



10 lb Beets
Product of Canada

SUPER DEAL!

\$2⁹⁹
/bag



Clementines
Product of South Africa

\$1⁹⁹
/lb
\$4.39/kg

Celery
Product of Canada

\$1⁴⁹
/ea



Zucchini
Product of Mexico

\$1⁴⁹
/lb
\$3.28/kg

Black Figs
Product of Peru

\$9⁹⁹
/tray

Bartlett Pears
Product of USA

\$1⁹⁹
/lb
\$4.39/kg

Cortland Apples
Product of Canada

\$1²⁹
/lb
\$2.84/kg



Avocados
Product of Mexico

99¢
/ea

Sweet Red, Orange
or Yellow Peppers
Product of Canada

\$2⁴⁹
/lb
\$5.49/kg



Broccoli Crowns
Product of Canada

\$1⁹⁹
/lb
\$4.39/kg



Bunched Spinach
Product of Canada

\$1⁷⁹
/ea



WHAT'S FOR DINNER?

Easy Roast Chicken

Ingredients

- 1 whole fryer chicken
- 1 large onion, *peeled*
- Half of one lemon, *peeled and cut into segments*
- Sprig of fresh rosemary
- Water
- Sea salt and freshly ground black pepper to taste

Instructions

Preheat oven to 350 F. Take packaged organs out of the fryer chicken if there are any. Rinse chicken under cold water well inside and out. Pat dry with paper towels. Place the whole peeled onion, lemon segments and rosemary inside the cavity of the chicken. Sprinkle salt and pepper on the outside of the chicken. Place chicken in a stainless steel roasting pan and cover the pan bottom with a bit of water (about ¼ inch of water at bottom of pan). Cook in oven, 1-1/2 hrs or until breastbone flesh gives way when prodded with fork. Pour juices from pan over chicken with a ladle every 15 to 20 minutes. If chicken starts to burn on top, cover with a sheet of tinfoil. Serve whole, sliced or jointed, hot or cold. You can use chicken leftovers for sandwiches.



Enjoy the
recipe online!



Fresher than Fresh SEAFOOD

Whether you're searching for wild-caught salmon or fresh shrimp, we take pride in offering a variety that's as fresh as it gets, delivering ocean-to-table flavour you can trust.



SPECIALS IN EFFECT OCT 28 – NOV 3, 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 SAT: 8AM – 7PM SUN: 8AM – 6PM

CARLING LOCATION: 1855 Carling @ Maitland | 613.722.6106
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BUTCHER

Boneless Pork Loin
Chops or Roast



New York
Striploin Steaks

Fresh Whole
Chickens



SEAFOOD

Fresh Wild Caught
BC Snapper Fillets



Fresh Atlantic
Salmon Steaks

Wild Caught
Whole Squid

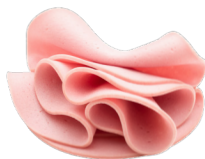


DELI



Castello Double Creme
Brie Cheese

\$2.79
/100g



Schneider's
Blue Ribbon Bologna

\$1.69
/100g



Fontaine Sante
Hummus and Dips
Assorted Varieties

\$3.99
/250-260g

GROCERY



Covered Bridge
Potato Chips
Assorted Varieties

\$2.99
/142-170g



Voortman Wafers
Assorted Varieties

\$2.99
/300g



Dempster's Bread
White or Whole Wheat

\$3.29
/675g



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