

ATLANTIC COD FILLETS

It's **Maritimes Week** at the Grocer and where else would we start but with **Cod**, that mild-flavoured, firm-textured whitefish that underpinned the entire economy of the region? Aside from perhaps the lobster, nothing is more emblematic of the Maritimes' cuisine. Grilled, fried, roasted, broiled, you can't really go wrong! Cod lends itself to being paired with more assertive flavours such as bacon, olives, lemon and herbs. **Featured at:**

\$14.99
POUND

P.E.I. MUSSELS

I love, love, love **Mussels!** I feel they don't get a lot of love in home kitchens, but they are incredibly easy to cook and can be taken in so many different directions. Just pick out any that are open (and don't close up when tapped) and run under cold water. I love to take one of our chorizo sausages out of its casing, fry it in olive oil with minced garlic, diced onion and then simmer in your favourite tomato sauce, add in the mussels, cook for 3-4 minutes with a lid on and finish with a generous handful of chopped Italian parsley. Don't forget to pick up a sourdough baguette to soak up all the juices, that's really the best part! **Featured at:**

\$5.99
2LB

XL CANTALOUPE

It's been a long time since we've featured 'opes on sale as I find most at the market to be interchangeably disappointing throughout the year, especially during the winter months. One look and a squeeze of these jumbo size 9 melons and I knew we were in for a treat. They're nice and firm, super sweet when ripe. **Featured at:**

\$1.99
EACH

WHAT'S BAKING?

Usually we do a wild blueberry theme to coincide with our Maritime theme, but as they just came into season and the price of a basket is roughly equivalent to a week of my rent, I thought we'd go with **Raspberries** instead.

Raspberry Pie - Even though apple is our perennial bestselling pie, I think that raspberry is the best and it's not even close. We'll have these in both lattice and crumble top and either freshly baked or frozen for you to bake at home or take up to the cottage. **Reg. \$12.99 each**

Raspberry Green Tea Jelly Roll - A new creation that I've wanted to try out for ages. We roll up our traditional jelly roll sheet with a matcha-infused whipped cream and a ridiculous amount of fresh raspberries. **Reg. \$22.99 each**

Raspberry Oatmeal Cookies - I got a collective groan when I told girls behind the cake counter that these would be on sale. It's a ton of work, resulting in a sticky mess but it's a worthwhile labour as they're freaking fantastic! **Reg. \$8.99/container**

Cathy's Raspberry Cake - AKA the present cake, AKA my mother's favourite cake in existence, and she's not alone, it's got quite the following. Three layers of vanilla sponge with white icing and raspberry puree in between. **Reg. \$25.99 each**

ALL 25% OFF

CHEESE, PLEASE!

We'll have the **Avonlea Clothbound Cheddar**. I see Caroline grimace whenever this is on feature as it takes a miniature Herculean effort to rip through the cloth to get to the extra old goodness encased below. A great snacking cheese, try on a cheese board paired with our Smoked Pecans. **Reg. \$7.99/100g**

25% OFF

WHAT'S THE BUZZZ?

Bring the scent of the sea indoors with **Lampe Berger's Atlantic Tide**. This fragrance is fresh and invigorating, with notes of woody sandalwood, cedar and patchouli. Available in two sizes. **Reg. \$24.00/500ml and Reg. \$40.00/L**

Starter Kits: Two mini fragrances and lampe with wick. **Reg. \$49.00/kit**
While supplies last.

20% OFF



SPECIALS IN EFFECT FROM THURSDAY TO CLOSE, SUNDAY JULY 15

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

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ORGANIC BERRY BLOWOUT!

Go to any store this weekend and I'll pretty much guarantee you'll see blueberries in the flyer. The east coast crop starts in Florida, working its way north through Georgia all the way to New Jersey and then further up to Michigan, Ontario and Nova Scotia. By the time New Jersey berries are in season, there's usually a ton at the market and you can get them at bargain prices. With the terrible weather they had throughout the growing season, the resultant berries are quite soft and many have a lingering bitterness. I looked to the west coast crop instead. You might pay a wee bit more for these but in terms of a crunchy and sweet berry, you cannot beat the full pint **Organic Driscoll Blueberries** out of Oregon.

