

FAMILY DAY

2 DAY SALE

Foodsmiths

THE GOOD FOOD STORE

106 WILSON ST. W. PERTH, ON
FOODSMITHS.COM 613.267.5409

MON-THU 8AM - 7PM
FRI 8AM - 8PM SAT 8AM - 6PM
SUNDAY 9AM - 5PM

FRI FEB 13 & SAT FEB 14

WE ARE OPEN FAMILY DAY!
MONDAY FEB 16 - 9-5

L'EXTRA
DOUBLE CREAM BRIE
PER 100g

2 DAY SALE!
SAVE \$1.47

3.89 / 100g

REIDS DAIRY
ICE CREAM
1.5 L

100% CANADIAN MILK

2 DAY SALE!
SAVE \$2.50

6.99 / EACH

REID'S DAIRY

NIN JIOM
COUGH SYRUP
300ML

2 DAY SALE!
SAVE \$3

18.99 / EACH

CABOO
BATHROOM TISSUE
12 PK

2 DAY SALE!
SAVE \$5

11.99 / EACH

Tree Free TP
IT'S UP TO US TO SAVE OUR BUTTS

MILK CHOCOLATE ALMONDS

FIND THEM IN OUR BULK BINS!

2 DAY SALE!
SAVE \$1.47

2.72 / 100g

ONTARIO GROWN
PREMIUM TULIPS
BUNCH

PRODUCT OF BEAMSVILLE, ON

2 DAY SALE!
SAVE \$2

11.99 / EACH

THIS WEEK'S PRODUCE **TOP PICKS**

ONTARIO FRESH
**ROYAL GALA
APPLES**
PRODUCT OF ONTARIO



SAVE 50¢
2.49
/ LB



PREMIUM FRESH
LEMONS
PRODUCT OF USA



SAVE \$2.96
\$1.49 EACH OR
4/\$5

IPANEMA VALLEY
**BANANA
BROWNIES**
PRODUCT OF BRAZIL
250 G



SAVE \$1
6.99
/ EACH

PREMIUM QUALITY
KENT MANGOES
PRODUCT OF BRAZIL



SAVE \$2.98
\$3.99 EACH OR
2/\$7

PATCHWORKS
**ORGANIC
CARROTS**
PRODUCT OF
BATTERSEA, ON



SAVE \$1
5.99
/ EACH



CANADIAN FRESH
**LIVING
LETTUCE**
PRODUCT OF CANADA



SAVE \$1
3.99
/ EACH



HALL'S APPLE MARKET
**FRESH APPLE
CIDER**
2L



SAVE \$1
6.99
/ EACH

ONTARIO FRESH
RED CABBAGE
PRODUCT OF ONTARIO



SAVE 30¢
99¢
/ LB



ONTARIO FRESH
**ORGANIC
RED
POTATOES**
PRODUCT OF ONTARIO
5 LB



SAVE \$2
7.99
/ EACH



THIS WEEK'S PRODUCE **TOP PICKS**



Fresh Everyday!

