

FRESH COD FILLETS CAULIFLOWER

Perhaps the most versatile fish out there. Excellent roasted, pan seared, but really shines when it's fried. This is my go-to for tacos. Secret to a great fish taco first and foremost is to batter and fry the fish, forget grilling it, as it gets way too soggy too quick! Then you're going to top it with sliced avocado, shredded cabbage, cilantro, a splash of lime, and here's my favourite...thinly sliced matchsticks of apple. May sound odd, but a Granny Smith lends a nice crunch and acidity to the whole dish. **Featured at:**

\$15.99
POUND

Gi-normous local cauliflower. And when I say local, I mean local! These are grown by our friends up the street at the 19th Avenue Farmer's Market. Stunningly fresh and the size of your head, we'll also have the heirloom varieties as well: purple, orange and green. **Featured at:**

\$1.99
EACH

RED GRAPES

At the market, I marked up a skid of particularly attractive red grapes. Crisp, sweet, refreshing, an excellent snack. **Featured at:**

\$2.99
POUND

STUFFED PORK TENDERLOIN

We'll have Stuffed Ontario Pork Tenderloins on sale this week. We'll have two different stuffings available, the first being our signature Sage & Onion, the same mixture that may have been in your turkey last week with an addition of dried fruit. We'll also have a Cranberry and Brie stuffing to mix it up. We'll also have these 'au naturel' for those of you who can do without. These are super easy to cook, just roast at 350° for 45-50 minutes. **Reg. \$11.95/lb**

25%
OFF

WHAT'S COOKING AT THE DELI?

Firstly, we'll start off with a relatively new salad, one of Kulam's creations that I fell head over heels with upon trying it a few months back, our **Lemon Orzo Salad**. Tossed with fresh cucumber, grape tomatoes, taggiasca olives (those sweet petite black ones in oil, to die for!), dill and crumbled feta in a lemon dressing. **Reg. \$2.99/100g**

Staying in the same flavour profile, because why not, it works, we'll have our **Greek Chicken Soup**. This is in a rich chicken broth with tomato, loaded with white meat, carrot, celery, and rice with lemon and oregano. If you're feeling a nip under the weather, this will fix you up in a jiffy. **Reg. \$8.99/900ml**

Next up, we'll have a **Teriyaki Chicken Stirfry**, with onions, peppers, celery, lemongrass, served over noodles. Super easy, tasty, nutritious and delicious. **Reg. \$9.99/500g**

Our sous-vide of the week will be a **Salmon Fillet in a Lemon Dill Butter**. We roast salmon until it's super moist and cooked to perfection, then vac-pack it with a medallion of our homemade butter. You take it, put it in a pot of boiling water for ten minutes and you get a beautiful piece of salmon that's poached in delicious, rich butter. If that doesn't sound good, I don't know what does! **Reg. \$5.99/100g**

Lastly, we'll have our **Caesar Dressing**. This is my grandmother's recipe that goes all the way back to our humble beginnings on Markham Main. Making it was also one of the first jobs I was given when I worked in the kitchen many moons ago. I was constantly amazed by the sheer number of ingredients that went into it to give it just the right flavour profile. Obviously Doreen had it down to a science, as it's been selling like crazy since day one. **Reg. \$5.99/250 ml**

WHAT'S FOR LUNCH?

In the aftermath of Thanksgiving, your fridges are most likely loaded with turkey or ham, so we thought it best to change it up from our regulars and feature our highly underrated **Tuna Salad Sandwich**. This isn't your typical run-of-the-mill tuna salad however, we load this on sliced Ancient Grain Bread with sliced red onion, avocado, bell pepper and head lettuce. Not only is it colourful, it's also super tasty. Admittedly, I'm not a tuna salad guy, but there's a super loyal customer, Harley, who comes to the store a few times a week and always asks us for one, which we started doing regularly just for him and it's been selling well ever since. **Featured at:**

\$7.49
EACH

Also...don't miss out on **Halibut and Chips on Friday!** \$11.99 a plate...best deal in town!

CHEESE, PLEASE

We're going to feature a pair of specials. The first is a **Smoked Havarti**. Super creamy, not too salty, just the right smokiness. This will be awesome on a turkey sandwich, but just as at home on a charcuterie board.

