



Ontario Strawberries

Product of Canada

SUPER DEAL!

\$1.79

/340g

Kiwis

Product of Greece

69¢

/ea

Bartlett Pears

Product of Argentina

\$1.99

/lb

Iceberg Lettuce

Product of Canada

\$1.29

/ea

Nectarines

Product of USA

\$2.49

/lb

Broccolini

Product of USA

\$1.99

/ea

Empire Apples

Product of Canada

\$1.29

/lb

Bunched Spinach

Product of Canada

\$1.49

/ea

Roma Tomatoes

Product of Mexico

\$1.99

/lb

Red, Orange or Yellow Sweet Peppers

Product of Canada

\$1.99

/lb

Zucchini

Product of Canada

\$1.29

/lb



WHAT'S FOR DINNER?



Enjoy the recipe online!

Zucchini & Corn Salad

Ingredients

- Corn kernels from 2 ears of corn or 2 ½ cups frozen corn kernels, steamed and drained
- 2 small to medium fresh zucchini, *chopped*
- 1 small red pepper, *finely chopped*
- ½ of one jalapeño, *minced*
- ½ cup cilantro, *chopped (you can use Italian flat leaf parsley in place of cilantro)*
- ½ red onion, *finely chopped*
- 1 bunch spinach, *chopped*
- ¼ cup of extra virgin olive oil
- 1 clove garlic, *minced*
- freshly squeezed juice from 2 lemons
- Sea salt and freshly ground black pepper to taste
- ¾ cup pearl bocconcini cheese (these are the smallest bocconcini)

Instructions

In a skillet, place 1 tablespoon of extra virgin olive oil and heat. Add the chopped zucchini and stir-fry for about 7 minutes, stirring often. Remove from heat and set aside. In a large glass bowl, mix the corn, red pepper, jalapeño, cilantro, onion and spinach. In a small bowl, whisk together olive oil, garlic, salt, pepper and lemon juice. Pour over salad and top with the bocconcini cheese. 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 JUL 8 – JUL 14, 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 Steak



\$8⁹⁹
/lb
\$19.82/kg





\$3⁹⁹
/lb
\$8.80/kg

Breaded Pork
Loin Schnitzel

Fresh Medium
Ground Beef



\$6⁹⁹
/lb
\$15.41/kg



SEAFOOD

Fresh Wild Caught
BC Snapper Fillets



\$8⁹⁹
/lb
\$19.82/kg



\$13⁹⁹
/lb
\$30.84/kg

Fresh Chilean Atlantic
Salmon Fillets
Product of Chile

Wild Caught Whole
Atlantic Mackerel
Product of Chile

\$6⁹⁹
/lb
\$15.41/kg



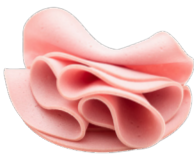
DELI



Maple Leaf
Natural Selections
Black Forest Ham



\$1⁸⁹
/100g



Schneider's
All Beef Bologna



\$2²⁹
/100g



Saputo Traditional
or Light Feta Cheese



\$4⁷⁹
/200g

GROCERY



Red Crown Organic
Pomegranate Juice

\$8⁹⁹
/1L



Beatrice Sour Cream
Assorted Varieties



\$3²⁹
/500mL



Dempster's
Signature Buns



\$3⁹⁹
/6 or 8



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