



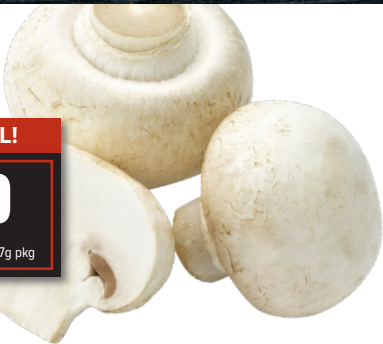
Whole White Mushrooms

Product of Canada

SUPER DEAL!

\$149

/227g pkg



Australian Mandarins

Product of Australia

\$249

/lb



Cactus Pears

Product of Mexico

\$199

/lb



Avocados

Product of Mexico

99¢

/ea



Green Swiss Chard

Product of Canada

\$129

/ea



Cortland Apples

Product of Canada

99¢

/lb



Roma Tomatoes

Product of Mexico

\$179

/lb



Fuyu Persimmons

Product of USA

\$199

/lb



Green Peppers

Product of Canada/USA

\$149

/lb



2lb Carrots

Product of Canada

99¢

/ea



Nappa

Product of Canada

49¢

/lb



WHAT'S FOR DINNER?



Enjoy the recipe online!

Beef Stew

Ingredients

- 2 pounds stewing beef, cubed
- 3 tbsp flour
- ½ tsp garlic powder
- ½ teaspoon salt
- ½ teaspoon black pepper
- 3 tbsp olive oil
- 1 onion, chopped
- 6 cups beef broth
- ½ cup red wine (optional)
- 1 pound potatoes, peeled and cubed
- 4 carrots, cut into 1 inch pieces
- 4 stalks celery, cut into 1 inch pieces
- 3 tbsp tomato paste
- 1 tsp dried rosemary or 1 sprig fresh
- 2 tbsp cornstarch
- 2 tbsp water
- ¾ cup peas

Instructions

Combine flour, garlic powder and salt & pepper. Toss beef in flour mixture. Heat olive oil in a large Dutch oven or pot. Cook the beef and onions until browned. Add beef broth and red wine while scraping up any brown bits in the pan. Stir in all remaining ingredients except for peas, cornstarch and water. Reduce heat to medium low, cover and simmer 1 hour or until beef is tender (up to 90 minutes). Mix equal parts cornstarch and water to create a slurry. Slowly add the slurry to the boiling stew to reach desired consistency (you may not need all of the slurry). Stir in peas and simmer 5-10 minutes before serving. Season with salt & pepper to taste.



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 OCT 29 – NOV 4, 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

Top Sirloin Steak
or Roast



\$8⁹⁹

/lb
\$19.82/kg

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





\$4⁴⁹

/lb
\$9.90/kg



Pork Belly
by the Piece

Fresh Lean
Ground Beef



\$6⁹⁹

/lb
\$15.41/kg



SEAFOOD

Fresh Ontario
Rainbow Trout Fillets



\$12⁹⁹

/lb
\$28.64/kg





\$16⁹⁹

/lb
\$37.46/kg



Wild Caught
Tuna Loin

Jumbo Sea
Scallops



\$34⁹⁹

/lb
\$77.14/kg



DELI



Maple Leaf Natural
Selections Oven
Roasted Chicken

\$2¹⁹

/100g



Mastro Rosemary
or Tuscan Oven
Roasted Ham

\$1⁹⁹

/100g



Mild Edam
or Regular or Smoked
Emmenthaler Cheese
Product of Austria

\$2³⁹

/100g

GROCERY



Betty
Super Moist Bread
White or Whole Wheat

\$2⁹⁹

/675g



Burnbrae
White or Brown
Omega 3 Eggs

\$4⁹⁹

/dozen



Black Diamond
Cheese Bars
Assorted Varieties

\$5⁹⁹

/400g



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