

FREE RANGE TURKEYS

We've sold these amazing turkeys for nearly 30 years. Although the farm has passed from father to son, it's the same growing and processing technique that produces what we, and many others feel are the best turkeys available. What makes them so good? It's simple really. Firstly, they eat lots of grain and corn, as much or as little as they want, because they run loose. Add to this a gentler de-feathering process which leaves more of the flavour (and the odd feather) with the turkey, and you'll have a bird which exceeds your expectations without the aid of the artificial enhancements that Butterballs and other pre-basted turkeys receive. Ours are moist (naturally), tender and full of flavor, and they cook a bit quicker as well. The turkey sizes this year will be on the large size, starting at 14-15 lb. up to 21 lb., and then we'll have Tom Turkeys in the 24-28 lb. range. If it were left entirely up to me, I would pick one in the 17-21 lb. range. They are the heavier hen turkeys, all with a bit more meat on their bones, and more succulent meat at that. Should a whole turkey be too much for you to handle, we do section them into whatever portion would be suitable. There will be boneless breast roasts, in sizes from 3 lb. to 10 lb., and they can be had either stuffed with our Sage & Onion Stuffing, or au naturel. We also make stuffed boneless thighs, which are my fave. **Organic turkeys are also available at \$5.49/lb. They're around 15-16 lb. each. We only have a limited quantity. Please order ahead.**

\$3.59
/lb

WHAT'S FOR LUNCH?

As we continue with our fall harvest theme, we are making a **Smoked Turkey Sandwich** on freshly baked harvest grain bread. For this, we start with our smoked turkey of course, and then a homemade herb mayo, granny apple slices, organic arugula, thinly sliced red onions, and a slice of sharp white cheddar...all for \$5.99 each.

Also available are 16 oz size **Pumpkin Lattes** at \$2.99 each.

Sunday Brunch will be our **Chicken Soup** with Orzo and Rapini, with either **Stuffed Pork Loin Roast with Gravy**, **Chicken Cacciatore** or **Penne Carbonara**, with either rice, potato or vegetable, tea or coffee, and something small for dessert. **Cost is \$10.95 per person. Served from noon until 2:00pm.**

WHAT'S FOR DINNER?

From our frozen section we'll be featuring our **Cream of Local Cauliflower Soup** and our **Air-Chilled Chicken Breasts** in a Porcini Mushroom Sauce, a fave of mine! Regular retails are \$7.95 and \$20.95 respectively, and both will be featured this week at

25% OFF THIS WEEK

PASS THE CHEESE PLEASE

We will have a feature on a **Creamy Cheddar with Balsamic-Infused Onions**. At room temperature it is at its best, as it is now as I nibble away. Delicious!

1/3 OFF THIS WEEK

PIZZA PIZZAZ!

This week we'll be baking up a traditional Italian classic, a **Pizza Bianca!** We start with a base of olive oil and rosemary, before we stack on bacon and a layer of roasted Yukon potatoes sliced razor thin. We finish the pizza with onions sauteed in balsamic vinegar and a mixture of mozzarella and Gruyere cheeses.

1/3 OFF THIS WEEK

SMOKED TURKEYS

We make amazing Smoked Turkeys, probably because we start with our amazing fresh turkeys. These are becoming increasingly popular, especially with our Asian customers. It seems that we always make a few less than what we need, which causes a few problems. **If you would like one, it MUST be ordered in advance—before October 6th—because it takes a week to get them ready.** Secondly, be sure that you specify 'smoked' turkey, otherwise it goes on the list for regular turkeys.

\$5.99
lb.

WHAT'S COOKIN AT THE DELI

We'll start out with **Parsnip and Apple Soup**, made with local Bradford 'snips, with sweet roasted onions, apples, garlic, ginger, chicken stock, and herbs. **Featured at \$5.95 for a 900ml tub.** Next, we'll be making a **Citrus Quinoa and Kale Salad**, and it includes diced peppers, red onions, field tomatoes and feta cubes, all dressed in a citrus vinaigrette. **Feature price will be \$1.79/100g.** Next course will be our **Maple Roasted Atlantic Salmon Fillets with a Fresh Lime Glaze.** It will be fully done when you get it, so you can enjoy it as-is or gently warmed. **Reg. \$4.59/250ml, featured at 25% OFF this week.**

And lastly, Kulam will be making an **Apple, Pear and Date Chutney.** This is a savoury condiment which will complement any roast fowl or pork, old cheddar, and definitely brie.

WHAT'S HAPPENING OUTSIDE?

We've got pumpkins and squash of all shapes, gourds and minis as well. The last lot of fall planters is in and they're looking great! Moving indoors, we've got fall garnishes, fall arrangements, wreaths, and bouquets. Life is good. We will also be making a selection of imaginative fall floral arrangements to get your house in the mood as well, sharply-priced at \$20.00 each.



OUR BRATWURST SAUSAGE

This is another of those German specialties that we make, and we use German beer to make them. When I was a young guy just starting out, I worked in a delicatessen and the 'meister' wouldn't let me make these for the longest time. I think of him every time I make a batch of these. I think I can safely say we have these 'meistered', and you'll enjoy them!

25% OFF THIS WEEK

CUT SQUASH & TURNIP

This is the time of the year our produce guys get busy peeling and chopping bins of butternut squash and turnips – something that's difficult to do at home, but easy for us!

WHAT'S BAKING THIS WEEK?

I love this time of the year as there are so many wonderful things to bake with. This week we are baking with cranberries. We have some old favourites and also some new inventions for you!

CRANBERRY PECAN PIES \$14.95

Seems to me that Canadians love their pecan pies. This week we are adding fresh cranberries into the mix. White chocolate drizzled!

CRANBERRY BRAN MUFFINS \$1.89 each

Loretta and Jeannette at the bakery counter tell me that they hear from customers that our muffins are "the best anywhere". I think that is because we make them from scratch (just like everything else we do) and they are more like mini cakes than muffins. This week we are adding some cranberries, apples and orange zest to our bran muffins.

CRANBERRY HARVEST LAYER CAKE \$17.95

This is something new we created this fall. The cake part is a moist sour cream cake with crushed pecans, cranberries, spices, and a bit of orange. It is filled and covered with white icing and finished with maple caramel drizzle and autumn leaves.

CRANBERRY SHORTBREAD \$9.95

Our beauty all-butter shortbread studded with dried cranberries.

CRANBERRY BUTTERTARTS \$6.99/ package

This is one of the staples in our bakery. Old-fashioned butters tart with crushed cranberries, drizzled with white chocolate.

CRANBERRY ORANGE LOAF \$5.99

Slice of this is a perfect accompaniment to that cup of coffee or tea...

ALL THESE ITEMS ARE

25% OFF THIS WEEK

SPECIALS IN EFFECT FROM THURSDAY TO CLOSING SUNDAY, SEPTEMBER 28

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

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

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