



**Seedless
Red Grapes**

Product of Peru

SUPER DEAL!

\$1.99
/lb



5 lb Onions

Product of Canada



\$2.49
/ea



Ataulfo Mangoes

Product of Mexico

\$1.29
/ea



Cortland Apples

Product of Canada



99¢
/lb



**Roma
Tomatoes**

Product of USA/Mexico

\$1.99
/lb



Avocados

Product of Mexico

\$1.29
/ea



**CHECK IT OUT!
MAKE IT
TONIGHT!
RECIPE
BELOW**
producepot.ca

**Vanilla
Persimmons**

Product of Spain

\$1.49
/ea



**5 lb Red, Yellow
or Russet Potatoes**

Product of Canada



\$2.99
/ea



89¢
/lb

Beets

Product of Canada



**Romaine
Lettuce**

Product of USA

\$2.49
/ea



Nectarines

Product of Chile

\$1.99
/lb



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 tbsps 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 and pepper. Cut omelette into 4 servings. Serve for breakfast, lunch or dinner and enjoy!



WE SHOP *Fresh Food* DAILY

Our team scours the local markets everyday for produce that's fresher than fresh.



SPECIALS IN EFFECT JAN 28 – FEB 3, 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

CARLING LOCATION: 1855 Carling @ Maitland | 613.722.6106
MON TO SAT: 8AM – 7PM SUN: 8AM – 6PM



BUTCHER

Boneless Eye
of Round Roast

 **\$8⁹⁹**
/lb
\$19.82/kg



 **\$2²⁴**
/lb
\$4.95/kg

Pork Picnic Roast

Breaded Tenderized
Pork Loin Schnitzel

 **\$3⁹⁹**
/lb
\$8.80/kg



SEAFOOD

Fresh Canadian
Atlantic Salmon Steaks

 **\$13⁹⁹**
/lb
\$30.84/kg



\$13⁹⁹
/lb
\$30.84/kg

Fresh Whole
Cod Fillets

Pacific EZ-Peel
Shrimp

\$9⁹⁹
/lb
\$22.02/kg



DELI



Brandt
Pizza Pepperoni

\$1⁸⁹
/100g



Tre Stelle
Deluxe Mozzarella
Cheese

\$4⁹⁹
/340g



Fontaine Sante Humm!
Hummus
Assorted Varieties

\$3⁹⁹
/227g

GROCERY



Betty White
or Whole Wheat
Bread

\$2⁹⁹
/675g



Black Diamond
Cheese Shreds
Assorted Varieties

\$5⁹⁹
/320g



Astro Yogurt
Assorted Varieties

\$5⁹⁹
/12x100g



SPECIALS IN EFFECT JAN 28 – FEB 3, 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
CARLING LOCATION: 1855 Carling @ Maitland | 613.722.6106
MON TO SAT: 8AM – 7PM SUN: 8AM – 6PM