



PRODUCE DEPOT

FRESHER
than FRESH



Blackberries

Product of Mexico

SUPER DEAL!

\$1.99

/170g



Mangoes

Product of Ecuador

\$1.49

/ea

Little Potato
Company Potatoes

Product of Canada

\$2.99

/680g



5 lb Onions

Product of Canada

\$2.49

/ea

Golden Pineapples

Product of Guatemala

\$2.99

/ea

Product of Canada



BUTCHER

Fresh Pork
Back Ribs



\$3.99

/lb
\$8.80/kg



\$6.99

/lb
\$15.41/kg

Fresh Lean
Stewing Beef

Fresh Medium
Ground Beef



\$5.99

/lb
\$13.21/kg

SEAFOOD

Fresh Wild Caught
BC Snapper Fillets



\$8.99

/lb
\$19.82/kg



\$16.99

/lb
\$37.46/kg

Wild Caught
Tuna Loin

Wild Caught
Whole Squid



\$8.99

/lb
\$19.82/kg

PREVIOUSLY
FROZEN

DELI



Smoked Ham

\$1.99

/100g



Mastro Hot or Mild
Genoa Salami

\$2.69

/100g



Austrian Swiss
Emmenthal Cheese

\$2.49

/100g

GROCERY



Dempster's Sandwich
or Texas Toast Bread
Assorted Varieties

\$3.69

/675g



Astro Yogurt
Assorted Varieties

\$5.99

/12x100g



Habibi
Mazafati Dates
Product of Iran

\$3.99

/600g



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