

Sunterra Market



FRESH PICK

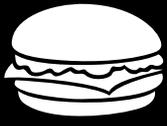
B.C. BERRIES

Nothing says summer quite like the taste of fresh, juicy berries!

Enjoy them alone or whip up our summer berry salad recipe on the back cover.

AUGUST 2019

Available online at sunterramarket.com



FEATURE
STORY

We've Got Your Pack!

Sunterra Burger Packs

Have you ever bought a head of lettuce just to make a few hamburgers? Or had to get a pack of eight buns when you're only making four burgers? Or worst of all, assembled nearly all your burger only to reach into the pickle jar and find it empty!? We can help. Our burger packs come with everything you need: four perfectly ground patties, four freshly baked buns, market made barbeque sauce, lettuce and pre-sliced cheese, tomato, onions and pickles. You might just say we've got your pack.

THE BURGERS

Whether you pick up just the patties or the whole burger pack, our butchers have some fabulous flavours to make your burgers anything but boring. Our classic beef burgers are ground daily in the meat department using a two-grind process to get just the right texture of tasty, lean beef. Our bacon cheddar burgers start with that same lean ground beef, then we add shredded aged cheddar and premium quality Sunterra Farms bacon right into the patty. It's hard to top that kind of tasty, but our Greek lamb and feta burgers are strong contenders. Our butchers

grind western Canadian lamb from SunGold Specialty Meats and add feta cheese, tomatoes and herbs to make these popular patties. Finally, we might be biased, but our Louisiana pork burgers are outrageously delicious. Made with Sunterra Farms pork, these patties are packed with flavour from garlic, onion, chipotle pepper and a ton of herbs and spices.

THE TOPPINGS

Save your tears, we'll chop the onions. Each pack comes with crisp slices of spicy red onion that you can serve as is or sauté lightly for a sweeter flavour. You'll also get four slices of extra large, juicy tomatoes, four crisp leaves of green lettuce and four crunchy dill pickle slices. With all that work done for you, you can focus on searing the burgers to caramelize the meat and help lock the fat (and flavour!) in. This works well on a skillet, but if you prefer to grill them just keep the heat lower so the juices don't drip out and dry the burger. Try grilling the burgers on the hot side of your barbeque then flipping them to the cooler side to cook the burgers through. After you've flipped, brush on our signature barbeque sauce and top the burgers

with the cheese provided – either crumbled feta for the Greek lamb burgers or slices of aged cheddar cheese for the other burger packs. All that's left is to toast your Kaiser buns, assemble your burgers and enjoy.

SIDES AND ADD ONS

Our burger packs are quick and convenient, but you can always add a few items to your cart to customize the flavours to your cravings. Sunterra Farms peppered bacon would be delicious atop any of the burgers, or crisp up some Soleterra d'Italia prosciutto for a more subtle flavour. Local produce is at its peak, so try topping your burgers with Clearwater Ridge radishes or Lyalta Gardens microgreens. Or you could slather your burgers in sauces other than barbeque – our market made chimichurri is nice on the Greek lamb burgers and our sweet Maui sauce tastes great on the beef and pork burgers. To turn a burger pack into a full meal, visit our kitchen delis and pick up some salads like creamy coleslaw, German style potato salad, cherry tomato and bocconcini or tomato basil pasta salad for a perfect summertime spread. ■

We have smokie packs too! Made with Canmore's best sausages from Valbella Gourmet Foods, pick up a pack in these terrific flavours:

Smokie **\$10.99**
Cheese **\$10.99**



Burger Pack Flavours:

Louisiana Pork **\$14.99**

Beef **\$16.99**

Bacon Cheddar Beef **\$17.99**

Greek Lamb and Feta **\$20.99**



Bison Whiskey **\$11.99**
Chicken Apple **\$11.99**

Turkey Honey Garlic **\$11.99**
Tuscany **\$13.99**



A SAMPLE OF
OUR SAVINGS

ARMSTRONG
CHEESE STICKS



**22%
OFF**

SALE PRICE: \$4.19
AUGUST 1-31

RAO'S
DRESSINGS

**15%
OFF**

SALE PRICE: 6.37
AUGUST 1-31



STOKED OATS
OATMEAL BLENDS



**20%
OFF**

SALE PRICE: \$7.99
AUGUST 1-31

PRIDE OF SZEGDED
SPICES AND RUBS

**15%
OFF**

SALE PRICE: \$5.09
AUGUST 1-31



TRENDS POTTING

Creamy handmade cheeses from B.C, fennel flavoured salami and a traditional French dessert are some of our favourite things this month.



FEATURE KITCHEN

Our rice and noodle bowls come in tons of tasty flavours like coconut shrimp curry and Asian barbeque pork. Full of fresh veggies, tender meat and topped with market made sauces, these bowls are the all in one lunch you've been looking for.



B.C. BERRY CLAFOUTIS

A classic French dessert, clafoutis consists of fresh fruit baked in a thick, sweet batter. Serve it warm with a bit of vanilla ice cream for the ultimate summer dessert.



BLACK TIGER SHRIMP

Looking to switch up your barbeque routine? These succulent shrimp are perfect for grilling! Ours are sized at 8/12, meaning there are 8 to 12 shrimp in a pound. Try wrapping them in prosciutto or pancetta for a little extra flavour.



SOLETERRA D'ITALIA FINOCCHIO SALAMI

Made here in Alberta, this soft textured salami is flavoured with garlic, pepper and whole fennel seeds that give it a vibrant fennel flavour.