**ONTARIO
FRESH!**



CANADIAN FRESH
**RED PRINCE
APPLES**
PRODUCT OF CANADA
2.5 LB

**EVERYDAY
PRICE**
9.49
/ EACH



PREMIUM QUALITY
**JENNY'S
STRING FIGS**
PRODUCT OF GREECE
EACH

**EVERYDAY
PRICE**
8.99
/ EACH



PREMIUM QUALITY
**MINI
WATERMELON**
PRODUCT OF BRAZIL
EACH

**EVERYDAY
PRICE**
7.99
/ EACH



Feedsmiths
THE GOOD FOOD STORE
ORGANIC

PREMIUM QUALITY
**ORGANIC
GINGER**
PRODUCT OF PERU
LB

**EVERYDAY
PRICE**
4.99
/ LB

ARRIVING THIS WEEK

for your sweetie



PREMIUM QUALITY
3 ROSE BOUQUET
PRODUCT OF ONTARIO

EVERYDAY
PRICE

16⁹⁹ / EACH



PREMIUM QUALITY
EXTRA LARGE MIXED FLOWER BOUQUET
PRODUCT OF ONTARIO

EVERYDAY
PRICE

35⁹⁹ / EACH



PREMIUM QUALITY
FRESH STRAWBERRIES
PRODUCT OF USA/MEXICO
454 G

EVERYDAY
PRICE

9⁹⁹ / EACH



PREMIUM QUALITY
6 ROSE BOUQUET
PRODUCT OF ONTARIO

EVERYDAY
PRICE

30⁹⁹ / EACH



PREMIUM QUALITY
SINGLE ROSE
PRODUCT OF ONTARIO


ONTARIO FRESH!


EVERYDAY
PRICE

4⁹⁹ / EACH



BOTTLE GREEN
CLASSIC CORDIALS
ROSE & ELDERFLOWER
MANGO & PASSIONFRUIT

EVERYDAY
PRICE

11⁹⁹ / EACH



PREMIUM QUALITY
FRESH RASPBERRIES
PRODUCT OF MEXICO
170 G

EVERYDAY
PRICE

5⁹⁹ / EACH

FOR SOMEONE SPECIAL

all you need is love...



NOW

A romantic essential oils kit. Feel wonderful every day with these natural fragrances.

\$42⁹⁹ each

Romantic Essential Oils Kit
Casse d'huiles essentielles romantique

LOVE AT FIRST SCENT | COUP DE Foudre



BLUME

25 Servings
This Mint Cocoa Superfood Latte not only tastes good, it makes you feel good.

\$28⁹⁹ each

PEACE BY CHOCOLATE

Peace is beautiful in every language — and so is love!

High in / élevé en
\$7⁹⁹ each



VILLAGE TREATS

Slabs are their signature chocolate mixed with whole almonds. A classic treat.

\$6⁹⁹ each



NOW

Organic Lavender Oil & natural Almond Oil to create a luxurious combination that soothes and relaxes.

\$28⁹⁹ each



AURA CACIA

Add some comfort to your bath with Heart Song Bubble Bath.

\$14⁹⁹ each



awaken calm relief

SHOWER STEAMERS
VARIETY PACK

douche à vapeur pack de variété
éveiller calme le soulagement

9 x 40 G

BEE BY THE SEA

9 x 40 g
Awaken, calm and relieve your senses with essential oil-infused shower steamer variety pack. Set includes all three blends.

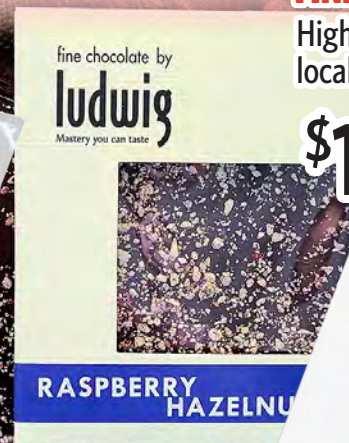
\$31⁹⁹ each



FINE CHOCOLATE

High quality, hand-crafted, locally made chocolate bars.

\$13⁹⁹ each



RASPBERRY HAZELNUT



CHILI MAPLE 72% COCOA

...and chocolate



PRICES IN EFFECT THURSDAY FEBRUARY 12, TO THURSDAY FEBRUARY 26, 2026

foodsmiths.com

A TABLE FOR TWO VALENTINE'S MENU

Strawberry Ricotta Bruschetta

INGREDIENTS

- 1/8 baguette sliced
- 1 ounce strawberries
- 1/8 tablespoon balsamic reduction
- 1/8 teaspoon agave
- 1 1/4 ounce ricotta
- 1/8 tablespoon olive oil
- basil leaves for garnish

INSTRUCTIONS

1. Chop strawberries into small pieces and add to a bowl. Add balsamic reduction and agave to the bowl, mix and set aside.
2. Mix ricotta and oil in a separate bowl then spread cheese mixture on baguette slices.
3. Top with strawberry mixture and garnish with basil leaves.



