



Cluster Tomatoes
Product of Canada

SUPER DEAL!

\$1.29 /lb



Zucchini
Product of Canada

\$1.29 /lb



Red Plums
Product of USA

\$1.99 /lb



Kale
Product of Canada

\$1.49 /ea



Lychee
Product of Vietnam

\$3.99 /lb



Sweet Corn
Product of Canada

99¢ /ea



Cortland Apples
Product of Canada

99¢ /lb



Nova Mandarins
Product of Argentina

\$1.69 /lb



Cabbage
Product of Canada

69¢ /lb



Romaine Lettuce
Product of Canada

\$1.29 /ea




Large Golden Pineapples
Product of Costa Rica


\$3.99 /ea



CHECK IT OUT!
MAKE IT TONIGHT!
RECIPE BELOW
producepot.ca

WHAT'S FOR DINNER?





Enjoy the recipe online!

Beef & Pineapple Kebabs

Ingredients

¼ cup lemon or lime flavoured Perrier water

¼ cup soy sauce

4 tbsp maple syrup or honey

4 tbsp apple cider vinegar

1 clove garlic, *minced*

Sea salt and freshly ground black pepper to taste

2 pounds sirloin steak, *cut into 1-inch cubes*

2 medium onions, *cut into wedges*

½ pound fresh whole mushrooms

2 medium red or yellow bell peppers (or combination)

1 medium fresh pineapple, *cut into 1-inch chunks*

Long wooden skewers, *soaked in water for 30 minutes*

Instructions

Combine first 6 ingredients in a large shallow glass dish. Add beef cubes and mix well with marinade. Cover and let marinate for 1 hour at room temperature or a minimum of 2 hours (or overnight) in the refrigerator. Remove beef cubes from marinade, reserving marinade. Alternately thread beef cubes, onion, mushrooms, peppers and pineapple chunks onto prepared skewers. Grill, covered, over medium-hot coals (350° to 400°F) for 10 to 12 minutes or until desired doneness, turning and basting occasionally with reserved marinade. Discard any remaining marinade. Makes 4 to 6 servings. Serve with hot steamed basmati rice.



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.



BUTCHER

Eye of Round
Marinating Steak

 **\$7⁶⁹** /lb
\$16.95/kg



 **\$3²⁹** /lb
\$7.25/kg

Fresh Whole
Pork Side Ribs

Breaded Chicken
Breast Schnitzel

 **\$7⁹⁹** /lb
\$17.61/kg



SEAFOOD

Cajun Catfish
Fillets

\$13⁹⁹ /lb
\$30.84/kg



\$9⁹⁹ /lb
\$22.02/kg

Wild Caught
Fresh Sole Fillets

EZ Peel Wild
Argentinean Shrimp

\$14⁹⁹ /lb
\$33.05/kg



DELI



Cuddy's Oven
Roasted Turkey Breast
Assorted Flavours

\$2⁶⁹ /100g



Lester's
All Beef Salami

\$1⁹⁹ /100g



Landana
Mild Gouda Cheese

\$2⁵⁹ /100g

GROCERY



Black Diamond
Processed Cheese Slices
Assorted Varieties

\$3⁹⁹ /410g



Dempster's Sandwich
or Texas Toast Bread
White or Whole Wheat

\$3²⁹ /675g



Kraft
Salad Dressings
Assorted Varieties

\$3⁹⁹ / 425mL



SPECIALS IN EFFECT JUL 16 – JUL 22, 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