

**One Fine Food - Curb Side Pick-Up & Delivery Guide**

**Name:** \_\_\_\_\_  
**Phone #:** \_\_\_\_\_  
**Date:** \_\_\_\_\_  
**Pick-Up/Delivery:** \_\_\_\_\_

**Alcohol**

<i>One Red - Cabernet Sauvignon</i>	29.99
<i>One White - Pinot Grigio</i>	29.99

**EVOO & BV**

<i>One - Balsamic Vinegar 250ml</i>	15.99
<i>One - Extra Virgin Olive Oil 500ml</i>	18.99
Flavoured Oils (ask for flavours)	Prices Vary
<i>Ask about specialty EVOOs &amp; BVs</i>	

**Pasta**

<i>Rummo - Please Specify Cut</i>	3.99
<i>Rummo Gluten Free - Please Specify Cut</i>	4.99
<i>Mancini - Ask for available cuts</i>	6.29
<i>Afeltra - Ask for available cuts</i>	6.49 - 6.79
<i>al dente - Egg Noodles (ask for available cuts)</i>	5.29 - 5.99

**Pasta Sauces**

<i>One - Tomato Sauce (Basil, Garlic, Arabbiata, Primavera)</i>	7.99
<i>F. Sacla - Alfredo Sauce</i>	7.29

**Coffee & Tea (ask to have beans ground)**

<i>Carlina's Colombia 1lb - Medium / Dark / Espresso / Decaf</i>	16.99
<i>Mule 340g - Base Camp / Double Double / On The Horizon / Esp</i>	14.99
<i>Lemon Lily - Loose Leaf Tea (ask for varieties)</i>	13.99 - 26.99
<i>Dilmah - Earl Grey / Orange Pekoe / Breakfast / Green / Cham</i>	5.49

**Dairy**

<i>Kawartha Dairy 1L - 3.25% / 2% / 1% / Skim / Choco</i>	2.89
<i>Kawartha Dairy 10% Cream 1L</i>	3.89
<i>Kawartha Dairy 35% 500ml</i>	3.99
<i>Silk - Almond Sweetened / Almond Unsweetened / Cashew</i>	5.99
<i>Stirling Unsalted Butter 454g</i>	6.29
<i>Salted Butter 454g</i>	5.99
<i>Organic Meadow - Yogurt (0% / 2% / 3.8%)</i>	4.99
<i>Skotidakis - Plain Greek Yogurt (0% / 2%)</i>	5.29
<i>Riviera - Yogurt 4x120g (Vanilla / Strawberry / Lemon / Coco)</i>	5.29
<i>Millar Eggs (dozen)</i>	4.79
<i>Harley Farm Free Run Eggs (dozen)</i>	7.99

**Fruits**

Bananas	Market Price
Apples (Gala / Granny Smith / Pink Lady / MacIntosh)	Market Price
Pears	Market Price
Avocados	Market Price
Berries (Raspberries / Strawberries / Blueberries)	Market Price
Grapes (Red / Green)	Market Price
Navel Oranges	Market Price
Lemons	Market Price
Limes	Market Price
Grapefruit	Market Price
Mangoes	Market Price
Melons (Honeydew / Cantaloupe)	Market Price
Pineapple	Market Price

**Vegetables**

Broccoli	Market Price
Cucumber	Market Price
Tomatoes (Cherry / Roma / On The Vine)	Market Price
Red Peppers	Market Price
Yellow Peppers	Market Price
Green Peppers	Market Price
Jalapenos	Market Price
Cooking/Spanish Onion	Market Price
Red Onion	Market Price
Garlic	Market Price
Potatoes (White / Fingerling / Red)	Market Price
Sweet Potato	Market Price
Squash (Butternut / Acorn / Spaghetti)	Market Price
Celery	Market Price
Pre-Package Lettuce (Spinach / Arugula / Mixed Greens)	Market Price
Romaine Lettuce (3 hearts)	Market Price
Iceberg Lettuce	Market Price
Cauliflower	Market Price
Green Beans	Market Price
Brussels Sprouts	Market Price
Carrots (Orange / Heirloom)	Market Price
Zucchini	Market Price
Eggplants	Market Price
Mushroom (White / Cremini / Portabello / Shiitake)	Market Price
Stirfry Pack	Market Price
Littleleaf Sprouts	Market Price
Basil	Market Price
Mint	Market Price
Cilantro	Market Price
Italian Parsley	Market Price
Dill	Market Price
Rosemary	Market Price
Thyme	Market Price
Green Onion	Market Price
Pre-Packed Beets - Cooked & Peeled	3.99

