

# OUR CHEESE STANDS ALONE

We'll be having a double feature this week; the first is one of my personal favourites, **Cave-Aged Gruyere**. There's something comforting that in this day and age of processed foods, that somewhere high up in the Swiss Alps, wheels of the delicious cheese are maturing in the same way they have for centuries. My mother tells me these should be used for cheese trays, and not fondue, but that has never stopped me from grating them into my mac and cheese. **\$7.49/100g**

**25% OFF THIS WEEK**

We'll also be featuring our **Whipped Cream Cheese**, which puts all other cream cheese to shame. Delicious on a bagel with smoked salmon and tomato. These are packaged into 250 ml tubs by our amiable cheese lady, Carolina. **\$2.49/100g**

**25% OFF THIS WEEK**

# CHICKEN CUTLETS

Is there anything more delicious than a freshly fried **Chicken Cutlet**? Yes...a cutlet that's been covered in tomato sauce and cheese. We'll be saving you some labour (and a mess in your kitchen) by breading a ton of these cutlets for you to take home and enjoy. We start by tenderizing the breasts, then seasoning them with salt, pepper and some mild spices before breading them.

Reg. \$11.95/lb

**25% OFF THIS WEEK**

# FROZEN CONVENIENCE

For our frozen specials this week, we'll be featuring our famous **Mac & Cheese** which happens to be both Evan's and my favourite. For years I've been trying to polish off a whole 8"x5" container to myself, but as of yet I have been unsuccessful. Perhaps it's better to share. **Reg. \$11.95**

We'll also have our **Curried Apple and Squash Soup** on special, which is hands-down one of my favourites. It's quite mild, with nutty squash flavour and a hint of curry. I highly recommend this for you! **Reg. \$7.95/900ml**

**25% OFF THIS WEEK**

# STRONGBOW SAUSAGE

**Strongbow** wasn't always my favourite drink of choice, but when I'd go out with my good friend David (who some of you might remember from the deli) we'd have to split a pitcher of this stuff, so it eventually grew on me. This week we'll be putting this delicious cider in a new sausage that we're trying alongside diced apple and seasoned with garlic, cloves, nutmeg and a touch of cinnamon and allspice. Best enjoyed alongside a can of Strongbow, as well! **Reg. \$6.99/lb**

**25% OFF THIS WEEK**

# TURKEY KOLBASSA

We've been making **Kolbassa** since the store was in its infancy and it has become one of our signature items that people flock to the store for. This is our latest incarnation of this time-honoured tradition, that we only started this last summer, and it has been well-received. In fact, my father's good friend Chris, a Polish carpenter, comes to the store for this all the time, so it has the nod of approval from even the most discriminating of Poles. It's kolbawesome! **Reg. \$1.99/100g**

**25% OFF THIS WEEK**

# PASTRAMI

About a year ago I wanted to put shaved **Pastrami** on a pizza special we were doing, however I was not satisfied with the generic variety you'll see in other delis. I decided to grab some briskets and make my own. The result was so delicious that we've started making them every week! Our briskets are cured, and then allowed to marinate in a dry rub for several days before we smoke them low-and-slow. The result is super-moist and flavourful beef that is best enjoyed sliced razor-thin and stacked high on a sandwich with your favourite mustard. We prepare two variations, our **Smoked Brisket** which is sweet and spicy, and then our **Pastrami** which is more peppery with herbal tones.

Available at our deli... **Reg. \$2.99/100g**

**1/3 OFF THIS WEEK**

# WHAT'S HAPPENIN' IN THE CAFE

In the café this weekend the ladies will be serving up delicious **Reuben Sandwiches**! We start with **Rudolph's rye bread**, and then load it up with **shaved pastrami** (made in-house and also on special this week), **sauerkraut**, **Swiss cheese** and **homemade Thousand Island Dressing**. It's just one of those simple yet elegant combinations that's impossible to beat. Best enjoyed **grilled!** Available until Sunday at our café. **\$5.99**

For Sunday Brunch this week, we'll have a choice of **Salad** or **Chicken Noodle Soup** alongside **Chicken Parmesan**, **Penne à la Vodka** with **Smoked Salmon** or **Doreen's Beef, Beer and Onion Stew** with your choice of side. Also comes with a coffee and token dessert. **\$10.99**  
Available 12-2 at the café.

