



Sweet Corn

Product of Canada

SUPER DEAL!

29¢
/ea

White Flesh Peaches

Product of USA

\$1.99
/lb

Green & Red Leaf Lettuce

Product of Canada

99¢
/ea

Eggplant

Product of Canada

\$1.49
/lb

\$1.49
/lb

Roma Tomatoes

Product of Mexico

Green Zucchini

Product of Canada

\$1.29
/lb

Royal Gala Apples

Product of New Zealand

\$1.49
/lb

Clementines

Product of Peru

\$1.79
/lb

Seedless Green Grapes

Product of USA

\$1.99
/lb

Ontario Strawberries

Product of Canada

\$2.99
/340g



WHAT'S FOR DINNER?



Enjoy the
recipe online!

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 finely chopped red onion
½ garlic clove, *minced*
Sea salt and freshly ground black pepper to taste

Instructions

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.



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 AUG 27 – SEP 2, 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 LABOUR DAY HOURS: CLOSED

CARLING LOCATION: 1855 Carling @ Maitland | 613.722.6106

MON TO SAT: 8AM – 7PM SUN: 8AM – 6PM LABOUR DAY HOURS: CLOSED



BUTCHER

Top Sirloin Steak



\$11⁹⁹

/lb
\$26.43/kg



\$2⁹⁹

/lb
\$6.59/kg

Lean Ground Pork

Fresh Medium Ground Beef



\$5⁹⁹

/lb
\$13.21/kg

SEAFOOD

Fresh Steelhead Fillet

Product of Canada/Peru



\$13⁹⁹

/lb
\$30.84/kg



\$9⁹⁹

/lb
\$22.02/kg

Fresh Tilapia Fillet
Product of Columbia/Honduras

Whole Wild Caught Squid

Product of China/Indonesia



\$8⁹⁹

/lb
\$19.82/kg

PREVIOUSLY FROZEN

DELI



Woolwich Soft Fresh Goat Cheese

\$3⁹⁹

/113g



Austrian Edam Cheese

\$2³⁹

/100g



Smoked Meat or Roast Beef

\$2⁴⁹

/100g

GROCERY



Black Diamond Processed Cheese Slices
Assorted Varieties

\$3⁹⁹

/ 410g



Betty Homestyle Bread
White or Whole Wheat

\$2⁹⁹

/600g



Astro Yogurt
Assorted Varieties

\$5⁹⁹

/12x100g



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