

SPECIAL OFFERS AVAILABLE
OCTOBER 27 - NOVEMBER 2, 2024

# Flavors of the Week

IN-STORE TASTINGS EVERY FRIDAY & SATURDAY AT 11 AM

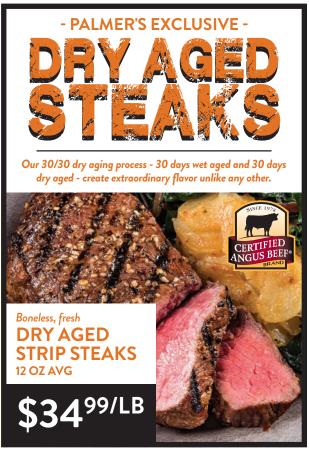
FRIDAY BACON-WRAPPED SCALLOPS

SATURDAY TERIYAKI-MARINATED CHICKEN PIECES









House-marinated, fresh
CHICKEN
TERIYAKI PIECES
2 LB AVG PKG

\$699/LB

















#### FRESH SEAFOOD DELIVERED DAILY TUESDAY THROUGH SATURDAY



Farm raised, product of Faroe Isle, fresh ATLANTIC SALMON CUT TO YOUR SPECIFICATIONS



Farm raised, fresh

STEELHEAD TROUT

CUT TO YOUR SPECIFICATIONS

\$19.99



Farm raised, product of P.E. Isle, fresh
ORGANIC MUSSELS
2 LB BAG







**CATFISH FILLETS** 

8-10 OZ PORTIONS

### FEATURED RECIPE





#### **INGREDIENTS**

1½ lb Icelandic Cod

1 pint Cherry Tomatoes, halved

½ cup Fresh Basil, chopped

¼ cup Dry White Wine

2 Garlic Cloves, minced

2 Tbsp Lemon Juice

½ tsp Fresh Lemon Zest

½ tsp Red Pepper Flakes

4 tbsp EV Olive Oil, divided

¼ tsp Salt

¼ tsp Pepper

Additional Salt and Pepper to taste

#### **PREPARATION**

- 1. Preheat the oven to 375°F.
- 2. Heat 2 tablespoons of olive oil in a large non-stick sauté pan over medium heat. Add red pepper flakes and garlic, sauté for one minute until fragrant.
- 3. Add the cherry tomatoes and cook, stirring occasionally, for about 12 minutes until they start to break down. Add the white wine, stir, and bring the mixture to a light simmer.
- 4. Stir in the basil, lemon juice, lemon zest, salt, and pepper. Cook for an additional two minutes. Transfer the sauce into a bowl and set aside.
- 5. Heat the remaining 2 tablespoons of olive oil in another large non-stick sauté pan over medium heat. Season both sides of the cod fillets with salt and pepper. Place the cod in the pan and cook until golden brown, approximately five minutes.
- 6. Carefully flip the cod over and place the pan in the preheated oven. Continue cooking until the cod is cooked through and reaches an internal temperature of 145°F, about 5-7 minutes.
- 7. Pour the tomato basil sauce over the cod fillets and serve immediately.



## **CURRIED SALMON**

\$16<sup>99</sup>

Fresh Atlantic salmon with a red curry sauce over a bed of white rice with bell peppers, broccoli, and finished with sesame seeds.



#### AUTUMN TENDERLOIN SALAD

\$13<sup>99</sup>

Fresh grilled Certified Angus Beef® tenderloin on a bed of mixed greens with butternut squash, pecans, Craisins, red onions, and goat cheese with an apple cider vinaigrette.

