



Golden Pineapples

Product of Costa Rica

SUPER DEAL!

\$1.99
/ea



\$1.79
/170g

Blueberries

Product of Peru

Romaine Lettuce

Product of USA

\$1.79
/ea



Sweet Potatoes

Product of USA

99¢
/lb

Green Onions

Product of Mexico

69¢
/ea



Gala Apples

Product of USA

\$1.49
/lb



Dragonfruit

Product of Ecuador

\$1.99
/ea



Stem & Leaf Clementines

Product of Spain

\$2.99
/lb

Celery

Product of USA

\$1.99
/ea



Flat Cabbage

Product of Canada

89¢
/lb



Rapini

Product of USA

\$3.99
/ea



WHAT'S FOR DINNER?



Enjoy the recipe online!

Rapini with Pasta & Sausage

Ingredients

- 2 bunches of fresh Rapini
- 1 1/2 pounds of your favourite sausage (remove the casings)
- 2 cloves of garlic
- 1 (450 g) package of Penne or Farfalle
- 1/2 cup of chicken or vegetable stock

Instructions

Brown sausage in large skillet, breaking up the meat into a crumbly consistency. While sausage is browning, clean the rapini and remove only the thick tougher ends of stalks. Chop the rapini into bite sized pieces. Drain sausage and set aside. In a large pot, bring water to a boil for the pasta and cook the pasta according to package directions. Remove the browned sausage meat and set aside. In the same large skillet, add chopped garlic cloves in a bit of olive oil for a couple of minutes (do not clean pan as remaining fat from sausage will add more flavour). Add the rapini and chicken or vegetable stock to the skillet, cook until greens have wilted. Add sausage and heat through. Toss with cooked pasta and enjoy. Watch the salt on this as some sausages will have a lot of it and could potentially make this dish to salty if more salt is added. For a yummy vegetarian alternative, make sure to increase the olive oil accordingly, add some freshly grated parmesan cheese and leave out the sausage. Serves 4.



STARTING DECEMBER 13TH!



SPECIALS IN EFFECT DEC 4 – DEC 10, 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

Sirloin Tip
Steak or Roast

\$6⁹⁹
/lb
\$15.41/kg



\$1⁷⁹
/lb
\$3.95/kg

Fresh Chicken
Leg Quarters

Fresh Extra Lean
Ground Beef

\$5⁹⁹
/lb
\$13.21/kg



SEAFOOD

Steelhead
Trout Fillets

\$14⁹⁹
/lb
\$33.05/kg



\$11⁹⁹
/lb
\$26.43/kg

Whole Cod Fillets

Whole Wild Squid

\$8⁹⁹
/lb
\$19.82/kg



DELI



L'Extra
Brie or Double
Cream Brie

\$2⁶⁹
/100g



Oven Roasted Ham
Rosemary
or Tuscan Style

\$1⁸⁹
/100g



Austrian Edam
or Landana
Smoked Cheese

\$2²⁹
/100g

GROCERY



Betty Bread
White or Whole Wheat

\$2⁶⁹
/675g



Dempster's
English Muffins
White or Whole Wheat

\$2⁴⁹
/6 pack



Astro Yogurt
Assorted Varieties

\$4⁹⁹
/12x100g

