

# Valentine's Day

### Valentine Surf 'N Turf Recipe

#### Lobster-Stuffed Tenderloin of Beef

**INGREDIENTS:**

- 3-4 lbs. whole beef tenderloin
- 1 tsp. butter, melted
- 6 slices of bacon
- 2 (4oz) lobster tails, frozen
- 1-1/2 c. lemon juice

**SAUCE:**

- 1/2 c. green onion, sliced
- 1/2 c. dry white wine
- 1/2 c. butter
- 1/8 tsp. garlic salt

**DIRECTIONS:**

Butterfly beef tenderloin lengthwise leaving 1/2 in. uncut at end. Place frozen lobster in salted boiling water. Return water to boil, then reduce heat & simmer 5 min. Remove lobster from shells & cut in 1/2 lengthwise. Place lobster end-to-end inside beef. Combine melted butter with lemon juice & drizzle on lobster. Reassemble beef & tie securely with string at 1 in. intervals. (refrigerate until ready to bake). Before baking lay bacon strips on top. Place in shallow pan & roast at 425°F. 40 min. for rare; 50 min for medium.

**SAUCE:** In saucepan, cook green onions in 1/2 cup butter over low heat until tender. Stir frequently. Add wine & garlic salt. Heat thoroughly.

### Surf 'N Turf Special

Aged for 28 Days, Cut from Canada Select Beef Beef Tenderloin (Filet Mignon) Grilling Steaks or Premium Oven Roasts

**1/2 PRICE**

**8.88** lb / 19.58kg

(Limit 4 pkgs., while supplies last) (See Recipe Above)

Frozen Product of the Caribbean Premium Quality Rock Lobster Tails

**SAVE \$4.00**

**6.98** 2x3oz Tails

(Limit 4 pkgs., while supplies last) (See Recipe Above)

### Seafood

Aged for 21 Days Cut from Canada AA Beef Sirloin Stirfry Strips

**SAVE \$2.00/LB**

**4.98** lb / 10.98kg

**AGED FOR 21 DAYS**

Fresh Air Chilled & Grain Fed Bone-In Chicken Breasts

**2.98** lb / 6.57kg

**SAVE \$1.50/LB**

Fresh Trout Fillets

**SAVE \$1.00/LB**

**7.88** lb / 17.37kg

### Over-Fresh Bakery

net-To-Go®

**SAVE \$1.50**

**1.48** 750ml

In Store Baked Artisan Rustic Bread

**SAVE .70**

**1.98** Loaf

Homestyle Vanilla or Chocolate Valentines Lili Cupcakes

**SAVE .70**

**2.98** 12 Pack

Dufflet Strawberry Mousse Heart Cake

**1.49** 6" Cake

Old-Fashioned Blueberry Muffins

**SAVE \$1.20**

**1.77** 6 Pack

### Product of Greece Lefas Kalamata Extra Virgin Olive Oil

**SAVE \$4.00**

**6.98** 1L

healthy product feature

LEFAS' KALAMATA EXTRA VIRGIN OLIVE OIL has a guaranteed acidity level of less than 0.5% & in most cases lower than 0.3%. It is derived from the 1st cold press of the Koroneiki variety olives widely known as the Kalamata olives. Lefas Extra Virgin Olive Oil contains 100% natural olive juice, no additives or mixtures of other varieties of olive oil in trying to improve or alter its taste, nutritional value or acidity level in anyway. Using Lefas Extra Virgin Olive Oil will make your every dish unforgettably delicious.

### Brand Name Groceries

Kellogg's Cereal

- Raisin Bran 475g
- Bran Flakes 475g
- Corn Flakes 525g

**SAVE UP TO 1/2 PRICE**

**1.98** Each

Hunt's Thick 'N Rich Pasta Sauce or Tomato Sauce

**1.98** 680ml

Naya Spring Water

**1.68** 1.5L

Higgins & Burke Gourmet Teas

**SAVE \$1.00**

**1.98** 20's

Duncan Hines Cake Mixes

**1.28** 515g

Kellogg's Sweet 'N Salty Nutri Grain Bars or All Bran Bites or Bars

**SAVE \$1.00**

**2.48** 140g-192g

Pillsbury Toaster Strudels

**1.98** 326g

**SAVE \$1.00**

Royale or Majesta Facial Tissue

**1.88** 90's - 140's

Orville Redenbacher Mini's Microwave Popcorn

**3.48** 8's (280g-340g)

McCain Pizza Premiere

**SAVE \$1.00**

**4.98** 630g-730g

Ara Azzuro Espresso Coffee (250g)

**SAVE \$1.00**

**1.78**

Whole Beans (1kg)

**8.88**

Billy Bee Golden Yellow Mustard

**1/2 PRICE**

**1.98** 325ml

14-piece Sushi 8 Pcs. California Rolls & 6 Pcs. Salmon Rolls

**5.98**