

T ~ STUFFED PORK ~ TENDERLOINS

If you're doing a bit of indoor cooking this weekend, these will be a big hit. We stuff them with our Sage & Onion stuffing, which has been jacked-up with a combo of dried fruits. To cook these, it's best to roast them - directions are on the label.

Reg. \$10.95/lb

1/3 OFF THIS WEEK

~ LOCAL ~ NECTARINES

As you know, pretty well all of our local peaches come from Hunter Farm in Niagara-On-The-Lake, and on top of that the sour cherries that we bake with, and ... these amazing nectarines. They are Fantasia variety, the latest local type. If you were lucky enough to get some last week, you'll know what I'm talking about - they are really good! We'll have them loose - or in the baskets. Men, a word of advice; get two baskets! This allows your wife and kids to search the perfectly ripe ones out of their basket, and you can enjoy yours when they are at their peak, too.

.99 LB. THIS WEEK

SOUP'S ON

Generally we don't promote our soups over the summer, but with school back, and a bit of chill in the air - soup is back for the season. We'll start this week with two soups - (actually three) - one frozen, one fresh, and the other for lunch at the café.

Our frozen version will be Vegetable this week. It is chicken stock-based, with about every veg known to man, cut chunky. It's in the 900ml size. Regular \$7.95

25% OFF THIS WEEK

— AND —

Our fresh soup will be Chicken Noodle - with tons of chicken, lots of noodles, and all the flavour that slow-cooking gives you. Also in the 900ml size.

\$5.95 THIS WEEK

— AND —

The soup at the café will change daily and will be available starting Monday till next summer, and is sold as a side for our amazing sandwiches for \$1.00 extra - \$2.00 if it's on its own.

~ LOCAL ONTARIO ~ CAULIFLOWER

This week's veggie feature will be our large size cauliflower. Linda and Karen have prepared a recipe sheet to give you a few delicious ideas to work your magic with.

99¢ EACH

T ~ STUFFED ~ TILAPIA

Rather than just plain old fillets, you can impress with these. The fillets are rolled up lengthwise with a stuffing of seasoned bread, zest of lemon, sweet onion, sea salt and pepper. These will also be available au naturel. Foolproof cooking instructions will also be on hand. Reg. \$10.95/lb

25% OFF THIS WEEK

D ~ WHAT'S FOR DINNER?

The frozen dinner for this week is our Pulled Pork. It's made to Rosie's recipe (she's from the Omega Pork Farm) and its delicious, either on a sandwich - open or closed - or with boiled potatoes and cauliflower! Reg. \$18.95 Serves 3-4 P.S. It will also be served in our café for lunch on Friday and Saturday.

25% OFF THIS WEEK

LOCAL GRAPE TOMATOES

I write better on a full stomach, so since I just had a bowl of grape tomato and olive salad, I feel okay writing about these little gems. Now, grape tomatoes are different than cherry tomatoes - the shape is more elongated, the skin seems a bit thicker - but the flavour is rich. We use these in many ways - salads, bread toppers - or just like grapes from a bowl.

\$1.99 PINT THIS WEEK

T ~ WHAT'S BLOOMIN' THIS WEEK!

Autumn is upon us, as the nights cool and the leaves start to turn it's time for a change of scenery. We have just what you need to update your décor indoors and out. Outside we have a nice selection of mixed planter pots, grasses, kale, peppers and hardy garden mums, perfect for brightening up your patio or garden. Our indoor specials this week are extra large mixed autumn bouquets for \$19.99 and our very popular tropical bouquets for \$9.99.



~ GRETHE'S ~ BOXED LUNCHES

Grethe is the taller, good natured Danish girl who runs the café as well as a lot of other parts of our business. Her two girls are now afield at university, so there's no one at home to pack lunches for. So... what she's done is pack lunches for your students! They are available in boxes ready-to-go, complete with a choice of sandwich (3 types at time of writing), cut veggies, fruit and a snack. What you'll need to do is just slip it into a cool-pack bag - and your student has all that they could want for lunch.

\$5.99 EACH

~ FARMER'S ~ SAUSAGES

These are made with our OMEGA-enhanced pork and lots of light spices - just ready to be grilled and dressed-up in a bun.

25% OFF THIS WEEK

Reg. \$4.99

ARTICHOKE ASIAGO DIP

We'll have a feature happenin' on both Asiago dips; one with artichokes and one with sundried tomatoes. Both are great with most any of our chips and crisps.

25% OFF THIS WEEK

Reg. \$2.39/100g and \$2.49/100g

QUINOA SALAD

This grain has everything, except mangoes apparently, so we've added them, and a few seasonings - et voilà! - the perfect salad! At the deli...

1/3 OFF THIS WEEK

Reg. \$1.89/100g

NEW ZEALAND KIWI

We've got the genuine article going on this week. We bought size '25' which is big, and to me, they look fuzzy and beautiful!

2 FOR 1.00

WE NEED SOME HELP!

We are currently short a baker or two, a chef, a cake decorator, and a deli person. If you have those skills and are looking for a change of pace (and surroundings), give us a call.

SPECIALS IN EFFECT UNTIL CLOSING SUNDAY, SEPTEMBER 11th

Hours: Mon. - Fri. 8:00-8:00
Sat. 8:00-6:00 - Sun. 9:00-6:00

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