



PRODUCE DEPOT

FRESHER
than **FRESH**



Honeycrisp Apples

Product of Canada

SUPER DEAL!

\$1.99

/lb



5 lb Carrots

Product of Canada

\$2.99

/ea



Kale

Product of USA

\$1.49

/ea



Raspberries

Product of Mexico

\$2.99

/170g



Large California Navel Oranges

Product of USA

\$1.79

/lb



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?

Garlic Parmesan Baked Eggplant



*Enjoy the
recipe online!*

Ingredients

- 1 large eggplant
- 6 tbsp unsalted butter melted
- 1 cup breadcrumbs
- 1/4 cup shredded Parmesan cheese
- 1/4 tsp smoked paprika
- 1/2 tsp garlic powder
- 1/2 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 bread 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



PRODUCE DEPOT

FRESHER
than FRESH



BUTCHER

Top Sirloin Steak



\$9.99

/lb
\$22.02/kg



Fresh Pork
Tenderloin

Boneless Pork Loin
Chops or Roast



\$3.29

/lb
\$7.25/kg

SEAFOOD

Fresh Whole
Rainbow Trout



\$7.99

/lb
\$17.61/kg



\$13.99

/lb
\$30.84/kg

Fresh Cajun Spiced
Catfish Fillets

Basa Fillets

\$5.99

/lb
\$13.21/kg

PREVIOUSLY
FROZEN



DELI



Maple Leaf Natural
Selections Oven
Roasted Turkey Breast

\$2.39

/100g



Assorted
Brandt Salamis

\$2.69

/100g



Austrian Mild
Edam Cheese Balls

\$2.39

/100g

GROCERY



Dempster's
Grain Breads
Assorted Varieties

\$3.69

/600g



Khaas Dahi
or Halal Yogurt
Assorted Varieties

\$3.49

/750g



Daia
Pitted Dates
Product of Algeria

\$2.99

/400g



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