



Seedless  
Red Grapes

Product of USA

SUPER DEAL!

\$1.99

/lb



Cooking Onions

Product of Canada

99¢

/2 lb bag



Green and Red  
Leaf Lettuce

Product of Canada

99¢

/ea



Green Peppers

Product of Canada

99¢

/lb



Clementines

Product of Peru

\$1.79

/lb



Cactus Pears

Product of Mexico

\$1.99

/lb



Curly or Italian  
Parsley

Product of Canada

59¢

/ea



Watermelon  
Pieces

Product of USA

79¢

/lb



Sweet Corn

Product of Canada

39¢

/ea



Eggplant

Product of Canada

99¢

/lb



## WHAT'S FOR DINNER?

### Garlic Parmesan Baked Eggplant

#### Ingredients

- 1 large eggplant
- 6 tbsp unsalted butter, *melted*
- 1 cup breadcrumbs
- ¼ cup shredded Parmesan cheese
- ¼ tsp smoked paprika
- ½ tsp garlic powder
- ½ tsp Italian seasoning

#### Instructions

Start by preparing the eggplant. Wash and trim off the green end. You can peel the skin if you like. Next, slice eggplant into 1/2" disks. Place all disks in colander or cooling rack set over baking sheet, sprinkle with salt and let sit for at least 30 minutes. Next, melt butter in a bowl. Mix breadcrumbs, spices and Parmesan cheese in another bowl. Dip each eggplant disk into butter first, then breading mixture. Place on aluminum foil or parchment paper lined baking sheet. Bake in 400 degrees F oven for 15 minutes, then flip each disk and bake for 7 more minutes. The eggplant should be golden brown and the breading crispy. Serve as side dish, appetizer or use in eggplant Parmesan.



Enjoy the  
recipe online!



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.



**SPECIALS IN EFFECT SEP 10 – SEP 16, 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

New York Striploin Steak





**\$12<sup>99</sup>**  
/lb  
\$28.64/kg





**\$7<sup>99</sup>**  
/lb  
\$17.61/kg

Breaded Chicken Breast Schnitzel

Fresh Pork Tenderloin





**\$4<sup>49</sup>**  
/lb  
\$9.90/kg

SEAFOOD

Wild Caught Whole Cod Fillets



**\$12<sup>99</sup>**  
/lb  
\$28.64/kg



PREVIOUSLY FROZEN

**\$16<sup>99</sup>**  
/lb  
\$37.46/kg

Wild Caught Tuna Loin

Jumbo Sea Scallops



**\$34<sup>99</sup>**  
/lb  
\$77.14/kg

PREVIOUSLY FROZEN

DELI



Brandt Black Forest Ham

**\$1<sup>89</sup>**  
/100g



Castello Cheese Slices  
Selected Varieties

**\$4<sup>49</sup>**  
/ 125-175g



Cooked Maple Lodge Chicken Breast  
Assorted Varieties

**\$1<sup>99</sup>**  
/100g

GROCERY



Dempster's Bagels  
Assorted Varieties

**\$3<sup>69</sup>**  
/6 pack



Betty Bread  
White or Whole Wheat

**\$2<sup>99</sup>**  
/675g



Beatrice Chocolate Milk

**\$2<sup>49</sup>**  
/1L



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