**Condiments**

<i>Fresh Dress - Green Goddess Salad Dressing</i>	6.99
<i>Fresh Dress - Wicked Caesar Salad Dressing</i>	6.99
<i>Fresh Dress - Greek Lightning Salad Dressing</i>	6.99
<i>Kozlik's - Mustards (ask for flavours)</i>	6.49
<i>Kozlik's - X Hot Horseradish</i>	6.79
<i>Rufus Teague - Honey Sweet / Whiskey Maple / Touch O'</i>	8.99
<i>Stonewall Kitchen - Aioli (Garlic / Sriracha / Lemon / Basil)</i>	9.99 - 10.99
<i>Stonewall Kitchen - Jams (ask for flavours)</i>	9.99
<i>Dawson's - Hot Sauce (Original / Chipotle / Ghost Pepper)</i>	9.99 - 10.99
<i>Sarafino - Nonna's Basil Pesto</i>	13.99
<i>Sarafino - Hot Rustic Spread (calabrese)</i>	9.99
<i>Simply Natural - Organic Ketchup</i>	7.79
<i>Wildly Delicious - Bread Dippers (ask for flavours)</i>	6.99 / 11.49
<i>Wildly Delicious - Cooking Sauces (ask for flavours)</i>	Prices Vary
<i>Wow Butter - Creamy / Crunchy (nut free)</i>	5.99
<i>Otonabee - Liquid Clover Honey 375g</i>	7.99
<i>Chemong Farm - Maple Syrup 500ml / 1L</i>	15.99 / 26.99

**Crackers, Snacks & Chocolate**

<i>Kii Natural - Crackers (ask for flavours)</i>	6.99
<i>Stonewall Kitchen - Crackers (ask for flavours)</i>	7.99
<i>Mary's - Gluten Free Crackers (ask for flavours)</i>	8.99
<i>Kettle Brand - Chips (ask for flavours)</i>	3.99
<i>Boomchickapop - Popcorn (ask for varieties)</i>	6.99
<i>Los Cantores - Corn Chips (original, lime, chipotle, grain)</i>	4.79
<i>Neal Brothers - Salsa (ask for flavours)</i>	4.99
<i>Badass - Salsa (Tequila Blanco / Poblano Pepper)</i>	6.99
<i>Sprucewood - Shortbread Cookies (ask for flavours)</i>	2 for \$10.00
<i>Made Good - Granola Bars (ask for flavours)</i>	5.49
<i>Centre &amp; Main - Chocolate Bars (ask for flavours)</i>	9.99
<i>Alter Eco - Chocolate Bars (ask for flavours)</i>	4.99
<i>McSweeney's - Jerky (Original / Teriyaki)</i>	6.49

**Dry Goods**

<i>Lantic - Granulated Sugar 2kg</i>	3.99
<i>Lantic - Icing Sugar 1kg</i>	3.79
<i>Lantic - Brown Sugar 1kg</i>	2.99
<i>Lantic - Raw Brown Sugar 450g</i>	3.29
All Purpose Flour 1kg	4.99
5kg Organic Flour - Rye / Whole Wheat / Bakers	17.99
Arva - Bakers Flour 10kg	29.99
Dry Active Yeast - 50g	3.49
<i>Diamond Crystal - Kosher Salt 3lb</i>	9.99
<i>Maldon - Flaked Sea Salt 240g</i>	12.99
Aurora - Vegetable Oil 2.8L	8.29
<i>Frontier - Soup Mixes (ask for varieties)</i>	7.49
<i>Poliselli - Tipo 00 Pizza Flour</i>	3.49
<i>Strianese - Canned Italian Chopped Tomatoes 398ml</i>	2.69
<i>Strianese - Canned Peeled Tomatoes 796ml</i>	4.99
<i>Strianese - Canned DOP Whole San Marzano Tomatoes 400g</i>	2.99
<i>Mutti - Tomato Paste</i>	3.99
<i>Mutti - Pizza Sauce 398ml</i>	3.49
<i>Mutti - Finely Chopped Tomatoes 398ml</i>	2.99
<i>Sarafino - Passata</i>	5.99
<i>Sarafino - Ready-to-Make Risotto (ask for varieties)</i>	6.99 - 8.99
Rice	Unavailable
<i>Passage Foods - Cooking Sauces (ask for varieties)</i>	6.49 - 6.99

