



**Brussel Sprouts**

Product of Mexico

**SUPER DEAL!**

**\$179**  
/lb



**Pink Lady Apples**

Product of USA

**\$179**  
/lb

**Broccoli Crowns**

Product of USA/Mexico

**\$199**  
/lb

**Large California Seedless Navels**

Product of USA

**\$129**  
/lb

**Dragonfruit**

Product of Ecuador

**\$399**  
/ea

**Little Potato Company Potatoes**

Product of Canada | Trio, Red or Yellow

**\$299**  
/680g

**Bartlett Pears**

Product of Argentina

**\$179**  
/lb

**Green Onions**

Product of Mexico

**99¢**  
/ea

**Ataulfo Mangoes**

Product of Mexico

**\$149**  
/ea

**Romaine Hearts**

Product of USA

**\$349**  
/pkg 3

**Sweet Potatoes**

Product of USA

**\$149**  
/lb

**WHAT'S FOR DINNER?**



Enjoy the recipe online!

**Parmesan Brussel Sprouts**

**Ingredients**

- 2 lbs of fresh brussel sprouts
- 1 large onion, *chopped*
- 2 tbsp butter
- ¼ cup extra virgin olive oil
- ¼ cup grated Parmesan cheese

**Instructions**

In a pot, heat about 2 inches of salted water (½ tsp salt to 1 cup water) and bring to a boil. Add brussel sprouts. Heat to boiling; reduce heat. Cover and cook until tender, 10-15 minutes and then drain. In a saucepan, cook and stir onion in butter and olive oil until tender. Pour over brussel sprouts and toss to coat well. Sprinkle with freshly grated parmesan cheese. Makes 4 servings.

*Happy*  
**EASTER**



**SPECIALS IN EFFECT APR 1 - APR 7, 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, **EASTER HOURS:** GOOD FRI. CLOSED, EASTER MON. OPEN 10AM - 6PM

**CARLING LOCATION:** 1855 Carling @ Maitland | 613.722.6106

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**BUTCHER**

Breaded Pork Loin Schnitzel

**\$3<sup>99</sup>**  
/lb  
\$8.80/kg



**\$11<sup>99</sup>**  
/lb  
\$26.43/kg

Top Sirloin Steaks or Roast

Fresh Whole Pork Side Ribs

**\$2<sup>99</sup>**  
/lb  
\$6.59/kg



**SEAFOOD**

Fresh Wild Caught Cod Fillets

**\$14<sup>99</sup>**  
/lb  
\$33.05/kg



**\$7<sup>99</sup>**  
/lb  
\$17.61/kg

Fresh Whole Rainbow Trout

Wild Caught Argentinean Shrimp Pieces

**\$13<sup>99</sup>**  
/lb  
\$30.84/kg



**DELI**



Brandt Black Forest Ham

**\$1<sup>89</sup>**  
/100g



Maple Lodge Farms Cooked Chicken Breast  
Regular, Smoked or Cajun

**\$1<sup>99</sup>**  
/100g



Castello Danish Blue Cheese  
Traditional or Extra Creamy

**\$3<sup>99</sup>**  
/125g

**GROCERY**



Burnbrae Farms Omega-3 White Eggs

**\$4<sup>99</sup>**  
/dozen



Black Diamond Cheese Bars  
Assorted Varieties

**\$5<sup>99</sup>**  
/400g



Classico Pasta Sauces  
Assorted Varieties

**\$3<sup>99</sup>**  
/410-600mL



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