

The Albion Ragg



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Valentine's Day Lunch Special!

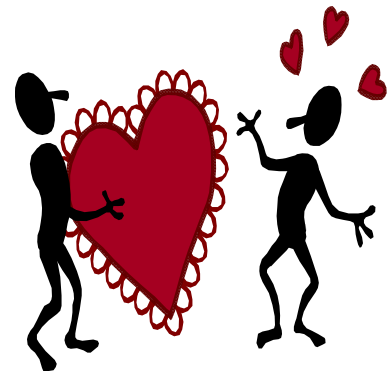


2 Prawn Skewers
with Greek salad and rice,
Strawberry Tart for Dessert.



\$6.99

(while quantities last)



Bruce's is a **WILD** Place for BC Salmon!

All our salmon products at Bruce's Country Market are from Wild BC Salmon!

♥Prawn Special!!!♥

Make Dinner for your Valentine!

Black-Tiger Prawns (31/40s)

only **\$7.99/lb!!**

regular \$9.99/lb

Feature Recipes

Portabella Mushrooms Stuffed with Salmon and Spinach

Method

Brush mushrooms with olive oil; sprinkle lightly with sea salt and cayenne pepper. Broil upside down for 3 minutes. Sprinkle half of the green onions on each mushroom. Top with chopped salmon. Cook spinach, drain well, then coarsely chop. Add the cream cheese to the chopped spinach and heat just until the cream cheese is melted. Add sea salt and cayenne pepper, and mix well with a fork. Place the spinach over the salmon, and bake the stuffed mushrooms for 20 minutes at 375°F.

Makes 2 servings

Ingredients

3 tsp. olive oil
2 Tbs. green onions, minced
2 large portabella mushrooms, stems removed
1/2 lb. salmon fillet, uncooked, skinned, and chopped
10 oz. fresh spinach
3 Tbs. cream cheese
Sea salt and cayenne pepper to taste

Strawberry Glazed Pie

Method

Spread cream cheese, which has been softened with sufficient cream, over bottom of cold pie shell. Wash and hull berries. Place half the berries over cream cheese. Take remaining berries and mash. Bring to a boil. Mix sugar and cornstarch and add slowly to berries. Cook 10 minutes until thickened. Cool and spread over uncooked berries. Refrigerate. Decorate with whipped cream.

Makes 8 servings.

Ingredients

1 250g. pkg. cream cheese
cream, as needed
1 cooled, baked 9 inch pie shell
1 to 1 1/2 qt. fresh strawberries
1 c. sugar
3 Tbs. cornstarch
1 c. whipped cream



Eat Fish and Reduce Your Risk of Alzheimer's!

Researchers at Chicago's St. Luke's Medical Center found that people 65 and older who ate fish once a week were 60% LESS likely to get Alzheimer's. The right foods really can help you control your health destiny.



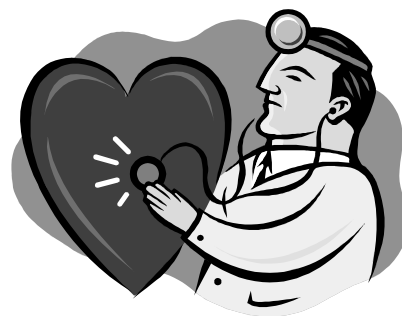
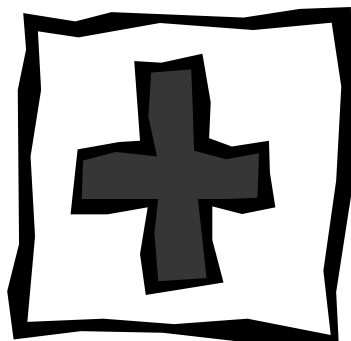
A Fish a Day Keeps the Heart Doctor Away!

The fact that Eskimos, whose diet is high in coldwater fish, rarely have heart attacks prompted researchers to investigate the correlation between fish-eating and a healthier heart. The conclusion of all the studies: eating fish daily, or at least twice a week, can greatly lower the risk of having a heart attack. In one study, entitled the DART trial (*diet and reinfarction trial*), people who were recovering from a heart attack were put on several different diets, one of which contained two weekly courses of fish high in omega 3 fatty acids. After two years, the death rate was 29% lower in the fish eaters.

