

STERLING SILVER
PREMIUM MEATS

PREMIUM-
PORTERHOUSE
STEAK
\$17.99
PER LB

FRESH PORK
RIB CHUNKS
\$4.99
LB

AIR CHILLED
BELL & EVANS
BONELESS SKINLESS
CHICKEN BREAST
\$7.99
PER LB

WILD CAUGHT
- TUNA STEAK
\$10.99
PER LB

CONVENTIONAL
GREEN GRAPES
\$1.99
PER LB

CONVENTIONAL
NAPA CABBAGE
89¢
PER LB

CERTIFIED
ORGANIC
ORGANIC
STRAWBERRIES
\$5.99
16 OZ

CERTIFIED
ORGANIC
ORGANIC
JAPANESE SWEET
POTATOES
\$3.99
LB

COLD CUT COMBO -
OVEN GOLD TURKEY
AND AMERICAN
CHEESE
\$10.99
LB

DAIRY & FROZEN

Assorted Varieties
Silk Almond Milk
\$3.99
64 oz crtn

Assorted Varieties
Simply Orange Juice
\$3.99
52 oz carafe

Assorted Varieties
Oui French Style Yogurt
3/\$5
5 oz jar

Assorted Varieties
Friendly's Ice Cream
\$5.99
48 oz scround

or Frozen Fruit
3 lb Bag Assorted Varieties
Campoverde Fruit & Veggie Blenders
\$9.99
2 lb bag

GROCERY

SANDWICH OF THE
WEEK - AMERICAN
COMBINATION HERO
\$11.99
EACH

BELGIOIOSO FRESH
MOZZARELLA -
UNSLICED
\$6.99
16 OZ

KINGS GOUDA
\$5.99
8 OZ

15oz Alfredo or
Assorted Varieties
Rao's
Pasta Sauce
\$5.99
24 oz jar

Assorted Varieties- (excludes
Lasagna)
Luigi Vitelli
Pasta
4/\$5
16 oz pkg

Extra Lite, Extra Virgin or
Filippo Berio
Olive Oil
\$7.99
16.9 oz btl

Assorted Varieties 10ct
Dunkin'
Keurig Cups
\$8.49
3.7 oz box

Golden Blossom
Honey
\$9.99
24 oz btl

Assorted Varieties
McCann's
Instant Oatmeal
10 pk
\$3.99
.99- 1.51oz pkts

Assorted Varieties
Tostitos
\$3.99
9-13oz bag
Or Salsa

Assorted Barqs, Fresca, Minute Maid,
Seagrams or
Coca Cola, Fanta,
DrPepper, Barqs or
Sprite
2 Ltr
2/\$5
+ dep.
67.6-5oz btl

Assorted Varieties
White Claw or,
Truly
\$19.99
12 oz 12pk can

Free & Clear or Fresh Lavender
Seventh Generation
Laundry Detergent
\$7.99
45 oz btl

Extra Soft & Strong
Seventh Generation
Bath Tissue
4pk
\$3.99
240 ct rolls

Assorted Varieties
Seventh Generation
Liquid Dish Soap
2/\$7
19 oz btl

WEEKLY SALES!

