

SMOKED CHICKENS

These are our air-chilled chickens that we've cured and hot-smoked over oak. They are ready to eat when you get them, but I usually like to either serve them warm and portion them like a B.B.Q'd chicken, or cut them into a pasta of some sort. They impart the best flavour you could imagine, thoroughly enjoyable. The condiment that I like to use with these is Red Pepper Jelly, but I'm sure that there are others equally good!

Reg. \$14.95 each. — At the deli counter, and some warm ones as well!

25% OFF

SKEENA CHERRIES

This is a Washington State cherry that ripens about two weeks after Bings. They are large, firm and sweet — pretty much what you like in a cherry. These are '9 Row' which is meaty, and we'll have a lot to keep you going this week!

\$3.99 LB.

WHAT'S COOKIN' AT THE DELI!

Let's start with a soup, and this week it's...

Gazpacho made with vine tomatoes, cucumbers, celery, tabasco (a bit), honey, sweet peppers and 'spices'. This is available fresh in the self-serve area.

Featured at... **\$5.99**

...And next, we'll be making a Marinated Artichoke Heart Salad, with sun-dried tomatoes, sweet red onions and sea salt, all dressed in a cajun-balsamic seasoning.

Reg. \$1.89/100g
Featured at ... **25% OFF**

For dinner, we'll be making Cheese Tortellini, with grape tomatoes and fresh asparagus in a parmesan cream sauce.

4x5 foils Reg. \$7.99 **25% OFF**

And for dessert we'll have Rice Pudding, with or without raisins. This is another of those old-time comfort foods that seems timeless to me.

440ml containers.
Reg. \$4.99 **25% OFF**

WHAT'S NEW IN PRODUCE

Local Corn has begun — not the amazing stuff but still local. As well, cauliflower, all the lettuces, blueberries, some of the raspberries, cantaloupes, veggies (not all yet), and tomatoes, beans, zucchinis and very soon, early peaches and apricots.

GUINNESS SAUSAGES

These are made with coarsely-ground lean pork, a few apples as background, some mild spices all rounded-out with Guinness as the requisite moisture to make these mild and mellow.

Reg. \$4.99/lb **25% OFF THIS WEEK**

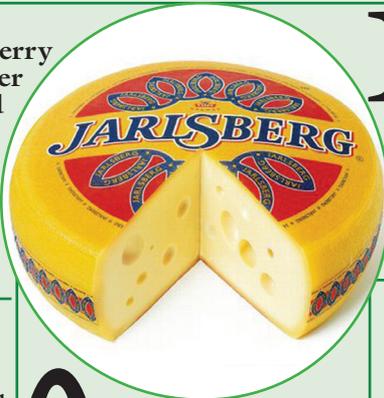
P.S. I'll have the good fortune to shortly tour the Guinness brewery, and I'm sure to come back with a trove of new ideas and recipes!

JARLSBERG CHEESE

I go back a long way with this cheese...about 40 years I'm thinking, when some of my buddies and I would spend the weekend camping at Mosport watching the car races (and being a bit silly)! I'd be the guy even then who had to bring the neat food for the meals, and this was one that was enjoyed by all, especially so when we ran out of refrigeration (ice), leaving it a bit warmer. It's still one of my faves, either on a burg, cut into a salad, on a sandwich with Italian salami, with a glass of wine... so buy some!

Reg. \$4.99/100g

1/3 OFF



FINI BALSAMIC VINEGAR

This is a timely feature as this is amazing with tomatoes, our salad greens — a caprese salad — almost anything. It's a young vinegar, so it's best for marinades and dressings.

Reg. \$10.95 each
250 ml size **25% OFF**

WHAT'S BAKING THIS WEEK

Just by chance, my peach farmer also happens to have a sour-cherry pitting operation at his farm, and the local farmers bring their crops for processing. I get the pick of the crop of these, and since this is the season, that's what we're baking with this week — and since we bought a lot, for the foreseeable future! We'll be baking...

BLACK FOREST MUFFINS These are made with lots of chocolate, and lots of cherries, and the rest is bliss!
Reg. \$1.89 each.

SOUR CHERRY CHEESECAKES Lots of cheese, lots of cherries, a hint of vanilla and you have a sublime combo of flavours. Two sizes, Reg. \$15.95 & \$22.95

FRANGIPANE SQUARES This is made in a shallow 8x5 pan with a shortbread base, a luxurious layer of almond cream (that's the frangipane part) and studded with a good amount of these cherries — then glazed. This is a room temp item! Reg. \$9.95 each.

SOUR CHERRY PIES As I'm writing this I think that these are only available with a lattice top, as full with cherries as can be without overflowing, and available either baked so it's ready to go, or frozen, so you get that home baked (and homemade) aroma at home. Reg. \$10.95 each

All these items, will be featured this week at... **25% OFF**

MALPEQUE OYSTERS

We'll have a good supply of these beauties residing in our fish counter this weekend. They come from Prince Edward Island, are nicely sized, and are renowned for their meatiness. Speaking of Prince Edward Island, what a sight it is from a plane. On our return trip from Italy we passed just to the north of it on a clear and sunny day. The Magdalens — and P.E.I. were an amazing sight — I could almost see these oysters. While supplies last..

.99 EACH

LOCAL TOMATOES

These are large enough to slice for burgers, or Jarlsberg sandwiches, or just about anything that a tomato would be nice with.

Product of Ontario! **.99/LB**

WHAT'S HAPPENIN' INSIDE?

You may or may not know that we offer next-day delivery of florals to anywhere in the G.T.A. and surrounding areas. To promote this service, our floral department is offering **25% OFF** any floral orders for delivery this week. For outside, we're going to begin with some perennials and, I'll say it softly, "some fall stuff", and by mid August we'll be rocking yet again.

SPECIALS IN EFFECT UNTIL CLOSING SUNDAY, JULY 22nd

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

4476 16th Avenue (Just W. of Kennedy)

(905) 940-0655

