

C~ ROASTING ~ CHICKENS

We're going to feature our really large Air-Chilled Chickens. To start with, these chickens run loose in really large barns...but by definition these are not free-range because they have no access to the outdoors, not that you'd want that during the winter time, anyway. They eat as much or as little as they want...usually a lot... of corn and grain. The air-chilled part refers to the de-feathering process and after. Rather than using really hot water to remove the feathers, and with them, the outside layer of skin...and unfortunately the odd feather with the bird...a bit of a trade-off really...and then they are left to chill-down in circulating air rather than an ice-bath. A lot of the flavour of poultry comes from the skin, partially explaining why the anemic white chickens you see are generally flavourless...and wet from the ice pack. Ours are dry and flavourful...and our guys usually get all the feathers before you do! These chickens average about 5lb in size, give or take.
Reg. \$3.49/lb

1/3 OFF THIS WEEK

L WHAT'S FOR LUNCH?

The feature sandwich this week will be Elysse's Roast Veggie with Chevre Ciabatta, grilled or au naturel!

\$5.99 EACH

Soup is available for \$1.00 extra.

S~ AUSSIE CHICKEN ~ SOUP

It's hard for me to imagine Chicken Soup without the noodles, but that's what happened here. What you have instead is some coconut cream, sweet corn and some lemon zest, as well as lots of chicken. What I find nice about this soup is the heartiness aspect for sure, but a gentle amount of spark. As well, I ate the whole test sample and didn't feel any urge to share at all—it's good!
Serves 3-4 (normally) 900ml

\$5.99 EACH

B~ GARLIC ~ BREAD

We've made some nice garlic bread, but with a twist! We use our 'Boulart' bread which has been dressed with a homemade roasted garlic and herb butter - and it's wrapped in foil and ready-to-bake, instructions included.
Serves 2-3

\$2.99 EACH

B~ LOCAL ~ BROCCOLI

These are size 14's, they're green which we all know by now, is good for you ... and they're local, too!
Going green never tasted better.

.99 EA.

C~ MEDIUM ~ CHEDDAR

We have weekly meetings to discuss what we'll be featuring in these ads (like this one), and the convo sways back and forth between the practical (my wife's side) and the impractical and impossible (my side) until we finally agree on something more practical - like medium cheddar as an example. "It's what kids like in their lunches" is the argument that won today. It matters not what the men like when they want a nibble, as long as the kids are looked after - or so it seems to me at times. So this week, it's kid's cheese. Next week? - might be kids too, but I'm thinking adult...
Reg. \$2.59 100g

1/3 OFF THIS WEEK

MAHI MAHI

We've promoted this fish from time to time throughout the season, but this time we've got some pineapple salsa to go with it. I'm thinking that you'll grill or bake this, and as a side we'll either have Kulum's Mango - or - Pineapple Salsa, and they'll both have a feature price as well. Back to the fish; it will be available au naturel or in a sparky pineapple marinade!

\$14.95 LB.

SALSAS \$2.99 EACH THIS WEEK

While Supplies Last!

P~ TROPICAL SWEET ~ PINEAPPLES!

Just like most other produce, sizing is a large part of purchasing - it's all about getting what you pay for. This is an area where a fresh produce retailer can excel, or, perish the thought, short-change you. We try to offer the larger sizes of product because, although we usually pay more to get these sizes, it offers better value.

Our pineapples are such an item; whether you get 'Size 5' or 'Size 7', the core is about the same size, with the 'Size 5' having a lot more meat on them - and that's what you pay for. So, these are Size 5's, and they can be had au naturel or peeled and cored. The better value is actually the 'au naturel' style, because there are a lot of good parts trimmed off when coring them.

\$2.99 EACH THIS WEEK



S~ GUINNESS ~ SAUSAGES

These are made with coarsely-ground fresh pork, some chopped apples, some spices including nutmeg, and Guinness as the necessary moisture. These are great grilled or oven-roasted.
Reg. \$4.99/lb.

25% OFF THIS WEEK

C~ OUR CARROT ~ CAKES

I am a big fan of our carrot cakes, and I know that a few of my buddies are as well. We make them a little higher than most (an extra layer) so that there'll be more icing - my fave; but not that the cake part is ordinaire - anything but. There will be two sizes this week, but I'd think big. Muffins too!
Reg. \$15.95 + \$24.95

25% OFF THIS WEEK

P.S. - PUMPKIN PIES ARE NOW AVAILABLE!

D WHAT'S FOR DINNER?

This week it's Amblyan's Butter Chicken, which is a fairly mild chicken curry with yogurt. This is excellent just warmed and served with basmati rice. Serves 3-4.
Reg. \$19.95

25% OFF THIS WEEK

I WHAT'S BLOOMING INSIDE!

This week we're doing a full blown orchid feature. Including specials on cut orchids, cut orchid arrangements, and specialty orchid plant varieties. What would an orchid special be without our popular Phalanopsis \$12 each or two for \$20 sale? We have a fresh shipment of these beauties in to round out this week's feature. Come in and see what's new this week!

Local APPLES

We're going strong with locally grown apples now. You'll be able to get Macs, Ginger-Golds, Galas, Paula Reds, Jona Golds and lastly, Honey Crisps. This is an apple that, in my opinion, is an amazing combo of crunch and sweetness (hence the name) that you'll love - I do! Just as I tell you many times throughout the year, it's a great time of the year.

SPECIALS IN EFFECT UNTIL CLOSING SUNDAY, SEPTEMBER 18th

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

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