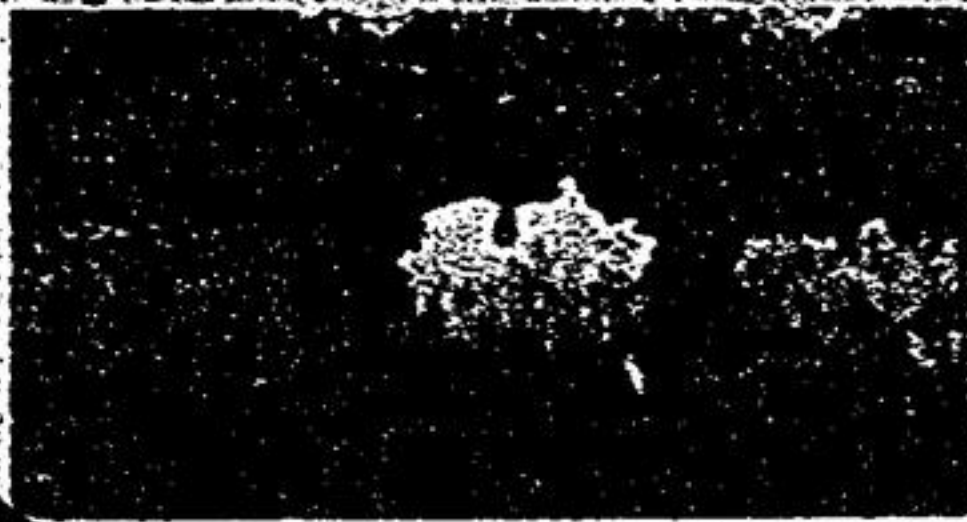


FLOWER DEPARTMENT

Ontario Grown
Colourful, Extra Large Blooms
Cyclamen



5.98
6" pot

SAVE \$2.00



The GARDEN

Quality & Freshness

Prices in effect Thursday, November 18th

Quality Fresh **Produce**

It's so BIG! They had to cut off the crowns.
Jumbo, super-sweet crownless

Pineapples

2.98
(3.98 cored)