I didn't want to stop there though, so I also picked up a full pallet of **Organic Raspberries**, as well. They're ridiculously firm and super sweet! **Featured at:**

\$2.99
EACH

MOOSEHEAD SAUSAGE

These are a mild pork sausage we make with diced fresh apple and that iconic East Coast lager. Fire up the grill and enjoy with a bottle of the titular brew. **25% OFF**

Reg. \$6.99/lb

LOBSTER ROLLS!

These used to be a big deal at the café that we'd do once or twice a year. Our phone would be ringing off the hook, people would be lined up as our grill ran out of space to toast brioche rolls. However, in the last three years the price of lobster meat has rebounded from historic lows to insane new heights so we haven't featured these in a long time. However, I miss them so I thought we'd do them again for one weekend and just sell them at cost. So you'll get one insanely delicious **Lobster Roll** on a freshly toasted brioche with a bag of chips. **\$14.99 COMBO**

Featured at:

WHAT'S COOKING AT THE DELI?

We'll start with our **Ocean Salad** where we mix ample amounts of über sweet baby shrimp with basmati rice alongside baby spinach, diced bell peppers and onions in a light lemon aioli dressing. **Reg. \$2.99/100g**

Next up, we'll have **New England Clam Chowder**. Creamy, salty, mellow, one of my all time faves. **Reg. \$10.99/900ml**

As most of our salmon comes from the east coast, we definitely needed to feature something, so Kulam made up a **Blackened Five Spice Crusted Salmon**. **Reg. \$5.99/100g**

Next, we'll have a **Fettuccine with Clams in a White Wine Sauce**. **Reg. \$10.99/500g**

ALL 25% OFF

And finally, our pizza may be authentically Italian, so we'll say this is from Italy's East Coast...**Potato and Moosehead Sausage Pizza**. Crumbled sausage, rosemary and boiled potato on the best crust in town. **Featured at: \$3.99 SLICE**

THURSDAY NIGHTS AT THE BANDSTAND

Next **Thursday, July 19**, Thursday Nights at the Bandstand and Catech Systems/Peopletogo presents **Elton John** and his magnificent tribute to Elton John on a special night dedicated to the life of David Conforti and Autism Ontario-York Region a sure to be packed night so get there early!!

Consider picking up a pre-concert take out meal at the store to enjoy on the piazza at the Millennium Bandstand corner of Fred Varley and Main Street, Unionville. Live concerts every Thursday evening 7:30 - 9:00 all summer long!!!!

AISLE FOUR

The East Coast is known for their wild blueberries, so it only seemed natural that we feature Evan's fave **Wild Blueberry Jam** this weekend. These berries are actually sourced from Northern Ontario, but that's besides the point. What's important is that it's delicious, and the price is on point! **Reg. \$8.99 jar**

We'll also have **Covered Bridge Potato Chips** in a variety of flavours. One of my vices in life is salt and vinegar chips and these are as good as it gets! **Reg. \$3.99 bag**

No trip to the East Coast is complete without a scoop of ice cream from **Cows' Creamery**. We may not have their ice cream, but we do have their indulgently delicious **Butters** on sale. **Reg. \$6.49 each**

Last but not least, we'll have **Anne of Green Gables Raspberry Cordial**. Quite sweet, delightfully effervescent and in a beautiful little glass bottle with everybody's favourite redhead on it. **Reg. \$2.99 bottle**

ALL 25% OFF

SALMON BURGERS

We featured these back in May and they were a resounding success. We season these with lemon zest, dill, dried mustard, salt and pepper and they are begging to be served with our homemade tartar sauce on a soft kaiser roll. **\$19.99 POUND**

Featured at:

WATERMELON FETA SALAD

This is something I've served at home for years, but only recently thought to prepare it for the store. We handpick the ripest, sweetest watermelons, mix them with crunchy blueberries and fresh mint, all topped off with a crumble of feta cheese. We had this on special a few weeks back and couldn't keep up. The absolute perfect summer salad! As refreshing as having a pool in your backyard at a fraction of the price. **Reg. \$14.99/ bowl**

1/3 OFF