

MAC & CHEESE!

This is a perennial favourite from our frozen section. In fact, we do rankings on the 'movement' of our products and this is the champ. Who so, you may ask, from a 'Gourmet Store'? Simple really. We're all about doing the ordinary items, but extra-ordinary as well. This is an example. We use extra-old cheddar, we use full cream, and we take the time to do the crumbled cracker top. Comfort food at its best - just add ketchup!

Reg. \$11.95
Serves 2-3

25% OFF THIS WEEK

FRESH HALIBUT

Our fish this week is fresh Pacific Halibut. In our store we sell this in boneless fillets.

This is a fish that I like to grill... and if you're looking for a great condiment to serve with it, try our mango salsa... one of the many condiments that I can eat by the container. Reg. \$24.95

\$19.95 LB. THIS WEEK

FREE RANGE TURKEYS

We've sold these amazing turkeys now for 24 years. Although the farm has changed hands from father to son, it's the same growing and processing technique that produces what we - and others - feel are the best turkeys available. What makes them so good? It's simple, really. Firstly, they eat lots of grain and corn - as much or as little as they want, because they run loose. Add to this a gentle de-feathering process which leaves more of the natural flavour (and the odd feather) with the turkey, and you'll have a bird which exceeds your expectations without the aid of the artificial enhancements that Butterballs and pre-basted turkeys receive. Ours are moist (naturally), tender and full of flavour - and they cook a bit quicker as well. The turkey sizes this year will be a bit larger than most other seasons. Our small turkeys usually start off at about 14 lbs, but this year it's looking like 16 lbs. So... we'll have them from 16 to 21 lbs, and then some Toms in the 25-27 lb range. If it were left entirely up to me, I'd pick the 17-20 lb size. They just seem to be the most enjoyable at the table. Ready to roast! - Also, should you wish parts of the turkey, including breasts which are boneless (either plain or stuffed), they'll be available.

\$2.99 LB. THIS WEEK

SMOKED PORK HOCKS

You know that it's fall when... we start up with these in earnest. They are a must for pea or bean soup, and a host of other old-time recipes. We trim these on the meaty side, use a cow-salt cure and smoke them slowly over oak. There is no aroma quite like these when they come out of the smoke house. Reg. \$2.99 lb.

1/2 OFF THIS WEEK

SMOKED TURKEYS

We make amazing Smoked Turkeys - probably because we start with our amazing fresh turkeys. These are becoming increasingly popular, especially with our Asian customers. It seems that we always make a few less than what we need, which causes a few problems. If you would like one, it must be ordered in advance - before October 4th - because it takes a week to get them ready. Secondly, be sure that you specify 'smoked' turkey, as otherwise it goes on the list for regular turkeys. Order deadline October 3rd.

\$4.99 LB. THIS WEEK

CURRIED APPLE & SQUASH SOUP

This is great, hearty soup which is just overflowing with flavour. This, like all of our frozen soups and entrées, is slow-cooked just like at home and, if you look at the ingredient list, there's nothing in it that you wouldn't use at home, either. Great soup!

Reg. \$7.95

25% OFF THIS WEEK

WHAT'S BLOOMING INSIDE!

"What's in a name? That which we call a rose by any other name would smell as sweet." Call them whatever you like, we carry the best. This week we're putting our roses on special. Our awesome long stem roses grown in Ecuador and locally grown spray roses. These spray roses are only grown locally by a couple of growers and we've got the goods! They are stunning little beauties and they last very well for a spray rose. Our testing has shown they have about a 6 day vase life. This week spray roses will be on special for \$6.99 a bunch and long stemmed roses will be on for \$19.99 a dozen. Come in and see what's new this week!

OCTOBERFEST IS HAPPENING HERE TOO!

We usually have a feature sausage, and this week it's our Oktoberfest sausages, but with a twist! My buddies and I will be outdoors cooking them, serving beer and sampling mustards for them, too!

This happens Saturday and Sunday around noon. The beer is non-alcohol, the sausages are a good size, and grilled nice, and the mustard is Kozlik's - in many flavours, and they can be dressed either with caramelized onions or sauerkraut.

