



Pomegranates

Product of Egypt

SUPER DEAL!

\$169

/ea



Kale

Product of USA

\$149

/ea



2 lb Onions

Product of Canada

99¢

/ea



Australian
Mandarins

Product of Australia

\$249

/lb



Empire Apples

Product of Canada

99¢

/lb



Cluster
Tomatoes

Product of Mexico

\$149

/lb



English Cucumbers

Product of Canada

\$129

/ea



Dragonfruit

Product of Ecuador

\$299

/ea



Blackberries

Product of Mexico

\$199

/170g



Buttercup,
Butternut,
Spaghetti or
Pepper Squash

Product of Canada/Mexico

99¢

/lb



Sweet
Potatoes

Product of USA

\$129

/lb



WHAT'S FOR DINNER?



Enjoy the
recipe online!

Sweet Potato Chowder

Ingredients

- 1 pound fresh parsnips
- 2 medium to large sweet potatoes
- 1 medium head of fresh broccoli
- 1 large onion, *finely chopped*
- 3 to 4 cups water
- sea salt and freshly ground black pepper to taste
- 1 cup partly-skimmed ricotta cheese
- 2 cups low-fat (1%) milk
- ½ cup instant potato flakes
- ¼ tsp ground cinnamon
- 2 tbsp fresh parmesan cheese, *grated*

Instructions

Peel parsnips; halve lengthwise and cut crosswise into 1/2-inch-thick slices. Peel sweet potatoes; cut into 1/2-inch cubes. Cut broccoli head from stem and separate into small florets, rinse well. In a large saucepan, bring water and salt to boiling. Add parsnips, sweet potato, and onion. Lower heat and simmer 6 minutes. Add broccoli flowerets; simmer 3 minutes or until all the vegetables are tender. Meanwhile, combine ricotta cheese, milk, potato flakes, pepper and nutmeg in a blender. Whirl until pureed. Stir ricotta mixture into soup until well blended. Gently heat through. Ladle into soup bowls and sprinkle with Parmesan cheese. Makes 4 servings.



The Twelve
Daily Deals
OF CHRISTMAS



STARTING DECEMBER 13TH!



SPECIALS IN EFFECT DEC 3 – DEC 9, 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

Boneless Pork Loin
Chops or Roast

 **\$3⁴⁹**
/lb
\$7.69/kg



 **\$6⁹⁹**
/lb
\$15.41/kg

Fresh Boneless
Stewing Beef

Fresh Lean
Ground Beef

 **\$5⁹⁹**
/lb
\$13.21/kg



SEAFOOD

Fresh Atlantic
Salmon Fillets

\$12⁹⁹
/lb
\$28.64/kg



\$10⁹⁹
/lb
\$24.23/kg

Fresh Wild Caught
Sole Fillets

Pacific EZ-Peel
White Shrimp

\$9⁹⁹
/lb
\$22.02/kg



DELI



Smoke Flavoured
Applewood
Cheddar Cheese

\$4⁴⁹
/100g



Maple Dale
Naturally Aged
Old Cheddar Cheese

\$2⁶⁹
/100g



San Daniele
Mortadella
Regular, Light or Hot

\$2¹⁹
/100g

GROCERY



Kraft Salad Dressings
Assorted Varieties

\$3⁹⁹
/425mL



Dempster's
English Muffins
White or Whole Wheat

\$2⁷⁹
/6 pack



Astro Yogurt
Selected Varieties

\$3⁶⁹
/650-750g



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