

H SMOKED HAM HOCKS!

We'll have a last big production of these for the season, because hopefully it's soon going to be too warm to be thinking soup, let alone making it! When we trim our hams, we remove these with a lot of meat on the bone, so when you make soup, you've got lots to show for your efforts.

Reg. \$0.64/100g **1/3 OFF THIS WEEK**

S ~COOKED~ SHRIMP'S

These come in 1lb bags from the freezer just behind the fresh meat counter. We sell them in a medium and a large size, and the deal this week is that we'll give you a tub of our champagne dressing for them when you buy a bag. Most of my hockey buddies love these as an 'Apres Game' snack, but if you like them with the traditional seafood sauce, we'll gladly give you that instead. Med.—Reg. \$19.95/lb (31/40) Large—Reg. \$21.95/lb (16/20)

S BRASWELL'S SALAD DRESSING

Braswell's dressings are made in Vidalia onion country, so that's an ingredient common to many of these. There are many varieties to excite you, either creamy or vinaigrette style, and they are really worth a try. To clinch the deal, if you buy 1 this week, we'll give you a lettuce of your choice, either Iceberg, Romaine or Leaf lettuce — **FREE!** Reg. \$4.99 ea.

B LETTUCE BOWLS!

This is the first time that we've sold these bowls — they are basically an endless salad. What you do is clip the outside leaves as the season — and your appetite — progresses. It's as fresh as you'll get! **\$9.99 EACH**

S OUR SPICY TEXAS SAUSAGES

These are a coarsely-ground fresh pork sausage with enough spice — and heat — to be noticed. I like these either grilled and served on a bun, or cut into a pasta. Have some beer at hand to put out the fire!

Reg. \$4.99/lb

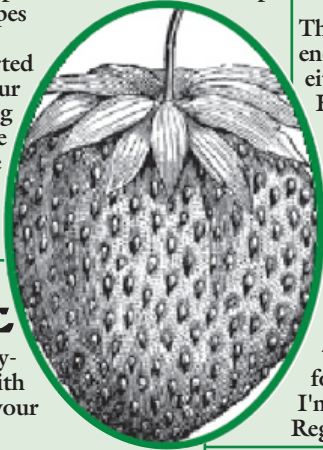
25% OFF THIS WEEK

L DOUBLE ICED LEMON LOAVES

I always know when the bakery folks want something from me, because they propose a feature on these; somewhat like a modern day Trojan horse. They know that I have an extreme weakness for these, and with these in hand,

I'm putty. Reg. \$6.99

1/3 OFF THIS WEEK



HERB GARDENS

Not only do we have all the individual herb pots, we've planted some herb gardens in various size re-claimed wood containers. It's still just a little bit too early for basil — so some of these have a vacant spot for insertion in a couple of weeks. There will be lots to see in various shapes and sizes.

While we are on the outdoor plants, we've started to fill the sidewalk up with all the good stuff. Our planting shed is in operation, and we're getting ready to beautify the neighbourhood. Sunshine ferns are in with more coming, Boston ferns have started, by the weekend there will be Geraniums aplenty, and lots more will be arriving daily. It's a fabulous time of the year!

P CHEESE PLEASE

Our feature cheese this week is our Whiskey-infused Cheddar. It's quite old, so it comes with good flavour, only enhanced by the smooth flavour of Whiskey.

Reg: \$5.70/100g

1/3 OFF THIS WEEK

G MOTHER GERANIUMS

You may not know this, but most Geraniums are propagated from cuttings, and the rather large plants that the cuttings are taken from are called 'Mothers'. A certain number of these are available for sale from geranium growers, and I usually get what I can, because this is what I plant in my garden — I don't like to wait around while these grow — I need instant show! These are available in a few colours, and they'll be a 10" size.

Super price...

\$12.95 EACH

L WHAT'S FOR LUNCH?

Grethe and her happy troupe will be making Lunch-By-The-Inch again this week, and the menu is as follows:

THURSDAY will be our Oven-Roasted Turkey with Avocado and Greens, as well as Vegetarian.

FRIDAY will be Pear and Brie with Balsamic and exotic greens as well as Roast Beef with caramelized onions, while **SATURDAY** will be Chicken Breast with Mango and Greens. Grethe and I have just finished a protracted discussion about the price, and the compromise is **\$1.99/inch** — a huge value since the bread is so wide — and full of the good stuff!

S CALIFORNIA STRAWBERRIES

These have been available in increasing supply, which means that we're getting into mid-season form (strawberry season) when they are at their best... and plentiful also means a **\$1.99 CONTAINER** more appealing price, which this week is...

P.S. — One thing that I have learned in running a produce operation is not to sweat the shortage of supply at the beginning and the end of a season, because not only is the product more expensive, it is very seldom of good quality. Best to have a plan 'B' for those times, and binge when product is 'mid-season'.

WHAT'S BAKING THIS WEEK!

We are excited about the coming of flowers, and to celebrate, we'll be making some 'Happy Spring' Cakes, festooned with, you guessed it, flowers! Now, these are not your average garden variety, as they are hand-made with fondant — which also tastes very much better than daisies! Anyway, they are either **CHOCOLATE FROSTED** or **VANILLA FROSTED**, in a variety of pastel shades. The flowers...every colour under the rainbow. Two sizes, \$14.95 and \$22.95 for Chocolate, and \$12.95 as well as \$19.95 for Vanilla.

25% OFF THIS WEEK

WHAT'S COOKIN' AT THE DELI!

Firstly, we'll be making our amazing Mango-Rice Salad. This is made with organic brown rice, Haden mangoes, toasted pecans, diced peppers and sweet onions, all dressed-up with a mango vinaigrette!

Reg: \$1.69/100g.

1/3 OFF THIS WEEK

— And, we'll be making soup too! In this case, Clam Chowder, New England style with cream. This usually sells out very quickly, so we're making more than usual — but don't leave it too late!

Reg: \$9.95 container

25% OFF THIS WEEK

— And there's more! You may have noticed a lot of vacancies in our frozen fridges as we've moved from our Bullock Rd. commissary to be onsite. There have been the inevitable delays, but we are now in production, and our first feature item is Doreen's Shepherd's Pie in both the personal and larger size. We keep records of the sales of all these items, and this is #2 on the all-time list — must be good!

Reg. \$7.99/\$14.95 each

25% OFF THIS WEEK

SPECIALS IN EFFECT UNTIL CLOSING SUNDAY, MAY 6th

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

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