

# MENNONITE CHICKENS

Super, super juicy thigh meat, succulent white meat covered with crisp-as-a-potato-chip skin, all with a bed of root veggies underneath soaking up all those delicious drippings – when you perfectly execute a roast chicken, it's a truly magical experience! You can browse the internet and find a million recipes: some stuffed, some unstuffed, some with butter under the skin, some trussed, some spatchcocked, the possibilities are endless, but the one secret to an amazing roast chicken is sourcing a really, really good chicken, which is exactly what these pastured chickens are. 'Mennonite' is more than a mere marketing term so that we can charge a few more bucks, what you're paying for is a general attention to detail in how these chickens are raised and processed that you won't find in your average supermarket roasting chicken, and trust me, it's worth the extra few bucks. Their diet is rich in flax which is healthier for the bird, will cause them to grow slower, and they aren't rushed to processing, but allowed to grow to their maturity where they'll be at their apex of flavour with denser, richer meat and ample fat to lock in all the juices. They're air-chilled which gives you that super-crispy skin, AKA the best part of the whole meal. We, or at least I, think of chicken as not the most flavourful protein but that's not the case here, this is a chickenier chicken, and that's clear in the appearance and taste of these amazing birds. Reg. \$5.99/lb

**20% OFF**

## WHAT'S AT THE DELI?

# DELI!

**Tequila Gazpacho Soup** – We were looking at the forecast and it appears that we've got a great weekend coming up. And tomatoes are in season. And hot weather and good tomatoes call for Gazpacho. We've got all winter to eat warm soup, so I figured we'd feature this delicious, refreshing soup one last time. It's like a bougie V-8 with fresh tomatoes, celery and cucumbers, seasoned with mint, honey, a shot of Tabasco and a swig of tequila. Reg. \$10.99/container

**25% OFF**

**Bruschetta Pasta Salad** – We're in the middle of tomato harvest, so why not make a pasta salad with it as well. I love our bruschetta, it's not traditional, but is it ever tasty! We pair it with fusilli to make this staple pasta salad that goes with just about everything. Reg. \$2.49/100g

**25% OFF**

**Chicken Breast Dinner** – A dinner you don't have to think about. A pan-seared chicken breast with local green beans and creamy mashed potatoes blanketed in a velvety porcini mushroom sauce. Featured at:

**\$19.99 /EACH**

**Linguini with Chicken & Mushrooms in a Sundried Tomato Pesto Sauce** – I'm very excited for this pasta, as the Sundried Tomato Pesto that's in it is top notch: lemony, almondy, herby with some roasted peppers in there. Delicious. We make a cream sauce with it and put in some grilled chicken breast and sauteed mushrooms, over linguini. Featured at:

**\$16.99 /EACH**

**Kale Caesar Salad** – Not as crisp as romaine, but hearty with that bittersweet brassica flavour, there's a lot to love about a Kale Caesar, especially when it's paired with our homemade Caesar dressing, smoked bacon bits, parmesan and croutons. Featured at:

**\$16.99 /EACH**

**Frozen Minestrone Soup** – I'm not exactly fluent in Italian but I'm pretty sure 'minestrone' translates to 'kitchen sink', because whoever made the first minestrone didn't exactly hold back on any ingredients, which is precisely why we like it so much. Every bite is slightly distinct from the last. Onions, peppers, carrots, zucchini, celery, beans and shell pasta with tomatoes and veg stock. Delicious! Reg. \$10.99/container

**25% OFF**

**Frozen Cabbage Rolls** – One of my winter pastimes is hitting up the Banya AKA the Russian bathhouse. You get to sauna, cold plunge, drink vodka and they make delicious food, especially the cabbage rolls. But even the authentic Ukranian cabbage rolls they make there can't hold a torch to ours. We make these with ground beef and rice, seasoned to perfection, wrapped in leaves of local savoy cabbage and then simmered in homemade tomato sauce. Featured at:

**\$14.99 /EACH**

## WHAT'S FOR LUNCH?

# LUNCH!

So last week was my last week on the outdoor 'Q, but we are moving back to doing lunches at the Café on Fridays, and we are starting with one of the most popular lunches we make, our **Halibut Fish and Chips**. Kulam honestly does such a great job frying these big meaty pieces of crispy, golden perfection alongside hand-cut fries and homemade tartar sauce. It's a fantastic lunch and will have you forgetting that we ever had a BBQ in the first place. Friday September 20th from 11am - 2pm. Featured at:

**\$22.99 COMBO**

& Our Café Menu for next week will look something like this . . .