Regular Price
\$3.29/100g

 **August Stockboy Special**
\$2.79/100g



SALT SPRING ISLAND CHÈVRE

These soft and creamy goat cheeses are available plain or with a beautiful garnish that doubles as a flavour pairing. Spread them over some crusty bread and enjoy.

Regular Price
\$11.59/150g chèvre
\$14.59/150g truffle chèvre

 **August Stockboy Special**
\$9.89/150g chèvre
\$12.39/150g truffle chèvre



OUR BEST PRICES, ALL MONTH LONG!

Each month we work with our favourite suppliers to get special pricing on products we think you'll love. We pass those savings to you, so you can try seasonal, up-and-coming or simply our best items. Deals change monthly, so stock up on your favourites before they're gone!

SHOP ALL STOCKBOY SPECIALS ONLINE AT SUNTERRAMARKET.COM 



EAT AND EARN WITH

FRESH REWARDS

Earn free groceries fast! Members earn one Fresh Rewards point for every dollar spent. Redeem those points for select items, gift cards and cooking classes! Offerings change monthly, visit sunterramarket.com/FreshRewards for the full list.

PAY WITH POINTS!

Redeem these August features at a cashier's till or in our online shopping market:



- La Croix sparkling water (355ml-8x355ml)..... 32-224 pts
- Covered Bridge kettle potato chips (36-170g) ... 44-136 pts
- Grizzly Paw soda (341ml-4x341ml)..... 88-340 pts
- Mario's Gelati sandwiches, bliss bars, drumsticks and calipops (95-150ml)..... 92-108 pts
- Mario's Gelati gelato and sorbetto (125ml-1L)..... 100-367 pts
- Soleterra d'Italia finocchio salami (100g)..... 112 pts
- GoMacro bars (52-71g) 128 pts
- Wild Coast Fruit Co. dried fruit (120g) 128-224 pts
- SmartSweets candy (50g)..... 144 pts
- Snack Factory pretzel crisps (142-200g)..... 144 pts
- Wild Coast Fruit Co. dark chocolate covered fruit (152g) 192 pts
- The GFB bites (113g)..... 236 pts
- Salt Spring Island chèvre cheese (150g)..... 396-496 pts

- GIFT CARDS** – Please order gift cards online, not at the till
- \$20 800 pts
 - \$50 2,000 pts
 - \$100 4,000 pts

Friday Night FEAST

Enjoy a three-course meal prepared from scratch. Just reheat and eat, simple as that.



AUGUST 2

- Caesar salad
- Half rack of bbq Sunterra Farms ribs with roasted potatoes and vegetables
- B.C. cherry clafoutis

AUGUST 9

- Corn salad
- Southwestern flank steak with lime and cilantro rice and vegetables
- Fresh fruit flan

AUGUST 16

- Thai vegetable noodle salad
- Coconut shrimp curry bowl
- Mango mousse cake

AUGUST 23

- Garden salad
- Maple whisky Sunterra Farms pork tenderloin with roasted potato wedges and vegetables
- B.C. cherry Napoleon

AUGUST 30 (PICTURED)

- German potato salad
- Roasted salmon fillet with pineapple mango salsa, rice pilaf and vegetables
- Mini key lime pie

\$16.99 or redeem for **680** Fresh Rewards points per person

PURCHASE YOUR FRIDAY NIGHT FEAST FOR PICKUP OR DELIVERY AT SUNTERRAMARKET.COM

Summer Berry Salad



FEATURE
RECIPE

SERVES 4

Citrus Vinaigrette Dressing

2 tbsp fresh lime juice
2 tsp honey
4 tbsp camelina oil
1 clove garlic, finely chopped
1 tsp shallots, finely chopped
½ cup red wine
pinch chili flakes
sea salt to taste

2 cups spinach, watercress and pea shoots or mesclun greens
½ cup red and green peppers, julienne
½ cup cherry tomatoes, quartered
¼ cup blueberries
¼ cup strawberries, sliced
¼ cup blackberries
¼ cup raspberries
1 peach or nectarine
1 plum
1 avocado, peeled and sliced
1 tbsp cilantro
1 tsp mint

Add lime juice and honey to a small bowl and whisk until honey is dissolved, then add oil, garlic, shallot and chili flakes and whisk until emulsified. Season to taste.

Cut the stone fruit into thin wedges, leaving the skin on. Toss the greens with half the vinaigrette and top with

peppers, tomatoes, stone fruit and berries. Coat the avocado slices with a small amount of vinaigrette and place on top, then sprinkle on cilantro and mint. Drizzle with the rest of the vinaigrette and serve.

Add a handful of toasted cashews or sunflower seeds for protein and crunch.

FIND THIS RECIPE AND MORE ONLINE AT [SUNTERRAMARKET.COM](https://www.sunterramarket.com)

CALGARY

Bankers Hall
+15, 855 2nd St SW
(403) 269-3610

Kensington Road
2536 Kensington Rd NW
(403) 685-1535

Britannia Plaza
803 49th Ave SW
(403) 287-0553

TC Energy
+15, 450 1st St SW
(403) 262-8240

Keynote
200 12th Ave SE
(403) 261-6772

West Market Square
1851 Sirocco Dr SW
(403) 266-3049

EDMONTON

Commerce Place
201, 10150 Jasper Ave
(780) 426-3791

Lendrum
Shopping Centre
5728 111 St
(780) 434-2610

CATERING

Calgary (403) 263-9759
Edmonton (780) 426-3807

GROCERY DELIVERY

Calgary (403) 287-0553
Edmonton (780) 434-2610