

K - RUDOLPH'S - KOMMISSBROT

Last week, one of these loaves of rye bread appeared on our counter at home, and it brought back lots of memories. We do not always stock this bread — no reason why really, other than the salesman must think it too large for most at 2lb each. It's a light rye with an element of sourdough, and if you get it fresh, it has a soft, dense texture that's truly a thrill.

Cathy and I both spent the early and middle part of our food life in European stores, and some of their little specialties are still dear to us — like this bread. For our ad this week, we'll have this bread, and lots of the good stuff to go with it, including lunch at the cafe. Please enjoy! **Featured at**

\$2.99 /loaf (907g)

— WHAT'S FOR LUNCH? —

We've started getting in a new rye bread from Rudolph's Bakery called Kommissbrot which I've absolutely fallen in love with. It's an authentic German rye, soft yet dense with a touch of sour, absolutely lovely bread. When you're dealing with such a fantastic loaf you don't have to dress it up that much. So we're putting on black forest ham, a slice of Swiss Emmenthal and grainy German mustard. Simple and delicious. All for

\$4.99

Sunday Brunch will start with our **Hearty Beef and Barley Soup**, followed by either **Penne à la Vodka**, **Beef Bourguignon** or my fave, **Chicken Breast Slices in a Mushroom Sauce**, with either rice, potatoes or veggies, tea or coffee and a mini dessert. All for

\$11.95

Served from noon till 2.

O - WHAT'S HAPPENIN' OUTSIDE?

The sidewalk and a portion of the parking lot are now officially full, and it's colourful. New arrivals this week are Fibre Hanging Baskets, lots of Patio Planters, Hibiscus in all sizes, Bougainvillea, another shipment of our 5" Geraniums, a huge display of Begonias for pretty well every situation, enough variety in small stuff to make any urn or planter into a show-stopper. We have quite a few Hydrangeas (a perennial if you are new), and lastly, many Geranium Hanging Baskets in fibre pots. There will be more, but I'm out of room here as well!

E - SWISS - EMMENTHAL - CHEESE

The making of this "hole-y" cheese dates back to about 1300 AD, which is even before Martin Luther and Calvin. It is, to me, the signature cheese from Switzerland, and for the longest time it was only made in the Emms River District, at high altitudes. Now it is more widely made, but only in Switzerland — all others of similar ilk are not worthy of the holiness present in this. Now that you know all this, know also that it's really good on our fave bread, with Cathy's fave ham — our Black Forest. **Reg: \$4.49/100g**

1/3 OFF THIS WEEK

OUR BLACK FOREST HAM

We make this ham in as close to the original manner as you could imagine. We do not 'tumble' it or 'extend' it, so you might find the slices are not always perfect, but you will find the texture and flavour as original as can be, and that is what made this ham so internationally popular in the first place. **Reg: \$2.69/100g**

1/3 OFF THIS WEEK

WHAT'S COOKIN' AT THE DELI!

We will start proceedings with our **Gazpacho**. Traditionally this is a chilled soup, but room temperature is good too. We use plum tomatoes, celery, cukes, tabasco, and some spices, including mint. **Reg: \$7.95/900ml** **Featured at**

\$5.95 each

— WHAT'S THE BUZZ? —

Celebrate the beauty of nature. Create a beautiful tablescape with our **Portmeirion** collection of placemats.

Three stunning patterns: **Eden Fruits**, **Botanic Garden**, **Crazy Daisy**

Easy to clean surface, cork backed, heat resistant, stain and scruff resistant

Great for entertaining indoors and outdoors.

Set of 4, Reg: \$44.00 **\$34.99**

Now on sale: Be sure to check out the coordinating serving pieces. All on sale too!

Next up will be our **Kale, Chickpea and Feta Salad**, which also contains plum tomatoes, sweet red onion, Tuscan olive oil and our white balsamic dressing. **Featured this week at**

\$1.49 /100g

Next will be Kulam's version of **Butter Chicken**. He has a deft and learned hand with spices, and I think that you will agree. **Reg: \$9.95/500g** **Featured at**

25% OFF THIS WEEK

And next, we'll be making our **Smoked Tomato Salsa** - one of my faves. It can be eaten and savoured right from the container before you put it to further use, or you could exercise the restraint that I lack, and use it with your grilled fish or chicken. **Reg: \$4.99/250ml** **Featured at**

1/3 OFF

And lastly, we will feature our **White Balsamic Dressing** — a new product that we are proud of. Best practice here is to use it on salads, grilled veggies, steamed fish...

DEL MONTE SUPER SWEET PINEAPPLES

There's no intro. Pretty much the most delicious pineapple ever! Size 5's. **\$2.99** each

PIZZA - PIZZAZ

these pies up with grilled asparagus tips, sweet and succulent sundried tomatoes, bacon and parmesan cheese, grilled veggies with bacon, does it get any better?

The Ontario asparagus that we've been getting in for the last week has been nothing short of amazing. So why not put it on a pizza? We've loaded

\$9.95 each

— TZATZIKI —

You'll need this to go with your Souvlaki and the halved new potatoes that are the usual fare when you're doing dinner. Tzatziki and the mini potatoes will be featured at 25% off this week.

Reg. \$2.29/100g and Reg. \$2.99/lb respectively.

25% OFF THIS WEEK

SOUVLAKI

We work as a team on this: we'll get all the cubes ready — but you've got to get them on the skewer. The meat is pork sirloin (there is such a cut) which we trim-up and cut into cubes, then marinate in oil, lemon juice, garlic, oregano and 'spices'. Sale price is \$4.99/lb. And we'll throw in the skewers! Incidentally, you need about 8oz. (225g) of meat per skewer. **Featured at**

\$4.99 lb.

S - TEXAN HOT - SAUSAGES

These are one of our spicier pork sausages for the grill, and I asked the friendly butchers to back-off on the heat a bit so that I could enjoy them too. They called me a wuss, but at least I can eat them too. **Reg: \$5.99/lb**

25% OFF THIS WEEK

— WHAT'S BAKING THIS WEEK? —

Our theme this week is **PECAN**, and we have dreamed up some wonderful specials for you!

PRALINES AND CREAM FLANS

- The base is made with pecans, brown sugar and butter, then filled with our white chocolate mousse alternating with layers of caramel and candied pecans. This item is also flourless, and so delicious that you can't just have a little bit. **\$12.95 & \$24.95**

PECAN PIES - Two types this week; Traditional and Chocolate. Available in two sizes. **\$5.95 & \$14.95**

CARAMEL PECAN MUFFINS - We inject caramel into the pecan muffin and also drizzle it on the top. **\$1.89**

APPLE PECAN LOAVES - Jaana thinks that this is the best loaf we make. Moist and delicious, full of sliced apples and pecans, and spiced just right. **\$5.99**

PRALINES AND CREAM CUPCAKES - White cupcake topped with white chocolate mousse, candied pecans and caramel. **\$3.49**

CARROT CAKES - First we take a few hundred pounds of carrots, peel, cook and puree them, then bake them with pecans, pineapple, toasted coconut and spices into a cake. Our carrot cake is four layers of cake filled with cream cheese icing and finished with These items will be toasted coconut and little royal icing carrots. **\$15.95 & \$24.95**

25% OFF THIS WEEK

SPECIALS IN EFFECT FROM THURSDAY TO CLOSING SUNDAY, MAY 24

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



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