Creamy Tuscan Chicken



INSTRUCTIONS

1. Preheat oven to 375°F, arrange a rack in center of oven. In a large ovenproof skillet over med-high heat, heat 1 tbsp oil. Generously season chicken with salt & pepper and cook, turning half-way through, 5 mins per side, until golden brown. Transfer chicken to a plate.
2. In the same skillet, on med. heat, heat remaining oil. Stir in garlic, thyme, and red pepper flakes. Cook and stir for 1 minute. Stir in broth, tomatoes, cream, Parmesan, dash of salt. Bring to a simmer, return chicken and juices to skillet.
3. Transfer skillet to oven, bake until chicken is cooked through and reads 165°F on thermometer, 10-12 minutes.
4. Arrange chicken on a plate, spoon sauce over top, garnish with basil.

INGREDIENTS

- 3 tablespoons extra-virgin olive oil
- 4 boneless, skinless chicken breasts
- Kosher salt
- ground black pepper
- 2 garlic cloves, finely chopped
- 1 tablespoon fresh thyme leaves
- 1 teaspoon crushed red pepper flakes
- 3/4 cup low-sodium chicken broth
- 1/2 cup chopped sundried tomatoes
- 1/2 cup heavy cream
- 1/4 cup finely grated parmesan
- torn fresh basil for garnish

Sautéed Mushrooms

INGREDIENTS

- 1/2 pound mushrooms
- 1/2 tablespoon butter
- 1/4 tablespoon avocado oil
- 1 garlic cloves, minced
- chopped parsley or green onion
- salt & pepper

INSTRUCTIONS

1. Cut mushrooms in half. Heat a pan over med-heat, add mushrooms, stir occasionally.
2. Drain the liquid then add oil, butter and garlic.
3. Sauté until golden brown. Garnish with parsley or green onion.



A TABLE FOR TWO AND FONDUE

Honey Champagne Fondue



INGREDIENTS

- 16 ounces Swiss or Gruyere shredded cheese
- 4 teaspoon cornstarch
- 1 teaspoon dry mustard
- 1 tablespoon lemon juice
- 1/4 cup shallot
- 1 clove minced garlic
- 1 1/4 cup champagne
- 1/2 teaspoon pepper



INSTRUCTIONS

1. Toss cheese with cornstarch and mustard.
2. Melt the butter in a fondue pot, over medium heat and sauté the shallots and garlic until soft.
3. Add the champagne and bring to a boil.
4. Add cheese, a little at a time until it melts, stir in honey and lemon juice. Simmer for 2-3 minutes.
5. Add the pepper, stir, and serve warm.

Dippers: Thinly sliced beef, chicken, or pork. Shrimp, scallops, or sausages.
Potatoes, broccoli, cauliflower, mushrooms, zucchini, and onions.

Broth Fondue

INGREDIENTS

- 2 bay leaves
- 3-4 garlic cloves
- 2 teaspoons dried parsley
- 1 1/2 teaspoons ground black pepper
- 10 1/2 ounces beef broth
- 1 cup dry white wine (optional)
- 1 cups water
- 1 ounce onion soup mix

INSTRUCTIONS

1. Mix all ingredients and pour into a fondue pot.
2. Simmer to blend flavours for 10 minutes.
3. Bring to a boil when ready to use.
4. Dip your favourite meats, sea food, vegetables, or potatoes.



