



Green Peppers

Product of Mexico

SUPER DEAL!

\$129
/lb



\$179
/170g

Blackberries

Product of Mexico

Seedless Red Grapes

Product of Chile

\$179
/lb



Green Onions

Product of Mexico

69¢
/ea



Flat Cabbage

Product of USA

\$149
/lb



1 lb Strawberries

Product of USA

\$299
/ea



\$129
/pint

Grape Tomatoes

Product of Mexico



Nectarines

Product of Chile

\$249
/lb



Bartlett Pears

Product of Argentina

\$199
/lb



Andy Boy Romaine Hearts

Product of Mexico

\$399
/3 pack



WHAT'S FOR DINNER?



Enjoy the recipe online!

Fresh Pear Crisp

Ingredients

Filling:

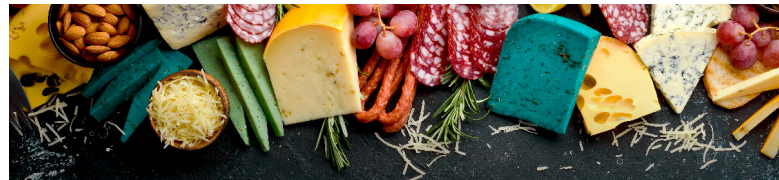
- 5 ripe bartlett pears
- 2 tbsps freshly squeezed lemon juice
- zest of one lemon
- 2 tpsps ground cinnamon
- ¼ tsp fresh grated nutmeg
- 1½ tbsps all purpose flour
- ¼ cup brown sugar

Crisp Topping:

- ¾ cup rolled oats
- ¼ cup all purpose or whole wheat flour
- ½ cup brown sugar
- ¼ cup + 1 tablespoon butter, softened
- pinch of sea salt

Instructions

Preheat oven to 375° F. Wash pears well. Peel, seed and chop the fruit. Place chopped pears in a medium bowl and toss with lemon juice. Mix in flour, lemon zest, cinnamon, nutmeg, and sugar. In a separate bowl, combine rolled oats, flour, brown sugar, softened butter and pinch of salt. Spread pear mixture into a greased and floured 9 -inch glass baking dish. Sprinkle oat topping evenly over pears. Place in oven and bake for 35 to 40 minutes. Remove from oven and serve warm with vanilla ice cream or whipped cream.



Fresher than Fresh
DELI

Our skilled staff carefully prepares a selection of meats, cheeses, and gourmet items, ensuring every option meets the highest standards. We provide a variety that's fresh, flavorful, and ready to enjoy.



SPECIALS IN EFFECT FEB 26 – MAR 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



\$8⁴⁹
/lb
\$18.72/kg

Top Sirloin Steaks or Roast

Fresh Pork Tenderloin

\$3⁹⁹
/lb
\$8.80/kg




\$5⁹⁹
/lb
\$13.21/kg

Fresh Medium Ground Beef

SEAFOOD

Fresh Wild Caught BC Snapper Fillets

\$8⁹⁹
/lb
\$19.82/kg




\$12⁹⁹
/lb
\$28.64/kg

Fresh Rainbow Trout Fillets



\$9⁹⁹
/lb
\$22.02/kg

Bay Scallops

PREVIOUSLY FROZEN

DELI



\$2³⁹
/100g

Maple Dale Medium Cheddar Cheese



\$1⁹⁹
/100g

San Daniele Mortadella
Regular, Light or Hot



\$1⁹⁹
/100g

Lester's All Beef Salami

GROCERY



\$2⁹⁹
/600g

Betty Homestyle Bread
White or Whole Wheat



\$5⁹⁹
/400g

Black Diamond Cheese Bars
Assorted Varieties



2/\$6
/167-204g

Pepperidge Farms Goldfish Crackers
Assorted Varieties