



Green Onions

Product of Mexico

SUPER DEAL!

69¢
/ea



Bosc Pears

Product of South Africa

\$1.49
/lb



Green or Red Leaf Lettuce

Product of Canada

\$1.29
/ea



Ataulfo Mangoes

Product of Mexico

99¢
/ea



1 lb Strawberries

Product of USA

\$2.99
/ea



10 lb PEI Russet Potatoes

Product of Canada

\$3.99
/ea



Kale

Product of USA

\$1.49
/ea



Valencia Oranges

Product of Egypt

99¢
/lb



Cluster Tomatoes

Product of Canada

\$1.29
/lb



English Cucumbers

Product of Canada

99¢
/ea



Cortland Apples

Product of Canada

99¢
/lb



WHAT'S FOR DINNER?

Cool Cucumber Pasta Salad

Ingredients

- 2 cups of fusilli or bow tie pasta
- 2 tbsp extra virgin olive oil
- 2 cucumbers, *thinly sliced*
- 1 small red onion, *thinly sliced*
- ¼ cup apple cider vinegar
- 1 tbsp prepared mustard
- 3 tbsp flat leaf parsley, *chopped*
- sea salt and freshly ground black pepper to taste
- 1 tbsp maple syrup

Instructions

Cook pasta according to package directions; drain and rinse in cold water; drain well. Place cooked pasta in a large glass bowl. In a separate bowl, stir in oil, cucumbers and onion. Combine remaining ingredients; pour over salad and toss. Cover and chill for 3-4 hours, stirring occasionally. Makes 6 servings.



Enjoy the
recipe online!



Fresher than Fresh
BUTCHER

Our butcher shop stands as the cornerstone of quality and care. Our expert butchers hand-select the finest cuts of meat, ensuring each piece meets the highest standards of freshness and flavour.



SPECIALS IN EFFECT JUN 4 – JUN 10, 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

Minute Steaks



\$6⁹⁹

/lb
\$15.41/kg





\$5⁹⁹

/lb
\$13.21/kg



Fresh Lean
Ground Beef

Breaded Pork
Loin Schnitzel



\$3⁹⁹

/lb
\$8.80/kg



SEAFOOD

Fresh Whole
Canadian
Steelhead Trout



\$4⁹⁹

/lb
\$11.00/kg



\$9⁹⁹

/lb
\$22.02/kg



Fresh Tilapia
Fillets

Wild Caught
Argentinean
Shrimp Pieces

\$12⁹⁹

/lb
\$28.64/kg



DELI



Fontaine Sante
Hummus
Selected Varieties

\$5⁹⁹

/454g



Mastro Hot or Mild
Genoa Salami

\$2⁵⁹

/100g



Brandt
Kolbassa Loaf

\$1⁷⁹

/100g

GROCERY



Villaggio Toscana
or Crustini Buns
Selected Varieties

\$3²⁹

/6 or 8



Heinz Beans
Assorted Varieties

\$1⁹⁹

/398mL



Dempster's
English Muffins
White or Whole Wheat

\$2⁴⁹

/6 pack



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