



BC Blueberries

Product of Canada

SUPER DEAL!

\$3.49
/pint

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

Cauliflower

Product of Canada

\$2.99
/ea

Cortland Apples

Product of Canada

\$1.29
/lb

Limes

Product of Mexico

5/99¢

Black Plums

Product of USA

\$1.99
/lb

Suntech Hothouse Tomatoes

Product of Canada

\$1.99
/lb



Celery

Product of Canada

\$1.99
/ea

Green Onions

Product of Canada

69¢
/ea

Dragonfruit

Product of Ecuador

\$1.99
/ea

Green or Red Leaf Lettuce

Product of Canada

\$1.29
/ea

Swiss Chard

Product of Canada

\$1.49
/ea

WHAT'S FOR DINNER?



Enjoy the recipe online!

Blueberry Chicken Salad

Ingredients

Salad

- 4 cups mixed salad greens, washed and dried
- 1 cup cooked skinless, boneless chicken breast pieces (see note)
- 1 cup fresh blueberries (rinse just before using)
- 1 medium ripe tomato or 2 ripe Roma tomatoes, chopped (about 3/4 cup)
- 1/2 cup yellow bell pepper, finely chopped
- 1/4 cup bleu cheese, crumbled
- 4 tbsp sliced almonds

Vinaigrette Dressing

- 1 cup fresh blueberries
- 1/2 cup balsamic vinegar
- 1/2 cup water
- 1 tsp onion powder
- 1/2 tsp sea salt
- 1/4 tsp freshly ground black pepper
- 3/5 cup canola oil or light extra virgin olive oil

Instructions

In a large salad bowl, toss together the greens and blueberries. Cut the chicken into bite-size pieces and add it to the greens. Toss. Add chopped tomato and yellow bell pepper to bowl. Toss again. Scatter the cheese and almonds evenly over the salad and toss well. Divide salad evenly over two dinner plates and top with Blueberry vinaigrette to taste. Note: You can use roasted, grilled, sautéed, or poached chicken breast. You can also use turkey breast.

Dressing

Rinse and drain the blueberries well. Place them in a blender or food processor and pulse to chop finely. Add vinegar, water, onion powder, salt and black pepper. Blend ingredients well. Turn the speed on low and slowly drizzle the oil into the vinaigrette through the feed tube or top of the blender. Blend only until all of the oil is incorporated. Serve immediately, or refrigerate while making salad. Shake well before use. Makes about 2 cups.



Fresher than Fresh
BUTCHER

Our butcher shop stands as the cornerstone of quality and care. Our expert butchers hand-select the finest cuts of meat, ensuring each piece meets the highest standards of freshness and flavour.



SPECIALS IN EFFECT JUL 15 – JUL 21, 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

 **\$14⁹⁹** /lb
\$33.05/kg



 **\$3⁷⁹** /lb
\$8.36/kg

Chicken Thighs
Backs Removed

St Louis Style
Pork Side Ribs

 **\$3⁷⁹** /lb
\$8.36/kg



SEAFOOD

Fresh Whole
Rainbow Trout

 **\$8⁹⁹** /lb
\$19.82/kg



\$16⁹⁹ /lb
\$37.46/kg

Fresh Wild-Caught
Cod Fillets

Bay Scallops

\$9⁹⁹ /lb
\$22.02/kg



DELI



Assorted Brandt
Salamis

\$2⁶⁹ /100g



Maple Leaf Natural
Selections Oven Roasted
Chicken Breast

\$2³⁹ /100g



Zaverro
Emmental Cheese
Product of Netherlands

\$2³⁹ /100g

GROCERY



Dempster's
White or Whole
Wheat Bread

\$3²⁹ /675g



Dempster's
Large Tortillas

\$4⁴⁹ /488-610g



Black Diamond
Processed
Cheese Slices

\$3⁹⁹ /410g



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