



Green Onions

Product of Canada

SUPER DEAL!

59¢
/ea



BC Cherries

Product of Canada

\$3.99
/lb



Kale

Product of Canada

\$1.29
/ea



Red Plums

Product of USA

\$2.99
/lb



Green Beans

Product of Canada

\$1.99
/lb



Paula Red Apples

Product of Canada

99¢
/lb



Mini Cucumbers

Product of Canada

\$1.99
/6 pack



Green Beans

Product of Canada

\$1.99
/lb



Paula Red Apples

Product of Canada

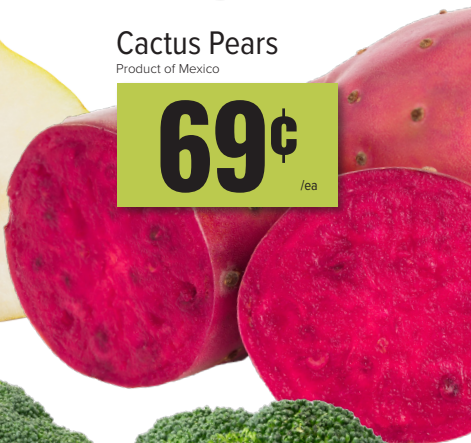
99¢
/lb



Cactus Pears

Product of Mexico

69¢
/ea



\$1.79
/lb

Bartlett Pears

Product of USA



Romaine Lettuce

Product of Canada

99¢
/ea



Broccoli

Product of Canada

\$1.99
/ea



WHAT'S FOR DINNER?



Enjoy the
recipe online!

Marinated Broccoli Salad

Ingredients

- 1 cup medium-sized Brussels sprouts, tough outer leaves and excess stem removed
- 1 large carrot, peeled and cut in 1-inch chunks
- 2 cups large size broccoli florets
- 1 cup green beans, cut into 1-inch lengths
- 1 cup green beans, cut into 1-inch lengths
- 2 cups medium white mushrooms, cut in half
- 1 medium red bell pepper, cut into 1-inch chunks
- 1 medium green bell pepper, cut into 1-inch chunks
- 1 medium red onion, thinly sliced

Marinade:

- 3 tbsp honey
- 4 tbsp fresh lemon juice
- 2 tbsp extra virgin olive oil
- 1 tbsp minced fresh oregano
- 1 medium clove of garlic, pressed
- Sea salt and cracked black pepper to taste
- Pinch of red pepper flakes

Instructions

Bring salted water to a boil in large pan. Place colander in sink, and set up a bowl of ice water. Cut vegetables to appropriate sizes and have ready. (For this salad it is important to cut vegetables in fairly large pieces. They will hold up better and last longer). When water is boiling, add carrots, whole Brussels sprouts, and cook for 4 minutes. Then add broccoli, pepper, green beans, mushrooms and onion. Cook for another 4 minutes. Drain through colander and immediately put into ice water. Let chill for about 10 minutes and drain well. It is important to drain well, so flavour is not diluted. If possible lay vegetables out on paper towels and pat dry. Make marinade by whisking together ingredients adding olive oil a little at a time. Put into glass container or bowl, add marinade, cover and put into refrigerator for at least 1 hour. Serves 4.



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.



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We reserve the right to limit quantities. Products not exactly as shown. While quantities last.

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CARLING LOCATION: 1855 Carling @ Maitland | 613.722.6106
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BUTCHER

Rib Steaks



Breaded Tenderized
Chicken Breast

Hot or Mild
Italian Sausage



SEAFOOD

Atlantic
Salmon Fillets
Product of Chile/Canada



Wild Caught
Sole Fillets

Whole Atlantic
Mackerel
Product or Norway/Iceland



DELI



Brandt
Honey Maple Ham

\$1.99
/100g



Fontaine Sante
Hummus & Dips
Assorted Varieties

\$3.99
/250-260g



The Garlic King
Garlic Spread

\$5.29
/200g

GROCERY



Quaker Oats
Assorted Varieties

\$3.99
/900g-1kg



Betty Bread
White or Whole Wheat

\$2.69
/675g



Beatrice Lemonade
Assorted Varieties

\$2.99
/1.75L



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