Hunt's Ketchup

\$1.99

20 oz btl



Assorted Varieties

Sweet Baby Ray's Barbecue Sauce

2/\$5

18 oz btl



Contadina Petite Cut Diced or Assorted Varieties

Del Monte Tomatoes

\$1.19

14.5 oz can



Regular, Thick, Wing, Squeeze or Dip'n Asst Varieties

Frank's Red Hot Sauce

\$3.99

12 -13 oz btl



Assorted Varieties

Wish-Bone Salad Dressing

2/\$4

8 oz btl



Assorted Varieties

Prego Sauce

\$2.99

14.5 - 24 oz jar



Assorted Varieties

Chef Boyardee Canned Pasta

2/\$3

14.5 - 15 oz can



Assorted Varieties

Maruchan Ramen Noodle Soup

5/\$2

3 oz pkg



Assorted Varieties

Mott's Apple Juice

2/\$7

64 oz btl



Assorted Flavors

Kool-Aid Jammers 10 Pk

2/\$7

6 oz pouches



Coombs Organic Maple Syrup

\$5.99

8 oz btl



Carolina Extra Long Grain Rice

3/\$4

1 lb pkg



Regular or No Salt

Hunt's Tomato Sauce

5/\$4

8 oz can



Roland Fish or Oyster Sauce

2/\$5

6.76-7 oz btl



Regular or Less Sodium

Libby's Corned Beef

\$5.99

12 oz can



Realemon or Realime Juice

\$2.49

15 oz btl



Asst Varieties Chicken, Beef, or Vegetable

Swanson's Broth

\$2.99

32 oz carton



Extra Lite, Extra Virgin or

Filippo Berio Olive Oil

\$7.99

16.9 oz btl



Assorted Varieties

Quaker Rice Cakes

2/\$7

4.4-7.23 oz pkg



Selected Varieties

Oreo Cookies

\$4.49

9.21 - 14 oz pkg



Assorted Flavors(+dep w/apple)

Vintage Seltzer, Tonic or Club Soda

4/\$4

1 ltr btl



Budweiser Regular or Light 12 Pack

\$16.99

12 oz cans/btls



Assorted Varieties

Xtra Liquid Detergent

\$3.49

56 - 57.6 oz btl



NON-FOODS!