Berry Crisp



INGREDIENTS

Topping:

- 1/3 cup rolled oats
- 1/3 cup all purpose flour
- 1/8 cup sugar
- 1/4 cup brown sugar
- 1/2 teaspoon ground cinnamon

Filling:

- 1.5 cup any frozen berries
- 1/8 cup all purpose flour
- 1/8 cup sugar
- pinch of salt
- 1/4 teaspoon vanilla extract
- 1/4 teaspoon lemon juice

INSTRUCTIONS

1. Prep toppings: combine oats, flour, sugar, brown sugar, cinnamon and salt. Melt the butter and stir into mixture.
2. Prep filling: in a bowl add berries, flour, sugar, salt, lemon juice, and vanilla extract then gently toss to combine.
3. Pour filling into an 8x8 dish and top with the oat mixture. Bake at 350° F for 40-45 minutes until golden brown and bubbling. Serve with vanilla ice cream.

THIS WEEK'S TOP PICKS

BRANDT ROASTED CHICKEN

PER 100 G



SAVE 40¢

3 09
/ 100 G



**CUSTOM SLICE
IN OUR DELI!**

BRANDT ROAST BEEF

PER 100 G



SAVE 40¢

3 39
/ 100 G



SERVING SUGGESTION

BRIDOR 1/2 BAGUETTE

EACH



SAVE 38¢

**\$1.69 EACH OR
2/\$3**

SAINT AGUR BLUE CHEESE

PER 100 G



SAVE \$1

8 99
/ 100 G



BELLAVITANO WEDGES

150 G



SAVE \$1

12 99
/ EACH

LA SOYARIE SHEFU TOFU BBQ BITES

175 G



SAVE 50¢

3 99
/ EACH



BRIDOR MULTIGRAIN LOAF

EACH



SAVE 50¢

4 99
/ EACH

UNLESS OTHERWISE STATED. WHILE SUPPLIES LAST. NO RAIN CHECKS OR SUBSTITUTIONS. IMAGES ARE REPRESENTATIONAL ONLY. PRODUCTS MAY NOT BE EXACTLY AS SHOWN. E & OE.

THIS WEEK'S TOP PICKS

**ONTARIO
FRESH!**
SMALL BATCH
FRESH FROM
THEIR FARM!



CROSSWIND FARMS
GOAT CHEVRE
250 G
ASSORTED

SAVE \$1

13.99
/ EACH

RIVIERA
PETITE POTS
4 X 120 G
ASSORTED



SAVE 98¢

\$7.49 EACH OR

2/\$14

MOONSHINE MAMA'S
**HYDRATION
DRINKS**

355ML
ASSORTED



SAVE 98¢

\$5.99 EACH OR

2/\$11

O'DOUGHS
**GLUTEN FREE
MUFFINS**
BLUEBERRY OR
CHOCOLATE
4-PACK



SAVE 70¢

7.29
/ EACH

WOW DESSERTS
CAKE SLICES
EACH
ASSORTED



REG. \$6.99

SAVE!

