

NEBRASKA PRIME

STRIPLOIN STEAKS

I checked the weather at the beginning of this week and it looks like we've got at least one last kick at summer. What better way to celebrate than with some remarkable steaks to grill up? A lot of beef purists, Evan included, might judge me for saying so but striploins are my fave, even more so than ribeyes. I have a bad record of being a little too rough with my ribeyes on the grill and having the string untie on me so I'm left with three small pieces and often, an unimpressed guest. No chance of that with a **Striploin** and also, no large chunks of fat, just uniform marbling, ensuring each bite is melt-in-your-mouth flavourful. Reg. \$24.99/lb

25% OFF



\$1.99 EACH

ONTARIO

BARTLETT PEARS

Really, what's more sensual than perfectly ripe, seasonal fruit? Seriously, an in-season pear is perhaps the most underrated piece of fruit in the produce aisle: the delicate perfume as it reaches peak ripeness, its rich juiciness that can rival even the best peach, its supple golden flesh...what's not to love? These are a large size, you'll find them to be stunning when they ripen. Featured at: **99¢** POUND

GUNN'S HILL

ARTISAN CHEESE

I'm a big fan of the **Gunn's Hill Five Brothers Cheese**. It is a remarkably delicious morsel, reminiscent of a salty cheddar. We will be featuring both the **Oxford** (Reg. \$6.49/100g) and the **Handeck** (Reg. \$6.99/100g). I've taken several chunks home and they've become a mainstay in my fridge. The cheesemakers also sent us a **Five Brothers Reserve** (Reg. \$8.99/100g) which really piqued my interest. They produce only a few wheels a year so we are extremely lucky to have this in stock; get it before we run out! **25% OFF**

JUMBO

CANTALOUPE

Big ol' size 9 loaves from California. I usually defer to the two ladies who cut our fruit salads to get second opinions on any melon, pineapples or mangos that I buy, and these got two big thumbs up! Featured at:

WHAT'S AT THE

DELI?

We'll have our **Napa Salad** on sale this week. One of our most popular items, locally-grown napa cabbage tossed with slivered almonds, fried noodles and sesame seeds in a sweet Asian dressing. Reg. \$1.49/100g

Our soup of the week will be our **Cream of Potato & Bacon**, made with new crop local Yukon potatoes and our famous smoked bacon. Reg. \$8.99/900ml

Next up we'll have delicious dinners made up, slices of **Striploin Steak** (the same as we have on special) with our **Mashed Potato and Gravy**. Reg. \$14.99/container

We'll also have our **Sweet and Sour Pork with Rice**. Reg. \$12.99/container

Our sous vide of the week will be a **Salmon in a Lemon Dill Butter**. We vac-pack them together and you pop the bag in boiling water for ten minutes, by which time the butter has melted and you get a perfectly cooked salmon filet brushed with melted butter. Reg. \$5.99/100g

Back by popular demand, we'll have our **Cobb Salad**. Salad almost feels like a misnomer here as it's such a substantial portion. We load a bed of romaine lettuce up with grilled chicken breast, smoked bacon, hardboiled egg, grape tomatoes, avocado, julienned peppers and cheese. Served with a French vinaigrette, definitely serves two. Reg. \$14.99/container

You'll find a pair of specials in our freezer this week as well. Firstly, we'll have our **Chicken Breast in a Porcini Mushroom Sauce** (Reg. \$20.99/8x5 foil). All white meat, sliced in a super-rich mushroom sauce. Secondly, you'll find our **Roasted Red Pepper Soup** (Reg. \$8.99/900ml). This is one of our soups without cream, so you'll find it to be a light, healthy option!

ALL 25% OFF

PIZZA PIZZAZZ

Our slice of the week will be a **NY Striploin and Blue Cheese Pizza**. Sautéed mushrooms and onions with tender strips of beef on a blue cheese cream sauce. Featured at: **\$4.99** SLICE

SAGE & ONION SAUSAGES

There are only two seasons as far as I'm concerned: summer when you cook your sausages on the grill and winter, when you cook them stovetop in a castiron pan. Looks like the weather should be pretty excellent this weekend so that pan can stay in your cupboard. All our sausages are spectacular, but these old-school English classics are hands-down my fave. Reg. \$6.99/lb

25% OFF

PICKEREL

Fried **Pickarel** is one of life's little pleasures. I love to cut mine in strips, dredge them in pancake batter and fry them up to crisp, golden perfection. Hit it with a squeeze of lemon and you're good to go! This is local product, from Wheatley on the shores of Lake Erie. Reg. \$24.99/lb