Monday September 23rd

Caprese Grilled Cheese with Tomato Cucumber Salad

Tuesday September 24th

Flank Steak Sandwich with Roasted Potato Salad

Wednesday September 25th

Chicken Cutlet Sandwich with Greek Salad

Thursday September 26th

Lobster & Brie Grilled Cheese with Cathy's Coleslaw

Friday September 27th

Prime Rib Sandwich with Gravy and Crispy Onions served with Fries

# PIZZA, PIZZAZZ!

We like to use truffle anywhere and everywhere, so it was a no-brainer to feature one of our bestsellers, the **Truffle & Mushroom Pizza**, a rather simple but decadent creation with a truffle alfredo, sautéed cremini mushrooms, fresh chives and thyme. It's creamy, earthy with a delicious truffley funkiness. Featured at:

**\$19.99 /EACH**

## WHAT'S IN BLOOM?

We've got the absolute perfect bouquet for fall time on sale this week. An absolute show-stopping **Harvest Bouquet** that will have your place looking like Martha Stewart's wildest fall time dream. Sunflowers mixed with Dahlias, Celosia and dried flowers. Featured at:

**\$12.99 /EACH**

# VILLAGE CREAMERY ICE CREAM OF THE WEEK!

I've lost count of how many new flavours of our ice cream we've rolled out over the years, and then cakes and ice cream sandwiches and cheesecake ice cream crumbles (and something else really, really exciting coming in the next week or two...stay tuned), but this week we wanted to go back and feature one of our OG flavours, actually two flavours. I believe it was my Father's idea originally to make an ice cream with crumbled Fraktals swirled throughout. What exactly is a Fraktal? It's chocolate bark that is made locally that we've sold for as long as I can remember. It's chocolatey, maple, crunchy, sticky, nutty perfection. We crush them and then swirl them to make both the **Vanilla Fraktals Ice Cream** and the **Chocolate Fraktals Ice Cream** that we're featuring this week.

**Fraktals Ice Cream**  
Reg. \$13.99/litre  
**\$2.00 OFF**

## GARY'S VERY SPECIAL RAINBOW TROUT SPECIAL: A POEM

*On the quiet shores of Toogood Pond, came Gary, our fishmonger of whom we are fond.*

*Casting a line with beer in hand, his line snagged a trout and he reeled it to land.*

*Its glistening scales, a shimmering sight, dear Gary planned to make his feast just right.*

*With lemon zest and dill so bright, Gary seasons his prize fish to his heart's delight.*

*If Gary's sweet, succulent, pink fish is your ultimate wish, then follow your nose to Gary's musky scents, his trout is 25% off so you can save a few cents.*

- T. MacDonald

Available 'au naturel' or in Lemon-Dill Marinade, and not actually from Toogood Pond...don't worry. Reg. \$18.99/lb

**25% OFF**

## ENGLISH BREAKFAST SAUSAGES

I have written some pretty slanderous things about British people and their morning beans, which I will always find weird. Any culture that explores the world in search of spices but still starts their day with soggy bread and beans is not to be trusted, but one thing that I will hand to the Brits is that **English Breakfast Sausages** are the cat's meow and are best enjoyed by the dozen. These are slightly fattier than your regular sausage and seasoned with thyme, sage, cloves, onion powder and a touch of brown sugar. Reg. \$7.99/lb

