



Haden Mangoes

Product of Mexico

SUPER DEAL!

\$1.49
/ea



Dandelion

Product of USA

\$1.69
/ea



Lemons

Product of USA

69¢
/ea



Clementines

Product of Morocco

\$1.79
/lb



Red Onions

Product of Canada

89¢
/lb



Empire Apples

Product of Canada

99¢
/lb



Butternut Squash

Product of Mexico

\$1.29
/lb



English Cucumbers

Product of Canada

\$1.49
/ea



Fuyu Persimmons

Product of Brazil

\$1.69
/ea



10 lb Potatoes

Product of Canada

\$4.99
/bag



Whole or Sliced White Mushrooms

Product of Canada

\$1.99
/227g



WHAT'S FOR DINNER?



Spinach, Mushroom & Cheddar Grilled Sandwiches

Ingredients

- 1 tbsp extra virgin olive oil
- ½ pound of mushrooms (button or cremini) trimmed and sliced
- 1½ cups baby spinach or Swiss chard, rinsed and dried
- Sea salt and freshly ground black pepper
- 8 slices of multi-grain or whole wheat bread
- 6 ounces (around 175g) of your favourite cheddar cheese, thinly sliced (mild or medium is best)
- 2 tbsp soft butter

Instructions

Heat the olive oil in a large frying pan. Add mushrooms and cook until the liquid in the pan evaporates. Add spinach or chard and cook until just wilted. Season to taste with sea salt and pepper. Assemble the sandwiches by topping 4 slices of bread with mushrooms and spinach or chard. Add slices of cheddar cheese in a single layer. Top with the remaining bread slices. Brush each side of the sandwich with some soft butter. Grill sandwiches in a heated heavy skillet on medium/high heat. Cook the sandwiches pressing firmly with a spatula for a few minutes on each side until the cheese starts to melt and the sandwich is golden brown. Makes 4 sandwiches. When cooled, wrap in tin foil and place in refrigerator or lunch box. Enjoy this sandwich cold for lunch or heat it up in a microwave for 30 to 40 seconds.

Enjoy the recipe online!



WE SHOP *Fresh Food* DAILY
Our team scours the local markets every day for produce that's fresher than fresh.



SPECIALS IN EFFECT APR 15 – APR 21, 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

New York Striploin Steak

\$16⁹⁹ /lb
\$37.45/kg



\$6⁹⁹ /lb
\$15.41/kg

Boneless Skinless Chicken Breast

Fresh Pork Back Ribs

\$4⁴⁹ /lb
\$9.90/kg



SEAFOOD

Steelhead Trout Fillets

\$13⁹⁹ /lb
\$30.84/kg



PREVIOUSLY FROZEN

\$5⁹⁹ /lb
\$13.21/kg

Basa Fillets

EZ-Peel Argentine Shrimp

\$14⁹⁹ /lb
\$33.05/kg



WILD CAUGHT

DELI



Italian Prosciutto

\$3⁹⁹ /100g



Castello Fontina Cheese

\$2⁹⁹ /100g



Fontaine Sante Hummus Assorted Varieties

\$3⁹⁹ /227g-255g

GROCERY



Lactantia Cream Cheese Assorted Varieties

\$3⁹⁹ /227-250g



Villaggio Bread Assorted Varieties

\$3⁶⁹ /675g



Sunmaid Raisin Bread

\$4⁴⁹ /450g

