

LOCAL

HONEYCRISP APPLES

Ontario apples are in full swing: Galas, Macs, Cortlands, but what I'm most excited for are these, the most beautiful **Local Honeycrisp Apples**. It's true that apples can be stored for months and that these will be available for months to come, but the first ones of the season just hit different. Maybe it's that most of us haven't had a good apple for a while, as the apples we've been eating all summer have been sitting in storage since last September, or maybe it's that these are picked one day and on our shelves the next, but the first of the season are just crunchier, sweeter and more tart, all at once! **Featured at:**

\$2.49 /LB

WHAT'S AT THE DELI?

We'll kick it off with our **Onion Soup**. Hearty beef broth with painstakingly slow caramelized onions and French herbs. **Reg. \$9.99/900ml**

Next up, one of my all-time favourites, and one of our healthiest offerings, our **Black Bean & Corn Salad**. We toss those with diced onions and peppers in a rice wine vinaigrette. **Reg. \$1.99/100g**

We'll also have our **Spaghetti & Meatballs** on special. A king-sized portion. This is a perfect meal in a pinch for yourself or the kids, or both. **Reg. \$12.99/500g**

We love anything with Cajun seasonings, and this weekend we got our hands on some delicious fillets of snapper, so why not spice up our offerings with **Cajun Snapper**. We pan sear these fillets allowing the Cajun seasoning to really bring this mild fish over the top. **Reg. \$5.99/100g**

The sous vide of the week will be a **Dill Butter Salmon**. Pop the bag into a pot of boiling water for 10-12 minutes. When time is up, you will have a restaurant quality meal every time! **Reg. \$5.99/100g**

Finally, we'll have our **Tuna Nicoise Salad**. Our tuna salad with hardboiled egg, tender French beans, potatoes, tomatoes and my favourite tagiasche olives (actually the only olive I'll eat) in a vibrant vinaigrette. **Reg. \$16.99/container**

ALL 25% OFF

PIZZA OF THE WEEK

We'll feature one of our bestsellers this week, our **Hawaiian Pizza**. While pineapple on pizza is and will continue to be a point of controversy for many, I am actually a fan. We roast fresh slices of pineapple with Cajun seasoning and maple syrup as opposed to plain ol' canned pineapple, so there's a world of difference there. Add on our maple sugar ham and candied bacon and you've got a pizza that perfectly balances sweet and salty while indulging your most basic carnivorous needs. *By the slice only. Featured at:*

\$4.99 EACH

CHEESE, PLEASE!

Spanish Manchego with Rosemary - The famous sheep's milk cheese of Spain, a perfect blend of buttery, sweet, tart and nutty. The rind is covered in rosemary which lends an herbaceous finish. Great on its own, but really shines with a few slices of Serrano ham and a glass of a powerful Tempranillo. **Featured at:**

\$6.99 100G

We will also have three absolutely stunning **Italian Blue Cheeses** for you to choose from this weekend. **Limoncello, Pistachio** and **Grappa & Pear**. Blue cheese itself has a very porous texture, so these wheels are soaked to take on the flavor. The Limoncello is a particular favorite of mine, creamy, funky with a delicious tart note. The cheese itself is firm but deliciously creamy. **Featured at:**

\$9.99 100G

HOWITZER SAUSAGES

Hi folks, your friendly neighborhood butcher Paul here. Autumn is upon us, and we're still trying to get some grilling in before snowfall, so we are bringing back the popular **Howitzer Sausage** with all its savoury fall flavours. This barnburner of a pork sausage features our favourite smokey Canadian Whiskey, Howitzer, enhanced with apple spices, Cow's Creamery smoked white cheddar, and a pinch of all-spice. Howitzer Whiskey is distilled not far from Unionville, and like us, the company supports our veterans and pays homage to our national passion for hockey! **Reg. \$9.99/lb**

25% OFF

ICE CREAM OF THE WEEK

Short weeks can be killers as we have one less day to prep for the weekends, which are always a busy time. Despite the time crunch, Ed still wanted to come up with a new ice cream flavour, something true to his Portuguese roots, a Grilled Sardine Ice Cream. The rest of us were a little less enthused with the idea, so we opted to go with a more tried and true flavour, one of the best ones we make, our Ferrero Rocher. We start with making a Nutella flavoured ice cream, then fold in toasted hazelnuts, bits of dark chocolate and then, of course, crushed bits of Ferrero Rocher. If there's a better combination than chocolate and hazelnuts, I'm not aware of it.

Ferrero Rocher Ice Cream
Reg. \$12.99/litre

\$2.00 OFF

SWORDFISH STEAKS

The swordfish has been absolutely stunning for the last month or so, catching my eye every time I walk by it in the counter, as it practically shimmers with freshness. With its firm flesh and resistance to 'flaking', swordfish steaks are tailor-made for the grill. It's quite versatile, I often let a steak sit in a mix of orange juice and soy with some ginger for an hour before I grill, and do three minutes a side over high heat. Always works like a charm. **Featured at:**

\$19.99 /LB

WHAT'S BAKING

Pumpkin Muffins - Our pumpkin coffee cake is nothing short of divine. However, as it's 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 coffee cake in a single serving, and I get to enjoy it hot every morning, when that delicious maple icing is still runny! **Reg. \$2.59 each**

Chocolate Cream Pie - Originally a mainstay in our first store, this decadent chocolatey delight has been one of my go-to's since day one. We fill handmade honey graham crusts with a rich and luxurious chocolate custard (essentially the most amazing chocolate pudding). Then it's topped with a mountain of freshly whipped cream and garnished with chocolate shavings. **Reg. Small: \$9.99 each or Large: \$19.99**

Rhubarb Crisp - Yes, rhubarb is more of a springtime thing, I know. Do I care? Not in the slightest, because these crisps, with their perfect balance of sweetness and tartness are always a welcome sight at the end of a meal. You're eating this all wrong if you don't serve it with a heaping scoop of our Village Creamery Vanilla ice cream. **Reg. \$16.99 each**

ALL 25% OFF

AISLE FOUR

Firebat Coffee - My good friend Joe from Il Postino brought me a bag of this espresso a few years back and I was totally blown away by how flavourful it was, one of the best cups of coffee of my life. Turns out the couple that owns the roastery also owns their own coffee farm in El Salvador, where they source the lion's share of their beans from, so you can be sure you're getting a top quality product from the moment it's planted in the fields to the moment you're pouring your morning cup. **Featured at:**

\$16.99 BAG

The Peanut Shoppe Virginia Peanuts - Best snack food of all time? Check. Considered the "gourmet" peanut variety, Virginia peanuts have large kernels, and are the variety you get in the shell at ballpark stadiums. Because of their large size and premium characteristics, this variety is best suited for snacking instead of in peanut butter. These are kryptonite for me, as soon as they're open, I will not and cannot stop until the tin is empty. **Featured at:**

\$8.99 PACK

Fraktals Sea Salt Caramels - These locally-produced sweets are absolutely INSANE! Milk and dark chocolate and ooey-goey salted caramel that sticks to the roof of your mouth in the best way possible! **Featured at:**

\$10.99 EACH

SPECIALS IN EFFECT FROM THURSDAY TO CLOSE, SUNDAY OCTOBER 17

STORE HOURS: MONDAY TO FRIDAY: 9:00 AM - 7:00 PM
SATURDAY & SUNDAY: 9:00 AM - 6:00 PM

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it takes a Village!