



Seedless Red Grapes

Product of Mexico

SUPER DEAL!

\$2.99
/lb



Kale

Product of USA

\$1.49
/ea



Egyptian Oranges

Product of Egypt

99¢
/lb



Green Swiss Chard & Dandelion

Product of USA

\$1.69
/ea



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

Whole White Mushrooms

Product of Canada

\$1.99
/227g



Cortland Apples

Product of Canada

\$1.29
/lb



Hot House Tomatoes

Product of Canada

\$2.99
/lb



Nectarines

Product of USA

\$2.99
/lb



Ataulfo Mangoes

Product of Mexico

\$1.49
/ea



Romaine

Product of USA

\$2.49
/ea



Golden Pineapples

Product of Honduras

\$3.49
/ea



WHAT'S FOR DINNER?



Enjoy the recipe online!

Sassy Swiss Chard

Ingredients

- 2 large bunches fresh Swiss Chard, *chopped*
- 1 medium clove fresh garlic, *pressed*
- ½ tsp of balsamic vinegar or fresh lemon juice
- Extra virgin olive oil to taste
- Salt and black pepper to taste

Instructions

Bring lightly salted water to a rapid boil in a large pot. Cut off tough bottom part of the Swiss Chard stems. Add the chopped leaves to the boiling water and simmer for only 3-5 minutes, until tender. Strain through colander and press out excess water. Toss with rest of ingredients. Make sure you don't toss chard with dressing until you are ready to serve, otherwise the flavour will become diluted. Serves 2.

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 MAY 20 – MAY 26, 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

100% CANADIAN PRODUCE



\$3⁹⁹ /lb
\$8.80/kg

100% CANADIAN PRODUCE

Breaded Pork Loin Schnitzel

Fresh Medium Ground Beef



\$5⁹⁹ /lb
\$13.21/kg

100% CANADIAN PRODUCE

SEAFOOD

Fresh Rainbow Trout Fillets



\$13⁹⁹ /lb
\$30.84/kg

100% CANADIAN PRODUCE



PREVIOUSLY FROZEN

\$5⁹⁹ /lb
\$13.21/kg

Basa Fillets

EZ Peel Pacific White Shrimp



\$9⁹⁹ /lb
\$22.02/kg

PREVIOUSLY FROZEN

3/40 SIZE

DELI



Assorted Piller's Salamis

\$2⁶⁹ /100g



St. Albert Mild Coloured Cheddar Cheese

\$2⁴⁹ /100g



Home of the Garlic King Garlic Spread

\$5⁴⁹ /200g

GROCERY



Covered Bridge Potato Chips Assorted Varieties

2/\$7 /142-170g



Black Diamond Processed Cheese Slices Assorted Varieties

\$3⁹⁹ /410g



Betty Bread 14 Grain or Sunflower and Oats

\$2⁹⁹ /600g



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