

# FRESHLY SQUEEZED ORANGE JUICE

We are smack dab in the middle of peak citrus season. Last week we had beautiful Navel and Cara Cara oranges, this week we start on some of the best fruit we carry throughout the year, the impossibly sweet Israeli Orri oranges. But what's really hot this week is the amazing juice we're squeezing. Unlike Tropicana which always tastes the same, throughout the year we see several varieties of juice oranges, some varying in colour and sweetness and mouth feel, and the Honeygolds are my fave. They're super sweet and more viscous than your typical juice, and the best you'll see all year.

**\$9.99**  
FOR 2

BUY ONE GET ONE FREE

## RIVAS AVOCADOS

This is one of my favourite sales to run. Firstly, our Avocados are the absolute best around. They are fibreless, creamy and ripen uniformly. Whenever we have no ripe avocados for the café, I have to go to other stores to buy some to make sure we can make our Turkey Avocado sandwiches, and I am constantly reminded how much they suck elsewhere. Those nasty little bags with soft avocados riddled with grey spots that all ripen at different times...no thank you! Secondly, and most importantly, our customers love when we have them at a hot price and go crazy for them.

**\$3.99**  
EACH

Buy One Get One Free!

## PRIME RIB SAUSAGES

I was recently informed by one of our customers, a South African chap, that this is the only place to get a good beef sausage outside of his native country. Apparently, it's a big thing down there, who knew? We trim and bone out about 60 or so prime ribs a week downstairs and save all those tasty morsels of finger meat (the ultra-marbled, tender meat between the rib bones) and grind them up for these sausages, along with salt, pepper and some mild herbs. The results: the best beef sausage in the northern hemisphere. These are delicious served with another South African staple, Mrs. Ball's Chutney. Reg. \$9.99/lb

**25% OFF**

## WHAT'S BAKING?

**Iced Lemon Loaves** - We'll be featuring a sweet that is a quintessential part of my childhood. We would usually have one of these on our countertop and every time my mom wasn't looking I would try and slice myself a piece so thin she wouldn't notice. When she did notice usually the blame would fall upon Evan, as he has always had a certain weakness where these are concerned. What makes these so good is the fact that we go to the immense trouble of zesting and juicing lemons by hand rather than using any concentrates or flavouring. We sell these out of the fridge so the icing doesn't get soft but these must be enjoyed at room temp. Reg. \$7.99 each

**Mixed Berry Bran Muffins** - It's a toss-up between these and our lemon blueberry for which is our bestselling muffin. A super-moist bran muffin that we load up with sliced apples, blueberries, raspberries and strawberries. It's fruity, branny and not too sweet. A guilt-free way to start your day. Reg. \$2.59 each

**Cherry Flaky** - These are simple, tasty, and a mess to eat. In other words, they're my kind of pastry. We bake off two triangles of our homemade puff pastry and sandwich them with our cherry filling (the same one we top our cherry cheesecakes with) and freshly whipped cream. Reg. \$3.99 each

**ALL 25% OFF**

## WHAT'S IN BLOOM?

The only thing that ends quicker than my relationships are the lives of any plants I bring home...well, that changed this year. I have successfully kept a palm tree alive for a calendar year and have been adding to my collection (with varied success) over the last few months. This week we are featuring one of my faves, 6" pots of **Calandivas AKA Kalanchoes**. They have sexy, glossy leaves and a million little vibrant flowers but they are actually succulents, and only need to be watered every two weeks.

## WHAT'S FOR LUNCH?

We are doing a long time VG classic this week, **Prime Rib Sandwiches**. We pick the choicest prime grade ribeye roasts, cook them to a gorgeous medium-rare, shave them thin and pile them high on a Kaiser roll. We'll serve these with a side of handcut Truffle & Parmesan fries. Honestly, I don't know what's better, the meat or the fries, and fortunately for you, you won't have to choose.

Available Friday January 15th only, starting at 11:00 am. **\$20.00** COMBO

Featured at:

## AISLE FOUR

**Taylor's Yorkshire Teas** - As much as I love me some of the fancy Sloane Teas and the Harney and Sons, sometimes I just want a simple cup of orange pekoe and these are the finest, most refined versions of that, bold but incredibly smooth, like liquid velvet. **\$5.99** PACK

**VG Wildflower Honey** - We have this incredible honey from the same madman who delivers our wild blueberries in season. Produced locally in Muskoka, it's phenomenal! **\$8.99** JAR

**Chocosol Coffee** - The coffee aisle is one of those places where I see a lot of people combing through and really deliberating over which bean to get. This is one that I always recommend, an incredibly aromatic single-origin coffee grown in Oaxaca, Mexico. It is an assertive, flavourful roast that goes down incredibly smoothly. The perfect way to start your day. **\$16.99** BAG

Featured at:

# MARINATED CHICKEN BREASTS

We'll have a variety of our marinated chicken breasts this week. **BBQ, Hyatt** (a curried BBQ sauce, my fave!) and the ever popular, **Maple Mustard**. These will also be available 'au naturel' if you so prefer! Reg. \$12.99/lb

**25% OFF**

## ICE CREAM OF THE WEEK

I used to live within walking distance of one of the best restaurants in the city, Scaramouche. They are famous for a couple things: impeccable food, impeccable service, one of the best views of the city, and their homemade ice cream. They made this roasted banana ice cream that is one of the best things I've ever tasted. We thought we could make it even better, so we made a Bananas Foster Ice Cream. We start with making the eponymous dessert where you sauté banana in butter with sugar, making this delicious caramel and then flambé them in rum and banana liqueur. Then we take that delicious, syrupy, caramelized banana mixture and fold it into our homemade banana ice cream. Sounds good, right?