25% OFF

AISLE FOUR

I'm pumped about all the specials we have in our grocery section this week. Firstly, we'll have a **Pumpkin Gnocchi**. These are totally fresh, they don't have to be boiled at all, just put them right into whatever sauce you'd like to serve them with. I'd be thinking something along the lines of a sage brown butter sauce. Make sure to drop by on Friday and see Greg for a delicious sample! Reg. \$8.99/package

I had the fortune to overhear Mariella ordering **Rao's Homemade Italian Organic Peeled Tomatoes**. The questions she was giving the poor salesman were absurdly specific, what variety of tomato, what region they were from, what type of soil they grew in, etc. Maybe the most Italian thing I've ever heard! The answers must have been to her liking as we're having them this week. Perfect to whip up your own sauce. Reg. \$6.49/tin

I love mushrooms and this is the best time of year for them, especially **Dried Porcini Mushrooms**. No mushroom, fresh or otherwise can produce a sauce or a risotto with such flavour, they're really incredible to work with and the water you hydrate them in can be used for many purposes as well. Reg. \$8.99/package

Lastly, we'll have the **Tre Nobili Truffle Sauce**. Italian truffle season is nearly upon us. While we wait for some to come in (inquire if interested) we'll have this flavourful sauce that is divine on grilled meat, or folded into a risotto or sauce. Reg. \$19.99/jar

ALL 25% OFF

WHAT'S FOR LUNCH?

We're going to have an Asian-inspired **Tuna Wrap** this week. We mix our famous tuna salad and put it in a wrap with wasabi and ginger aioli, pile in strips of red pepper, avocado, matchstick carrots and green onion. Reg. \$8.99 EACH

\$8.99 EACH

VILLAGE GROCER JOB FAIR

It Takes A Village! We are looking for full-time and part-time staff to join our team for the following positions: Cashiers, Deli and Bakery Service, Assistant Baker, Pizza Chef, Floral Designer, Meat Service Clerk, Butchers, Grocery Clerk, and Custodian/Building Maintenance. Join us on Sunday, September 23rd from 9:00am to 1:00pm for our "VG Job Fair" in our Upper Level Kitchen Studio. Bring a copy of your resume with two references as we'll be conducting on-site resume reviews.

WHAT'S BAKING?

Not having children, the end of summer isn't marked so much by kids going back to school but by the end of peach season and all that delicious local stone fruit and berries that I love so much. However, the abundance of delicious fall flavours - apples, pears, pumpkin - have a way of numbing that pain and can keep me satiated all the way to Thanksgiving. We've picked a few fall time classics this weekend, some of our most loved...

Apple Strudel - This is one of Cliff's specialties, his handmade all-butter dough, generously loaded with fresh apple slices, as well as spiced cooked apples and finished with a sprinkle of coarse sugar. Reg. \$11.99 each

Caramel Apple Cheesecake - If you consistently read this flyer, you'll know that I have a lot of 'favourites'. I'd be hard-pressed to pick a single cheesecake, let alone dessert that I love above others but the Caramel Apple Cheesecake is certainly the first thing I remember going crazy over as a kid often, begging my mom to bring one home. We slowly cook slices of fresh apple in caramel and spices and fold that into our velvety cheesecake batter before topping it with even more. Reg. Small: \$24.99 each

Pumpkin Muffins - Our pumpkin coffee, cake is nothing short of divine. However, as its quite ginormous, I really have no business bringing one home. That's why this muffin is such a godsend. I get all the flavours of my beloved coffeecake in a single serving, and I get to enjoy it hot, when that delicious maple icing is still runny, every morning! Reg. \$2.59 each

Carrot Cake - Carrot cake is a fairly autumnal thing. But seeing as how we serve it at all our family gatherings: Easter, Thanksgiving and Christmas, it's become a year-round delight. Anything with cream cheese icing is fine by me! Four layers of rich, dense carrot cake with coconut, pineapple and pecans in a cream cheese frosting. Reg. Small: \$24.99 each

ALL 25% OFF

HARVEST URNS

With Thanksgiving just around the corner, it's time to add some colour to your front steps. Join us on **Wednesday September 26th** from **11:00 am - 1:00 pm** in creating a showstopping outdoor harvest urn. We will be working with an assortment of plants such as Aster and fresh herbs, along with tall grasses and ornamental peppers and cabbages. All materials are included. Registration is required, give us a call at (905) 940-0655 to reserve your spot today.

SPECIALS IN EFFECT FROM THURSDAY TO CLOSE, SUNDAY SEPTEMBER 16

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



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