Ontario Fresh Fall Harvest
Red & White Potatoes

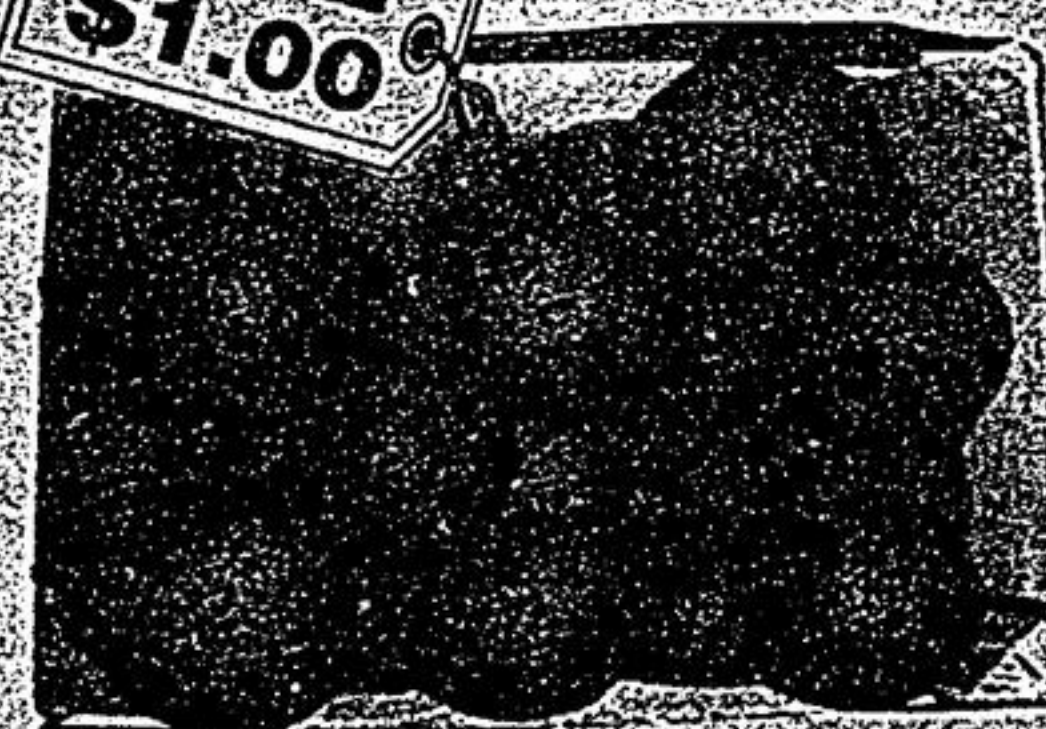
1.78
10 lb. bag

Fresh from Brazil Sweet
Red Papaya

.98
ea.



