



Honey Mandarines

Product of Egypt

SUPER DEAL!

\$1.79
/lb



Mini Cucumbers

Product of Canada



\$1.49
/6 pack



Orange Peppers

Product of Mexico

\$1.99
/lb



Empire Apples

Product of Canada



99¢
/lb



Fresh Mint

Product of Morocco

89¢
/ea



10 lb PEI Potatoes

Product of Canada



\$3.99
/bag



Bartlett Pears

Product of Argentina

\$1.79
/lb



1 lb Strawberries

Product of Mexico

\$2.99
/pkg



Nutly Pitted Dates

Product of Iran

\$4.99
/1kg



Andy Boy Romaine Hearts

Product of Mexico

\$3.99
/pkg 3



Roma Tomatoes

Product of Mexico

\$1.49
/lb



WHAT'S FOR DINNER?



Enjoy the recipe online!

Roma Tomatoes Parmesan

Ingredients

- 12 ripe Roma tomatoes
- 2/3 cup freshly grated Parmesan cheese
- sea salt and freshly ground black pepper to taste
- 2 tablespoons fresh basil, *finely chopped*
- 3/4 cup fresh chives, *chopped*
- 1/4 cup extra virgin olive oil

Instructions

Choose a dozen firm, red, ripe Roma tomatoes. Wash them well with water. Cut each tomato in half lengthwise and place on a baking sheet with cut side up. Drizzle a bit of extra virgin olive oil on each half tomato. Sprinkle lightly with sea salt and freshly ground black pepper. Sprinkle finely chopped fresh basil and chives on each tomato half. Preheat oven and set your oven to broil mode. When oven is ready, sprinkle a generous amount of Parmesan cheese on the prepared tomatoes. Place underneath a preheated broiler for 4 to 5 minutes and remove when the Parmesan cheese has melted. Serve tomatoes as an appetizer or a mouth-watering side dish with a main entrée. Makes 6 servings.



Fresher than Fresh
SEAFOOD

Whether you're searching for wild-caught salmon or fresh shrimp, we take pride in offering a variety that's as fresh as it gets, delivering ocean-to-table flavor you can trust.



BUTCHER



\$6⁹⁹
/lb
\$15.41/kg

Fresh Boneless
Stewing Beef

Fresh Lean
Ground Beef

\$5⁹⁹
/lb
\$13.21/kg



\$3⁹⁹
/lb
\$8.80/kg

Tenderized Breaded
Pork Loin Schnitzel

SEAFOOD



\$8⁹⁹
/lb
\$19.82/kg

Fresh Wild Caught
BC Snapper Fillets

Nickerson
Salted Cod Fillets



\$11⁹⁹
454g



\$12⁹⁹
/lb
\$28.64/kg

Wild Caught
Argentinean
Shrimp Pieces

DELI



San Daniele
Mortadella
Regular, Light or Hot

\$1⁹⁹
/100g



Armstrong
Regular or Jalapeno
Monterey Jack Cheese

\$2²⁹
/100g



St. Albert
Cheese Curds

\$2³⁹
/100g

GROCERY



Betty Bread
White or Whole Wheat

\$2⁶⁹
/675g



Astro Yogurt
Selected Varieties

\$3⁴⁹
/625-750g



Kraft
Salad Dressings
Assorted Varieties

\$3⁹⁹
/425mL