25%
OFF

The second I'm really jazzed about. We are featuring the **Juliette** cheese from Salt Spring Island in British Columbia, a **Camembert** made from goat's milk. There are two varieties: a **plain**, and a **light blue**, not too salty, super creamy, unbelievable flavour.

25%
OFF

GUINNESS SAUSAGE

Simply put, this is the best sausage we make at the store...at least in my opinion. We start with coarsely - ground lean pork, some mild spices and use the iconic stout beer as the requisite moisture. There are two ways I like to enjoy these. First, I like to steam them with some sauerkraut and then brown them in a hot pan to give them a crispy finish. And secondly, grilled and then served on a bun schmear with a sharp mustard and topped with crumbled bacon and extra old cheddar...sheer deliciousness! **Reg. \$5.99/lb**

25%
OFF

ALL 25% OFF

WHAT'S THE BUZZZZZ?

Get inspired! Embrace the bounty of the harvest and turn fresh fruit and vegetables into healthy, creative and delicious meals with the **Paderno Spiral Slicer**. It comes with 3 interchangeable stainless steel blades which give perfect cuts in just seconds. **Reg. \$41.99 each**

\$29.99
EACH

Also, Linda and Karen are just back from Cortona and have so much to share regarding their experiences and love of food. Cortona happens to be the home town of Frances Mayes, author of - *The Tuscan Sun Cookbook* and they have decided to base a cooking class inspired by their trip and this amazing cookbook. They will be demonstrating and serving their favorite recipes from the cookbook, that they tasted at their Villa in Cortona. There are only a handful of spaces left for this class, so don't delay in registration. **Wednesday October 18th @ 11:30 am. Cost: \$69.99 + hst per person** which includes a copy of Frances' cookbook.

If something hands-on is more your style, join Karen and Linda at their **Hands-On Pie Cooking Class on Tuesday October 24th**. You will learn to make a pocket pie with a perfectly rich and flaky crust everytime. They are amazingly versatile and great fare for breakfast, lunch and dinner. For more information, check out our calendar of events online at www.thevillagegrocer.com.

AISLE FOUR

We're keeping it real seasonal this week with an abundance of autumnal apple-ly awesomeness! First off, we'll have **Wellesley's Apple Cider** (Reg. \$8.99/1.89L), the big ol' bottles of well-balanced sweet and tart apple cider that we display in our produce section always. We'll also have **Wellesley's Apple Butter** (Reg. \$4.99/250ml), delicious on a slice of sourdough bread, even better melted over a pan-seared centre-cut pork chop. Lastly, for you healthy snackers out there (*I am most definitely excluded from that category*), we'll have **Martin's Apple Chips** (Reg. \$4.99/bag). These are crispy, dehydrated apples, nothing artificial or fried, just the sweetness of apples with an awesome crunchy texture.

25%
OFF

All three items:

WHAT'S BAKING THIS WEEK?

Pina Colada Shortcake - Andrea made this up as a one-off for a catering we did months ago and it was a massive hit. Our white sponge cake soaked in rum simple syrup and layered with Kulam's own pineapple rum jam and fresh whipped cream. Garnished with toasted coconut. **Sublime! Reg. \$5.99/Small: \$24.99 each**

Caramel Apple Buttermilk - Our standard hand-pressed pastry shells filled with our classic buttermilk filling loaded with cooked spiced apples and a generous drizzle of caramel on top. **Reg. \$9.99/pack of six**

Raspberry Passionfruit Mousse Cake - This is a new one. We wanted to do a mousse cake as it has been a while, and I'm always pushing for something with passionfruit (so underrated). Three layers of white sponge spread with seedless raspberry preserves, layered with tangy passion fruit mousse. Garnished with white chocolate and fresh raspberries. **Reg. \$26.99 each**

ALL 25% OFF

ROASTED VEGETABLE PIZZA

Chef Linda will be serving up a **Roasted Vegetable Pizza** this week. Kind of like a ratatouille pizza with roasted eggplant, zucchini, grilled peppers, caramelized onions, and crumbled goat cheese on your choice of either Basil Pesto or Sundried Tomato Pesto. **Featured at:**

\$12.99
EACH

SPECIALS IN EFFECT FROM THURSDAY TO CLOSE, SUNDAY OCTOBER 15

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



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