



**SUPER DEAL!**  
**\$1.99**  
/227g

**White Mushroom Packages**  
Whole or Sliced | Product of Canada

**Eggplant**  
Product of Mexico

**\$1.49**  
/lb



**Clementines**  
Product of Morocco

**\$1.99**  
/lb



**Bartlett Pears**  
Product of Argentina

**\$1.79**  
/lb



**Coriander**  
Product of Mexico

**\$1.49**  
/bunch



**Mini Sweet Peppers**  
Product of Mexico

**\$2.49**  
/454g



**Red Grapefruit**  
Product of Morocco

**79¢**  
/ea



**\$1.79**  
/pkg 6

**Mini Cucumbers**  
Product of Canada



**\$2.99**  
/680g

**Little Potato Company Potatoes**  
Product of Canada



**\$1.79**  
/ea

**Haden Mangoes**  
Product of Mexico



**99¢**  
/lb

**McIntosh Apples**  
Product of Canada

**WHAT'S FOR DINNER?**



Enjoy the recipe online!

**Southern Italian Cod**

**Ingredients**

- 2 medium onions, *sliced*
- 2 small cloves of garlic, *chopped*
- ½ cup of chicken or vegetable stock
- 2 ½ cups of fresh tomatoes, *seeded and chopped*
- 2 tbsps of fresh lemon juice
- ¼ cup black olives, *chopped*
- 2 tbsps fresh basil, *chopped*
- 1 tsp fresh thyme, *chopped*
- 1 lb cod fillets, or any white fish, *cut into 2-inch pieces*
- sea salt and freshly ground black pepper to taste
- 2 tbsps of olive oil
- red chili flakes to taste

**Instructions**

Heat olive oil in a 10-12 inch stainless steel braising pan, or skillet. Saute the onion over medium heat for about 5 minutes until translucent. Add garlic and continue to sauté for another minute. Add the stock, chopped tomatoes, and lemon juice. Bring to a simmer on high heat. Once it starts to simmer reduce heat to medium and simmer for about 5 minutes. Add herbs, olives and cod fillets; cover and simmer for about 10 minutes, depending on how thick the fish is. Season with sea salt, chili flakes and pepper to taste. Serve cod mixed with tomato herb sauce over freshly steamed rice. Serves 4.



**WE SHOP *Fresh Food* DAILY**  
Our team scours the local markets everyday for produce that's fresher than fresh.



**SPECIALS IN EFFECT MAR 19 – MAR 25, 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**

Pepper Steaks

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



Fresh Pork Tenderloin

**\$3<sup>99</sup>**  
/lb  
\$8.80/kg



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

Fresh Medium Ground Beef

**SEAFOOD**

CHECK IT OUT!  
MAKE IT TONIGHT!  
RECIPE ON FRONT PAGE  
produce depot.ca



**\$11<sup>99</sup>**  
/lb  
\$26.43/kg

Fresh Cod Fillets



**\$12<sup>99</sup>**  
/lb  
\$28.64/kg

Fresh Rainbow Trout Fillets



Whole Atlantic Mackerel  
Product of Norway/Iceland

**\$3<sup>99</sup>**  
/lb  
\$8.80/kg

PREVIOUSLY FROZEN

**DELI**



Assorted Landana Gouda Cheeses  
Product of Holland

**\$2<sup>49</sup>**  
/100g



Assorted Brandt Salami  
Product of Canada

**\$2<sup>59</sup>**  
/100g



Mon Père Brie Cheese  
Product of France

**\$2<sup>59</sup>**  
/100g

**GROCERY**



Covered Bridge Chips  
Assorted Varieties | Canada

**\$2<sup>99</sup>**  
/170g



Astro Yogurt  
Selected Varieties | Canada

**\$3<sup>49</sup>**  
/650-750g



Kashi Bars  
Assorted Varieties

**\$3<sup>99</sup>**  
/175-200g



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