



McIntosh Apples
Product of Canada

SUPER DEAL!

99¢
/lb

10 lb Boiler Onions
Product of Canada

\$3⁹⁹
/bag

Celery
Product of Canada

\$1⁴⁹
/ea

Cantaloupes
Product of USA

\$1⁹⁹
/ea

Limes
Product of Colombia

3/99¢

Roma Tomatoes
Product of USA

\$1²⁹
/lb

Sweet Red Peppers
Product of Canada

\$1⁴⁹
/lb

Bunched Radishes
Product of Canada

99¢
/ea

1 lb Strawberries
Product of USA

\$3⁹⁹
/pkg

Romaine Hearts
Product of Canada

\$2⁹⁹
/pkg 3

Bartlett Pears
Product of USA

\$1⁶⁹
/lb

WHAT'S FOR DINNER?

Pork with Lychee Sauce

Ingredients

- 6 boneless pork chops, about an inch thick
- ½ tsp ground sage
- sea salt and freshly ground black pepper to taste
- 3 tbsp extra virgin olive oil
- ½ cup balsamic vinegar
- ½ cup chicken stock, low sodium
- 2 ½ cups fresh lychees, *peeled and chopped, and seeds removed*
- 1 tsp ground cinnamon

Instructions

Place pork chops between two pieces of plastic wrap or wax paper and pound until they are 1/2-inch thick. Sprinkle both sides of pork with the sage, sea salt and freshly ground black pepper. Heat a large skillet over medium heat. When hot, add the olive oil, swirling to coat the pan. Place the pork chops in the pan and cook for about 5 minutes on each side until browned and just slightly rosy in the center. Remove pork chops from skillet and keep warm. To the juices in the pan, add the balsamic vinegar, chicken stock, lychees and cinnamon. Cook about 5 minutes until liquid is reduced and thickened, stirring occasionally to scrape up the browned bits. Return the warm pork chops to the pan gravy and turn them over to coat them well. Serve the pork chops with the warm lychee sauce. You can serve them with steamed rice or mashed potato. Makes 6 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 SEP 17 – SEP 23, 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

Eye of Round
Oven Roast

 **\$7⁹⁹** /lb
\$17.61/kg



CHECK IT OUT!
MAKE IT TONIGHT!
RECIPE ON FRONT PAGE
producepot.ca

 **\$3²⁹** /lb
\$7.25/kg

Boneless Pork Loin
Chops or Roast

Pepper Steaks

 **\$8⁹⁹** /lb
\$19.82/kg



SEAFOOD

Fresh Whole Canadian
Atlantic Salmon

 **\$4⁹⁹** /lb
\$11.00/kg



PREVIOUSLY
FROZEN

\$5⁹⁹ /lb
\$13.21/kg

Basa Fillets

Whole Atlantic
Mackerel

\$3⁹⁹ /lb
\$8.80/kg



PREVIOUSLY
FROZEN

DELI





Cuddy's Oven Roasted
Turkey Breast
Assorted Flavours

\$2⁶⁹ /100g





Lester's
All Beef Salami

\$1⁹⁹ /100g





Maple Dale Medium
Cheddar Cheese

\$2⁵⁹ /100g

GROCERY





Kraft
BBQ Sauce
Assorted Varieties

\$2⁴⁹ /455mL





Villaggio Bread
Assorted Varieties

\$3²⁹ /600g





Astro Yogurt
Assorted Varieties

\$5⁹⁹ /12x100g



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