



### Honeycrisp Apples

Product of Canada



**SUPER DEAL!**  
**\$1.99**  
/lb



### Kale

Product of USA

**\$1.49**  
/ea



### Large California Navel Oranges

Product of USA

**\$1.79**  
/lb



### 5 lb Carrots

Product of Canada



**\$2.99**  
/ea



### Raspberries

Product of Mexico

**\$2.99**  
/170g



### Roma Tomatoes

Product of USA

**\$1.99**  
/lb



### Red Pears

Product of USA

**\$1.29**  
/lb



### Cremini Mushrooms

Product of Canada



**\$3.49**  
/lb



### Yellow or Orange Peppers

Product of Mexico

**\$2.49**  
/lb



### Cantaloupes

Product of Honduras

**\$2.99**  
/ea



### Eggplant

Product of Mexico

**\$1.79**  
/lb



## WHAT'S FOR DINNER?



Enjoy the recipe online!

### Garlic Parmesan Baked Eggplant

#### Ingredients

- 1 large eggplant
- 6 tbsp unsalted butter melted
- 1 cup breadcrumbs
- ¼ cup shredded Parmesan cheese
- ¼ tsp smoked paprika
- ½ tsp garlic powder
- ½ tsp Italian seasoning

#### Instructions

Start by preparing the eggplant: wash and trim off the green end. You can peel the skin if you like. Next, slice eggplant into 1/2" disks. Place all disks in a colander or cooling rack set over baking sheet. Sprinkle with salt and let sit for at least 30 minutes. Next, melt the butter in a bowl. Mix breadcrumbs, spices and Parmesan cheese in another bowl. Dip each eggplant disk into butter first, then breading mixture. Place on aluminum foil or parchment paper lined baking sheet. Bake in a 400°F oven for 15 minutes, then flip each disk and bake for 7 more minutes. The eggplant should be golden brown and the breading crispy. Serve as side dish, appetizer or use in eggplant Parmesan.



## 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 JAN 21 – JAN 27, 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**

Top Sirlon Steak



**\$9<sup>99</sup>**  
/lb  
\$22.02/kg



**\$3<sup>99</sup>**  
/lb  
\$8.80/kg

Fresh Pork Tenderloin

Boneless Pork Loin Chops or Roast



**\$3<sup>29</sup>**  
/lb  
\$7.25/kg

**SEAFOOD**

Fresh Whole Rainbow Trout



**\$7<sup>99</sup>**  
/lb  
\$17.61/kg



**\$13<sup>99</sup>**  
/lb  
\$30.84/kg

Fresh Cajun Spiced Catfish Fillets

Basa Fillets



**\$5<sup>99</sup>**  
/lb  
\$13.21/kg

PREVIOUSLY FROZEN

**DELI**



Maple Leaf Natural Selections Oven Roasted Turkey Breast

**\$2<sup>39</sup>**  
/100g



Assorted Brandt Salamis

**\$2<sup>69</sup>**  
/100g



Austrian Mild Edam Cheese Balls

**\$2<sup>39</sup>**  
/100g

**GROCERY**



Dempster's Grain Breads Assorted Varieties

**\$3<sup>69</sup>**  
/600g



Khaas Dahi or Halal Yogurt Assorted Varieties

**\$3<sup>49</sup>**  
/750g



Daia Pitted Dates Product of Algeria

**\$2<sup>99</sup>**  
/400g



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