



Red Peppers

Product of Canada

SUPER DEAL!

\$1.99
/lb



Brussel Sprouts

Product of USA

\$1.79
/lb



Nectarines

Product of USA

\$1.99
/lb



Broccoli

Product of Canada

\$2.79
/ea



Ontario Strawberries

Product of Canada

\$2.99
/340g



Cherries

Product of USA

\$3.99
/lb



Hot House Tomatoes

Product of Canada

\$1.79
/lb



Egyptian Oranges

Product of Egypt

\$1.29
/lb



Eggplant

Product of USA

\$1.49
/lb



Golden Pineapple

Product of Honduras

\$2.99
/ea



Romaine Lettuce

Product of Canada

\$1.89
/ea



WHAT'S FOR DINNER?



Enjoy the recipe online!

Greek Romaine Salad

Ingredients

- 4 cups of romaine lettuce torn into bite size pieces, *washed and dried*
- 1 cup diced cucumber
- 1 pint cherry tomatoes, *washed and halved*
- ¼ of a medium red onion, *thinly sliced*
- ¾ cup Kalamata olives, *pitted*
- ¼ cup extra virgin olive oil
- 1 tbsp freshly squeezed lemon juice
- ½ tsp dried oregano
- 1½ tsp brown sugar or honey
- 1 clove of garlic, *minced*
- Sea salt and freshly ground black pepper to taste
- 1¼ cup crumbled feta cheese

Instructions

In a large salad bowl, combine the romaine, cucumber, halved tomatoes, onion and olives. In a jar with a tight-fitting lid, combine the olive oil, lemon juice, oregano, sugar, garlic, sea salt and pepper; shake well. Drizzle over salad. Sprinkle with feta cheese; toss gently. Makes 4 servings.



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



SPECIALS IN EFFECT JUN 24 – JUN 30, 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, CANADA DAY: CLSOED

CARLING LOCATION: 1855 Carling @ Maitland | 613.722.6105
MON TO SAT: 8AM – 7PM SUN: 8AM – 6PM, CANADA DAY: CLSOED



BUTCHER

Top Sirloin
Grilling Steaks

\$8⁹⁹
/lb
\$19.82/kg



\$6⁹⁹
/lb
\$15.41/kg

Fresh Medium
Ground Beef

Fresh Pork
Tenderloin

\$3⁹⁹
/lb
\$8.80/kg



SEAFOOD

Whole Salt
Cod Fillets

\$15⁹⁹
/lb
\$35.25/kg



\$9⁹⁹
/lb
\$22.02/kg

Fresh Tilapia Fillets

Cajun Catfish Fillets

\$13⁹⁹
/lb
\$30.84/kg



DELI



Castello
Havarti Cheese
Assorted Varieties

\$4⁹⁹
/200g



Woolwich
Goat Cheese
Assorted Varieties

\$3⁹⁹
/113g



Mastro
Genoa Salami
Hot or Mild

\$2⁶⁹
/100g

GROCERY



Astro Yogurt
Assorted Varieties

\$5⁹⁹
/12x100g



Betty Bread
White or Whole Wheat

\$2⁹⁹
/675g



Covered Bridge
Potato Chips
Assorted Varieties

2/\$7
/142-170g

