



Golden Pineapples
Product of Costa Rica

SUPER DEAL!

\$2.99 /ea

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

\$1.49 /ea

Bunched Radishes
Product of Canada

Empire Apples
Product of Canada

\$1.29 /lb

\$2.69 /lb

Brussel Sprouts
Product of USA/Mexico

79¢ /ea

English Cucumbers
Product of Canada

Ataulfo Mangoes
Product of Mexico

\$1.49 /ea

\$1.99 /ea

Green or Red Leaf Lettuce
Product of Canada

Sweet Red Peppers
Product of Canada

\$1.99 /lb

Nectarines
Product of USA

\$2.99 /lb

\$2.99 /ea

Cantaloupes
Product of Guatemala

Cauliflower
Product of USA

\$2.99 /ea

WHAT'S FOR DINNER?



Enjoy the recipe online!

Beef & Pineapple Kebabs

Ingredients

- ¼ cup lemon or lime flavoured Perrier water
- ¼ cup soy sauce
- 4 tbsp maple syrup or honey
- 4 tbsp apple cider vinegar
- 1 clove garlic, *minced*
- Sea salt and freshly ground black pepper to taste
- 2 pounds sirloin steak, *cut into 1-inch cubes*
- 2 medium onions, *cut into wedges*
- ½ pound fresh whole mushrooms
- 2 medium red or yellow bell peppers (or combination)
- 1 medium fresh pineapple, *cut into 1-inch chunks*
- Long wooden skewers, *soaked in water for 30 minutes*

Instructions

Combine first 6 ingredients in a large shallow glass dish. Add beef cubes and mix well with marinade. Cover and let marinate for 1 hour at room temperature or a minimum of 2 hours (or overnight in the refrigerator). Remove beef cubes from marinade, reserving marinade. Alternately thread beef cubes, onion, mushrooms, peppers and pineapple chunks onto prepared skewers. Grill, covered, over medium-hot coals (350° to 400°F) for 10 to 12 minutes or until desired doneness, turning and basting occasionally with reserved marinade. Discard any remaining marinade. Makes 4 to 6 servings. Serve with hot steamed basmati rice.

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



SPECIALS IN EFFECT JUN 3 – JUN 9, 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

Top Sirloin Steaks

\$10⁹⁹ /lb
\$24.23/kg



\$3⁴⁹ /lb
\$7.69/kg

Boneless Pork Loin Chops

Fresh Medium Ground Beef

\$5⁹⁹ /lb
\$13.21/kg



SEAFOOD

Fresh Wild Caught Haddock Fillets
Product of Iceland

\$19⁹⁹ /lb
\$44.07/kg



PREVIOUSLY FROZEN



\$9⁹⁹ /lb
\$22.02/kg

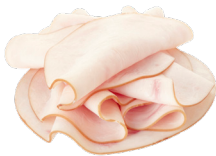
Bay Scallops

Fresh Tilapia Fillets

\$10⁹⁹ /lb
\$24.23/kg



DELI



Cuddy's Oven Roasted Turkey Breast
Assorted Flavours

\$2⁷⁹ /100g



Brandt Kolbassa Loaf

\$1⁸⁹ /100g



Austrian Mild Edam Cheese

\$2⁴⁹ /100g

GROCERY



Hamburger Helper
Assorted Varieties

2/\$5 /158-240g



Red Crown Organic Pomegranate Juice

\$8⁹⁹ /L



Astro Yogurt
Assorted Varieties

\$5⁹⁹ /12x100g

