



PREMIUM  
PORTERHOUSE  
STEAK

\$16.99

PER LB



FRESH PORK  
RIB CHUNKS

\$4.99

LB



AIR CHILLED  
BELL & EVANS  
BONELESS & SKINLESS  
CHICKEN BREAST

\$7.99

PER LB



ECUADORIAN  
HEAD ON SHRIMP

\$9.99

PER LB



ORGANIC  
AVOCADO

3/\$5

PER UNIT



ORGANIC  
JAPANESE  
SWEET POTATOES

\$3.49

LB



CONVENTIONAL  
GREEN GRAPES

\$3.99

PER LB



CONVENTIONAL  
NAPA CABBAGE

79¢

PER LB



COLD CUT COMBO:  
OVENGOLD TURKEY &  
AMERICAN CHEESE

\$10.99

LB

DAIRY &  
FROZEN

Assorted Varieties  
Silk Almond Milk  
\$3.99  
64 oz crtn

Assorted Varieties  
Chobani Greek Yogurt  
10/\$10  
5.3 oz cup

Assorted Varieties  
Tropicana Orange Juice  
2/\$9  
46 oz btl

or Frozen Fruit 3 lb bag Assorted Varieties  
Campoverde Fruit & Veggie Blenders  
\$10.99  
2 lb bag

Assorted Varieties  
Newmans Own Thin & Crispy Crust Pizza  
\$7.99  
15.1- 17 oz box

GROCERY

Assorted Varieties  
Michaels of Brooklyn Pasta Sauce  
\$4.49  
16 oz jar

Assorted Varieties  
Allegra Pasta  
4/\$5  
16 oz pkg

Filippo Berio Olive Oil Regular or Extra Virgin  
\$9.99  
25.3 oz btl

Huy Fong Foods Sriracha  
2/\$5  
9 oz btl

Ichiran Ramen Noodles  
\$22.99  
5 pk

Lee Kum Kee Soy Sauce Premium  
\$3.99  
16.9 oz btl

Assorted Varieties  
Lays or Kettle Chips  
\$4.49  
4.75-8oz bag

Assorted Fresca, Minute Maid, Seagrams or  
Coca Cola, Fanta, DrPepper, Barqs or Sprite 2 Ltr  
3/\$8  
+ dep. 67.6-5oz btl

Assorted Varieties  
White Claw or Truly  
\$22.99  
12 oz 12pk can

Assorted Varieties  
Clorox Concentrated Splash-Less Bleach  
\$6.99  
77 oz btl

Assorted Varieties  
Suavitel Fabric Softener  
\$7.99  
100 - 105 oz btl

Assorted Varieties  
Tide Liquid Detergent  
\$7.99  
37- 42 oz btl



# WEEKLY SALES!



Assorted Varieties

**Mazola  
Oil**

**\$4.99**

40 oz  
btl



**Hunt's  
Ketchup**

**\$1.89**

20 oz  
btl

Cocoa Loops, Apple Jacks, Corn Pops, Krave



**Kellogg's  
Assorted Frosted  
Flakes  
& Froot Loops**

**2/\$7**

8.8 - 12.2 oz  
box



(excludes Gluten Free)

**Quaker  
Old Fashioned  
or Quick Oats**

**\$3.99**

18 oz  
canister



Assorted Varieties

**Wish-Bone  
Salad Dressing**

**2/\$6**

15 oz  
btl



Assorted Varieties

**Mott's  
Apple Juice**

**2/\$7**

64 oz  
btl



Assorted Varieties

**Allegra  
Pasta**

**4/\$5**

16 oz  
pkg



Plain or Iodized

**Superior Crystal  
Salt**

**4/\$5**

26 oz  
canister



Assorted Varieties

**Carnation  
Evaporated Milk**

**3/\$5**

12 oz  
can



Assorted Varieties

**Duncan Hines  
Classic Cake Mix**

**2/\$4**

15.25 oz  
box



Regular or Less Sodium

**Libby's  
Corned Beef**

**\$6.49**

12 oz  
can



Assorted Varieties (excl  
Sugar Free, Cherry,  
Rasp)  
**Smuckers  
Jelly, Preserves  
or Marmalade**

