



Mini Sweet Peppers

Product of Canada

SUPER DEAL!

\$1.99

/454g

English Cucumbers

Product of Canada

79¢

/ea

Seedless Red Grapes

Product of Mexico

\$2.99

/lb

Dragon Fruit

Product of Ecuador

\$2.99

/ea

Nectarines

Product of USA

\$1.99

/lb

Bean Sprouts

Product of Canada

99¢

/lb

Cluster Tomatoes

Product of Canada

\$1.49

/lb

Coriander

Product of Canada

79¢

/ea

Cortland Apples

Product of Canada

99¢

/lb

Romaine Lettuce

Product of Canada

99¢

/ea

Zucchini

Product of Canada

\$1.49

/lb

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

WHAT'S FOR DINNER?

Zucchini & Corn Salad

Ingredients

Corn kernels from 2 ears of corn or 2 ½ cups frozen corn kernels, steamed and drained
2 small to medium fresh zucchini, *chopped*
1 small red pepper, *finely chopped*
½ of one jalapeño, *minced*
½ cup cilantro, *chopped (you can use Italian flat leaf parsley in place of cilantro)*
½ red onion, *finely chopped*
1 bunch spinach, *chopped*
¼ cup of extra virgin olive oil
1 clove garlic, *minced*
freshly squeezed juice from 2 lemons
sea salt and freshly ground black pepper to taste
¾ cup pearl bocconcini cheese (these are the smallest bocconcini)

Instructions

In a skillet, place 1 tbsp of the extra virgin olive oil and heat. Add the chopped zucchini and stir-fry for about 7 minutes, stirring often. Remove from heat and set aside. In a large glass bowl, mix the corn, red pepper, jalapeño, cilantro, onion and spinach. In a small bowl, whisk together olive oil, garlic, salt, pepper and lemon juice. Pour over salad and top with the bocconcini cheese. Makes 4 servings.

Enjoy the recipe online!

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 flavour you can trust.



SPECIALS IN EFFECT JUL 2 – JUL 8, 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

Italian Style Hot or
Mild Sausages



Boneless Pork Loin
Chops or Roast

Fresh Lean
Ground Beef



SEAFOOD

Fresh Wild Caught
Cod Fillets
Product of Canada/USA



Fresh Tilapia
Fillets

Wild Caught
Argentinean
Shrimp Pieces



DELI



Natural Selections Oven
Roasted Chicken

\$2.29
/100g



Fontaine Sante
Hummus
Assorted Varieties

\$3.99
/250-260g



St. Albert
Mild Marble Cheese

\$2.39
/100g

GROCERY



Beatrice
Sour Cream
Assorted Varieties

\$2.99
/500mL



Dempster's
Signature Hamburger
or Sausage Buns

\$3.49
/6 or 8 pack



Betty
Super Moist Bread
White or Whole Wheat

\$2.69
/675g



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