**Beverage**


<i>Fiji - 330ml x 6 / 1L x 6</i>	8.49 / 21.99
<i>San Pellegrino - 250ml x 6 / 1L</i>	2.59 / 6.99
<i>San Benedetto - Still 1L x 12 (case)</i>	34.99
<i>Rise Kombucha - 414ml / 1L (ask for flavours)</i>	4.49 / 9.99
<i>Fevertree - Tonics 200ml x 4 (ask for flavours)</i>	8.29
<i>Fevertree - 500ml (Ginger Beer / Tonic / Ginger Ale)</i>	5.49
<i>Kiju - Juice 1L (ask for flavours)</i>	3.29

**Frozen**

<i>Kawartha Dairy - Ice Cream 500ml / 1.5L</i>	3.59 / 6.29
<i>Ste. Anne's - Coconut Ice Cream 1L (ask for flavours)</i>	9.99
<i>Evive - Smoothie Pucks (ask for flavours)</i>	11.99
<i>Nut Free Gourmet - Cookie Dough (ask for flavours)</i>	7.99

**Household (ask for scents & varieties)**

<i>Mrs. Meyers - Dish Soap / Hand Soap / All Purpose Cleaner</i>	7.79 - 7.99
<i>Method - Dish Soap / Hand Soap / Cleaners / Laundry</i>	5.49 - 19.29