10%
OFF

THIS WEEK'S TOP PICKS

COVERED BRIDGE
POTATO CHIPS

170 G
ASSORTED

SAVE 50¢

399
/ EACH

HIMALAYAN pink
Salt
SEL ROSE DE L'HIMALAYA

KETTLE COOKED • CUITES A LA MARMITE

COYOTE PANCAKE MIXES

900 G
ORIGINAL OR
BUTTERMILK

SAVE \$1

499
/ EACH

FAIS A PARTIR DE BLE ENTIER

**MÉLANGE À CRÊPES
ET A GAUFRES**

ROCK HARBOUR
**BACON
WRAPPED
SCALLOPS**

200 G

SAVE \$2

99 / EACH

CARRS TABLE WATER CRACKERS

125 G

SAVE 50¢

399 / EACH

TEMPLES MAPLE SYRUP

250 ML
GLASS OR JUG

SAVE \$1

699
/ EACH

HALL'S APPLE MARKET
SPARKLING
APPLE CIDER

275 ML
REGULAR OR
APPLE CRANBERRY

SAVE 98¢

\$3.99 EACH OR

2/\$7

JESSIE'S JAMS

JAMS & JELLIES

250 ML
ASSORTED

SAVE \$1

5.99
/ EACH

FOODSMITHS FROZEN CHOCOLATE CROISSANTS

EACH

SAVE 20¢

159 / EACH

**BAKE FRESH
AT HOME!**

THIS WEEK'S TOP PICKS

HAIKU NEW! ASIAN-INSPIRED SOUPS

398 ML
ASSORTED



HAIKU
Soup • Soupe
Thai curry
Thai au cari

SAVE \$1
4.99
/ EACH

HAIKU RAMEN & UDON NOODLES

300 G

SAVE 50¢
3.99
/ EACH



HAIKU
Ramen
STEAMED WHEAT NOODLES
NOUILLES DE BLÉ CUITES À LA VAPEUR
300 g (2 x 150 g)

NEW
LOOK!

 **Fluid**
Solar Roasted Coffee

PITCH BLACK

PER 100 G



Locally roasted in Clayton, ON using solar-powered technology, this sustainable, small-batch coffee offers a sharp, bittersweet taste. It is designed for those who prefer a deeply roasted, robust, and memorable, rich cup.

TASTING NOTES: intensely dark, full-bodied French Roast with notes of carbon and charcoal.

SAVE 20¢

5.49
/ 100 G

CHOOSE YOUR
FAVOURITE BEANS:
GRIND THEM TO PERFECTION
AT OUR COFFEE MILL



**MADE IN
CLAYTON, ON**

THIS WEEK'S TOP PICKS



Sauces



Bioitalia®

ALL SAUCES, DURUM WHEAT PASTAS, & LEGUMES ARE ALL

25% OFF



Pastas



25% OFF



Legumes



25% OFF

ORGANIC FOR EVERYONE
The goodness of high-quality organic food from Italy to Canada.



25% OFF



FOODSMITHS FEBRUARY BYOB

WILLOW CREEK STABLES

Willow Creek Stables is a rescue centre for critically endangered Newfoundland Ponies. They provide abandoned, neglected, and abused Newfoundland Ponies a safe home so they can heal and thrive. Over 70 ponies have been rescued by their program!

They offer farm visits 7 days a week, by appointment, welcoming small and large groups to learn the story of their critically endangered Newfoundland Ponies, why they're endangered, how they're being protected, and why they are special.

Interested in visiting the farm? Visit www.willowcreekstables.ca

For every transaction at our cash, Foodsmiths donates 5¢ to our monthly charity, plus all net proceeds from paper and reusable bag sales are donated to our monthly charity, too!



THANK YOU

FOR HELPING SUPPORT THIS IMPORTANT PROGRAM

BE A FOODSMITHS REWARDS CUSTOMER!

Foodsmiths' Customer Rewards Program makes it easy to earn and redeem points fast!

You get 1 point for every \$1 you spend!!

Receive a \$10 reward for every 500 points you earn!

**SIGNUP
AT OUR
CASH!**

**OR ON OUR
WEBSITE:
FOODSMITHS.
COM**



**YOUR
NEIGHBOURS
SHOP HERE!**
★ ★ ★ ★ ★
**AND GET
REWARDED!**



**SAVE IN
OUR BULK
BINS!**

**BUY A LITTLE,
SAVE A LOT!!**

**ONLY BUY
WHAT YOU
NEED**

BEST BUY THIS WEEK



PECAN PIECES

30% OFF
ON SALE
3.07
/100 G
SAVE \$1.32

BEST BUY THIS WEEK



**ALMONDS
ROASTED SALTED/
UNSALTED**

30% OFF
ON SALE
2.09
/100 G
SAVE 90¢



BEER NUTS

25% OFF
ON SALE
1.12
/100 G
SAVE 37¢



**CHOCOLATE
MACAROONS**

25% OFF
ON SALE
1.64
/100 G
SAVE 55¢



**VIRGINIA PEANUTS
SALTED/UNSALTED**

25% OFF
ON SALE
1.12
/100 G
SAVE 37¢



THOMPSON RAISINS

25% OFF
ON SALE
1.12
/100 G
SAVE 37¢

UNLESS OTHERWISE STATED. WHILE SUPPLIES LAST. NO RAIN CHECKS OR SUBSTITUTIONS. IMAGES ARE REPRESENTATIONAL ONLY. PRODUCTS MAY NOT BE EXACTLY AS SHOWN. E & OE.

