

# OUR ELECTION WEEK SALE

We try to keep a very low profile during election week as many of the candidates are my friends and acquaintances, so you really need to hide-out! Being very democratic individuals we held an election earlier in the year. We had our customers vote for their faves at the store. Our sale this week will be all about your faves and perhaps a couple of ours – you could consider them to be senate appointees. Here goes...

# WHAT'S FOR LUNCH?

As a sandwich special this weekend, we'll be featuring our signature **Chicken Goat Cheese Sandwich**, one of our best sellers since we opened the cafe. This sandwich was actually created by a member of our alumni, Elysse, who some of you may remember working in the cafe, bakery and the meat department. Though she has since moved on and actually got married this past summer (Congrats!), you will still see her larger-than-life brother, Basil, working in our meat department. The sandwich has **sliced Cajun Chicken Breast**, **Roasted Red Peppers**, **crumbled Goat Cheese with a Pesto Mayo** and as always, lots of microgreens! **\$6.99** Reg. \$8.99

Sunday Brunch this week will be **Cream of Mushroom Soup with a choice of either Steak and Mushroom Stew, Chicken Pot Pie or Penne a laodka with Smoked Salmon, with a side of rice, potatoes or veg - tea or coffee and a token dessert.** Served from 12 noon - 2 pm. **\$10.95 per person**

# WHAT'S COOKIN' AT THE DELI!

We'll be starting with a **Hubbard Squash Soup**. This is one of those Senate appointees because we only get these once a year. This is probably the best-tasting squash on the planet, but it's difficult to grow, and sell, apparently. Ingredients will be maple syrup, sweet onions, Bradford carrots, celery, Yukon potatoes, and spices. **Featured at \$5.95/900ml container.**

– Next up is a **Harvest Blend Rice Salad**. We use pickled red onions, fresh corn, peas, and peppers and dress it in "orange", although it is definitely not Dutch... **Featured this week at 99c for 100g.**

– Next we will have the majority winner; our warm **Smoked Atlantic Salmon**. This has been huge with us for about 25 years – and it still is! It is fully-cooked when you get it, and you'll just need to flake it into portions to enjoy on biscuits or bread, possibly with a mustard and dill mayo dressing. **Regular \$4.99/100g.**

**Also featured this week at 1/3 OFF**  
– Next, another incumbent, **My Chili!** One of the secret ingredients in this is my Italian Sausage, along with ground beef, tomatoes, sweet onions, beans, mustard and lemon. **Regular \$7.95 in 4"x5" foils. Featured this week at 25% OFF**

# OUR STUFFED PORK TENDERLOINS

We have made these for many years, dating back to the day that we purchased our first sausage - stuffing machine. You can watch these being made at the meat counter. There will be two flavours to choose from this week; the first is our ever-popular sage stuffing with fancy dried fruits, while the second choice is a bread stuffing with dried cranberries and brie. These are easy to prepare, which is part of their appeal, and we will have cooking instruction to help out. **Reg. \$11.95/lb.**

**1/3 OFF**

**THIS WEEK** (very appealing!)

# CARCTIC CHAR

Despite popular opinion Char is a Northern Fish worldwide, not just from Canada – but we've stolen the limelight for ourselves because it is often served at state dinners and receptions. It's a delicate fish with a delicate flavour, so put your jerk spice away; you'll need to go simple to get the most out of it. **From \$19.95/lb.**

**\$14.95/lb**

**Featured this week at**

# THEATRE

This week at the Flato Markham Theatre: This from my pal Eric, "Raw talent also comes from our own backyard and the upcoming concert on October 29th featuring **Mercedes Cheung** is living proof that we have fantastic artists living in Markham! This Canadian - Chinese 12 year-old violinist has been hailed as "a true music prodigy" by experts, or how about "extremely gifted" by Donald Weilerstein and "very talented" by the legendary Itzhak Perlman. Come and see for yourself... See you at the theatre!" ...And we'll make sure that you're not thirsty or hungry!