(www.askdrsears.com/html/4/T041600.asp)

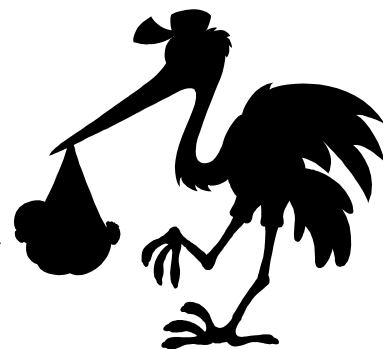
Omega-3 Fatty-Acid Content of Popular Fish

Serving Size 6 oz. cooked	Omega 3 Fats (g)
Salmon, sockeye	4
Tuna, albacore	3.5
Sardines in sardine oil (3 oz)	2.8-3.3
Salmon, spring	2
Salmon, coho	2



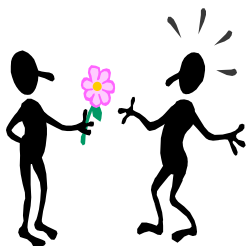
It's A Boy!

Brad and Soleta Murray gave birth to their first child, Marcos Aaron, on Tuesday, January 10th. Marcos was a healthy, happy 6 lb 14 oz at birth and is growing well. Congratulations to Brad and Soleta, grandparents John and Glenna Murray, and Romualdo and Avelina Gonzales, and great-grandparents, Bruce and Elnora McEachern — great-grandchild number 4!



Love Expressions From The Gift Department!

♥Bring her flowers



Mixed and Tropical \$6.95 - \$34.95

Red Roses—\$6.50 - \$22.95

Valentine's Day Cards and Tulips!

Set the mood

Take home a relaxing Solitudes CD for \$17.95

Avalon Sunset Beeswax candles start at \$1.10

Etched wine glasses or velvet wine bag \$9.95 each



Teddy bears♥



Beautiful, plush RUSS stuffed animals starting at \$5.95

Vida the lavender Hippo \$16.95

Adorable *Muffin* \$14.95

New Doors At Bruce's!

We now have brand new automatic doors at Bruce's Country Market! No more struggling with a shopping cart, a baby buggy or a wheel chair while trying to open the door!

We love them and hope you do too!

Child-Sized Shopping Carts!

We now have child-sized shopping carts for our mini Bruce's customers. We like to train them early!

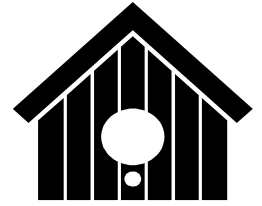


SPRING IS COMING!

Here are a few things you can do to prepare for Spring:



Don Thompson's "I Can Build It" kits include bird, bat and ladybug houses. It is now time to put them up! The first swallows of the year arrive in February.



Priced from \$9.99.

Hummingbirds arrive in March. Make sure your feeders are clean and ready to hang up! Its important to catch the first birds so they can bring their offspring to your feeder later in the year. Water to sugar ratio: 3:1.

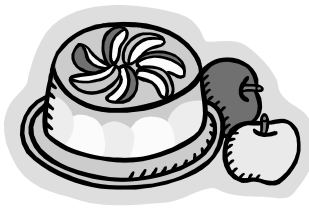
♥Hugs and Kisses♥

Tantalize your tastebuds! *Wow! Factor* from Langley introduces **Hugs and Kisses!** Imagine: three layers of chewy chocolate brownie, filled and covered with a unique cream cheese mousse — white and dark chocolate curls snuggle up the sides and cream rosettes cradle a Hershey's Hug. *Wow! Factor* uses all natural ingredients to create this amazing treat!

Valentine's Day From Trump's Bakery!

"to love is to know the sacrifices that eternity extracts from life"

- Beautifully decorated strawberry and almond-vanilla **Heart-shaped Cookies!**
- **3" Chocolate Fudge Sponge Cakes** coated with chocolate ganache, sprinkled with edible gold.
- Individual, elegant **Baked Chocolate Cheesecake** with chocolate mousse, finished with a spray of chocolate ganache.



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Friendly Country Service
Since 1948

All prices and products featured are subject to change and while quantities last.

The Story of Bruce's Country Market

- Bruce's Market was opened on April 2, 1948 by Bruce and Elnora McEachern, and is still owned and operated by the McEachern family.
- We have been commercial fishermen for 4 generations and now operate a fleet of salmon gillnet boats, a processing plant, and our own smokehouses.
- Bruce's Country Market is our retail outlet for fresh salmon from our fish boats and smoked salmon from our smokehouses. We guarantee freshness, quality and flavor with every purchase.
- As well as our fish department, Bruce's Country Market has a beautiful produce department, a delightful gift section, a large deli, and a wide variety of grocery items.

Bruce's 2nd Annual Spring Festival

10-5 Saturday May 13th

12-5 Sunday May 14th

Remember to mark your calendars for Mother's Day Weekend when we have our Second Annual Spring Festival including our famous 10th Annual Salmon Barbeque!

- Seafood Specials!
- Plant and Garden Extravaganza!
 - Salmon Dinner for \$6.00!
 - Red Tag Table Sale!
 - Bruce's Birthday Party!
- Free Cake and Coffee or Tea!

COME AND JOIN THE FUN!

