

COD ATLANTIC FILLETS

Perhaps the most versatile fish out there. Excellent roasted, or pan-seared, but really shines when it's fried. This is my go-to for tacos. Realize this may defeat the whole eating thing, but the secret to a great fish taco first and foremost is to forget grilling it, 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:**

\$14⁹⁹ POUND

ABATE PEARS

I've always been a sucker for pears. I'll take a juicy, perfectly ripe pear over a crisp apple any day of the week. These gigantic pears are quite rare, only grown in Italy and flown over. I took a couple home this past weekend and as I sat there trying my best not to let the flood of juices dripping down my chin get all over my shirt I remembered how incredible these are. These have the crunch of a bosc with the juicy sweetness of a Bartlett with floral notes (trust me, I know how stuffy and wine-snobbish that sounds but it's true!) These don't turn colour as they ripen, so the way to tell is to lightly squeeze the top, once it has a little give, you're good to go.

\$1⁹⁹ POUND

GRANOLA AISLE FOUR

If you read my longwinded blurb on white grapefruit, you'll know I'm a man who has deep-seeded convictions when it comes to breakfast. We'll be featuring my favourite go-to morning combo, the best one since bacon met eggs: **Yogurt and Granola**. If you've come to the store on Fridays and Saturdays for the last few months, you'll know we're now carrying **Blackbird Bakery** bread. They also happen to make a kickass **Granola** (Reg. \$12.99/package) which I've become quite enamoured with; loaded with oats, almonds, pecans, walnuts, cranberries and sultanas, it's hard not to.

25% OFF

To go with it, we'll also have my favourite **yogurt, Sheldon Creek Dairy** (Reg. \$5.49/container), locally produced in Loretto, Ontario. Available in three flavours: **Vanilla, Raspberry-Maple and Plain**. All you have to do is scatter a handful of blueberries and a drizzle of maple syrup and you have the best way I know to start a day.

25% OFF

THE GREAT FREEZER BLOWOUT

It may not even be mid-January yet, but we're embarking on some spring cleaning, starting with our freezer. Two of our soups, actually two of my favourites: the **Cream of Tomato** and the **Cream of Cauliflower** (Reg. \$8.99/900ml) are both going to be half off for the weekend. We'll also have one more half price item, our **9th Turkey Pot Pie** (Reg. \$17.99/each). This is super easy to take home and cook, just give it an eggwash and bake it for an hour at 350°F until it's golden and bubbling. An excellent meal for up to four people!

50% OFF

ARCTIC CHAR

I'm a big fan of **Arctic Char**, it's always struck me as the perfect compromise between a trout and a salmon in both size and fattiness. We're trying a new variety this week, sustainably raised in Iceland. The colder waters give the fish a firmer flesh and higher fat content (juicier) than our regular fish. Slow-roasting this fish will keep it ultra-moist and flavourful. I like to combine equal parts mayo and a grainy mustard (the Peppercorn Mustard from Sarafino works perfectly here) along with fresh tarragon, dill and lemon zest, liberally coating the fish before roasting it for 30 minutes in a 300-degree oven.

\$19⁹⁹ POUND

MARINATED CHICKEN BREASTS

We'll have three flavours of **Chicken Breast** this week. Firstly, we'll have our most popular, **Maple Mustard**, alongside my favourite **Hyatt** (a curry BBQ sauce we found in Bon Appetit years back), **Jerk**, or just au naturel if you prefer.

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PIZZA PIZZAZZ

Our pizza of the week will be loaded with juicy chicken breast, spinach sautéed in garlic, caramelized mushrooms and grated parmesan cheese on a base of tomato sauce. Definitely will be helping myself to one of these!

\$13⁹⁹ EACH

WHAT'S BAKING THIS WEEK?

We thought about doing low-cal options for the bakery... but let's be real, that's no fun. The diet can always start tomorrow...

Pineapple Upside-Down Cake - We start with brown sugar caramel in the bottom of the pan onto which we lay rings of fresh pineapple and maraschino cherries, then we add the butter cake batter to the pan... bake, flip and finish with apricot glaze. **Reg. \$25.99 each**

Evan's Lemon Cookies - (Andrea here) I vividly recall the day about 10 years ago that Evan came up with this idea. We were baking lemon loaves and a few had bubbled over out of the pan and as Evan ate all of the soft baked blobs of lemon loaf, he said we should make these all the time as a new cookie, half dipped in chocolate. Thus a new cookie was born by piping our lemon loaf batter onto trays and baking them into soft cookies, half dipped in dark chocolate of course - packed into containers. **Reg. \$9.99/container**

Coconut Buttertarts - AKA "Bill Dawson Buttertarts", named after one of our most beloved customers after he requested that we try making these. They have been a mainstay on our shelves for many years. Hand-pressed tart shells filled with shredded coconut and drowned in our tarttart filling baked till the coconut centre is chewy and the surface is crunchy. **Reg. \$9.99/6 pack**

ALL 25% OFF

WHAT'S COOKING IN THE DELI?

I'm a big fan of healthy eating, as long as it doesn't compromise on flavour. You can't just chop some kale on any meal and expect it to be good. We've selected some of our healthier options that don't hold back starting with our **Chicken, Chickpea and Cabbage Soup**. **Reg. \$8.99/900ml**

We'll also have our **Black Bean and Kale Quinoa** with onions, peppers, feta and a really zippy lemon vinaigrette that just brightens this up. Such a great all-purpose side dish. **Reg. \$2.99/100g**

Next up, we'll have a **Teriyaki Beef Stirfry**, with onions, peppers, celery and lemongrass, served over noodles. Super easy, tasty, nutritious and delicious! **Reg. \$10.99/500g**

We'll have a **Chicken Breast Stuffed with Cranberry, Brie Cheese and Fresh Herbs**. **Reg. \$5.99/100g**

I'm a big fan of Hollandaise sauce (AKA breakfast gravy), which is why I'm so excited for our sous-vide special this week: our **Salmon Oscar**. Pop the bag in boiling bag for ten minutes and you'll have an uber-moist salmon fillet in rich hollandaise alongside black tiger shrimp and steamed asparagus! **Reg. \$5.99/100g**

And lastly, throwing health out the window, we'll have our homemade **Caesar Dressing**. My grandmother's recipe. It's the bomb! Side note: don't hesitate to pick up the romaine that we have. There has been no recall and we only sell Andyboy, which has had no problems with food safety. **Reg. \$5.99/250ml**

ALL 25% OFF

WHITE GRAPEFRUIT

Perhaps nothing is more iconic from my childhood diet than a half grapefruit, lightly sprinkled with sugar served with one of those little serrated spoons. That might not be saying much, as I didn't exactly have the most expansive diet, but this was certainly a daily staple. It was usually a ruby red grapefruit but whenever mom would bring home a white one it was quite the treat as they are consistently juicier and always sweeter. However, through intensive marketing programs by Florida farmers promoting ever-redder versions of the fruit, the white variety has seemingly disappeared. As the produce buyer of the store and a sucker for nostalgia, these are something I always try to have on hand even if they don't sell quite as well as their colourful cousins. On the early hours of Monday morning when I stumbled into the market and the first thing my eyes landed on was a stack of massive 27-count boxes of white grapefruit (it's nearly impossible to find anything larger than a 32-count), I knew it was going to be a good week. Come and taste the difference for yourself, I promise these are amazing. **Featured at:**

99¢ POUND

SPECIALS IN EFFECT FROM THURSDAY TO CLOSE, SUNDAY JANUARY 14

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



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