SAVE \$1.00

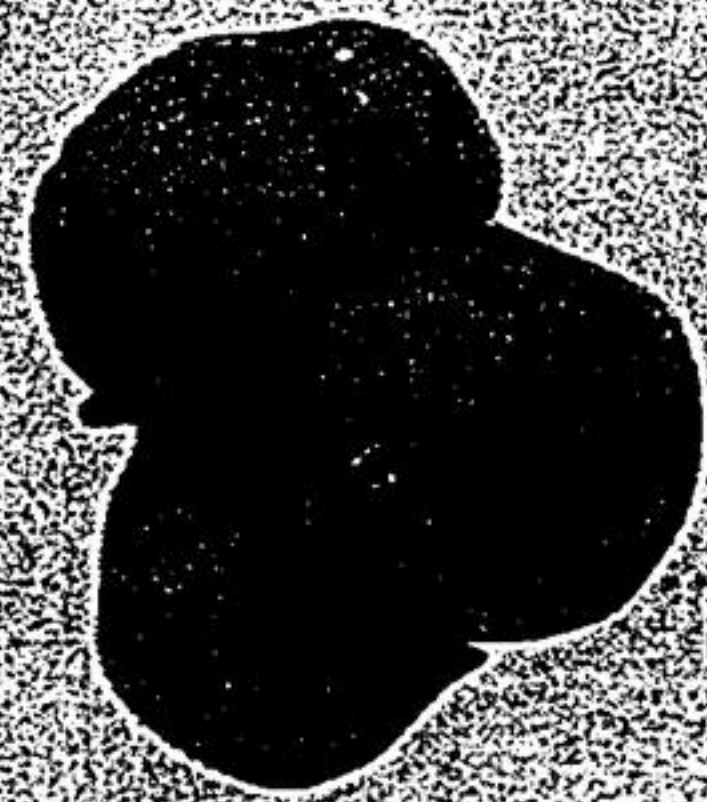


Product of Morocco or Spain
Sweet 'N Juicy
Seedless Clementines

4.98
5 lb. case

California Fresh Sweet 'N Juicy
Bosc Pears

.78
lb
1.72 kg



Product of Ontario Fresh
Cooking Onions

.58
2 lb. bag

Ontario Fresh Crisp 'N Sweet
Golden Delicious Apples

.78
lb
1.72 kg



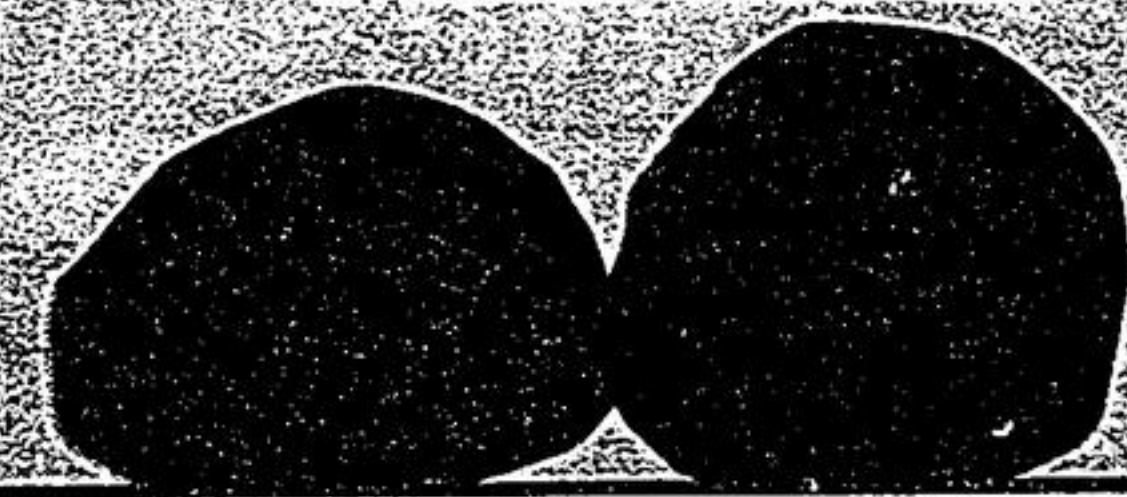
California Fresh Super-Sweet, Peeled
Mini Carrots

.98
12 oz. bag

HOT PRICE

Schneiders
Light Smoked Mini Hams

LESS THAN 1/2 PRICE SAVE \$3.00!



1.98
lb.
4.37 kg

HOT PRICE

Aged for 21 Days
Cut from Canada AAA beef

T-Bone Grilling Steaks

1/2 PRICE



5.98
lb
13.18 kg

SAUTEED TILAPIA FILLETS WITH LIME

*1 to 1-1/3 pounds tilapia fillets, about 1/2-inch thick
*3 Tbsp. all-purpose flour
*1 clove garlic, minced or pressed
*1 Tbsp. lime juice
*1 Tbsp. Olive oil
*Salt and pepper
*1/2 cup dry white wine
*1/2 Tbsp. butter
*3 Green onions, chopped

Rinse fish and pat dry. Put the flour on a plate and season with salt and pepper. Dredge the fillets in the flour, pat to remove excess. In a small bowl, combine garlic, wine, lime juice and butter, then set aside. Heat the oil in a 10- to 12-inch frying pan over medium-high heat. Add the fillets without overlapping (you may need to cook in 2 batches). Cook until golden on the bottom, about 3 minutes. Turn the fillets over and cook until opaque through the thickest part, 1 to 2 minutes. Transfer fish to a platter and keep warm (cover with foil or place in a 200°F oven). Add the wine mixture to pan and boil, scraping up cooked bits, until reduced by half; 2 to 3 minutes. Stir in the onions and heat on low about 30 seconds. Pour the sauce over the fish and serve.

Servings per Recipe: 4
Cal: 185/Prot: 22g/Carb: 5g/Sat: 1g/Total Fat: 5g/Om: 3.1g/Chol: 54 mg/Sdm: 115mg

Oven Fresh Bakery & Gourmet-To-Go

In Store Baked
100% Whole Wheat Bread

1.18
Loaf

Cooked Several Times Daily
Whole BBQ Chickens

6.88
ea.

Homestyle Two Bite
Brownies, Cookies, Blondies

2.48
300 g pkg.

La Rocca
Truffle Royale Cake

19.88
8" Cake
6" Cake
\$14.98

Proud supporter of The Markham Stouffville Hospital
REGULAR BUSINESS HOURS
MONDAY 8 am - 9 pm
TUESDAY 8 am - 9 pm
WEDNESDAY 8 am - 9 pm
THURSDAY 8 am - 9 pm

*We reserve the right to limit quantities. *No rain checks. *Savings based on regular price. *Both copy and illustrations, errors may occur. We reserve the right to correct any.

"FRESH FROM OUR GARDEN TO YOUR BASKET"