





Bunched Radishes
Product of Canada

SUPER DEAL!
89¢ /ea



Hothouse Tomatoes
Product of Canada

\$1.79 /lb



Green Onions
Product of Canada

79¢ /ea



Nappa
Product of Canada

79¢ /lb



Apricots
Product of USA

\$3.99 /lb



Bunched Spinach
Product of Canada

\$1.49 /ea



Empire Apples
Product of Canada

99¢ /lb



Peaches
Product of USA

\$1.79 /lb



Limes
Product of Mexico

5/99¢



Canadian Strawberries
Product of Canada

\$4.99 /1L basket



Curly or Italian Parsley
Product of Canada

99¢ /ea

WHAT'S FOR DINNER?

Strawberry & Spinach Salad

Ingredients

340g strawberries
10oz spinach
¼ cup of extra virgin olive oil
3 tbsps apple cider vinegar
2 tbsps pure maple syrup
2 tbsps red onion, *finely chopped*
½ garlic clove, *minced*
1 tbsp sesame seeds
Sea salt and freshly ground black pepper to taste

Instructions

In a large bowl, toss spinach with sesame seeds. Prepare strawberries, cutting large ones in half. Add strawberries to salad. Cover and refrigerate. Combine dressing ingredients in a screw-top jar or shaker; shake well then refrigerate to chill. Pour chilled dressing over strawberry and spinach salad mixture in bowl and toss gently to distribute well. Makes 4 servings.

Enjoy the recipe online!



WE SHOP *Fresh Food* DAILY
Our team scours the local markets everyday for produce that's fresher than fresh.





SPECIALS IN EFFECT JUL 9 – JUL 15, 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
BC Snapper Fillets



Fresh Ontario
Rainbow Trout Fillets

Bay Scallops



DELI



Roasted Beef
or Smoked Meat

\$2.49
/100g



St. Albert
Old Cheddar Cheese

\$2.49
/100g



Castello
Traditional or Extra
Creamy Blue Cheese

\$3.99
/125g

GROCERY



Covered Bridge
Chips
Assorted Varieties

\$2.99
/142-170g



Betty
White or Whole
Wheat Bread

\$2.69
/675g



Beatrice
Lemonade
Regular or Raspberry

\$2.99
/1.75L



SPECIALS IN EFFECT JUL 9 – JUL 15, 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