

# The Albion Ragg



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

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



## Valentine's Day Cards and Gifts!



### ♥ Valentine's Day Cards

Fantastic 3D Pop up cards as well as regular cards

### ♥ Love Birds and Other Creatures

Cute cuddling owls, frogs and more



### ♥ Smooch Monkeys

Adorable, plush, hugging monkeys



### ♥ Valentine's Day Mugs

A variety of mugs just for Valentine's Day

### ♥ Decorative Rocks

Natural rocks engraved with "I love you", "family" and more

*Locally-made pottery, soy candles, home décor and so much more!*



## ♥ Valentine's Day Meal!!!♥



Delicious Monterey-spiced breaded chicken served with a baked potato and creamy broccoli-slaw.

**Only \$7.99!**

served all day starting at 11:00am

## Feature Recipes

### Grilled Salmon with Red Wine Butter

#### Method

#### Ingredients

- Combine shallot, red wine and balsamic vinegar in a sauce pan over med-low heat and cook until reduced to half, approximately 10 minutes. Once reduced allow red wine reduction to cool then add butter and fresh thyme. Thoroughly mix using a spatula.
- While the red wine mixture reduces, heat a grill pan to med-high and season the salmon to taste with salt and pepper. Coat pan with olive oil and place fish in the pan. Cook approximately 4-5 minutes on each side.
- Serve the salmon with grilled asparagus and brown rice and drizzle the red wine reduction over top for a truly impressive dinner for two!

- 1 shallot, minced
- ½ c. red wine
- ¼ c. balsamic vinegar
- ½ stick butter, room temperature
- 1 ½ tsp. fresh thyme
- 2 ½ lb. pieces of wild salmon fillets
- Salt and pepper to taste
- Olive oil

### Eat Your Heart Out Dessert

#### Method

#### Ingredients

- Dissolve one package of flavored gelatin in ¾ c. boiling water. Add ¾ c. cold water, then pour the mixture into a 9-by 13- inch glass pan and refrigerate for 1 hour.
- Stir together ½ c. boiling water and the condensed milk. In a separate bowl, dissolve all the unflavored gelatin in ½ c. cold water for 1 to 2 minutes. Thoroughly mix in ¾c. boiling water, then combine this mixture with the milk and let it cool. Add half the mixture to the pan of red gelatin, pouring it over a spatula to slow the stream, and refrigerate for 20 minutes.
- Continue alternating layers — gelatin mix, the remaining milk mix, the final gelatin mix— chilling each for 20 to 30 minutes to set it. Create individual servings with a heart-shaped biscuit or cookie cutter.

- 1 (14 oz) can of sweetened condensed milk
- 3 (3 oz) packages of red flavored gelatin
- 2 (¼ oz) envelopes of unflavored gelatin



## Specials, Specials, Specials!



### **Free Cup of Coffee with Any Purchase**

7am to 9am, Monday to Friday  
\*\*\*until further notice\*\*\*

### **Free 1 lb. Of Tiger Prawns**

With the purchase of \$50 or more of  
seafood/salmon.  
\*\*\*Now until February 14th\*\*\*



### **Lazy Saturday Breakfast Special**

Buy one breakfast and get the second one  
of equal or lesser value free  
\*\*\*February 15th to March 15th\*\*\*

### **Honey Ham \$0.99/100g.**

Regular price: \$1.99/100g.  
\*\*\*While supplies last\*\*\*



### **Fresh Berries for Valentine's Day!**

Treat your Valentine to fresh berries from Bruce's! We have a full selection of fresh produce including high quality strawberries,



raspberries, blueberries and blackberries year-round!\* Look for organic and locally-grown fruit (in season)! Bake a strawberry shortcake, dip strawberries in chocolate, or make fruit smoothies for



Valentine's Day!

\* *while quantities last*

## Valentine's Day is A Seafood Event!

**Making a Valentine's Day feast? Don't forget the seafood!**



King Crab Legs  
Tiger Prawns  
Smoked Salmon  
Oysters  
Scallops  
Salmon Fillets  
Halibut  
Ahi Tuna



And more! **Order ahead of time** to guarantee we have what you need for Valentine's Day.

No time to prepare a huge meal? Check out our selection of ready-to-cook seafood including **stuffed salmon, halibut and scallops!** Pop them in the oven for 15 minutes and serve with rice and a salad for a quick but gourmet Valentine's dinner.

## **Gardener's Dream Cream**

Dry winter hands? Try *Aroma Crystal Therapy's* Gardener's Dream Cream.

Gardener's Dream Cream has been hailed as the go-to cream for a variety of ailments.



Consumer testimonials include success in healing dry, cracked or itchy skin, aches and pains, and specific skin conditions such as psoriasis and eczema. A massage with Gardener's Dream Cream



helps you relax and it's therapeutic aroma creates a sense of well-being. Made on Saltspring Island.

*The cream for all you can dream of!*

## Gourmet For Valentine's Day!

### Treats from Trumps Fine Foods and Wow! Factor Desserts!



**Hugs and Kisses Cake:** Three layers of chewy chocolate brownie filled with cream cheese mousse, and decorated with dark and white chocolate curls. Cream rosettes surround a Hershey's Hug.



**Individual Chocolate Heart Cakes:** Try this chocolate fudge sponge cake, coated with chocolate ganache, and sprinkled with edible gold.



**Refreshing key lime cheesecake** capped with lime-enhanced cream and drizzled with key lime sauce.



**Passionberry Heart:** A luscious cake topped with raspberry glaze, and garnished with white chocolate mousse, raspberries and blueberries.



**Assorted heart-shaped cookies** made with almond sugar dough and coated with colored chocolate.

## Custom-Smoked Salmon

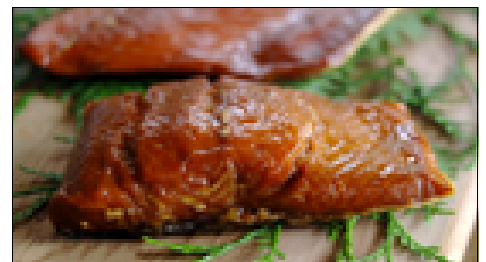
Did you know we can custom smoke your fish?

You love our smoked salmon. Did you know you can bring in your own salmon and we will smoke it for you?



Now you know!

Ask for details at the seafood counter.



## ***Bruce's Country Market***

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Phone: (604)463-9817  
Fax: (604)463-5522



***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 7th Annual Spring Festival and 63rd Anniversary Party!**

**10-5 Saturday May 7th**

**10-5 Sunday May 8th**

**Remember to mark your calendars for Mother's Day Weekend when we have our Seventh Annual Spring Festival and 63rd Anniversary Party including our Annual Salmon Barbeque:**



- Seafood Specials!
- Plant and Garden Extravaganza!
- Salmon Lunch for \$6.00!
- Free Cake and Coffee!  
(while supplies last)



**RAIN OR SHINE, COME AND JOIN THE FUN!**

