



**Clementines**  
Product of Spain

**SUPER DEAL!**

**\$1.99**  
/lb



**Zucchini**  
Product of Mexico

**\$1.49**  
/lb



**Sweet Red Peppers**  
Product of Canada/Mexico

**\$2.49**  
/lb



**Nectarines**  
Product of Chile

**\$1.99**  
/lb



**Parsnips**  
Product of Canada

**\$1.99**  
/454g



**Bosc Pears**  
Product of South Africa

**\$1.99**  
/lb



**Roma Tomatoes**  
Product of Mexico

**\$1.49**  
/lb



**English Cucumbers**  
Product of Canada

**99¢**  
/ea



**\$1.99**  
/lb

**Broccoli Crowns**  
Product of Mexico



**Large Cantaloupes**  
Product of Guatemala

**\$3.99**  
/ea



**Cortland Apples**  
Product of Canada

**99¢**  
/lb



**WHAT'S FOR DINNER?**



Enjoy the recipe online!

**Snow Pea Salad Toss With Apples**

**Ingredients**

- 3 tbsp extra virgin olive oil
- 1 tbsp fresh ginger, *peeled and slivered*
- 1 large clove of garlic, *finely chopped*
- 4 cups fresh snow peas
- 3 crisp red-skinned apples, *washed well and unpeeled, cut into thin wedges*
- 3 cups steamed rice, *slightly chilled*
- 1 cup roasted chicken breast or pork tenderloin, *cubed*

**Instructions**

Heat the oil in a large nonstick frying pan over low heat. Add the ginger and garlic and cook until tender, about 2 minutes. Add the snow peas and apples to the frying pan and cook, stirring frequently, until the peas are crisp-tender, about 7 minutes. Fold the cooled snow pea and apple combination into a big bowl of slightly chilled cooked rice along with cubes of cooked chicken breast or pork fillet. Toss and serve. This recipe serves 4.



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



**SPECIALS IN EFFECT APR 9 – APR 15, 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**



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

Eye of Round  
Steak or Roast

Hot or Mild Italian  
Style Sausage



**\$4<sup>99</sup>**  
/lb  
\$11.00/kg



**\$7<sup>99</sup>**  
/lb  
\$17.61/kg

Tenderized  
Minute Steaks

**SEAFOOD**



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

Fresh Wild Caught  
Cod Fillets

Wild Caught Whole  
Atlantic Mackerel



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

PREVIOUSLY  
FROZEN



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

PREVIOUSLY  
FROZEN

Bay Scallops

**DELI**



**\$1<sup>79</sup>**  
/100g

Brandt  
Pizza Pepperoni



**\$5<sup>49</sup>**  
/340g

Tre Stelle Deluxe  
Mozzarella Cheese



**\$3<sup>99</sup>**  
/227g

Humm! Fontaine  
Sante Hummus  
Assorted Varieties

**GROCERY**



**\$2<sup>99</sup>**  
/600g

Betty  
Homestyle Bread  
White or Whole Wheat



**\$3<sup>49</sup>**  
/6 or 8

Villaggio  
Hamburger  
or Sausage Buns



**\$5<sup>99</sup>**  
/320g

Black Diamond  
Cheese Shreds  
Assorted Varieties