking and baking, most notably to make marmalade.



SPECIALS IN EFFECT JAN 29 – FEB 4, 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

Outside Round
Oven Roast

\$7⁹⁹
/lb
\$17.61/kg



\$4⁴⁹
/lb
\$9.90/kg

Fresh Pork Belly
By The Piece

Fresh Chicken
Wings

\$3⁹⁹
/lb
\$8.80/kg



SEAFOOD

Fresh Atlantic
Salmon Fillets

\$13⁹⁹
/lb
\$30.84/kg





\$8⁹⁹
/lb
\$19.82/kg

BC Snapper Fillets

Nickerson
Salt Cod Bits

\$7⁹⁹
/454g



DELI



St. Albert Old
Cheddar Cheese

\$2⁴⁹
/100g



Maple Lodge Cooked
Chicken Breast
Regular, Smoked or Cajun

\$1⁹⁹
/100g



Tre Stelle Ricotta
Traditional, Light
or Extra Smooth

\$5⁴⁹
/475g

GROCERY



Betty Bread
White or Whole Wheat

\$2⁶⁹
/675g



Black Diamond
Cheese Shreds
Assorted Varieties

\$5⁹⁹
/320g



Dempster's Hamburger
or Hotdog Buns

\$2⁹⁹
/6 or 8



SPECIALS IN EFFECT JAN 29 – FEB 4, 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