Assorted Varieties

Friskies Cat Food

3/\$3

5.5 oz can



Forks, Spoons or Combo

GoodCo Heavy Duty Cutlery

\$1.19

24 ct box



Assorted Varieties

Cesar Dry Dog Food

\$7.99

2.7 lb bag



Seventh Generation Paper Towels 2 pk

\$4.99

140 ct rolls



Assorted Varieties Swaddlers, Cruisers, or

Pampers 360 Diapers Jumbo Pack

\$11.99

17-32 ct pkg



Scented, Unscented or Sensitive

Pampers Complete Clean Baby Wipes

\$2.99

56 - 72 ct pkg



Assorted Gallon or Quart Size

Glad Zipper Freezer or Storage Bags

3/\$6

15-25 ct box



Lemon/Lime, Citrus or Mango

Lysol Disinfecting Wipes

\$3.99

35 ct canister



18 oz

LifeGoods Party Cups

\$6.99

50 ct pkg



DAIRY

Assorted Varieties

**La Yogurt
Family Size
Yogurt**

32 oz
cntnr

\$2.99



Assorted Varieties

**El Mexicano
Yogurt Drinks**

7 oz
btl

3/\$4



**Kraft
Yellow American
Singles**

16 oz
pkg

\$4.99



Assorted Varieties

**Kraft
Shredded Cheese or
Cheddar Cheese Chunks**

8 oz
pkg

\$2.99



Assorted Variety Blends or Zero

**Tropicana
Premium
Drinks**

46 oz
btl

2/\$5



**Cabot
Sweetened Light
Whipped Cream**

7 oz
aero

\$2.99



Assorted Varieties

**Turkey Hill
Punches, Lemonades
or Teas**

64 oz
btl

2/\$5



Assorted Varieties

**Noosa
Yoghurt**

4.5 oz
cup

4/\$5



Regular or with Calcium

**Minute Maid
Premium
Orange Juice**

59 oz
crtn

\$4.99



9oz Mozz & Cheddar Twists or

**Polly-O Fresh,
Whole Milk & Part Skim
String Cheese**

10-12 oz
pkg

\$3.99



Beef Brisket, Beef Short Rib or Pulled Pork

**RANA
Protein Filled
Ravioli**

8 oz
pkg

\$4.99



Assorted Varieties Protein, Original & Less Sugar

**Chobani Greek Yogurt
Regular or Flips**

4pks

4.5- 5.3 oz
cups

2/\$9



Whole or 2%

**Organic Valley
DHA /Omega 3
Milk**

64 oz
crtn

\$6.49



Apple, Grapefruit, or

**Simply
Cranberry
Juice**

52 oz
carafe

\$4.99



Salted or Unsalted

**Breakstone's
Butter Quarters**

16 oz
pkg

\$5.49



Assorted Varieties

**Philadelphia
Soft or Whipped
Cream Cheese Spread**

7.5-8 oz
tub

\$4.99



FROZEN

Assorted Varities

**Klondike
Bars or Sandwiches**

4 - 6 ct
box

\$4.99



Excludes Tater Tots and Crowns

**Oreida
Potatoes**

22-32 oz
bag

\$4.99



Assorted Varieties

**Eggo
Waffles, Pancakes
& French Toast**

8.4-14.8 oz
box

2/\$6



Assorted Varieties

**Green Giant
Simply Steam**

10 oz
bag

2/\$5



Milky Way, Snickers or Twix

**Dove
Ice Cream Bars
3 pack**

8.7 oz
box

\$4.49



**Pepperidge Farm
Garlic Bread**

10 oz
pkg

\$3.99



WORLD OF CHEESE

Assorted Varieties

**Finlandia
Natural Slices**

\$4.99

7 oz
pkg



Assorted

**Sartori
Cheddars**

\$5.99

5.3 oz



**Smoked
Holland Gouda**

\$4.99

8 oz



Assorted Varieties

**Vermont Creamery
Goat Cheese
Logs**

\$4.99

4-oz



**Jarlsberg
Swiss Cheese**

\$7.99

8 oz



DELI



**Thumann's
Virginia Ham**

\$9.99

per lb



**Thumann's Sliced
Swiss Cheese**

\$7.99

LB



**Thumann's
Smoked Turkey**

\$10.99

per lb



**Store Made
Roast Beef**

\$14.99

per lb

FRESH MEAT!



PREMIUM
SHELL STEAK

\$16⁹⁹

PER LB



PREMIUM
NEW YORK STRIP STEAK

\$18⁹⁹

PER LB



PREMIUM
HANGER STEAK

\$16⁹⁹

PER LB



BONELESS
CENTER CUT PORK CHOPS
THICK SLICED

\$3⁹⁹

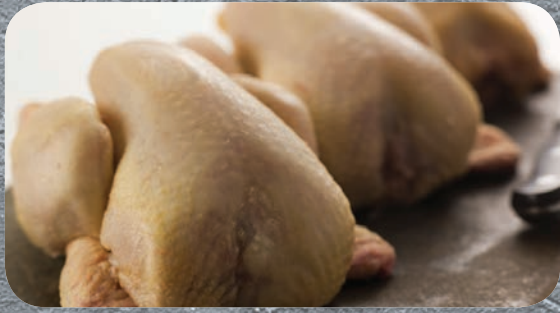
PER LB



D'ARTAGNAN
GREEN CIRCLE FARMS
CHICKEN THIGHS

\$4⁹⁹

PER LB



CORNISH
HENS

\$3⁹⁹

PER LB

SEAFOOD



JUMBO SHRIMP
U16 - PEELED
& DEVEINED

\$13⁹⁹

PER LB



WILD CAUGHT
SWAI (BASA) FILLET

\$4⁹⁹

PER LB



PANAPESCA
CALAMARI RINGS

\$6⁹⁹

10.6 OZ



ACME
SWEET HEAT
SMOKED NOVA

\$8⁹⁹

3 OZ

FRESH PRODUCE



ORGANIC
FUJI APPLES

\$2²⁹

PER LB



ORGANIC
RED ONIONS

\$1⁹⁹

LB



HOUSE FOODS
MEDIUM FIRM TOFU

\$2²⁹

14 OZ



CONVENTIONAL
LEMONS

2/\$1

EACH



CONVENTIONAL
YELLOW ONIONS

79¢

LB



CONVENTIONAL
SPINACH BUNCH

2/\$5

EACH

PREPARED FOODS



GRILLED
BLACKENED SHRIMP

\$10⁹⁹

10.4 OZ



JAPANESE
GRILLED CHICKEN SALAD

\$7⁹⁹

16 OZ



TORTELLINI
ALA VODKA

\$7⁹⁹

16 OZ



UMAMI GARLIC
BONELESS CHICKEN BITES

\$7⁹⁹

12 OZ