



Bunched Radishes

Product of Canada

SUPER DEAL!

99¢
/ea

Green Peppers

Product of Canada

\$1.79
/lb
\$3.95/kg

Clementines

Product of South Africa

\$1.99
/lb
\$4.39/kg

Celery

Product of Canada

\$1.49
/ea

Red Seedless Grapes

Product of USA

\$2.69
/lb
5.93/kg

Cluster Tomatoes

Product of Canada

\$1.99
/lb
\$4.39/kg

Bunched Spinach

Product of Canada

\$1.69
/ea

1 lb Strawberries

Product of USA

\$2.99
/ea

Ataulfo Mangoes

Product of Ecuador

\$1.29
/ea

Empire Apples

Product of Canada

\$1.29
/lb
\$2.84/kg

Leeks

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.

OUR COMMUNITY *Matters*

“We are locally owned and operated, and are doing our very best, every day, to provide the highest quality possible at a reasonable price.”

David Barstead

**Owner/Operator of Produce Depot
Carling Location**



Visit online!



SPECIALS IN EFFECT SEP 30 – OCT 6, 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

New York Striploin Steak



\$12⁹⁹
/lb
\$28.64/kg





\$7⁹⁹
/lb
\$17.61/kg

Boneless Inside Round Roast

Fresh Medium Ground Beef



\$5⁹⁹
/lb
\$13.21/kg

SEAFOOD

Fresh Icelandic Atlantic Salmon Steaks



\$10⁹⁹
/lb
\$24.23/kg

CHECK IT OUT!
MAKE IT TONIGHT!
RECIPE ON FRONT PAGE
produce depot.ca





\$13⁹⁹
/lb
\$30.84/kg

Fresh Cajun Spiced Catfish Fillets

Bay Scallops



\$9⁹⁹
/lb
\$22.02/kg

PREVIOUSLY FROZEN

DELI



Imported French Double Creme Brie Cheese

\$2⁷⁹
/100g



St. Albert Cheese Curds

\$2⁴⁹
/100g



Lester's All Beef Salami

\$2³⁹
/100g

GROCERY



Covered Bridge Potato Chips
Assorted Varieties

\$2⁹⁹
/142-170g



Villaggio Bread
Assorted Varieties

\$3⁴⁹
/600g



Black Diamond Cheese Bars
Assorted Varieties

\$5⁹⁹
/400g