# WILD NEW ZEALAND BLUENOSE SEA BASS

Caught in deep water off the coast of New Zealand, inhabiting areas on the outer shelf and upper slope of rough, rocky ocean floor, and congregating around seamounts and offshore reefs. It has medium-firm texture, with a large succulent flake. The fillets are a nice white color and have good Omega-3 content resulting in a distinct buttery flavour.

Featured at **\$19.95/lb**

# WHAT'S HAPPENIN' IN THE THEATRE

**Catch her while you can!** **Nikki Yanofsky** is probably the fastest rising star in the galaxy of Canadian jazz-pop music! Remember the theme song of the Vancouver Olympics "I Believe"? That's her! **Nikki**, the young singer is only 20, and is now working with **Quincy Jones**, legendary music producer, composer and musician. "It blew me away", said the 27-times Grammy Award Winner when he first heard **Nikki**! And you will be too! Few tickets are left for the **Saturday, November 15th** show. See you at the Theatre!

# IN THE DELI

In our salad counter we'll be trying a new **Tabouleh Salad** with bulgur wheat, diced tomato, parsley, mint and green onion in a zesty lemon dressing. A light and vibrant option. **Reg. \$2.49/100g, NOW 25% OFF**

Our chef **Kulam** will be making one of his signatures this week, **Pork Tenderloin** simmered in an **Apple Brandy Sauce**, sliced into generous portions. **Reg. \$4.49/100g, NOW 25% OFF**

As the temperature continues to drop, we've been looking through our old cookbooks for hearty dishes and found one of **Doreen's** homespun classics, **Beef, Beer & Onions**, a deliciously rich stew she's been making since my mother was a young child. This is best served with rice, mashed potatoes or over egg noodles. You'll have to thank one of our beloved customers, **Kim Philip**, who asked this be featured. **Reg. \$9.95 (4"x5" foils), NOW 25% OFF**

Another one of my favourite wintertime classics is our **Cream of Tomato Basil Soup**, made with vegetable stock. I like to add a little bit of hot sauce to mine (**Nando's Piri-Piri Sauce** works best), but to each their own. **Reg. \$7.95/900ml, NOW 25% OFF**

# WHAT'S BAKING THIS WEEK?

**CHOCOLATE RASPBERRY BUNDT CAKES** - Chocolate cake studded with raspberries. After baking we soak the cake with a coffee/brandy mix and fill it with caramel, chocolate ganache and fresh raspberries. Topped with more caramel and fresh raspberries. **\$18.95**

**RASPBERRY STREUSEL PIES** - We bought a lot of raspberries when they were in season and froze them just to make these pies. Streusel topping is **Cathy's** favourite, so we are topping the pies with our buttery streusel. **\$12.95**

**RASPBERRY MOUSSE CAKE** - Three layers of chocolate cake filled with a light raspberry mousse. Topped with ganache and chocolate curls. **\$24.95**

**RASPBERRY-CREAM CHEESE DANISH** - All butter Danish dough filled with a creamy cheese mix and raspberry jam. Drizzled with fondant. **\$2.99**

**CHOCOLATE RASPBERRY SCONES** - Something new! Dark chocolate with fresh raspberries, drizzled with more dark chocolate **\$1.69**

**Special 88** All these items are **25% OFF THIS WEEK**

Just a heads up; The list of our Christmas baking will be up on our website shortly so you can start thinking of desserts for the Holidays. Due to the huge volume of orders we are asking you to place your orders before **December 21st** so we can serve you better.

# GRAPES! \$2.49/lb

The grapes that we've been seeing these last couple weeks have been nothing short of spectacular. Both the red and green varieties have been firm, crisp and bursting with flavour!

**THIS WEEK**

**SPECIALS IN EFFECT FROM THURSDAY TO CLOSING SUNDAY, NOVEMBER 16**



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