



Ontario Strawberries

Product of Canada

SUPER DEAL!

\$1.79

/340g



English Cucumbers

Product of Canada

99¢

/ea



Sweet Red Peppers

Product of Canada

\$2.49

/lb



Plantain

Product of Guatemala

\$1.49

/lb



Red Plums

Product of Spain

\$2.99

/lb



Curly or Italian Parsley

Product of Canada

79¢

/ea



Celery

Product of Canada

\$1.49

/ea



Eggplant

Product of Canada

\$1.29

/lb



Fresh Sweet Corn

Product of Canada

3/99¢



Large Golden Pineapples

Product of Costa Rica

\$2.99

/ea



Ontario Peaches

Product of Canada

\$2.79

/lb



WHAT'S FOR DINNER?

Plantain Apple Crisp

Ingredients

- 2 plantains, ripe
- 2 large apples
- 2 large seedless oranges
- 2 bananas
- ½ cup raisins
- ½ cup Walnuts or almonds
- 1½ cup rolled Oats
- 1 tsp ground cinnamon
- ½ cup apple or orange juice
- 4 tbsp canola oil

Instructions

Butter a deep glass baking dish and set aside. Preheat oven to 350 degrees F. Using a sharp knife, cut off the ends of the ripe Plantains. Then cut the Plantain peel lengthwise on opposite sides (2 cuts) and remove the peel by pulling it off. Cut into bite-size chunks and place in a large glass bowl. Wash the apples and peel them. Cut apples into wedges, and remove the core part. Slice each wedge into bite-size pieces and add to the bowl. Peel the oranges, divide into sections, cut each section in half or into thirds, discarding any seeds in the process, and add the orange pieces to the glass bowl. Peel the bananas, cut into chunks, and add to the rest of the fruit in the glass bowl. Add the raisins, walnut pieces or almonds and the orange juice. Toss the fruit well and place in the buttered baking dish. In a separate bowl, mix the cinnamon with the rolled oats and canola oil. Sprinkle oat mix over the fruit mixture. Cover the baking dish and place it in the oven. Bake for 30 min. Remove from oven. Makes 6 servings.



Enjoy the recipe online!



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 AUG 26 – SEP 1, 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

Eye of Round
Whole Piece



\$6⁹⁹
/lb
\$15.41/kg

CRYOVAC
PACKAGE



\$2⁹⁹
/lb
\$6.59/kg

Boneless Pork Loin
Chops or Roast

Breaded Chicken
Breast Schnitzel



\$7⁹⁹
/lb
\$17.61/kg

SEAFOOD

Fresh Canadian
Steelhead
Trout Fillets



\$12⁹⁹
/lb
\$28.64/kg



\$15⁹⁹
/lb
\$35.25/kg

Whole Fresh Wild
Caught Cod Fillets

EZ Peel Pacific
White Shrimp



\$9⁹⁹
/lb
\$22.02/kg

PREVIOUSLY
FROZEN

31/40
SIZE

DELI



Cathedral City
Cheddar Cheese

Mature, Extra Mature or Vintage

\$6⁹⁹
/200g



Cuddy's Oven Roasted
Turkey Breast

Assorted Varieties

\$2⁷⁹
/100g



Fontaine Sante Humm!
Hummus

Assorted Varieties

\$3⁹⁹
/227g

GROCERY



Dempster's Bread
White or Whole Wheat

\$3²⁹
/675g



Black Diamond
Processed Cheese Slices

Selected Varieties

\$3⁹⁹
/410g



Betty Hotdog or
Hamburger Buns

Selected Varieties

\$3⁴⁹
/6 or 8



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