

Blackberries

Product of Mexico

SUPER DEAL!

\$1⁹⁹

/170g

Mangoes

Product of Ecuador

\$1⁴⁹

/ea

Golden Pineapples

Product of Guatemala

\$2⁹⁹

/ea

Little Potato Company Potatoes

Product of Canada

\$2⁹⁹

/680g

5 lb Onions

Product of Canada

\$2⁴⁹

/ea

Sweet Red Peppers

Product of Mexico

\$2⁴⁹

/lb

Empire Apples

Product of Canada

99¢

/lb

Broccoli

Product of USA

\$2⁴⁹

/ea

Canary Melons

Product of Brazil

99¢

/lb

Butternut Squash

Product of Canada

99¢

/lb

Romaine Hearts

Product of USA

\$3⁹⁹

/pkg 3

WHAT'S FOR DINNER?

Baked Apple & Butternut

Ingredients

- 1 medium butternut squash, *peeled, cut into 3/4-inch slices*
- 1 medium onion, *cubed*
- 2 large Cortland or Empire apples, *peeled, cored and cut into wedges*
- ¼ cup brown sugar
- 1 tbsp all-purpose flour
- 2 tbsp extra virgin olive oil
- 2 tbsp butter, *melted*
- Sea salt and freshly ground black pepper to taste
- ½ tsp ground cinnamon

Instructions

In a 12 x 8 inch baking dish, arrange the squash add the cubed onion and top with the apple wedges. Mix the remaining ingredients and spoon over the apples. Bake at 350 F for 50-60 minutes or until tender. Makes 6 servings. This makes a great fall dish.

Enjoy the recipe online!



WE SHOP *Fresh Food* DAILY

Our team scours the local markets every day for produce that's fresher than fresh.



SPECIALS IN EFFECT JAN 14 – JAN 20, 2026

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

Fresh Pork
Back Ribs



\$3⁹⁹
/lb
\$8.80/kg





\$6⁹⁹
/lb
\$15.41/kg

Fresh Lean
Stewing Beef

Fresh Medium
Ground Beef



\$5⁹⁹
/lb
\$13.21/kg



SEAFOOD

Fresh Wild Caught
BC Snapper Fillets



\$8⁹⁹
/lb
\$19.82/kg



\$16⁹⁹
/lb
\$37.46/kg

Wild Caught
Tuna Loin

Wild Caught
Whole Squid



\$8⁹⁹
/lb
\$19.82/kg



DELI



Smoked Ham

\$1⁹⁹
/100g



Mastro Hot or Mild
Genoa Salami

\$2⁶⁹
/100g



Austrian Swiss
Emmenthal Cheese

\$2⁴⁹
/100g

GROCERY



Dempster's Sandwich
or Texas Bread
Assorted Varieties

\$3⁶⁹
/675g



Astro Yogurt
Assorted Varieties

\$5⁹⁹
/12x100g



Habibi
Mazafati Dates
Product of Iran

\$3⁹⁹
/600g



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