



1 lb  
Strawberries  
Product of USA

**SUPER DEAL!**

**\$249**  
/ea



Kale  
Product of USA

**\$149**  
/ea



Roma Tomatoes  
Product of Mexico

**\$179**  
/lb



Nappa  
Product of USA

**89¢**  
/lb



White Mushrooms  
Product of Canada



**\$299**  
/lb



Cauliflower  
Product of USA

**\$249**  
/ea



Vanilla Persimmons  
Product of Spain

**\$129**  
/ea



Green Peppers  
Product of USA

**\$179**  
/lb



Cortland Apples  
Product of Canada



**99¢**  
/lb



Cantaloupes  
Product of Guatemala

**\$249**  
/ea



Peaches  
Product of Chile

**\$379**  
/lb



## WHAT'S FOR DINNER?



Enjoy the  
recipe online!

### Roasted Peaches

#### Ingredients

- 4 to 6 ripe peaches (about 1 ½ pounds)
- 2 tsp freshly squeezed lemon juice
- 1 tbsp brown sugar or 2 tbsp maple syrup

#### Instructions

Preheat oven to 425 F. Dip the peaches in boiling water for 30 to 60 seconds and rub off the peel. Cut the peaches in half and remove the pits. Toss the peach halves with lemon juice in a large bowl; add brown sugar or maple syrup and toss once again. Arrange halves cut-side up in a baking dish. Roast until the peaches are tender, 20 to 25 minutes. If the juices in the pan begin to burn, add a little water and cover the pan loosely with foil. Serve peaches with vanilla yogurt or some slices of your favourite cheese. Serves 4 to 6.

## OUR COMMUNITY *Matters*

“We are locally owned and operated, and are doing our very best, every day, to provide the highest quality possible at a reasonable price.”

**David Barstead**

**Owner/Operator of Produce Depot  
Carling location**



Visit online!



**SPECIALS IN EFFECT JAN 7 – JAN 13, 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**

Boneless Skinless  
Chicken Breast



**\$7<sup>49</sup>**  
/lb  
\$16.51/kg





**\$4<sup>49</sup>**  
/lb  
\$9.90/kg

Pork Belly Pieces

Pepper Steaks



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



**SEAFOOD**

Fresh Wild Caught  
Sole Fillets

**\$10<sup>99</sup>**  
/lb  
\$24.23/kg



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

Fresh Tilapia Fillets

Wild Caught  
Argentinean  
Shrimp Pieces

**\$12<sup>99</sup>**  
/lb  
\$28.64/kg



**DELI**



St. Albert Mild Marble  
Cheddar Cheese



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



Maple Lodge Cooked  
Chicken Breast  
Assorted Varieties



**\$1<sup>99</sup>**  
/100g



Lester's  
All Beef Salami



**\$2<sup>29</sup>**  
/100g

**GROCERY**



Betty  
Super Moist Bread  
White or Whole Wheat



**\$2<sup>99</sup>**  
/675g



Dempster's  
English Muffins  
White or Whole Wheat



**\$2<sup>79</sup>**  
/6 pack



Black Diamond  
Cheese Shreds  
Assorted Varieties



**\$5<sup>99</sup>**  
/320g



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