Produce Depot

FRESHER than FRESH

REMEMBRANCE DAY – LEST WE FORGET: 12:30PM – 7PM

Large Navel Oranges
Product of Australia

SUPER DEAL!

$1.99 /lb
$4.39/kg

Broccoli Crowns
Product of USA

$1.99 /lb
$4.39/kg

Vanilla Persimmons
Product of Spain

$1.99 /ea

Zucchini
Product of Mexico

$1.29 /lb
$2.84/kg

Avocados
Product of Mexico

99¢ /ea

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

Anise
Product of USA

$1.49 /ea

Romaine Lettuce
Product of USA

$2.49 /ea

Ataulfo Mangoes
Product of Ecuador

$1.49 /ea

Little Potato Company Potatoes
Product of Canada

$2.99 /680g

Honeydew
Product of Mexico

99¢ /lb
$2.18/kg

Mini Cucumbers
Product of Canada

$2.49 /6 pack

WHAT'S FOR DINNER?



Enjoy the recipe online!

Avocado Omelette

Ingredients

2 medium avocados, *ripe but on the firm side*

6 large eggs, *slightly beaten with ½ cup milk (cow, soy or rice milk)*

½ cup grated low fat mozzarella cheese or low fat mild cheddar

¾ cup onions, *diced*

1 medium to large tomato, *seeded and diced*

Sea salt and freshly ground black pepper to taste

2 tbsp extra virgin olive oil or soft butter

Instructions

Brush a medium sized non-stick pan with the olive oil or butter and sauté the onions over low heat for about 5 to 7 minutes, stirring often so onion won't burn. Pour the beaten eggs into the pan. Cover for 4 minutes and let egg mixture cook over low heat. Flip egg mixture over and layer the cooked side of the omelette with the avocado, cheese and tomato. Cover the omelette again and cook for 3 minutes, or until cheese melts. Fold the omelette onto itself and season with salt & pepper. Cut omelette into 4 servings. Serve for breakfast, lunch or dinner and enjoy!



SPECIALS IN EFFECT NOV 11 – NOV 17, 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, REMEMBERANCE DAY: OPEN 12:30PM – 7PM

CARLING LOCATION: 1855 Carling @ Maitland | 613.722.6106
MON TO SAT: 8AM – 7PM SUN: 8AM – 6PM, REMEMBERANCE DAY: OPEN 12:30PM – 7PM

PRODUCE DEPOT

REMEMBRANCE DAY – LEST WE FORGET: 12:30PM – 7PM

FRESHER than FRESH



BUTCHER



Top Sirloin Steak or Roasts
$8.99 /lb
$19.82/kg

$3.99 /lb
$8.80/kg
Fresh Pork Back Ribs

Fresh Medium Ground Beef
$6.99 /lb
$15.41/kg

SEAFOOD



Fresh Steelhead Trout Fillets
$13.99 /lb
$30.84/kg

$10.99 /lb
$24.23/kg
Fresh Tilapia Fillets

Wild Caught Argentinean Shrimp Pieces
$13.99 /lb
$30.84/kg
PREVIOUSLY FROZEN

DELI



Brandt Black Forest Ham
$1.99 /100g



Brandt Kolbassa Loaf
$1.99 /100g



St. Albert Mild Marble or Coloured Cheddar Cheese
$2.59 /100g

GROCERY



Khaas Dahi or Halal Yogurt
Assorted Varieties
$3.99 /750g



Betty Super Moist Bread
White or Whole Wheat
$2.99 /675g



Beatrice Sour Cream
Assorted Varieties
$2.99 /500mL

SPECIALS IN EFFECT NOV 11 – NOV 17, 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, REMEMBERANCE DAY: OPEN 12:30PM – 7PM

CARLING LOCATION: 1855 Carling @ Maitland | 613.722.6106
MON TO SAT: 8AM – 7PM SUN: 8AM – 6PM, REMEMBERANCE DAY: OPEN 12:30PM – 7PM