



**Raspberries**

Product of Mexico

**SUPER DEAL!**

**\$2<sup>99</sup>**  
/170g

**Coriander**

Product of Canada



**\$1<sup>49</sup>**  
/ea

**Ataulfo Mangoes**

Product of Mexico

**\$1<sup>29</sup>**  
/ea

**Flat Cabbage**

Product of Canada



**89¢**  
/lb

**Clementines**

Product of South Africa

**\$1<sup>99</sup>**  
/lb

**Bunched Spinach**

Product of Mexico

**\$1<sup>99</sup>**  
/ea

**Colossal Cherries**

Product of USA

**\$4<sup>99</sup>**  
/lb

**Bunched Radishes**

Product of Canada



**99¢**  
/ea

**Golden Pineapples**

Product of Honduras

**\$2<sup>99</sup>**  
/ea

**Broccoli**

Product of Canada



**\$2<sup>49</sup>**  
/ea

**Zucchini**

Product of Canada



**99¢**  
/lb

**WHAT'S FOR DINNER?**



**Roast Asparagus & Feta Salad**

**Ingredients**

2 bunches of fresh asparagus spears, washed and trimmed  
¼ cup almonds, chopped (optional)  
¼ cup extra virgin olive oil  
Sea salt and freshly ground black pepper  
Juice of 1 lemon  
Mixed salad greens, enough for four  
1½ cups feta cheese, crumbled  
¾ cup pitted Kalamata olives  
2 red bell peppers, roasted and sliced into thin lengths  
1 tbsp red onion, finely chopped

**Instructions**

Toss the asparagus and almonds in 2 tablespoons of the olive oil. Lightly sprinkle with salt and place on a baking tray. Cook in a preheated oven at 400 F for 12 – 15 minutes. Remove from the oven and allow to cool. In a mixing bowl, combine the lemon juice, pepper and remaining olive oil and red onion. Add the mixed salad greens, olives, roasted peppers and cooled asparagus and gently toss together. Transfer to a serving dish, sprinkle with the feta cheese. Makes 4 servings.

*Enjoy the recipe online!*



*Fresher than Fresh*  
**SEAFOOD**

Whether you're searching for wild-caught salmon or fresh shrimp, we take pride in offering a variety that's as fresh as it gets, delivering ocean-to-table flavour you can trust.



**SPECIALS IN EFFECT JUL 22 – JUL 28, 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**

Sirloin Tip  
Marinating Steak

 **\$6<sup>99</sup>** /lb  
\$17.61/kg



 **\$6<sup>99</sup>** /lb  
\$17.61/kg

Fresh Extra lean  
Ground Beef

Italian Style  
Sausage

 **\$4<sup>99</sup>** /lb  
\$11.00/kg



**SEAFOOD**

Wild Caught  
Argentinean  
Shrimp Pieces

**\$13<sup>99</sup>** /lb  
\$30.84/kg



**\$9<sup>99</sup>** /lb  
\$22.02/kg

Fresh Tilapia  
Fillets

Basa Fillets

**\$5<sup>99</sup>** /lb  
\$13.21/kg



**DELI**



Krinos Tzatziki  
Greek Yogurt Dip

**\$2<sup>50</sup>** /2x120g



Krinos Goat Milk  
Feta Cheese

**\$6<sup>49</sup>** /200g



San Daniele  
Mortadella  
Regular, Light or Hot

**\$2<sup>29</sup>** /100g

**GROCERY**



Betty Hotdog or  
Hamburger Buns  
Selected Varieties

**\$3<sup>49</sup>** /6 or 8



Astro Yogurt  
Selected Varieties

**\$3<sup>99</sup>** /650-750g



Honey Bunches of  
Oats with Almonds or  
Weetabix Cereal

**\$2<sup>99</sup>** /340-400g



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