



**Ataulfo Mangoes**  
Product of Mexico

**SUPER DEAL!**

**99¢**  
/ea

CHECK IT OUT!  
MAKE IT TONIGHT!  
RECIPE BELOW  
produce depot.ca

**English Cucumbers**  
Product of Canada

**99¢**  
/ea

**Nectarines**  
Product of Chile

**\$1.69**  
/lb

**Cortland Apples**  
Product of Canada

**99¢**  
/lb

**Green Onions**  
Product of Mexico

**69¢**  
/ea

**Forelle Pears**  
Product of South Africa

**\$1.99**  
/lb

**Zucchini**  
Product of Mexico

**\$1.49**  
/lb

**Valencia Oranges**  
Product of Egypt

**\$1.29**  
/lb

**Brussel Sprouts**  
Product of Mexico

**\$1.99**  
/lb

**Hothouse Tomatoes**  
Product of Canada

**\$1.69**  
/lb

**Broccoli Crowns**  
Product of Mexico

**\$1.99**  
/lb

**WHAT'S FOR DINNER?**



Enjoy the recipe online!

**Ataulfo Mango Wrap**

**Ingredients**

- ½ cup of fresh basil leaves
- 1 medium Ataulfo mango
- 12 slices of fresh Italian Prosciutto ham
- 12 2-inch thin chunks of blue cheese or goat cheese
- balsamic vinegar
- freshly ground black pepper

**Instructions**

Peel the mango, remove the seed and slice into 12 wedges. Set these aside. On a clean cutting board, place one slice of Prosciutto, one wedge of mango and roll. Place a couple of fresh basil leaves on top and then a slice or chunk of cheese. Secure this with a toothpick. Drizzle just a bit of balsamic vinegar and sprinkle with some freshly ground black pepper. Serve as an appetizer or snack. Makes 12 appetizers.

**OUR COMMUNITY Matters**

“We are locally owned and operated, and are doing our very best, every day, to provide the highest quality possible at a reasonable price.”

**David Barstead**  
Owner/Operator of Produce Depot  
Carling Location



Visit online!



**SPECIALS IN EFFECT MAR 26 – APR 1, 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**

Fresh Pork  
Back Ribs

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



New York  
Striploin Steaks

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



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

Fresh Lean  
Ground Beef

**SEAFOOD**

Fresh Tilapia  
Fillet

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



Whole Squid

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



PREVIOUSLY  
FROZEN

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

Basa Fillets



PREVIOUSLY  
FROZEN

**DELI**



Brandt Black  
Forest Ham  
Product of Canada

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



Smoked Meat,  
Roast Beef or Pastrami  
Smoked Beef Round

**\$2<sup>39</sup>**  
/100g



Sunflower Kitchen  
Hummus  
Assorted Varieties

**\$3<sup>29</sup>**  
/227g

**GROCERY**



Kraft  
Shake'n Bake  
Assorted Varieties

**\$3<sup>99</sup>**  
/142-160g



Dempster's  
Grain Breads  
Assorted Varieties

**\$3<sup>49</sup>**  
/600g



Beatrice  
Sour Cream  
Assorted Varieties

**\$2<sup>99</sup>**  
/500ml

