



McIntosh Apples
Product of Canada

SUPER DEAL!
\$1²⁹ /lb
\$2.84/kg

NEW CROP

Curly or Italian Parsley
Product of Canada

69¢ /ea

Cauliflower
Product of Canada

\$2⁴⁹ /ea

Zucchini
Product of Canada

\$1⁷⁹ /lb
\$3.95/kg

Yellow or Orange Peppers
Product of Canada

99¢ /lb
\$2.18/kg

Larry Ann Plums
Product of Spain

\$2⁹⁹ /lb
\$6.59/kg

Canary Melons
Product of USA

\$1²⁹ /lb
\$2.84/kg

Dragonfruit
Product of Ecuador

\$2⁹⁹ /ea

Clementines
Product of Argentina or Peru

\$1⁹⁹ /lb
\$4.39/kg

Romaine Hearts
Product of Canada

\$2⁴⁹ /pkg 3

Celery
Product of Canada

\$1⁴⁹ /ea

CHECK IT OUT!
MAKE IT TONIGHT!
RECIPE BELOW
ProduceDepot.ca

WHAT'S FOR DINNER?

Celery & Apple Soup

Ingredients

- 2 tbsp butter
- 2 large onions, *chopped*
- 2 cloves garlic, *finely chopped*
- ¼ to ½ tsp dried sage
- ½ cup all purpose flour
- 12 celery stalks, *washed, trimmed and sliced*
- 6 cups vegetable stock or water
- 3 apples, *peeled, cored and diced*
- 2 tbsp fresh chives, *finely chopped*
- ¾ cup light cream
- Celery leaves for garnish

Instructions

Over medium heat melt the butter in a large saucepan. Add the onion and sage; saute for 5 minutes. Stir in the flour, and cook for an additional minute. Add the celery and stir well. Add the stock and stir well until mixture is blended. Bring to a boil, then reduce the heat, and simmer for 10 minutes. Stir in the apples and chives, and cook for an additional 10 minutes. Remove from the heat, and let cool slightly. Put the mixture into a food processor, reserving a few pieces of apple and celery. Blend the soup until smooth. Return to the pan, and add the reserved pieces of apple and celery. Stir in the cream, and heat through. Serve garnished with celery leaves. Makes 4 servings.

Enjoy the recipe online!



WE SHOP *Fresh Food* DAILY
Our team scours the local markets every day for produce that's fresher than fresh.



SPECIALS IN EFFECT SEP 9 – SEP 15, 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



\$9⁹⁹
/lb
\$22.02/kg





\$6⁹⁹
/lb
\$15.41/kg

Fresh Medium Ground Beef

Fresh Pork Tenderloin



\$3⁹⁹
/lb
\$8.80/kg



SEAFOOD

Fresh Wild Caught BC Snapper Fillets



\$8⁹⁹
/lb
\$19.82/kg





\$8⁹⁹
/lb
\$19.82/kg

Fresh Whole Rainbow Trout

Wild Caught Argentinean Shrimp Pieces

\$13⁹⁹
/lb
\$30.84/kg



PREVIOUSLY FROZEN

DELI



St. Albert Mild Coloured or Marble Cheddar Cheese



\$2⁴⁹
/100g



Maple Leaf Natural Selections Oven Roasted Chicken Breast



\$2³⁹
/100g



Castello Havarti Cheese Assorted Varieties



\$4⁹⁹
/200g

GROCERY



Betty Super Moist Bread White or Whole Wheat



\$2⁹⁹
/675g



Dempster's Large Tortillas Assorted Varieties



\$4⁶⁹
/488-610g



Astro Yogurt Assorted Varieties



\$5⁹⁹
/12x100g



SPECIALS IN EFFECT SEP 9 – SEP 15, 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