SAVE IN OUR BULK BINS AND EAT WELL!

**SUNFLOWER SEEDS
ROASTED UNSALTED**

25% OFF
ON SALE
89¢
/100 G
SAVE 30¢

RED LENTILS

25% OFF
ON SALE
52¢
/100 G
SAVE 17¢

BROWN FLAXSEED

25% OFF
ON SALE
74¢
/100 G
SAVE 25¢

**ORGANIC RAW
SUGAR**

25% OFF
ON SALE
59¢
/100 G
SAVE 20¢

**ORGANIC LARGE FLAKE
OATS**

25% OFF
ON SALE
59¢
/100 G
SAVE 20¢

CUMIN GROUND

25% OFF
ON SALE
3.38
/100 G
SAVE \$1.12

**MULLEIN LOOSE
LEAF TEA**

10% OFF
ON SALE
12.60
/100 G
SAVE \$1.40

**ECOMAX HAND &
BODY WASH**

20% OFF
ON SALE
79¢
/100 G
SAVE 20¢

**FOUND IN OUR
SUPPLEMENT
DEPARTMENT!**

THIS WEEK'S TOP PICKS

SYNERGY HOLISITICS
MORE THAN C
SYNERGY
120 VC



SAVE \$6

39⁹⁹
/ EACH

QUANTUM
DIGITAL BLUE
EYE HEALTH
60 SG



SAVE \$11

27⁹⁹
/ EACH

ANNE MARIE BORLIND
ALL PRODUCTS
ASSORTED



20%
OFF

CERTIFIED NATURAL COSMETICS

THIS WEEK'S TOP PICKS

ST. FRANCIS IMMUNITY COLD & FLU PRODUCTS

15%
OFF



NAKA ALL PRODUCTS ASSORTED

15%
OFF



REBOOT NIYAMA ALL PRODUCTS

15%
OFF



NANTON ALL PRODUCTS ASSORTED



Nanton
nutraceuticals Ltd.



15%
OFF



PRICES IN EFFECT SUNDAY, FEBRUARY 1 TO SATURDAY, FEBRUARY 28, 2026

foodsmiths.com  

Supplements and NATURAL BODY CARE



FAMILY FIRST MULTI

60 & 120 CHEWS

Health First Cal Mag Supreme is formulated with Real fruit and vegetable extracts like mango, kiwi, broccoli, spinach, buffered vitamin C, active forms of B vitamins and plant-sourced calcium and magnesium.

- Supports the biological functions that maintain good health and immunity for kids and adults alike!
- Contains Natural orange flavour with clean sweeteners, xylitol and monk fruit.
- Highly absorbable forms of vitamins and minerals.

Made in Canada and sold exclusively by Health First Network Members to support healthy Canadian communities.



ON SALE
\$16⁹⁹
save \$4

ON SALE
\$26⁹⁹
save \$5



SUPER IMMUNE FORMULA

90 SG

Combines seven essential nutrients to help maintain immune system function, connective tissue formation, and healthy mucous membranes. Each softgel contains vitamins A and D3, omega-3 essential fatty acids eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), and essential trace minerals magnesium, zinc, and copper for one-per-day support.

- Supports immune function, healthy skin, and mucous membranes.
- Contributes to the body's ability to metabolize nutrients
- Helps prevent vitamin A, vitamin D, magnesium, zinc, and copper deficiencies.

ON SALE
\$11.99
save \$3



Immune Support

Kyolic®

Aged Garlic Extract™

15%
OFF

KYOLIC FORMULA 100

90 CAPS & 180 CAPS

This formula supports and strengthens your cardiovascular system by maintaining circulatory function and promoting overall heart health.

