



Zucchini

Product of Mexico

SUPER DEAL!

79¢
/lb



\$1.99
/ea

Quince

Product of Turkey



99¢
/ea

Florida Red Grapefruit

Product of USA

Parsnips

Product of Canada

\$1.99
/1 lb bag



Blackberries

Product of Mexico

\$1.69
/170g



Flat Cabbage

Product of USA

\$1.29
/lb



Broccoli Crowns

Product of Mexico

\$1.99
/lb



Kiwis

Product of Italy

2/99¢



English Cucumbers

Product of Canada/Mexico

\$1.49
/ea



Romaine Lettuce

Product of USA

\$1.69
/ea



Fuyu Persimmons

Product of Spain

\$1.49
/ea



WHAT'S FOR DINNER?



Enjoy the recipe online!

Bean Salad with Fuyu Persimmons

Ingredients

- 2 ½ cups red or white kidney beans
- 1 or 2 avocados, peeled and cut into ¾ inch chunks
- 3 Fuyu persimmons, peeled and cut into ¾ inch pieces
- ½ cup green onions, thinly sliced
- ½ cup fresh cucumber, diced
- ½ cup red or green seedless grapes, halved
- 1 tbsp lemon juice, freshly squeezed
- sea salt and freshly ground black pepper to taste

Dressing

- ½ cup extra-virgin olive oil
- ½ cup pure canola oil
- 2 tbsp lime or lemon juice, freshly squeezed
- ½ tsp ground cumin
- ¼ tsp Tabasco (or other hot sauce of your choice)
- 1 tsp grated lime or lemon zest (optional)

Instructions

Pour the beans into a colander placed in the sink, then rinse well with cold water. Let beans drain 10-15 minutes. In a bowl, whisk together the olive oil, canola oil, lime juice, ground cumin, Tabasco, and lime or lemon zest. When beans are well-drained place in a large bowl, stir in 2 tbsp of the dressing and let the beans absorb the flavour while you prepare the remaining ingredients. Peel and cut the avocado, place in a small bowl, toss with the lemon juice and season with sea salt. Peel and cut the persimmons, and thinly slice the green onions. Add the avocado, persimmon, cucumber, grapes and green onion to the bowl with the beans and gently combine. Add desired amount of dressing to salad and gently toss. Season to taste with freshly ground black pepper and sea salt if desired. Makes about 5 to 6 servings.



KICKSTART YOUR NEW YEAR'S RESOLUTIONS WITH Freshness

Stock up on our fresher than fresh produce to fuel your goals for the new year.



SPECIALS IN EFFECT JAN 2 – JAN 7, 2025

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 Steaks



\$10⁹⁹ /lb
\$24.23/kg



\$3⁹⁹ /lb
\$8.80/kg

Fresh Pork Tenderloin

Breaded Chicken Breast Schnitzel



\$5⁹⁹ /lb
\$13.21/kg

SEAFOOD

Basa Fillets



\$5⁹⁹ /lb
\$13.21/kg

PREVIOUSLY FROZEN



\$12⁹⁹ /lb
\$28.64/kg

Whole Salt Cod Fillets

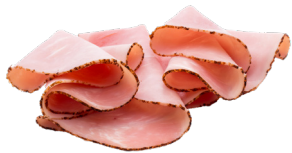
Wild Caught Argentinean Shrimp Pieces



\$11⁹⁹ /lb
\$26.43/kg

PREVIOUSLY FROZEN

DELI



Brandt Black Forest Ham

\$1⁷⁹ /100g



Jarlsberg Cheese

\$2⁹⁹ /100g



All Beef Salami

\$1⁸⁹ /100g

GROCERY



Dempster's Grain Breads Assorted Varieties

\$3⁴⁹ /600g



Astro Yogurt Assorted Varieties

\$4⁹⁹ /12x100g



Black Diamond Natural Cheese Slices Selected Varieties

\$4⁹⁹ /220-260g



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