



Sweet Mini Peppers

Product of Mexico

SUPER DEAL!

\$1.69

/454g

Fiddle Heads

Product of Canada

\$5.99

/lb

Cortland Apples

Product of Canada

99¢

/lb

Bartlett Pears

Product of Argentina

\$1.49

/lb

Green Beans

Product of USA

\$1.79

/lb

Asparagus

Product of Canada

\$2.99

/lb

Valencia Oranges

Product of Egypt

99¢

/lb

Broccoli Crowns

Product of USA

\$1.99

/lb

Candy Heart Grapes

Product of Chile

\$2.99

/454g

Nappa

Product of USA

79¢

/lb

Golden Pineapples

Product of Honduras

\$2.99

/ea



WHAT'S FOR DINNER?



Enjoy the
recipe online!

Italian Salmon Steaks

Ingredients

- 3 cups sundried tomatoes
- 2 cups fresh basil leaves, *chopped*
- 2 lemons, *peeled and sliced with seeds removed*
- sea salt to taste
- 1 tbsp ground black pepper
- 2 tsp ground turmeric
- 4 Atlantic salmon steaks
- ¼ cup balsamic vinegar
- ¼ cup light red wine
- 4 to 5 tbsp extra virgin olive oil

Instructions

In a food processor or blender, combine tomatoes, lemons, basil, pepper, salt, ground turmeric and blend until smooth. Add balsamic, red wine and oil in small amounts, alternately. Process until you have a smooth dressing. (This dressing will keep in the fridge for approximately one week). Preheat oven to 400 F. Spoon dressing over salmon portion and bake in oven until done to your liking or about 20 minutes depending on the thickness of the salmon steaks. Makes 4 servings.

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 MAY 21 – MAY 27, 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

New York
Striploin Steak

 **\$12⁹⁹**
/lb
\$28.64/kg



 **\$3⁹⁹**
/lb
\$8.80/kg

Fresh Pork
Tenderloin

Fresh Lean
Ground Beef

 **\$5⁹⁹**
/lb
\$13.21/kg



SEAFOOD

Fresh Canadian
Atlantic Salmon
Steaks

 **\$12⁹⁹**
/lb
\$28.64/kg



\$5⁹⁹
/lb
\$13.21/kg

Basa Fillets

Whole Squid

\$8⁹⁹
/lb
\$19.82/kg



DELI



Smoked Meat,
Roast Beef or Pastrami
Smoked Beef Round

\$2⁴⁹
/100g



Jarlsberg
Cheese

\$2⁹⁹
/100g



St. Albert
Cheese Curds
Product of Canada

\$2³⁹
/100g

GROCERY



Dempster
Signature Buns

\$3⁴⁹
/6 or 8



Black Diamond
Processed Cheese Slices
Assorted Varieties

\$3⁹⁹
/410g



Heluva Good!
Dips
Assorted Varieties

\$3⁴⁹
/250g



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