Bakery			Meat			Lamb		
<b>Bread</b>				Chicken Parmesan (2 pc)	32.98/kg		Ask for availability	
	Sourdough	5.99		One Meatloaf 800g	19.77/kg	<b>Deli</b>		
	Sesame Sourdough	5.99		Frozen Meatballs (12 pc)	24.18/kg	<b>Meat</b>		
	Focaccia	4.99	<b>Broth</b>				Nitrate Free Black Forest Ham	30.00/kg
	Rye	5.99		One - Brodo (Mixed Bone Broth)	8.00		Nitrate Free Oven Roasted Turkey	36.00/kg
	Ciabatta	3.99		One - Broth (Chicken / Turkey / Beef)	8.00		Mortadella	25.99/kg
	Bagels (4 pack)	4.49		<i>Heritage Cattle</i> - Beef Bone Broth	9.99		Calabrese Salami	28.90/kg
	Ace Burgers Buns (6 pack)	5.99	<b>Frozen Pizza</b>				Soppresata Salami	28.95/kg
	Ace sausage Buns (6 pack)	5.99		Diavolo	13.99		Speck	42.90/kg
<b>Goodies</b>				Pepperoni	13.99		Tosceno Prosciutto	49.90/kg
	Brownie Square	3.25		Verdura (Veggie)	13.99		House Roast Beef	39.90/kg
	Pecan Thumbprint Cookies 8pc	7.49		Margherita	13.99		<i>Linton</i> - Pepperettes 10pc	14.99
	Amaretti Cookies 8pc	7.29		Housemade Pizza Dough	3.00		<i>Grimm's</i> - Pepperettes 300g (Original / Hot / Turkey)	9.99 - 11.99
	Double Chocolate Cookies 8pc	4.99		Gluten Free Pizza Dough	4.50		<i>Vitale</i> Pre-Packaged Deli Meats	
	Lemon Spritz Cookies 8pc	5.49	<b>Butcher</b>				· Prosciutto	6.99
	<i>One</i> - Granola	9.99	<b>Beef</b>				· Coppa	6.99
	<i>One</i> - Croutons	4.49		Striploin Steak 10-12 oz	59.38/kg		· Antipasto Italiano	6.99
	<i>One</i> - Crostini	4.49		Rib Eye Steaks 10-12oz	57.18/kg		· Salame Milano	6.29
<b>Prepared Food</b>				Flank Steak 1.5-2lb each	35.18/kg		· Spinata Romano / Piquante	6.29
<b>Salads 16 oz / 32 oz</b>				Tenderloin Steak 5-7 oz	79.18/kg	<b>Cheese</b>		
	Caesar Salad (Small / Large)	5.49 / 9.99		Ground Beef	19.78 /kg		5 Brothers (approx 150g piece)	51.99/kg
	Green Salad (Small / Large)	5.49 / 8.99		House 6 oz Angus Burgers	4.99 ea		Parmigiano Reggiano (approx 150g piece)	59.99/kg
	Southwest Quinoa (Small / Large)	5.49 / 8.99		Frozen House Wagyu Burgers 4pk	19.99		5yr Le Silo Cheddar (approx 150g piece)	70.99/kg
	Pesto Pasta Salad with Dried Tomatoes & Artichokes (Small / Large)	5.49 / 8.99		Stewing Beef	24.18 /kg		Aged Farmhouse Cheddar (approx 150g piece)	61.60/kg
	Marinated Beet Salad with Kale & Feta (Small / Large)	5.49 / 8.99		Heritage Cattle Grass Fed extra lean Ground (frozen only)	21.50/kg		Stevenson Reserve Stilton	59.99 kg
	Moroccan Sweet Potato (Small / Large)	5.49 / 8.99		Heritage Cattle Grass fed Striploin Steak (frozen)	59.38/kg		Molitero aux Truffle (approx 150g piece)	81.99/kg
	Potato Salad (Small / Large)	5.49 / 8.99		Roast and other cuts available on request			Chateau de Bourgogne - Triple Cream Brie	19.99
	Hummus (Regular / Garlic / Esplosivo / Olive Tapenade)	5.00	<b>Pastured Pork</b>				<i>Saputo</i> - Pizza Mozzarella Ball	6.99
<b>Soup 500 ml / 1000 ml</b>				Smoked Bacon - Thick Cut	21.98/kg		Bella Casara - Mini Buffalo Mozzarella 180g	7.99
	Cream of Mushroom & Leek	5.00 / 10.00		Peameal Bacon, Thick Cut/Roasts	19.78/kg		Bella Casara - Buffalo Mozzarella 125g	6.99
	Squash	5.00 / 10.00		Ground Pork	16.47/kg		Bella Casara - Burrata 180g	10.99
	Mulligatawny (Curry Lentil)	5.00 / 10.00		Boneless Pork Chops	23.08/kg		<i>Black River Cheese</i> - Mild / Medium / Old / Marble / 1yr	7.99
	Bacon & Barley	5.00 / 10.00		Bone In Pork Chops	20.88/kg		<i>Riviera</i> - Crème Fraiche	4.99
	Chili	6.95 / 13.95		Pork Tenderloin - Whole	19.78/kg		<i>Riviera</i> - Shredded / Flaked Parmesan	6.99
<b>Sauces 500 ml</b>				Sausages (4 packs) :	17.58/kg		<i>Crosswind Farm</i> - Goat Feta	9.99
	Vodka Sauce	5.50		· Hot Italian · Chorizio			<i>Crosswind Farm</i> - Goat Chevre (Org / Hot / Dill / Garlic / Her)	8.99
	Alfredo Sauce	8.00		· Tuscan · Breakfast			Housemade Ricotta (Regular / Classico / Garlic / Esplosivo)	6.99
	Homestyle Tomato Sauce	6.50		Roast available on request			<i>Western Creamery</i> - Cream Cheese	5.99
	Meat & Tomato Sauce	7.50	<b>Poultry</b>			<b>Additional Products / Extra Notes</b>		
	Vegetable Tomato Sauce	5.50		Whole Chicken (3.5 - 4 lb average)	12.10/kg			
	Tomato Sauce	5.50		Boneless Skinless Chicken Breast	23.08/kg			
	Pizza Sauce	4.50		Boneless Skinless Marinated on request				
<b>Pasta (Small feeds 2, Large feeds 4 approximately)</b>				· Tuscan (touch of heat)	24.18/kg			
	Fresh Housemade Pasta (approx 250-300g)	14.95/kg		· Jerk	24.18/kg			
	4 Cheese Ravioli			· Greek Herb and garlic with lemon	24.18/kg			
	Chicken & Mushroom Cannelloni (5 pc)	13.99		Bone In Chicken Breast	17.58/kg			
	Spinach & Ricotta Cannelloni (5 pc)	13.99		Chicken Legs	15.38/kg			
	Bacon Mac & Cheese (Small / Large)	9.99 / 24.99		Boneless Skinless Chicken Thigh	17.58/kg			
	Meat Lasagna (Small / Large)	14.99 / 34.99		Chicken Sausages 4 pack	21.98/kg			
	One Homestyle Lasagna (Small / Large)	14.99 / 34.99		Organic Whole Chicken (frozen)	14.99/kg			
	Vegetable Lasagna (Small / Large)	12.99 / 32.99		Organic Boneless Skinless Chicken Breast 2pk (frozen)	36.99/kg			
<b>Meat Pies</b>			<b>Fish</b>					
	Tourtiere 4" / 9"	22.00/kg		16-20 Shrimp Frozen	36.00/kg			
	Beef and Mushroom Pie 4" / 9"	22.00/kg		Atlantic Salmon	63.78/kg			
	Chicken Pot Pie 4" / 9"	22.00/kg		<i>Adar</i> - Frozen Smoked Salmon 200g	19.99			
	Grass Fed Beef Shepherd's Pie (Small / Large)	16.99 / 39.99		Halibut	76.98/kg			

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