



Large Navel Oranges
Product of USA

SUPER DEAL!

\$1.29
/lb

Roma Tomatoes
Product of Mexico

\$1.99
/lb

Bunch Spinach
Product of USA

\$1.79
/ea

Lemons
Product of USA

59¢
/ea

Sugar Snap or Snow Peas
Product of China

\$3.99
/lb

1 lb Strawberries
Product of USA

\$2.49
/ea

Empire Apples
Product of Canada

99¢
/lb

Parsnips
Product of Canada

\$2.99
/1 lb bag

Red Onions
Product of Canada

79¢
/lb

Romaine Hearts
Product of USA

\$3.99
/pkg 3

Haden Mangoes
Product of Mexico

\$1.79
/ea

WHAT'S FOR DINNER?



Snow Pea Salad Toss With Apples and Ginger

Ingredients

- 3 tbsp extra virgin olive oil
- 1 tbsp fresh ginger, *peeled and slivered*
- 1 large clove of garlic, *finely chopped*
- 4 cups fresh snow peas
- 3 crisp red-skinned apples, *washed well and unpeeled, cut into thin wedges*
- 3 cups steamed rice, *slightly chilled*
- 1 cup roasted chicken breast or pork tenderloin, *cubed*

Instructions

Heat the oil in a large nonstick frying pan over low heat. Add the ginger and garlic and cook until tender, about 2 minutes. Add the snow peas and apples to the frying pan and cook, stirring frequently, until the peas are crisp-tender, about 7 minutes. Fold the cooled snow pea and apple combination into a big bowl of slightly chilled cooked rice along with cubes of cooked chicken breast or pork fillet. Toss and serve. This recipe serves 4.

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 MAR 18 – MAR 24, 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 Sirloin Steak

\$11.99 /lb
\$26.43/kg



\$6.99 /lb
\$15.41/kg

Fresh Medium Ground Beef

Fresh Pork Tenderloin

\$3.99 /lb
\$8.80/kg



SEAFOOD

Fresh Wild Caught BC Snapper Fillets

\$9.99 /lb
\$22.02/kg



\$11.99 /lb
\$26.43/kg

Fresh Canadian Atlantic Salmon Steaks

EZ-Peel Pacific White Shrimp

\$9.99 /lb
\$22.02/kg



DELI



Brandt's Mild Pizza Pepperoni

\$1.79 /100g



Tre Stelle Deluxe Mozzarella

\$5.49 /340g



Schneider's Cooked Cajun Turkey Breast

\$2.49 /100g

GROCERY



Dempster's Signature Buns

\$3.99 /6 or 8



Siggis Skyr Yogurt Assorted Varieties

\$6.99 /650g



Beatrice Chocolate Milk

\$2.79 /L



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