The deal is: a sausage and a beer (or pop) is \$4.00 - all of which goes to Hockey with Heart in support of our Christmas dinner deal with the Food Bank.

WHAT'S HAPPENIN' OUTSIDE!

Well the sidewalk has been festooned with flowers, planters and cabbage - all you need to beautify your digs, and pumpkins large and small, and gourds, and yet more pumpkins. Fall is happening!

HAMS! HAMS! HAMS!

We've been making lots and lots of our homemade Hams for Thanksgiving. There will be four versions to choose from; our MAPLE SUGAR HAM, which is the crowd fave, our BLACK FOREST HAM, which is boneless and smoked over Oak, our TRADITIONAL SMOKED BONE-IN HAM, which is semi-boneless, and also smoked over Oak, and lastly, our MAPLE SUGAR NUGGETS, which are the smaller more personal version of our Maple Sugar Hams. What separates our Ham from the masses is that they are not 'Tumbled', a euphemism for the process of 'extending' ham, which means making it bigger (and heavier) than it was meant to be. Our Homemade approach gives you that flavour and especially texture that made Ham such a popular Tradition in the first place. So, if you want the good stuff, we're pretty well it, because we are one of the very few places that actually make our own. You might find it best to order one if you'd like to be sure of getting a ham, and the number is at the bottom of our Ad. And... as an added bonus, my mother-in-law, (Doreen) will actually be down in the kitchen making her famous Mustard Sauce to go with them. If your choice is a whole Ham, you'll get the mustard FREE. Also, as a further added bonus, the vast majority of Pork that we cut is Omega-Enhanced Pork from Mitchell, Ontario... something that we pay extra to get, but well worth it. Maple Sugar, Black Forest & Maple Sugar Nuggets - \$7.50/lb. Smoked bone-in - \$3.99/lb.



WHAT'S COOKIN' AT THE DELI?

We'll be having a feature this week on our Bruschetta Pasta. This is one of my faves, which started out as a staff lunch in the old store. What's neat about it is its 'fresh' and 'light' aspect - it's not a cooked-down tomato sauce. It's chopped and seasoned with enough onion and garlic to notice, crowned with some grated parmesan. I know that it's not everyone's taste, but I add a few of those Italian pitted olives - just if you want some - and this can be served cold, room temp. or warm - it's good any way at all.

Regular \$1.49/100g

1/3 OFF THIS WEEK

And, speaking of olives, we have some 'dry' olives in from Italy. What makes them dry is they don't swim in brine (or oil) and they have a very earthy, long flavour that I love. They have pits yet, so you'll have to do your thing with them, but they're well worth the effort.

WHAT'S UP FRIDAY!

I'm sure that many of you have seen the ad(s) for the "Indian Melodies and Rhythms Concert" on Friday evening. Further, you know that the funds go to the hospital expansion, so we need you to go to the concert!

As a background, this is organized by the son of one of our long-term associates - Kulum. Not only will Kulum's son be making some of the music, he has been 'instrumental' in making this all happen, and it's neat to see this kind of effort. So, get a ticket! Call Madeline at 905-472-7373, ext. 6970.

WHAT'S BAKING THIS WEEK?

We'll be baking autumn this week, and the flavour is pumpkin! We'll be making...

PUMPKIN COFFEE CAKES - These are delicious 'huge' moist coffee cakes made with pureed pumpkin, spiced apples, pecans and cranberries - and then finished with maple icing. Regular \$17.95 each

PUMPKIN LOAVES - These get their moistness, and a lot of flavour, from having prunes and raisins baked-in. Regular \$5.99 each

PUMPKIN CHEESECAKES - One of my faves! They have pumpkin and pumpkin pie spices swirled into the cheese mixture - with a bit of brandy. They are then dressed up with some brandied whipped cream and cinnamon. We'll be making two sizes of these. Regular \$14.95 and \$22.95 each.

PUMPKIN SCONES - Mix a dollop of pumpkin into the scone mix which has been spiced-up a bit - then drizzle with maple glaze. Regular \$1.69

All these items will be featured at... **25% OFF THIS WEEK**

SPECIALS IN EFFECT UNTIL CLOSING SUNDAY, SEPTEMBER 25th

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

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