- Aged Garlic Extract™ [300 mg] (per capsule).
- Kyolic Aged Garlic Extract formulas are odourless and gentle on the stomach, thanks to the unique aging process.

KYOLIC FORMULA 104

180 CAPS & 360 CAPS

This combination of Lecithin and Aged Garlic Extract™ supports healthy cholesterol levels and overall cardiovascular health.

- Aged Garlic Extract™ [300 mg]; Lecithin [190 mg] (per capsule).
- For the maintenance of healthy cholesterol and homocysteine levels.



AVAILABLE FRESH IN THE DELI!

MEAL DEALS!

FAMILY & SNACK BOXES

FAMILY MEAL

SAMOSA FAMILY MEAL DEAL

DINNER FOR FOUR:

29.99

ANY COMBO OF... **8 SAMOSAS**

ANY CHOICE OF... **2 16-OUNCE SALADS**

AND... **1 8-OUNCE DIPPING SAUCE**



REGULAR SNACK BOX

9.99

1 SAUSAGE ROLL OR SAMOSA OF YOUR CHOICE,
2 PIZZA FINGERS, 2 SPINACH or CHEESE ROLLS,
1 DELI SALAD OF YOUR CHOICE, YOUR CHOICE
SWEET AND SPICY TAMARIND DIPPER, HUMMUS
DIPPER OR TZATZIKI DIPPER.



REGULAR

INTERNATIONAL SNACK BOX

9.99

3 ONION BHAJI, 3 FALAFELS, 3 PAKORA NUGGETS,
2 SAMOSA AND YOUR CHOICE SWEET AND SPICY
TAMARIND DIPPER, HUMMUS DIPPER OR TZATZIKI
DIPPER.



INTERNATIONAL

AVAILABLE FRESH IN THE DELI!

DELI BOWLS!

EGG SALAD BOWL 6.99

SPINACH, SPROUTS, EGG SALAD,
SWEET PEPPERS & CUCUMBER.

TUNA SALAD BOWL 6.99

SPINACH, SPROUTS, TUNA SALAD,
SWEET PEPPERS & CUCUMBER.

SMOKED MEAT BOWL 6.99

SPINACH, SPROUTS, SMOKED MEAT,
SWEET PEPPERS & CUCUMBER, MUSTARD
OR MAYO

HAM N' CHEESE BOWL 6.99

SPINACH, SPROUTS, HAM, CHEESE SLICE,
SWEET PEPPERS & CUCUMBER, MUSTARD
OR MAYO

TUNA SALAD BOWL 6.99

SPINACH, SPROUTS, TUNA SALAD,
SWEET PEPPERS & CUCUMBER.

ROAST BEEF BOWL 6.99

SPINACH, SPROUTS, ROASTED BEEF,
SWEET PEPPERS & CUCUMBER, MUSTARD
OR MAYO

ROAST TURKEY BOWL 6.99

SPINACH, SPROUTS, ROAST TURKEY
SWEET PEPPERS & CUCUMBER, MUSTARD
OR MAYO

SALAMI/CHEESE BOWL 6.99

SPINACH, SPROUTS, SALAMI, CHEESE SLICE,
SWEET PEPPERS & CUCUMBER, MUSTARD
OR MAYO

VEGETARIAN

VEGGIE PATE BOWL 6.99

SPINACH, SPROUTS, FONTAINE SANTE
VEGETABLE PATE, SWEET PEPPERS &
CUCUMBER, MUSTARD OR MAYO

GLUTEN-FREE

FALAFEL BOWL 6.99

SPINACH, SPROUTS, FALAFEL,
SWEET PEPPERS & CUCUMBER, MUSTARD
OR MAYO

ORDER AT OUR DELI COUNTER!

LUNCH EXPRESS



EGG SALAD BOWL



HAM N' CHEESE BOWL

**FRESHLY MADE
WITH EVERY ORDER**