



Large Golden Pineapples  
Product of Costa Rica

**SUPER DEAL!**

**\$2<sup>99</sup>** /ea

**\$2<sup>49</sup>** /ea

Cauliflower  
Product of USA

Pomelos  
Product of China

**\$2<sup>99</sup>** /ea

Pink Lady Apples  
Product of USA

**99¢** /lb

**\$3<sup>99</sup>** /pint

Blueberries  
Product of Peru

**99¢** /lb

Flat Cabbage  
Product of Canada/USA

Nantaise Carrots  
Product of Canada

**\$1<sup>99</sup>** /1 lb pkg

Green Onions  
Product of Mexico

**79¢** /ea

Pomegranates  
Product of USA

**\$1<sup>49</sup>** /ea

**\$1<sup>49</sup>** /ea

Kale  
Product of USA

Brussel Sprouts  
Product of USA

**\$1<sup>99</sup>** /lb

**WHAT'S FOR DINNER?**



Enjoy the recipe online!

**Parmesan Brussel Sprouts**

**Ingredients**

- 2 lbs of fresh brussel sprouts
- 1 large onion, *chopped*
- 2 tbsp butter
- ¼ cup extra virgin olive oil
- ¼ cup grated Parmesan cheese

**Instructions**

In a pot, heat about 2 inches of salted water (½ teaspoon salt to 1 cup water) and bring to a boil. Add brussel sprouts. Heat to boiling; reduce heat. Cover and cook until tender, 10-15 minutes and then drain. In a saucepan, cook and stir onion in butter and olive oil until tender. Pour over brussel sprouts and toss to coat well. Sprinkle with freshly grated parmesan cheese. Makes 4 servings.

**Fresh CHESTNUTS**

Chestnuts are somewhat different than most nuts because they contain very little fat and protein. In fact, chestnuts are a great source of carbohydrates (50%) and water (45%). Roman soldiers were even given chestnut porridge before entering battle!



**SPECIALS IN EFFECT NOV 20 – NOV 26, 2024**

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

**\$10<sup>99</sup>**  
/lb  
\$24.23/kg



**\$5<sup>99</sup>**  
/lb  
\$13.21/kg

Boneless Skinless Chicken Breast

Fresh Pork Tenderloin

**\$3<sup>99</sup>**  
/lb  
\$8.80/kg



**SEAFOOD**

Cajun Catfish Fillets

**\$12<sup>99</sup>**  
/lb  
\$28.69/kg



**\$10<sup>99</sup>**  
/lb  
\$24.23/kg

Bay Scallops

Smoked and Salted Herring Fillets  
Digby Chix

**\$7<sup>99</sup>**  
/lb  
\$17.61/kg



**DELI**



Fromalp Fondue Cheese

**\$8<sup>99</sup>**  
/400g



Smoked Meat or Roast Beef

**\$2<sup>49</sup>**  
/100g



Mini Paris Toasts  
White or Whole Wheat

**\$1<sup>99</sup>**  
/80g

**GROCERY**



Betty Homestyle Bread  
White or Whole Wheat

**\$2<sup>99</sup>**  
/600g



Villaggio Toscana or Crustini Buns  
Assorted Varieties

**\$3<sup>49</sup>**  
/6 or 8



Beatrice Sour Cream  
Assorted Varieties

**\$2<sup>79</sup>**  
/500mL



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