



Egyptian Navel Oranges
Product of Egypt

SUPER DEAL!

\$1.29
/lb

Celery
Product of USA

\$2.99
/ea

Honeycrisp Apples
Product of Canada

\$1.99
/lb

Bunched Radishes
Product of Mexico

99¢
/ea

Yellow Pitahaya
Product of Ecuador

\$3.99
/ea

Broccoli Crowns
Product of Mexico

\$1.99
/lb

Haden Mangoes
Product of Mexico

\$1.79
/ea

Mini Cucumbers
Product of Canada

\$2.99
/pkg 6

Bartlett Pears
Product of South Africa/Argentina

\$1.79
/lb

5 lb White Potatoes
Product of Canada

\$2.99
/ea

Butternut Squash
Product of Mexico

\$1.29
/lb

WHAT'S FOR DINNER?



Enjoy the recipe online!

Pork with Lychee Sauce

Ingredients

- 6 boneless pork chops, about an inch thick
- ½ tsp ground sage
- Sea salt and freshly ground black pepper to taste
- 3 tbsp extra virgin olive oil
- ½ cup balsamic vinegar
- ½ cup chicken stock, low sodium
- 2 ½ cups fresh lychees, *peeled and chopped, and seeds removed*
- 1 tsp ground cinnamon

Instructions

Place pork chops between two pieces of plastic wrap or wax paper and pound until they are 1/2-inch thick. Sprinkle both sides of pork with the sage, sea salt and freshly ground black pepper. Heat a large skillet over medium heat. When hot, add the olive oil, swirling to coat the pan. Place the pork chops in the pan and cook for about 5 minutes on each side until browned and just slightly rosy in the center. Remove pork chops from skillet and keep warm. To the juices in the pan, add the balsamic vinegar, chicken stock, lychees and cinnamon. Cook about 5 minutes until liquid is reduced and thickened, stirring occasionally to scrape up the browned bits. Return the warm pork chops to the pan gravy and turn them over to coat them well. Serve the pork chops with the warm lychee sauce. You can serve them with steamed rice or mashed potato. Makes 6 servings.



Fresher than Fresh
SEAFOOD

Whether you're searching for wild-caught salmon or fresh shrimp, we take pride in offering a variety that's as fresh as it gets, delivering ocean-to-table flavour you can trust.



BUTCHER

Boneless Pork Loin
Chops or Roast

\$2⁹⁹
/lb
\$6.59/kg



CHECK IT OUT!
MAKE IT TONIGHT!
RECIPE ON FRONT PAGE
produce depot.ca



\$11⁹⁹
/lb
\$26.43/kg

Boneless
Beef Brisket

Eye of Round
Steak or Roast

\$8⁹⁹
/lb
\$19.82/kg



SEAFOOD

Fresh Tilapia Fillets

\$10⁹⁹
/lb
\$24.23/kg



\$13⁹⁹
/lb
\$30.84/kg

Fresh Rainbow
Trout Fillets

Basa Fillets

\$5⁹⁹
/lb
\$13.21/kg



PREVIOUSLY FROZEN

DELI



Brandt
Assorted Salami

\$2⁷⁹
/100g



Armstrong
Monterey Jack
Cheese

\$2⁴⁹
/100g



Castello Double Creme
Brie Cheese

\$2⁵⁹
/100g

GROCERY



Betty
Super Moist Bread
White or Whole Wheat

\$2⁹⁹
/675g



Beatrice
Sour Cream
Assorted Varieties

\$2⁹⁹
/500mL



Sunmaid
Raisin Bread

\$4⁴⁹
/450g



SPECIALS IN EFFECT MAR 25 – MAR 31, 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