



Hey guys, hope your first few days back at school and work from your summer holidays are flying by with ease. As for me, it has been bit of a struggle ...so..... I'm late with completion of the ad this week. So here are our featured items in a different format than what you are used to.

What's Baking?

Plum and Ginger Coffee Cake

A wonderfully moist and flavorful cake with spiced plums and candied ginger with cooked custard filling in the middle and a pecan streusel on the top. Regular: \$ 18.95

Banana Bread

We have a lot of ripe bananas perfect for baking, so our large banana bread is on sale this week!
Regular: \$6.99

Pear Pecan Ginger Scones

Fresh diced pears, toasted pecans and candied ginger...my favourite scone! Regular: \$1.69

Passionate Raspberry Mousse Cake

This is a nice light cake with layers of passion fruit and raspberry mousse between white cake layers, topped with raspberry coulis. Regular \$24.95

ALL OF THE ABOVE ITEMS ARE 25% OFF

We are also starting to bake our wonderful pumpkin pies this week, as well as our pumpkin muffins, coffee cakes and Danishes.

Pizza Pizzzza

The beginning of September may mark the end of summer and kids going back to school, but most importantly it denotes the start of the NFL season and the end of any productivity on Sundays. To celebrate, we will feature our Buffalo Chicken Pizza, topped with grilled chicken breast, caramelized cippolini onions (those little, sweet ones) and a little blue cheese, all atop our homemade buffalo sauce. We will also have complimentary dipping sauces.

Regular \$12.95 NOW 25% OFF

What's Happenin' Inside?

"You'd be hard pressed to find a florist that can pick one favourite flower, but **Local Ontario Dahlias** are definitely at the top of my list. Though their arrival typically marks the end of summer, I still get excited when our growers call to tell us their crops are ready. I love dahlias so much that I picked our wedding date based on their availability! This week we will have a large selection of these beauties in every colour you can imagine. We also have some beautiful crystal vases in a variety of sizes – perfect for displaying a

bouquet of fresh seasonal blooms." ...from our florist Erin. **\$4.99/ BUNCH OF 5**

For our Jewel 88.5 listeners here is the logo!
(Between "What's Happenin' Inside" and "What's For Lunch?")



What's For Lunch?

Croissants rule this week! There will be Turkey and Cheddar, as well as Maple Sugar Ham and Swiss, both with field tomatoes, and lots of organic greens. **\$5.99 each this week**

What's Cookin' at the Deli?

We'll start with a **Nicoise Couscous**, with sweet onions, sweet grape tomatoes, little black olives, some snipped basil and green beans prepared with a lemon vinaigrette.

Regular \$1.89/100 now 1/3 off

Next, we'll be making our **Teriyaki Glazed Atlantic Salmon** fillets. These are individual portions, fully cooked. So you just gently warm them (or not) for serving.

Regular \$4.59/100g Featured at 25% off

Next item up will be our B.B.Q. Chickens. These are a larger size than most. In fact we had to modify our machine to accommodate them. They are flame-broiled to perfection, and the "proof of size" is in seeing how many you can serve with one of these. **The deal here is that you get a free medium coleslaw when you get a chicken.** It's about a \$6.00 value....and just so you know, we make the slaw fresh every day.

From our frozen section, you'll find a deal on a soup and dinner. The soup is our **Curried Squash and Apple** - a perennial favourite, and the dinner is our **Beef Stroganoff**. It's fully cooked and will serve 3-4

Soup :\$7.95 now 25% off

Beef Stroganoff \$20.95 now 25% off

Sage and Onion Sausages

This is one of our milder sausages that will work equally well either grilled or oven roasted with mashed potatoes and gravy!

Regular \$5.99 NOW 25% OFF

All specials are available starting Thursday September 4 until closing on Sunday September 7 2014, or while supplies last.