



Apricots
Product of USA

SUPER DEAL!

\$3⁹⁹
/lb



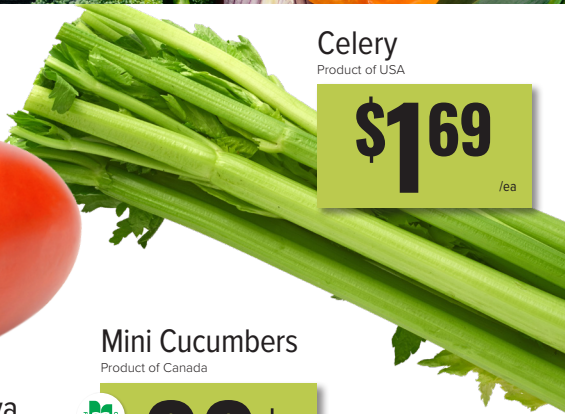
Roma
Tomatoes
Product of Mexico

\$1²⁹
/lb



Celery
Product of USA

\$1⁶⁹
/ea



Ataulfo Mangoes
Product of Mexico

99¢
/ea



Cherimoya
Product of Brazil

\$6⁹⁹
/lb



Mini Cucumbers
Product of Canada

99¢
/6 pack



Cooking Onions
Product of Canada

\$3⁹⁹
/5 lb bag



Andy Boy
Romaine Hearts
Product of USA

\$3⁹⁹
/pkg 3



Peaches
Product of USA

\$2⁹⁹
/lb



Empire Apples
Product of Canada

99¢
/lb



Bunched
Radish
Product of Canada

\$1⁴⁹
/ea



WHAT'S FOR DINNER?



Enjoy the
recipe online!

Summer Radish Spread

Ingredients

- 1 bunch fresh radishes, cleaned with the root ends trimmed
- 7 tbsp unsalted butter at room temperature
- 2 tbsp red onion, finely chopped
- 1 tbsp fresh celery, minced
- 1 medium sized whole-wheat baguette
- Coarse sea salt and freshly ground pepper to taste

Instructions

Preheat the oven to 375 F. Grate the radishes on the large holes of a hand held grater; place on paper towels, and squeeze out the excess liquid. Combine radishes and butter in a small bowl; mix well. Add remaining ingredients and mix well. Slice baguette in half lengthwise, and place in oven; toast until crisp and browned. Remove from oven, and cool slightly. Spread radish mixture on toasted baguette; season with salt and pepper. Slice each half into four pieces, and serve. Makes 4 servings.

This spread is also delicious as an appetizer spooned into Belgian endive lettuce leaves, spread onto various flatbreads or as an aside to a grilled steak or salmon.



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.



SPECIALS IN EFFECT MAY 28 – JUN 3, 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

Inside Round Steaks

 **\$6⁷⁹** /lb
\$14.97/kg



 **\$5⁴⁹** /lb
\$12.10/kg

Fresh Medium Ground Beef

Fresh Pork Back Ribs

 **\$4⁹⁹** /lb
\$11.00/kg



SEAFOOD

Fresh Cod Fillets

 **\$12⁹⁹** /lb
\$28.64/kg



 **\$12⁹⁹** /lb
\$28.64/kg

Fresh Ontario Rainbow Trout Fillets

Nickerson Salt Cod Bits

 **\$7⁹⁹** /454g



DELI



Brandt Pizza Pepperoni

\$1⁷⁹ /100g



Tre Stelle Deluxe Mozzarella

\$5⁶⁹ /340g



Krinos Authentic Greek Sheep Milk Feta

\$5⁹⁹ /200g

GROCERY



Betty Bread White or Whole Wheat

\$2⁶⁹ /675g



Beatrice Sour Cream Assorted Varieties

\$2⁹⁹ /500mL



Original Kraft Dinner Assorted Varieties

3/\$5 /200g



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