



## Hothouse Tomatoes

Product of Canada

SUPER DEAL!

**99¢**  
/lb

## Coriander

Product of Mexico

**\$1.49**  
/ea

## Mini Cucumbers

Product of Canada

**\$1.29**  
/6 pack

## Bosc Pears

Product of South Africa

**\$1.49**  
/lb

## Black Plums

Product of Chile

**\$2.99**  
/lb

## Peaches

Product of USA

**\$2.99**  
/lb

## Valencia Oranges

Product of Egypt

**99¢**  
/lb

## Sweet Potatoes

Product of USA

**\$1.29**  
/lb

## Empire Apples

Product of Canada

**99¢**  
/lb

## Romaine Lettuce

Product of USA

**\$1.49**  
ea

## Cauliflower

Product of USA

**\$2.49**  
/ea



## WHAT'S FOR DINNER?



Enjoy the  
recipe online!

### Citrus Cauliflower Salad

#### Ingredients

- 1 clove garlic, minced
- 3 tbsp of capers
- 2 roasted red pepper, cut into long strips
- 4 tbsp extra-virgin olive oil
- 2 tbsp apple cider vinegar
- 1/4 tsp crushed red pepper (optional)
- 1 lemon, zested (2 tsp) and juiced (2 tbsp)
- 8 cups bite-size cauliflower florets (about 1 head), cooked in boiling water until tender-crisp (about 7 minutes)

#### Instructions

Preheat oven to 400 F. Place the red pepper cut into halves onto a greased sheet of tin foil (olive oil is good for greasing). Roast until skin begins to brown or blacken. Remove from oven and then cool. Peel the skin off and cut into long strips. Set aside. In a large bowl, whisk the garlic, capers, oil, vinegar, lemon zest and lemon juice. Add the steamed cauliflower and the roasted red peppers to the bowl and toss to coat. Chill the salad for 30 minutes, or overnight. Serve cold. Makes 4-6 servings.



## WE SHOP *Fresh Food* DAILY

Our team scours the local markets everyday for produce that's fresher than fresh.





**SPECIALS IN EFFECT MAY 14 – MAY 20, 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 **VICTORIA DAY HOURS:** OPEN MON. 10AM – 6PM  
**CARLING LOCATION:** 1855 Carling @ Maitland | 613.722.6106  
MON TO SAT: 8AM – 7PM SUN: 8AM – 6PM **VICTORIA DAY HOURS:** OPEN MON. 10AM – 6PM





## BUTCHER

New York  
Striploin Steak

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



 **\$3<sup>49</sup>**  
/lb  
\$7.69/kg

Boneless Pork Loin  
Chops or Roast

London Broil  
Tenderized Round Steak With  
Spiced Ground Pork



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

## SEAFOOD

Fresh Wild Caught  
BC Snapper Fillets

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



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

Fresh Wild Caught  
Sole Fillets

Bay Scallops

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



PREVIOUSLY  
FROZEN

## DELI



The Garlic King  
Garlic Spread

**\$5<sup>29</sup>**  
/200g



Fletcher's  
Smoked Black  
Forest Ham

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



Austrian  
Edam Cheese

**\$2<sup>29</sup>**  
/100g

## GROCERY



Hamburger  
Helper  
Assorted Varieties

**2/\$5**  
/166-240g



Dempster's  
Bagels  
Assorted Varieties

**\$3<sup>69</sup>**  
/6 pack



Classico  
Pasta Sauces  
Assorted Varieties

**\$3<sup>99</sup>**  
/410-  
600mL



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