



Romaine Lettuce

Product of Canada

SUPER DEAL!
99¢ /ea



Bunched Radishes

Product of Canada

99¢ /ea



Avocados

Product of Mexico

99¢ /ea



Broccoli

Product of Canada

\$1.99 /ea



Green Beans

Product of Canada

\$1.69 /lb
\$3.73/kg



Green Peppers

Product of Canada

\$1.29 /lb
\$2.84/kg



Cortland Apples

Product of Canada

\$1.29 /lb
\$2.84/kg



Clementines

Product of Peru

\$1.99 /lb
\$4.39/kg



Kiwi

Product of China

99¢ /ea



White Zucchini

Product of Canada

\$1.99 /lb
\$4.39/kg



Limes

Product of Mexico/Colombia

3/99¢



WHAT'S FOR DINNER?



Stuffed Zucchini Boats

Ingredients

- 4 medium zucchini
- 2 tbsp olive oil, *divided*
- Salt and pepper to taste
- 1 lb ground beef
- 1 tbsp minced garlic
- 1 cup chopped yellow onion
- 1 (14.5 oz) can diced tomatoes, *drain off*
- 1 – 2 *tbsp liquid*
- 2 tsp Italian seasoning
- ¾ cup panko breadcrumbs, *divided*
- ½ cup shredded mozzarella
- ¾ cup finely shredded parmesan cheese, *divided*
- 1 ½ tbsp chopped fresh parsley

Instructions

Preheat oven to 400 degrees. Spray a 13 by 9-inch baking dish with non-stick cooking spray. Using a spoon, scoop centers from zucchini while leaving a 1/4-inch rim on all sides to create boats. Drizzle with 1 Tbsp olive oil, then season with salt and pepper. Bake in preheated oven for 15 minutes.

Meanwhile heat 1 Tbsp olive oil in a large skillet over medium-high heat. Add onion and saute for 3 minutes. Add garlic and then beef to brown. Remove from heat and stir in tomatoes, 1/3 cup panko bread crumbs and Italian seasoning. Sprinkle 1/3 cup parmesan over zucchini boats, then divide filling among each. In a small mixing bowl stir together the mozzarella cheese, remaining 1/3 cup parmesan and remaining 1/3 cup panko bread crumbs. Sprinkle mixture over zucchini boats and bake in preheated oven until tender, about 10 – 15 minutes. Sprinkle with parsley and serve warm.

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 SEP 16 – SEP 22, 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

Tenderized
Pepper Steaks

\$8⁹⁹

/lb
\$19.82/kg



\$2¹⁹

/lb
\$4.83/kg

Fresh Chicken
Drumsticks

Boneless Pork Loin
Chops or Roast

\$3⁰⁹

/lb
\$6.81/kg



SEAFOOD

Fresh Tilapia
Fillets

\$9⁹⁹

/lb
\$22.02/kg



\$6⁹⁹

/lb
\$15.41/kg

Whole Wild Caught
Atlantic Mackerel

Basa Fillets

\$5⁹⁹

/lb
\$13.21/kg



DELI



Zavera
Emmental Cheese

\$2⁵⁹

/100g



Tre Stelle Deluxe
Mozzarella Cheese

\$5⁹⁹

/340g



Brandt Mild
Pizza Pepperoni

\$1⁹⁹

/100g

GROCERY



Gay Lea Salted
or Unsalted Butter

\$5⁹⁹

/454g



Betty Bread
White or Whole Wheat

\$2⁹⁹

/675g



Beatrice
Sour Cream

\$3²⁹

/500mL



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