





English Cucumbers  
Product of Canada

**SUPER DEAL!**

**88¢** /ea



Pomegranates  
Product of Peru

**\$3<sup>99</sup>** /ea



Sweet Red Peppers  
Product of Canada/Mexico

**\$1<sup>79</sup>** /lb



10 lb PEI Russet Potatoes  
Product of Canada

**\$4<sup>99</sup>** /bag



Broccoli Crowns  
Product of Mexico/USA

**\$1<sup>69</sup>** /lb



Jumbo Cantaloupes  
Product of Guatemala

**\$3<sup>99</sup>** /ea



Limes  
Product of Mexico

**2/99¢**



Cortland Apples  
Product of Canada

**99¢** /lb



Blood Oranges  
Product of Morocco

**\$1<sup>79</sup>** /lb



Cluster Tomatoes  
Product of Canada

**\$1<sup>79</sup>** /lb



Zucchini  
Product of Mexico

**\$1<sup>29</sup>** /lb

WHAT'S FOR DINNER?



Enjoy the recipe online!

Salmon & Lime Sauce

Ingredients

- 4 fresh salmon steaks
- ¾ cup lime juice, *freshly squeezed*
- ¼ cup orange juice, *freshly squeezed*
- 3 tbsps extra virgin olive oil
- 2 garlic cloves, *finely chopped*
- sea salt and freshly ground black pepper to taste
- 3 tbsps basil, *freshly chopped*

Instructions

Preheat oven to 400 F. Rinse salmon steaks under cold water and pat dry. Place the salmon in a glass baking dish that has been oiled with some olive oil. Mix the lime juice, orange juice, olive oil, garlic, sea salt and black pepper. Drizzle the sauce over the salmon, making sure that each piece of salmon has enough sauce on it. Cover baking dish with aluminum foil and bake for about 20 minutes. Remove the foil and let bake another 5 to 7 minutes. Sprinkle with basil before serving. Makes 4 servings.



Fresher than Fresh  
BUTCHER

Our butcher shop stands as the cornerstone of quality and care. Our expert butchers hand-select the finest cuts of meat, ensuring each piece meets the highest standards of freshness and flavor.



SPECIALS IN EFFECT APR 23 – APR 29, 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



\$7<sup>99</sup>

/lb  
\$17.61/kg







\$3<sup>99</sup>

/lb  
\$8.80/kg

Fresh Pork Belly  
By The Piece





\$5<sup>99</sup>

/lb  
\$13.21/kg

Fresh Medium  
Ground Beef

SEAFOOD

Basa Fillets

\$5<sup>99</sup>

/lb  
\$13.21/kg

PREVIOUSLY  
FROZEN





\$16<sup>99</sup>

/lb  
\$37.46/kg

PREVIOUSLY  
FROZEN

Wild Caught  
Tuna Loin Steaks

Argentinean  
Wild Caught  
EZ-Peel Shrimp  
16-20 Size

\$13<sup>99</sup>

/lb  
\$30.84/kg

PREVIOUSLY  
FROZEN



DELI



Brandt  
Honey Maple Ham

\$1<sup>99</sup>

/100g



Piller's  
Assorted Salamis

\$2<sup>59</sup>

/100g



Krinos Sheep's Milk  
Authentic Greek Feta

\$5<sup>99</sup>

/200g

GROCERY



Betty Bread  
White or Whole Wheat

\$2<sup>69</sup>

/675g



Dempster's  
English Muffins  
White or Whole Wheat

\$2<sup>49</sup>

/6 pack



Astro Yogurt  
Selected Varieties

\$3<sup>49</sup>

/625-750g

