

WHAT ABOUT SOME SIRLOIN STEAKS!

These are not the most tender cut that we sell, but they do have flavour, and... since they will be PRIME Grade (best in Canada), they will be more tender and flavourful than any others. You can have these cut either really thick for 'Family Steaks' which are slow-grilled then cut in slices, or individuals...you let us know. **Reg. \$12.95/lb. Featured at**

25% OFF THIS WEEK

OUR HAM KOLBASSA!

If you were to take a chunk of this, slice it lengthwise and take a good look at it, you will definitely see all the ham that we use, but you won't see the garlic and spices, you'll have to taste that! Now once you cut this in half, just put it on the grill, just like that, and warm it through, get it onto a bun with Nance's Mustard, and you've got a big treat happening. **Reg. \$1.99/100g, and the deal is and even better, there will be samples!**

1/3 OFF THIS WEEK

CALIFORNIA CANTALOUPE!

Usually I wait for the price of Cantaloupes to sink to a point that we can feature these big 'Jumbo 9's' at **\$1.99 each**, but these taste so good, and after what seems like a long winter of flavourless, or worse bitter melons, these are a real treat that I'm thinking you will appreciate!

\$2.99 EACH THIS WEEK

PASS THE CHEESE PLEASE!

For this week, we'll have sliced **GOUDA** and **JARLSBERG** to make your burgers exciting, and **crumbled BLUE** and **crumbled GOAT** to make your salads equally exciting. It's all happening at the cheese area at the front. **Reg. \$3.99 to \$4.49/100g**, and they will all be **featured this week at**

1/3 OFF

The bad news is that here will be no samples this week, given the crumbliness of the cheese, sorry! Go on faith though, it's good!

FRESH SWORDFISH

At this time of the year, **Swordfish** comes from Central America as ours won't be ready till mid-summer off Nova Scotia. Until then, this is next-best, but very good none-the-less, and if you are hankering for a slice or two on your newly dusted-off grill, it's time to jump.

Featured this week at \$17.95 /LB

THE STORE WILL BE CLOSED... BUT THE GARDEN AREA WILL BE OPEN ON MONDAY

\$2.99 /MEDIUM TUB

MOOSEHEAD SAUSAGES

No, these are not made with Moose, but rather that venerable Down-East Beer. Best to grill these, and I'm thinking topped with the relish.....and a side order of Moosehead would work well for sure! **Reg. \$5.99/lb, featured at**

25% OFF AS WELL

WHAT'S COOKIN' AT THE DELI!

Let's dive right in with our usual Long Weekend Feature, **Doreen's Red Potato and Egg Salad**. What you get are fresh-crop red and white potatoes, in this case from Florida, with fresh hard-boiled eggs, celery, herbs, and a mayo-based dressing. Don't eat this straight from the fridge; let it temper a bit before you dive in! **Reg. \$1.89/100g**, and as usual, it will be

1/2 PRICE THIS WEEKEND

We're still making soup because some evenings can be cool yet, and in this case we've made **Cream of Red Lentil Soup**. Ingredients are red lentils of course, with sweet onions, carrots, celery, potatoes, turmeric, garlic and butter. **Feature price will be**

\$6.95 /900ML TUB

Coming next will be **Sweet and Sour Pork**. It's made with diced pork loin, with sweet peppers and onions, pineapple and garlic in a sweet and sour sauce. **Feature will be**

\$7.95 /4" X 5" FOIL

Next up is a trio of House-Made Sauces, starting with our **Pineapple and Rum Salsa**, and it's made with our sweet pineapples, sweet onions and peppers, pickled red onions, sweet chili sauce, ginger and spices. Next is our **Jack Daniels BBQ Sauce**, and lastly will be our **Jerk Marinade Sauce**. **The deal is**

\$1.00 OFF EACH OF THEM

Our SOUS VIDE feature this week will be our **Grilled Beef Tenderloin in a Green Peppercorn Sauce**. You know the expression...."if you can boil water, you can have great steak!" Just follow the directions and voila!....an impressive steak done med-rare. **Deal is**

\$5.99 /100G

Let's get dressed for the occasion, and this week it will be my **Blue Cheese Dressing**. This is just great on almost any salad, but especially good on a grilled Romaine Salad.....directions will be available, but it's an easy-to-do salad that will get folk talking. 250ml size, **feature is**

\$3.99 THIS WEEK

PIZZA PIZZAZZZ!

We start with our **Jack Daniel's BBQ Sauce** as the base and pile on a mound of our mouth-watering pulled chicken. Then we put some mozzarella on top with peppers and caramelized onions. This is some seriously delicious eating! **Featured at**

\$10.95 EACH

WHAT'S HAPPENIN' IN AISLE 4?

Every now and then a representative from Burnbrae Farms comes by to sign us up for their egg business, but this time they brought us some **Relish** and **Homestyle Ketchup** to try. Well....try it we did, and we love it, and we think that you will too! The brand is **Nanny Hudson's**, from their family no doubt, and the product tastes and feel like it's made in a farm kitchen. The jars that they use are 375ml, and the **regular retails are \$5.49 each**. **Feature will be**

\$3.99 EACH THIS WEEK

Moving down the aisle, we'll have **WINE GUMS!** Our main candy supplier sometimes changes things up on us once we have a good thing happening, and these too were recently changed from what was, much to my initial dismay. I say initial because once I got going on them, I couldn't stop. They are not the dense, hard chewy English ones, but somewhat more jube-like, especially if you leave them in your car on a warmer day. Now, they don't stand a chance with me, and I think that you'll find the same..... they'll be

\$2.99 /MEDIUM TUB

WHAT'S HAPPENIN' OUTSIDE!

