



English Cucumbers

Product of Canada

SUPER DEAL!

79¢ /ea



Canadian Strawberries

Product of Canada

\$4.99 /1L basket



Nappa

Product of Canada

89¢ /lb



Colossal Cherries

Product of USA

\$5.99 /lb



Broccoli

Product of Canada

\$1.99 /ea



Nectarines

Product of USA

\$2.99 /lb



Green Peppers

Product of Canada

\$1.29 /lb



Cactus Pears

Product of Mexico

99¢ /ea



Sweet Corn

Product of Canada



2/99¢



Clementines

Product of Peru

\$2.49 /lb

Romaine Lettuce

Product of Canada

\$1.29 /ea



WHAT'S FOR DINNER?



Enjoy the recipe online!

Italian Salmon Steaks

Ingredients

- 3 cups sundried tomatoes
- 2 cups fresh basil leaves, *chopped*
- 2 lemons, *peeled and sliced with seeds removed*
- Sea salt to taste
- 1 tbsp ground black pepper
- 2 tsp ground turmeric
- 4 Atlantic salmon steaks
- ¼ cup balsamic vinegar
- ¼ cup light red wine
- 4 to 5 tbsp extra virgin olive oil

Instructions

In a food processor or blender, combine tomatoes, lemons, basil, pepper, salt, ground turmeric and blend until smooth. Add balsamic, red wine and oil in small amounts, alternately. Process until you have a smooth dressing. (This dressing will keep in fridge for approximately one week). Preheat oven to 400 F. Spoon dressing over salmon portion and bake in oven until done to your liking or about 20 minutes depending on the thickness of the salmon steaks. 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 AUG 5 – AUG 11, 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



Fresh Pork
Tenderloin



Breaded Pork
Loin Schnitzel

SEAFOOD

Fresh Wild Caught
BC Snapper Fillets



Wild Caught Whole
Atlantic Mackerel

Fresh Norwegian Atlantic
Salmon Steaks



DELI



Castello Double Creme
Brie Cheese

\$2.69
/100g



Lanadana
Gouda Cheese
Assorted Varieties

\$2.79
/100g



Maple Lodge Cooked
Chicken Breast
Assorted Varieties

\$1.99
/100g

GROCERY



Betty Crocker Peanut
Butter Cookie Mix

99¢
/204g



Villaggio Toscana
or Crustini Buns

\$3.49
/6 or 8



Premium Plus
Salted Crackers

\$1.99
/225g



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