



Seedless California Navel Oranges

Product of USA

SUPER DEAL!

\$1.29
/lb

113
SIZE



\$1.69
/lb

Cluster Tomatoes
Product of Canada



\$1.99
/ea

Quince
Product of Turkey



\$3.99
/pkg of 3

Romaine Hearts
Product of USA

Green or Red Swiss Chard

Product of USA

\$1.49
/ea



Spanish Persimmons

Product of Spain

\$1.79
/ea



Eggplant

Product of Mexico

\$1.69
/lb

Canary Melons

Product of Brazil

\$3.99
/ea



Raspberries

Product of Mexico

\$2.99
/170g



Nappa

Product of USA

89¢
/lb

Bunched Spinach

Product of USA

\$1.69
/ea



WHAT'S FOR DINNER?



Enjoy the recipe online!

Curried Spinach & Shrimp

Ingredients

- 3 cups spinach, washed and trimmed
- 4 tbsp extra virgin olive oil
- 4 medium onions, thinly sliced
- 2 small cloves garlic, minced
- 1 fresh green chili, finely chopped
- 1 tsp fresh ginger, grated
- 1 tbsp curry powder (according to your taste whether you like it hot or mild)
- 1 tsp cumin, ground
- ¼ tsp coriander, ground
- 3 pounds medium shrimp, shelled and de-veined
- 1 ¾ cups coconut milk
- Hot steamed rice, enough for 4 people

Instructions

Bring a large pot of salted water to a boil. Add the spinach and cook for about 30 seconds. Drain well and roughly chop. Heat the oil over medium-low heat in a large saucepan. Add the onions, garlic, chili, and all of the spices. Sauté until the onions are golden, about 10 minutes. Do not let the mixture burn or get too brown. Stir in the shrimp, increase the heat to medium-high and cook until the shrimp are just white and firm, about 6 minutes. Reduce the heat to low. Stir in the coconut milk and spinach. Season with salt and pepper. Toss and cook over low heat until the spinach is heated through. Serve over hot steamed rice. Makes 4 servings.



STARTING DECEMBER 13TH!



BUTCHER

Top Sirloin
Steak or Roast

\$6⁹⁹
/lb
\$15.41/kg



\$3⁴⁹
/lb
\$7.69/kg

Fresh Chicken
Wings

Breaded Pork
Loin Schnitzel

\$3⁹⁹
/lb
\$8.80/kg



SEAFOOD

Atlantic Salmon
Fillets

\$13⁹⁹
/lb
\$30.84/kg



\$9⁹⁹
/lb
\$22.02/kg

Fresh Tilapia
Fillets

Rio Mare Tuna
Assorted Varieties

\$7⁹⁹
3x80g



DELI



San Daniele
Mortadella
Regular, Light, or Hot

\$1⁹⁹
/100g



Tre Stelle
Deluxe Mozzarella

\$5⁴⁹
/340g



Brandt
Pizza Pepperoni

\$1⁷⁹
/100g

GROCERY



Philadelphia Dips
Assorted Varieties

2/\$5
/227g



Betty
Super Moist Bread
White or Whole Wheat

\$2⁶⁹
/675g



Black Diamond Natural
Cheese Slices
Assorted Varieties

\$4⁴⁹
/220-260g