It looks to me that the unruly weather is now behind us and that we are good-to-go. What has arrived are a huge selection of hanging baskets including some that will like more shade, Mandevillas and Diplodenas in a 2' and 3' height.....many colours including yellow, Passion Flowers in the same size also in a few shades, lots of single Geraniums, a load of Mother Geraniums, the first few Patio Pots for the sun, Coleus in splendid colour, one of my faves which are 'Pentas', a bright little star-shaped sun-loving flower, a couple hundred Hydrangeas, a selection of perennial grasses, coral bells, and the last lot of the 6" dahlias which grow very nicely in the sun. More Herbs will be here on Thursday, more Patio Pots on Friday, and to show you that we have faith in the forecast, we are beginning to plant our gardens here at the store on in earnest on Friday. I get asked many times "who does your gardens at the store!", short answer is the crew from Unionville Property Care, and especially Theresa.

.....and this just in!
We just received three full trucks of plants, including a selection of Non-Stop Begonias both in individual pots and in Hanging Baskets. Many colours to work with here. Next, our whole garage is full of Hanging Baskets for sun and shade, many colours, and honestly, the best that I have had from this particular grower in 20 years. Amazing! Lastly, another shipment of Hangers in cone baskets, wicker buckets and a few larger as well. Our sidewalk is now officially FULL!

WHAT'S FOR LUNCH!

This weekend we'll be featuring a sandwich that we've been making since we first moved to our present location and opened the cafe. Our **Chicken and Goat Cheese Sandwich** is loaded with slices of Cajun roasted chicken breast (we use 'real' chicken, not that nondescript loaf of protein you might see in other delis), crumbled Canadian goat cheese, grilled red peppers, mixed greens and pesto mayonnaise.

\$7.99

WHAT'S FOR DINNER!

As is usual, we'll feature two items from our frozen section this week. Let's start with our **Meatball Soup**. What you get here are those small little meat balls, almost every vegetable known to man, and noodles, too. This is a chicken stock-based soup, and it's hearty. Our second item will be our **Chicken and Spinach Lasagna** in the 8" x 5" foils. Follow the directions here, it will need some warming. Very delicious! **Regulars are \$8.95 and \$17.95, and both will be featured this week at**

25% OFF

BUZZZZZ

The store is buzzing with summer items ready to make our first holiday weekend look and taste delicious. Check out our new summer placemat and tablecloth collections! The Urban Patio acrylic tableware and cutlery sets are beautifully reduced at

25% OFF

WHAT'S BAKING THIS WEEK

We picked these items to feature this week because they travel well, should travelling be in your weekend plans. For some, it will be digging in the garden, but a lot of folk will be cottage-bound. Wherever you are, just don't forget dessert!

STRAWBERRY-RHUBARB PIES! Allow me to digress a bit; I planted a fair bit of rhubarb at my home last year, and it's growing like crazy.....so watch for it! Anyway, these will be available with a lattice top or crumble, and in either frozen, not yet baked, or freshly baked. Ingredients are the strawberries and rhubarb of course, apples and orange zest, and some flour and sugar! **Reg. \$12.95 each**

QUEEN ELIZABETH CAKE!.....this is a butter cake heavy with dates and pecans. Half way though baking, we pierce the surface, top it with a coconut glaze and further bake it till the top is caramelized and the coconut is toasted.....and like a lot of things, it gets better as it ages. There will be two sizes, **\$14.95 and \$24.95**

PAN SQUARES in 4 STYLES! The first is Cathy's request; these are traditionally known as 'Matrimonial Squares', but better known today as **DATE SQUARES**. They were named Matrimonial Squares because they are the perfect marriage of two items (in this case dates and oats) that exist in delicious harmony. Our date squares are made with a layer of slow-cooked date filling sandwiched between layers of buttery oatmeal crumble. **Reg. \$9.99** The second type that we will feature are **Topless Brownies**. These are our chocolate brownies in their natural state without ganache glaze or drizzle. They are super-rich because the main ingredient actually is chocolate, in this case a mix of pure unsweetened and dark, and further, they are just slightly underbaked, so you have the texture happening as well.....OMG, I am so hungry right now! **Reg. \$10.99**. The third type are equally decadent.....**APRICOT FRANGIAPANE!** We start here with a buttery shortbread base, and bake the apricots into an almond butter filling, and then glaze it just to be sure! **Reg. \$10.99** as well. And finally, the fourth.....a **new S'MORES BAR**. We start with a graham crust that has been generously filled with milk and dark chocolate chunks and loads of marshmallows, and we bake it until the marshmallows are nicely toasted golden. This will be **regularly \$10.99, too!** As I write this I am thinking that you will be reading many food ads before or after you read this, but you just will not find 'Homemade' anything like this, or even at all, no matter how the ad-writers would want you to think.

OK, so you all probably know that **all these items will be featured at**

25% OFF THIS WEEK



4476 16th Ave. (Just W. of Kennedy)
905-940-0655

SPECIALS IN EFFECT FROM THURSDAY TO CLOSING SUNDAY, MAY 22

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Sun. 9:00-6:00