# QUEEN BEES IN THE KITCHEN

The 1/2 price deal on **Paderno Eco-Pans** is back. These have many big features including an exceptional 25 year warranty. There are three sizes, but sadly, limited quantities. Also, coming soon will be a beautiful selection of Portmeirion tableware in a good Christmas motif. Life's good in the kitchen!

# COME HUNGRY!

There will be two sampling stations this weekend; the first is **Robert Rothschild** products of which there are many, and the second is my ever-exuberant. Friend Justyna sampling her uber-healthy **J-Bars**... and possibly something new.

# Pizza

I must admit that when I was asked to come up with a menu for our pizzas, I was extremely reluctant to include a version of a Hawaiian pizza on it. My only experiences with it were at chain pizzerias who use flavourless, watery canned pineapple that exude all their moisture as the pie cooks, leaving you with a soggy pizza. It was our chef Kulam, who suggested that we slow-roast the pineapple with cajun spices so as to take all that moisture out before it cooks.

Also on the pizza are generous pieces of our famous Maple Sugar Ham and slices of our Maple Bacon. I am a convert to the Hawaiian pizza, and I'm not alone as it has become one of our top sellers!

Reg. \$12.95 **NOW 25% OFF**

# THE BOSC PEAR

This from the youngest scribe in the family, my son, Dylan.

"At the store today I came from school empty handed as far as homework goes, to the utter dismay of my mother. But sure enough, my father put me to work writing a paragraph on the **Bosc Pear**. After trying a firm, deliciously supple sample of pear, I decided it was worthy to be in the ad. These delicacies are available from October through April. Priced at a reasonable **\$1.99 (per pound)**

They can be baked or poached, but they remain delicious fresh. Come down to the produce section and bring some home for the long autumn to follow" **99¢ lb** **These are large and local.**

# WHAT'S FOR DINNER!

We will have two winners here; the first is our **Leek and Potato Soup**, to which you could add a small wedge of Stilton for your wow factor, and the second is our **Chicken, Spinach and Mushroom Lasagna**. This will need to be finished in the oven as directed, **regular prices are \$7.95 and \$16.95; and both will be featured at 25% OFF**

# LOTS O' PUMPKINS

We received another load of pumpkins yesterday. Lots of choices! The very large ones are especially nice, but we've got mediums, smalls and very tiny, too.

# WHAT'S BAKING THIS WEEK?

**CARROT CAKES** - Our carrot cakes are made with four layers chock-full-of goodness: cooked carrots, pineapple, pecans, coconut and a bunch of spices, filled and iced with our fabulous cream cheese icing, and decorated with little royal icing carrots and toasted coconut. **\$15.95 and \$24.95**

**MIXED BERRY BRAN MUFFINS** - People tell us that our muffins are the best they have ever had anywhere around the world. I think the main reason is that we make them from scratch, using only the best ingredients (when most of the muffins out there are scooped from ready-made mixes). Every morning the muffin-making is a big production involving at least four people scooping and baking and fighting over oven space. Mixed Berry Bran has raspberries, blueberries and apples baked in. These will be made several times a day this week. **\$1.89**

**DOUBLE-ICED LEMON LOAVES** - When Cathy brings a lemon loaf home, she always asks the bakery ladies to split it horizontally and put extra icing inside. This week they will be splitting several hundred of them, so you all can have the extra icing, too. **\$6.99**

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

**SCARYDELICIOUS STUFF** is happening in our basement bakery dungeon where the ghouls are conniving Halloween goodies for you..... More details coming up on our website.

**SPECIALS IN EFFECT FROM THURSDAY TO CLOSING SUNDAY, OCTOBER 26**

Hours: Mon. ~ Fri. 8:00-8:00

Sat. 8:00-6:00 ~ Sun. 9:00-6:00

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