



Seedless Red Grapes

Product of Peru

SUPER DEAL!

\$2⁹⁹
/lb

Broccoli Crowns

Product of Mexico

\$1⁹⁹
/lb

Minneolas

Product of USA

\$1⁷⁹
/lb

Curly and Italian Parsley

Product of USA

99¢
/ea

Honeycrisp Apples

Product of Canada

\$1⁹⁹
/lb

Avocados

Product of Mexico

99¢
/ea

Cremini Mushrooms

Product of Canada

\$2⁹⁹
/lb

Sugar Snap and Snow Peas

Product of China

\$3⁹⁹
/lb

Large Golden Pineapples

Product of Honduras

\$3⁹⁹
/ea

Romaine Hearts

Product of USA

\$3⁹⁹
/pkg 3

Butternut Squash

Product of Mexico

\$1²⁹
/lb

CHECK IT OUT!
MAKE IT TONIGHT!
RECIPE BELOW
producepot.ca

WHAT'S FOR DINNER?



Enjoy the recipe online!

Tasty Butternut Squash

Ingredients

- 1 medium sized butternut squash, cut into 1 inch cubes (about 4 cups)
- 1 medium onion, cut in half and sliced
- 3 cloves garlic, chopped
- 2 tbsp extra virgin olive oil
- ½ tsp cinnamon
- 1 cup chicken or vegetable stock
- 1 tbsp Italian flat leaf parsley, chopped
- 2 tbsp chives, chopped
- Sea salt and freshly ground black pepper to taste

Instructions

Cut squash into cubes and steam in a steamer with a tight fitting lid until al dente, about 5-6 minutes. Heat the olive oil in a medium size skillet. Saute onion in olive oil for about 5 minutes over medium heat stirring frequently. Add garlic, cinnamon and mix well. After about 1 minute add the chicken stock and begin to simmer gently. When squash is al dente, almost done, but still firm on the inside, add to simmering sauce and cook together for another 3-4 minutes. Season with salt and pepper and sprinkle with parsley and fresh chives. Makes 4 servings.



Fresher than Fresh
DELI

Our skilled staff carefully prepares a selection of meats, cheeses, and gourmet items, ensuring every option meets the highest standards. We provide a variety that's fresh, flavourful, and ready to enjoy.



SPECIALS IN EFFECT MAR 4 – MAR 10, 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

Fresh Pork
Back Ribs

\$4.49 /lb
\$9.90/kg



\$7.99 /lb
\$17.61/kg

Boneless Inside
Round Roast

Fresh Lean
Ground Beef

\$6.99 /lb
\$15.41/kg



SEAFOOD

Fresh Whole
Cod Fillets

\$14.99 /lb
\$33.05/kg



PREVIOUSLY
FROZEN



\$34.99 /lb
\$77.14/kg

Jumbo Sea
Scallops

Yellow Fin
Tuna Loin

\$16.99 /lb
\$37.46/kg



PREVIOUSLY
FROZEN

DELI



Smoked Meat
or Roast Beef

\$2.49 /100g



Lesters All
Beef Salami

\$2.19 /100g



St. Albert Mild Marble
Cheddar Cheese

\$2.39 /100g

GROCERY



Kraft
Dressings

Assorted Varieties

\$3.99 /425mL



Beatrice
Sour Cream

Assorted Varieties

\$2.99 /500mL



Kraft
Peanut Butter

Assorted Varieties

\$6.99 /750g-1Kg



SPECIALS IN EFFECT MAR 4 – MAR 10, 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