**25% OFF**

# THOMAS' PRODUCE REPORT

Apple season is in full swing. We've got bags of **Organic Cosmic Crisp Apples** that are super sweet, super crunchy and super addictive, they're actually incredible. We also have the first **Local Honeycrisp** due in for Thursday, with **Mac's** starting up next week. As for other fruit, we're flush with amazing citrus: **Navel Oranges**, **Caracara Oranges** and **Blood Oranges** all from Australia, a tad pricier than the South African and Chilean stuff you'll find in other stores, but definitely worth it. We also have **South African Orri Mandarins** which are über sweet, nearly on a par with the Israeli ones we get in late January. And for something a little outside the box, we have beautiful **Dried Persimmons** from China, super popular in Korea and east Asia, these are a real treat: sweet with an amazing mochi-esque texture. Lastly, we are at the end of the Mexican mango season and the South American season isn't in full swing yet, so we are flying in some tree-ripened **Haden Mangos** from Peru to bridge the gap, should be in on Saturday, fingers crossed.

## LOCAL BARTLETT PEARS

Beautiful, beautiful **Local Bartlett Pears**. There are precious few fruits that deliver a sensory experience quite like a Bartlett at its apex ripeness. The buttery texture, the impossibly juicy, succulent flesh, the perfumed aroma and undeniable sweetness. We get these from Fisher Farms in Burlington. Featured at:

**\$1.99 /LB**

## LOCAL EMPRESS PLUMS

These beautiful **Local European Plums** are living proof that nature saves the best for last. When it comes to stone fruit, you get cherries in late spring, apricots, nectarines and peaches in summer, and plums in fall. These are the very last variety of local plums that we get from our farmer and they're worth the wait. Big, juicy, sweet, these are great for eating and even better for baking. Featured at:

**\$1.99 /LB**

## 'SORBET' GREEN GRAPES

These **Green Grapes** could not be more aptly-named, as if you're eating them fresh out of the fridge they're sweet, refreshing and palate-cleansing, but also crunchy as the day is long. The berries are huge, resembling a vine full of tiny little plums. Totally impossible to stop snacking on these! Featured at:

**\$2.99 /LB**

## WHAT'S BAKING?

**Ham, Cheddar and Thyme Scones** – There is nothing I love more than having scones on sale. Unfortunately, my enthusiasm isn't shared by all of our baking staff (\*Cough\* Marija! \*Cough\*), as having six varieties of them on sale is absolute chaos. So instead of doing a big assortment of them, we are just doing the best flavour we make. We have lots of sweet scones but these savory ones are just out of this world. They are buttery, crumbly and cheesy with a nice salty pop from the bits of ham, and seasoned to perfection with fresh thyme and black pepper. Featured at: **4 for . . .**

**\$7.99 /FOR 4**

**Lemon Meringue Pies** – We will be featuring what is probably Evan's favourite dessert of all time this weekend, these tasty pies. What makes them so incredible is that we make them just like you would at home, by hand-pressing the shells and making the filling with freshly zested and juiced lemons, no shortcuts taken. It's at once sweet and tart, and the meringue is irresistibly creamy. Featured at:

**\$19.99 EACH**

**Pumpkin Poundcake** – Impossibly moist, studded with golden raisins, dried cranberries, pumpkin seeds and pecans, topped with a maple icing – our Pumpkin Coffecakes are the stuff of legend. The only problem is that they're pretty huge, so we are making the same coffee cake in our loaf pans, which are a little more convenient a size. Featured at:

**\$14.99 EACH**

## & A FLIGHT OF BUTTERTARTS

So Jaana's daughter was at a farmer's market last week and stumbled onto a **Maple Bacon Butters tart**, which is an idea I don't have the slightest bit of guilt for plagiarizing. We make amazing butters tarts, smoke up the most legendary bacon and bring in the best maple syrup, so it is an absolute no-brainer. They are sweet and ooze-y with a pop of salty porcine smokiness that zings through.

