

~ OUR ~ BRATWURST SAUSAGES

All of you know by now that these are pretty much my favourite sausage – and that we use beer to make them – and our omega-enhanced pork – and sea salt, but I'll bet you didn't know how best to serve them. What I do is cut a *Manoucher's Baguette* in sections, then lengthwise, to make the pocket. After the sausage is grilled (par boiled first), slip it in along with some caramelized onions (available this week), some Nance's Mustard and, this is optional – a long, thin slice of Bric. What's not to love about it?

Reg. \$4.99 lb.

25% OFF THIS WEEK

THE SQUARE! DEAL!

We've arranged a feature on our selection of dessert squares this week. The flavours available will be... Triple-Chocolate Brownies (really), Cream Cheese Brownies, Rocky Road, Nanaimos, Pecan, Lemon-Coconut, Iced Lemon, Cherry, Cathy's Cranberry Squares, and old-time Date Squares. I'm thinking that these are good travellers if you are headed away – and one thing to remember is that they are best at room temperature – or more – never straight from the fridge, no matter the temptation.

Another thing that we'll be doing is making a sampler pack of a variety of 1/4 squares – a toe-tester of a delicious sort!

1/3 OFF THIS WEEK

WHAT'S FOR TONIGHT'S DINNER?

I was away for a few days up north in Golf Heaven, staying with one of my buddies and his family. Normally I bring a treat pack, which includes the big bag of jubes, butter tarts and a few steaks, along with a few other things to nosh on. They are long time customers of our frozen entrées, and their current fave is "Butter Chicken". I chuckle at this because this is a product that has worked its way up close to the top of our 'Best Seller List' – and now on their list of stuff for me to bring golfing.

Serves 3-4.

Reg. \$15.95

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

CHICKEN SOUVLAKI

We make two types of Chicken Skewers – one being the original garlic, lemon and oregano, and the other being with a BBQ spice. Normally we season them overnight and skewer them each morning – but this week it's a bit different, as we'll need to work as a team. Our guys will cut and season the breasts (air-chilled, of course) as usual, and we'll provide the skewers – but we'll need you to do that work. To make it a more tempting deal, we've reduced the price...

Reg. \$11.99 lb.

1/3 OFF THIS WEEK

FRESH CALIFORNIA BLACKBERRIES

You'll find many uses for these – with cereal, in yogurt, mixed in a fruit salad, all natural in a bowl, or my fave – with ice cream.

From California.

\$1.99 EA.

1/2 PINTS



By: Katie MacDonald

~ NIAGARA ~ PEACHES

This will be the opening week for our peaches from Hunter Farm – available in baskets, or loose!

APRICOTS

These are currently at their best – well-sized and sweet with just that bit of tartness that distinguishes these.

Product of Niagara. **\$1.99/LB.**

CRANK – GRANOLA –

If you need your crank turned in the morning to get going, this might just be the answer. It's granola with an attitude – and it was the breakfast of choice for the G20 folk.

Reg. \$14.99 ea. Large size only

25% OFF THIS WEEK

IRISH ORGANIC SALMON FILLETS

This salmon comes from the offshore of Ireland. It is farmed, certified organic, and the most important part, it's really good on the grill!

Reg. \$16.95

25% OFF THIS WEEK

BANANA BREAD

These are the large size only – a loaf, actually. These travel well too – or you can munch on the fly!

Reg. \$6.99 each

1/3 OFF THIS WEEK

WHAT'S HAPPENIN' OUTSIDE?

We've got lots of product in this week, all fresh and flowering. A new shipment of Phalaenopsis orchids have arrived for our ongoing summer orchid sale, \$11.99 each or two for \$19.99.

Bright and colourful annuals and grasses are still available in 4" and patio-sized pots, exactly what you need if your planters or beds are looking sad and need some refreshing.

Begonias are in their prime this time of year, so we have a nice selection of Rieger Begonias in several sizes and styles. These beauties won't tolerate full midday sun, but in part shade (a few hours of morning or evening sun a day) they flourish and continuously pump out blooms.

For this week's floral special, we're offering our large 14" Rieger Begonia planters for just

\$19.99

WHAT'S COOKIN' AT THE DELI!

Louie, our salad guy extraordinaire, is back to work after the Big Greek Wedding – and what he'll be making alot of is...

GREEK SALAD! He uses sweet peppers of all colours, sweet onions, black olives, tomato slices (local now), seedless cukes and some feta cubes, all tossed in a vinaigrette with oregano. Reg. 1.49/100g

1/2 PRICE THIS WEEK

– AND –

CHICKEN QUESADILLAS!

These are made with our grilled air-chilled chicken, diced sweet onion, pepper cubes, jalapeños, black beans and marble cheese.

They will be \$4.99 each this week.

SPECIALS IN EFFECT UNTIL CLOSING SUNDAY AUGUST 1st

Hours: Mon. 10:00-7:00 ~ Tues.-Thurs. 9:00-7:00 ~ Fri. 9:00-7:00

Sat. 9:00-6:00 ~ Sun. 10:00-5:00

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