



Sweetums Candy Hearts Seedless Red Grapes

Product of Chile

SUPER DEAL!

\$2.99

/454g



Bartlett Pears

Product of Argentina

\$1.49

/lb



Sweet Red Peppers

Product of Canada

**\$1.69**

/lb



English Cucumbers

Product of Canada

**79¢**

/ea

Green Onions

Product of Mexico

79¢

/ea



Cortland Apples

Product of Canada

**99¢**

/lb



Cluster Tomatoes

Product of Canada

**\$1.29**

/lb

Pomegranates

Product of Peru

\$2.49

/ea



Golden Pineapples

Product of Costa Rica

\$3.99

/ea



Romaine Hearts

Product of USA

\$2.99

/pkg 3

Celery

Product of USA

\$1.99

/ea



WHAT'S FOR DINNER?



Enjoy the
recipe online!

Celery & Apple Soup

Ingredients

- 2 tbsp butter
- 2 large onions, *chopped*
- 2 cloves garlic, *finely chopped*
- ¼ to ½ tsp dried sage
- ½ cup all purpose flour
- 12 celery stalks, *washed, trimmed and sliced*
- 6 cups vegetable stock or water
- 3 apples, *peeled, cored and diced*
- 2 tbsp fresh chives, *finely chopped*
- 2/3 cup light cream
- Celery leaves for garnish

Instructions

Over medium heat melt the butter in a large saucepan. Add the onion and sage; saute for 5 minutes. Stir in the flour, and cook for an additional minute. Add the celery and stir well. Add the stock and stir well until mixture is blended. Bring to a boil, then reduce the heat, and simmer for 10 minutes. Stir in the apples and chives, and cook for an additional 10 minutes. Remove from the heat, and let cool slightly. Put the mixture into a food processor, reserving a few pieces of apple and celery. Blend the soup until smooth. Return to the pan, and add the reserved pieces of apple and celery. Stir in the cream, and heat through. Serve garnished with celery leaves. Makes 4 servings.



Fresher than Fresh DELI

Our skilled staff carefully prepares a selection of meats, cheeses, and gourmet items, ensuring every option meets the highest standards. We provide a variety that's fresh, flavourful, and ready to enjoy.



SPECIALS IN EFFECT MAY 7 – MAY 13, 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

Boneless Rump Roast

\$5⁹⁹

/lb
\$13.21/kg



\$3⁹⁹

/lb
\$8.80/kg

Breaded Tenderized Pork Loin Schnitzel

Fresh Medium Ground Beef

\$5⁹⁹

/lb
\$13.21/kg



SEAFOOD

Fresh Tilapia Fillets

\$9⁹⁹

/lb
\$22.02/kg



\$34⁹⁹

/lb
\$77.14/kg

Jumbo Sea Scallops

Rio Mare Tuna
Assorted Varieties

\$7⁹⁹

/3x80g



DELI



Mastro
Oven Roasted Ham
Rosemary or Tuscany Style

\$1⁹⁹

/100g



Negroni
Imported Italian Prosciutto

\$2⁹⁹

/100g



Imported Italian Provolone Cheese

\$2²⁹

/100g

GROCERY



Beatrice
Sour Cream
Assorted Varieties

\$2⁹⁹

/500mL



Kraft
Dressings
Assorted Varieties

\$3⁹⁹

/425mL



Betty
Super Moist Bread
White or Whole Wheat

\$2⁶⁹

/675g