



Bunched Radishes

Product of Canada

SUPER DEAL!

79¢
/ea

Hothouse Tomatoes

Product of Canada

\$1.29
/lb

Limes

Product of Mexico

4/99¢

Green Onions

Product of Canada

99¢
/ea

Passion Fruit

Product of Colombia

79¢
/ea

5 lb Onions

Product of Canada

\$2.99
/ea

Large Cherries

Product of USA

\$4.99
/lb

Empire Apples

Product of Canada

99¢
/lb

Golden Pineapples

Product of Costa Rica

\$2.49
/ea

Romaine Hearts

Product of Canada

\$2.49
/pkg 3

Large Honeydew

Product of Mexico

\$3.99
/ea

WHAT'S FOR DINNER?

Salmon with Dilly Sauce

Ingredients

- 2 lbs fresh salmon filet cut into 6 pieces, skin and bone remove
- 1 medium garlic clove, *grated*
- 2 to 3 tbsp extra virgin olive oil
- 2 tbsp Dijon mustard
- ¼ cup lemon juice, *freshly squeezed*
- ½ cup chicken stock
- 3 tsp honey
- ¼ cup fresh dill, *chopped*
- Sea salt to taste

Instructions

Preheat broiler on high and place a stainless steel skillet (be sure the handle is also stainless steel) or cast iron pan under the heat for about 10 minutes to get it very hot. The pan should be 5 to 7 inches from the heat source. Rub salmon with 2 tbsp of the fresh lemon juice and salt. Using an oven mitt, pull pan away from heat and place salmon on hot pan. Return to broiler. Keep in mind that it is cooking rapidly on both sides so it will be done very quickly, usually in 7 minutes depending on thickness. Test with a fork for doneness. It will flake easily when it is cooked. Salmon is best when it is still pink inside. In a stainless steel sauce pan, heat olive oil and add garlic; stir for about one minute or until lightly golden. Add the mustard, and whisk in remaining lemon juice, broth, honey and salt. Cook on high heat for a minute to reduce slightly and add dill. Pour over salmon and serve. Makes 4 servings.

Enjoy the
recipe online!



Happy CANADA DAY



SPECIALS IN EFFECT JUN 25 – JUN 30, 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 **CANADA DAY: CLOSED**

CARLING LOCATION: 1855 Carling @ Maitland | 613.722.6106

MON TO SAT: 8AM – 7PM SUN: 8AM – 6PM **CANADA DAY: CLOSED**



BUTCHER

Fresh Medium
Ground Beef



New York
Striploin Steak

Fresh Pork
Tenderloin



SEAFOOD

Fresh Chilean
Salmon Fillets



Fresh Wild Caught
Cod Fillets

Whole Squid



DELI



St. Albert
Cheese Curds

\$2.29
/100g



Tre Stelle
Feta Cheese
Regular, Light or Lactose-Free

\$4.99
/200g



Assorted
Piller's Salamis

\$2.69
/100g

GROCERY



Betty
Homestyle Bread
White or Whole Wheat

\$2.99
/600g



Dempster's
Bagels
Assorted Varieties

\$3.69
/6 pack



Black Diamond
Cheese Shreds
Assorted Varieties

\$5.99
/320g



SPECIALS IN EFFECT JUN 25 – JUN 30, 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 **CANADA DAY: CLOSED**
CARLING LOCATION: 1855 Carling @ Maitland | 613.722.6106
MON TO SAT: 8AM – 7PM SUN: 8AM – 6PM **CANADA DAY: CLOSED**