



Large Seedless Navel Oranges

Product of USA

SUPER DEAL!

\$1.49
/lb



Parsnips

Product of Canada

\$2.99
/1 lb bag



Cherries

Product of USA

\$6.99
/lb



Celery

Product of Mexico

\$2.99
/ea



Tessa Apples

Product of Italy

\$1.79
/lb



Bunched Spinach

Product of USA

\$1.69
/ea



CHECK IT OUT!
MAKE IT TONIGHT!
RECIPE BELOW
produce depot.ca

Seedless Red Grapes

Product of Chile

\$2.49
/lb



Haden Mangoes

Product of Mexico

\$1.49
/ea



Sweet Potatoes

Product of USA

\$1.29
/lb



Butternut Squash

Product of Mexico

\$1.29
/lb



Blackberries

Product of Mexico

\$2.49
/170g



WHAT'S FOR DINNER?



Enjoy the recipe online!

Italian Spinach Torta

Ingredients

- 2 tbsp extra virgin olive oil
- 2 cloves garlic, *minced*
- 6 green onions, *rinsed and chopped*
- 1½ lbs fresh spinach, *rinsed well and coarsely chopped*
- 2 large eggs
- ¾ to 1 cup milk or soy milk
- Sea salt and freshly-ground pepper to taste
- ½ cup grated skim mozzarella cheese
- ¼ cup grated Pecorino Romano cheese
- ¼ cup grated Parmesan cheese

Instructions

Preheat oven to 350 F. Heat the olive oil in a skillet over medium heat and sauté the garlic and green onions until fragrant; about 2 to 3 minutes. Add spinach and sauté, stirring often, until wilted and tender. Remove spinach, onions and garlic from the pan with a slotted spoon, leaving as much moisture behind. Discard the liquid. In a medium mixing bowl, whisk the eggs and milk until well beaten. Add the spinach mixture to the egg mixture and mix well with a large spoon. Add the cheeses and mix again. Butter a 9-inch round pie pan and spread spinach, egg and cheese mixture evenly over the bottom of baking dish. Bake for 35 minutes until golden and puffy. Allow the spinach dish to cool until just warm before cutting and serving. Makes 6 servings.



WE SHOP *Fresh Food* DAILY
Our team scours the local markets every day for produce that's fresher than fresh.



SPECIALS IN EFFECT APR 29 – MAY 5, 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

Rib Steaks

\$15⁹⁹ /lb
\$35.25/kg



\$3⁹⁹ /lb
\$8.80/kg

Breaded Pork Loin Schnitzel

Fresh Lean Ground Beef

\$5⁹⁹ /lb
\$13.21/kg



SEAFOOD

Fresh Canadian Atlantic Salmon Steaks

\$10⁹⁹ /lb
\$24.23/kg



\$9⁹⁹ /lb
\$22.02/kg

Fresh Tilapia Fillets

Jumbo Sea Scallops

\$36⁹⁹ /lb
\$81.55/kg



PREVIOUSLY FROZEN

DELI



Brandt Pizza Pepperoni

\$1⁹⁹ /100g



Tre Stelle Deluxe Mozzarella

\$5⁹⁹ /340g



Smoked Meat, Roast Beef or Pastrami

\$2⁴⁹ /100g

GROCERY



Kraft Dinner Assorted Varieties

3/\$5 /175-200g



Auger Texas Bread White or Whole Wheat

\$2⁹⁹ /800g



Black Diamond Cheese Shreds Assorted Varieties

\$6⁹⁹ /320g