In addition to these new butters tarts, we decided to feature two other 'designer butters tarts' that we don't always have. We'll have my personal favourite, our **Amarena Cherry & Dark Chocolate Butters tarts**, where we put a few of the syrupy wild Italian cherries into each tart and then drizzle them in dark chocolate. And finally, a seasonal selection, we'll have our **Apple Caramel Butters tarts**. We toss apples in baking spices and bake them until they're soft and then put them into the tarts, fill them with the butters tart filling, bake them off and give them a drizzle of caramel. *We'll have them in mixed packs so you can try each one.* Featured at:

**\$12.99 /PACK**

## AISLE FOUR

**Our Homemade Granola** – These have been flying off the shelves since we introduced them a few months ago. It seems we are always selling out on a flavour or two at a time, but we got in a big load so we shouldn't run out. In addition to our regular assortment of **Prairie Harvest**, **Cherry Almond**, **Cranberry Orange**, **Maui Mix**, **Maple Walnut** and **Northern Fruit**, we're also rolling out a brand new seasonal offering that I'm super excited for: **Pumpkin Spice**, seasoned with all those fall baking spices you know and love, with dried cranberries and pumpkin seeds. It's like the love child of a pumpkin pie and the sexiest parfait you can imagine. Featured at:

**\$12.99 /JAR**

**Tree Island Yogurts** – Whenever we feature our granola we try and feature a yogurt to go with it. It's a combination that I start each and every day with and the results, well the results speak for themselves. A handful of whatever berries I have on hand and a scoop of granola. These grass-fed yogurts that we bring in from Vancouver Island's Comox Valley are my perennial go-to. The flavours are great, very fruit-forward without being overly sweet, and the yogurt itself is nice and creamy. Featured at:

**\$5.99 /EACH**

**Bianco di Napoli Tomato Sauce** – I always get a few calls this time of year inquiring if we sell bushels of tomatoes for making sauce, (we don't). It always conjures up quaint pictures of families gathering round peeling the tomatoes, stewing them, jarring them and enjoying them at communal meals throughout the year. My family doesn't because we're too busy with the store and well, whenever we do anything together, a fight is inevitable. So if you don't want to go to the hassle of doing your own tomatoes, these canned tomatoes are the absolute gold standard of tomatoes, they are what we use on our pizzas, the only ones I use at home for anything, they are perfection in a can. Whether you're making pasta sauce, or pizza or chili or casseroles or whatever, your dish will be all the better for using these. They're organic, super sweet, with the incredible flavour that you usually can only find in tomatoes fresh from the garden. We'll have cans of whole tomatoes, crushed tomatoes and fire-roasted tomatoes all at a hot price. Featured at:

**\$7.99 /CAN**

**Kulam's Pineapple Chutney** – We make this in-house and it is quite the versatile treat on cheeses, burgers, sandwiches (pairs amazing with our ham), seafood, you name it. Featured at:

**\$4.99 /JAR**

## CHEESE, PLEASE!

**Drunken Goat** – Why enjoy the two best things in the world (wine and cheese) side by side when you can enjoy them in one delicious bite? Drunken Goat Cheese AKA Murcio al Vino, is a DOP Spanish cheese that's soaked in red wine until it takes on a fruity, winery, almost sangria-y flavour and aroma. Featured at:

**\$5.99 /100G**

**Wine-Soaked Piave** – We were feeling boozy this week, so we are featuring another drunken cheese, but let's make it Italian this time. This is made from cow's milk, it takes a bath in Venetian red wine (usually Refosco and Cab Sauv) for 40 hours until it takes on a striking red colour and flavour. The funny thing is that this cheese was created long ago not because they wanted to make something delicious, there were just incredible tariffs on selling cheese so they would smuggle these wheels of cheese in wine barrels, and eventually people realized that the resultant wheels of cheese were so damn good. Featured at:

**\$5.99 /100G**

**Quebec Raclette** – Perhaps the ultimate melting cheese. Super aromatic, super buttery with a creamy texture and low melting point. It's a youthful Alpine cheese that is begging to be taken home and sandwiched between sliced Blackbird bread with slowly-caramelized onions to make the perfect grilled cheese. Featured at:

**\$6.99 /100G**

**SPECIALS IN EFFECT FROM THURSDAY TO CLOSE, SUNDAY SEPTEMBER 22ND**

**Store Hours: Monday - Friday: 8:00 am - 7:00 pm  
Saturday & Sunday 9:00 am - 6:00 pm**

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