Just wait until you taste it, it's even better. Bananas Foster Ice Cream - Reg. \$12.99/litre

**\$2.00 OFF**

Finished with some velvety-smooth cognac, it's the champagne of mushroom soups. Reg. \$8.99/900ml

**Doreen's Macaroni and Cheese Salad** - This is a bigtime guilty pleasure for me, especially when it's fresh! We toss macaroni noodles with cubes of extra-old cheddar and our homemade ham and throw in some peas for a little crunch, and then toss it in a creamy, mustardy dressing. Reg. \$1.49/100g

**Coq au Vin** - Out of everything in the ad, this is first and foremost the one you shouldn't come to our store and leave without. A really good Coq au Vin is one of life's great pleasures and the first time I tasted it was the first time I understood why French food has the reputation it has. It's a really simple dish but oh so good, chicken braised in dry red wine with pearl onions, button mushrooms, garlic and herbs. Serve over egg noodles or mashed and grab a Blackbird baguette to soak up all the herbaceous, wine-y, chicken-y goodness! Reg. \$16.99/cont.

**Cauliflower and Chickpea Curry** - I will be the first to admit, we don't have the most vegetarian items. It's something we are working on. Here's one I make at home and love. It's super flavourful, delicious beyond belief, an awesome vegetarian curry. Reg. \$14.99/ 8x5 foil

**Sous Vide of the Week** - We will have one of our bougiest entrées this week, our **Salmon Oscar**. It's kind of a full meal in itself, you get a roasted salmon filet with a jumbo black tiger shrimp and asparagus in a delicious, creamy Hollandaise sauce. Reg. \$5.99/100g

**Spinach & Avocado Salad** - Our chef's salad of the week is a little bit of a kitchen sink salad but it totally works. Organic baby spinach with creamy avocado, cherry tomatoes, slivered red onion, toasted walnuts and goat cheese in a raspberry vinaigrette. Reg. \$16.99/container

## CHEESE, PLEASE!

**Le 1608 de Charlevoix** - We've featured this a few times, it's one of my favourite Canadian cheeses that we keep coming back to. The story behind it is just as cool as the cheese itself; a few hundred cattle were shipped from France to Quebec when it was first settled in 1608, to introduce dairy farming (how could the early French settlers survive without their cheese, right?) Over a few generations these cattle became known as the 'Canadienne Breed'. There were about a half million or so at their peak in 1900, however today, less than 500 remain, making the Canadienne an endangered breed. The Laiterie Charlevoix began raising some for the purpose of making this cheese which they appropriately call "Le 1608". This cheese is somewhere between an Oka and a Gruyere, creamy and nutty with a barnyard aroma (if you like French pinot noir, you know this is a good thing), it's a killer in a grilled cheese and would be my first choice to use in French onion soup. **\$5.99** /100G

**Bleu Fumé** - This rindless bleu cheese has a natural wood-smoked flavour, creamy colour and characteristic blue veins. It has a slightly crumbly texture, a pleasant yet powerful aroma of mushrooms, and a sharp taste. **\$5.99** /100G

## HADDOCK

The last few times we've featured **Haddock** it's come in looking so fresh and amazing. It's a very mild white fish with a really sublime sweetness to it and can be substituted for cod in nearly all applications. I like to bread mine in crushed saltines and broil it for six minutes or so before drizzling lemon butter over it. Really simple and really, really delicious. Available starting Friday January 15th. Reg. \$19.99/lb

**25% OFF**

## WHAT'S COOKING AT THE DELI?

**Cream of Mushroom and Brandy Soup** - Before Christmas, we were a little short-staffed and I stepped back into a job I had in high school, to fill the freezer with entrées and soups we make. A lot of people took the opportunity to give me some feedback and I got the same comment a few times, that people miss our Cream of Mushroom and Brandy Soup. While we won't be making it frozen, I promised that we'd have it in the new year and this is me living up to my word.

Finished with some velvety-smooth cognac, it's the champagne of mushroom soups. Reg. \$8.99/900ml

**ALL 25% OFF**

## PIZZA PIZZAZZ

One of the hottest trends I've noticed over the last year is the growth in popularity of broccolini AKA baby broccoli AKA aspiration. It's sweet and tender, pretty much everything that rapini isn't (the worst veg IMO). I used to have a hard time getting it at the market, now it's all over the place and able to get a dozen cases a week. We are featuring it on our pizza of the week alongside crumbled Italian sausage and potato with parmesan on a garlic oil base.

**Broccolini Pizza**  
By The Slice  
**\$4.99 each**

**Broccolini Pizza**  
Take & Bake  
**\$12.99 each**

## FRIDAY NIGHT DINNER CLUB

For New Year's Eve we prepared amazing four course meals for people to take home and serve. Each person got to choose an appetizer, an entrée and a side and then we threw in a dessert. I myself did it with my girlfriend and another couple and I had the same reaction as lots of the other customers I heard back from..."Damn, that was good!". So we thought that for the time being we would make it a monthly thing, and we will be having our first **Friday Night Dinner** next week. You will have your choice of one of four mains: Pan-Seared Yellow Grouper with Blood Orange Butter Sauce, Salmon Oscar with Hollandaise Sauce, Bacon-Wrapped Tenderloin with Bordelaise Sauce, and Grilled Nebraska Prime Striploin Steak with Brandied Green Peppercorn Sauce. The complete list for sides and appetizers will be available on our website and social media. **Have your order in before next Thursday January 21, and then come by on Friday afternoon, for curbside pick up.** Trust me, it's a killer meal and great value.

**SPECIALS IN EFFECT FROM THURSDAY TO CLOSING, SUNDAY JANUARY 17**

**Store Hours: Monday - Friday 9:00 AM - 7:00 PM**  
**Saturday & Sunday 9:00 AM - 6:00 PM**

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