**\$2.99**

12 oz  
jar



Assorted Varieties

**Mrs Cubbison's  
Croutons**

**3/\$5**

5 oz  
bag



**Carolina  
Jasmine Rice**

**\$3.49**

2 lb  
pkg



Assorted Varieties

**Pearl Milling  
Company  
Pancake Syrup**

**\$3.99**

24 oz  
btl



Assorted Varieties

**Pearl Milling  
Company  
Pancake Mix**

**\$3.99**

32 oz  
box



Assorted Varieties  
(including No Added  
Sugar)  
**Jif  
Peanut Butter**

**2/\$6**

15.5 - 16 oz  
jar



**Golden Blossom  
Pure Mayple  
Syrup**

**\$8.49**

12.5 oz  
jar



**Realemon  
or Realime  
Juice**

**\$2.49**

15 oz  
btl



Assorted Varieties

**Stacy's  
Pita Chips**

**2/\$6**

7.33 oz  
bag



Assorted Varieties

**Oreo  
Cookies**

**\$4.49**

9.21 - 14  
oz  
pkg



**Pepsi  
12 pack**

**\$8.99**

+ dep  
cans



Assorted Varieties

**Heineken, Corona,  
or Peroni NA**

**\$12.99**

67.2 fl oz  
can/btl

# NON-FOODS!



**Melita  
Basket  
Coffee Filters**

**2/\$3**

100 ct  
box



**Hefty  
Hot Cups To Go  
w/Leak Resistant  
Lids**

**\$6.99**

20 ct  
pkg



Purifying Waters

**Arm & Hammer  
Clean Scentsations  
Dryer Sheets**

**\$2.19**

40 ct  
pkg



Assorted Varieties

**Pup-peroni  
Dog Treats**

**\$3.99**

5-5.6 oz  
pouch



Assorted Sizes

**Solo  
Any Day Plates  
or Bowls**

**2/\$7**

22 - 48 ct  
pkg



Quart, Half Gallon or  
Jumbo 2.5 Gallon

**Hefty  
Slider Storage  
Bags**

**\$4.99**

12-40 ct  
box



Regular, Heavy-Duty or  
**Reynolds Wrap  
Non-Stick Aluminum  
Foil**

**\$13.99**

130-200 sf  
roll



Assorted Varieties

**Palmolive  
Ultra Dish  
Liquid**

**2/\$7**

20 oz  
btl



Cube or Flat Box

**Scotties  
Facial Tissue**

**\$1.99**

64-110 ct  
box



# DAIRY

Assorted Varieties

**Ssips Drinks, Teas, Lemonades, & Latino**

52 oz btl

**3/\$5**



Assorted Varieties

**Fage Total Greek & Best Self Yogurt**

5.3 oz cup

**3/\$4**



Assorted Varieties

**Oui French Style Yogurt**

5 oz jar

**3/\$5**



Assorted Varieties

**Rana Family Size Filled Pastas**

20 oz pkg

**\$6.99**



Extra Creamy, Fat Free or

**Reddi Wip Original Topping**

6.5 oz can

**\$3.49**



Assorted Varieties

**Nestle Ready-to-Bake Cookie Dough or Roll**

14 -16.5 oz pkg

**\$4.99**



Assorted Flavors

**Simply Lemonades, Limeades or Juice Drinks**

52 oz carafe

**\$2.99**



Assorted Varieties

**Borden Chunk, Shredded or Sliced Cheeses**

5 -8 oz pkg

**2/\$6**



Assorted Varieties

**Daisy Sour Cream or Cottage Cheese with Fruit**

6 -8 oz cntnr

**3/\$5**



Assorted Varieties

**Stok Cold Brew Coffee**

48 oz btl

**\$5.49**



Assorted Varieties Protein, Original & Less Sugar

**Chobani Greek Yogurt Regular or Flips**

4 pks

**2/\$9**



Assorted Varieties

**Pure Leaf Iced Tea**

59 oz carafe

**2/\$5**



10oz Probiotic Protein Smoothies or Assorted

**Stonyfield Kids Yogurt**

3.5 oz pouch

**2/\$3.49**



Assorted Varieties

**Planet Oat Coffee Creamers**

32 oz btl

**\$2.99**



Kid Builder, Cheese Melts or

**Borden Regular & Fat Free Cheese Singles**

10.6 -12 oz pkg

**2/\$6**



Salted or Unsalted

**Breakstone's Butter Quarters**

16 oz pkg

**\$4.99**



# FROZEN

**Furlani Texas Toast or Garlic Knots**

8-10.15 oz box

**2/\$5**



Assorted Varieties

**Friendly's Ice Cream**

48 oz scround

**\$5.99**



Assorted Varieties

**Healthy Choice Café Steamers**

9.25 - 10.3 oz box

**2/\$5**



Assorted Varieties of Breakfast Sausage,Burgers or

**Gardein Meals or Bowls**

7.4 - 13.7 oz pkg

**\$4.99**



Mac,Bowl or Melt Full, French Bread Pizza,Sides or

**Stouffer's Frozen Meals**

6.5-16 oz box

**\$3.99**



Assorted Varieties

**Smuckers Uncrustables White or Whole Wheat**

4 ct box

**\$3.99**



# WORLD OF CHEESE

**Belgioioso Ciliegine Mozzarella Cups**

**\$3.99**

8 oz



**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



**King's Gouda**

**\$5.99**

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

\$15<sup>99</sup>

PER LB



PREMIUM  
NEW YORK STRIP STEAK

\$18<sup>99</sup>

PER LB



PREMIUM  
HANGER STEAK

\$15<sup>99</sup>

PER LB



BONELESS CENTER CUT  
THICK SLICED  
PORK CHOPS

\$3<sup>99</sup>

PER LB



CORNISH  
HENS

\$3<sup>99</sup>

PER LB



MURRAY'S AIR CHILLED  
BONELESS & SKINLESS  
CHICKEN THIGHS

\$4<sup>99</sup>

PER LB

SEAFOOD



JUMBO SHRIMP  
U16 - PEELED  
& DEVEINED

\$13<sup>99</sup>

PER LB



WILD CAUGHT  
SWAI (BASA) FILLET

\$4<sup>99</sup>

PER LB



WILD CAUGHT  
TUNA STEAK

\$10<sup>99</sup>

PER LB



ACME TOGARASHI  
SMOKED SALMON

\$8<sup>99</sup>

3 OZ

FRESH PRODUCE



ORGANIC  
FUJI APPLES

\$2<sup>29</sup>

PER LB



ORGANIC  
RED ONIONS

\$1<sup>99</sup>

LB



HOUSE FOODS  
MEDIUM FIRM TOFU

\$2<sup>29</sup>

14 OZ



CONVENTIONAL  
LEMONS

5/\$2

EACH



CONVENTIONAL  
SPANISH ONIONS

79¢

LB



CONVENTIONAL  
SPINACH BUNCH

2/\$5

EACH

PREPARED FOODS



GORGANZOLA  
& GRILLED CHICKEN  
SALAD

\$10<sup>99</sup>

20 OZ



PENNE PASTA WITH  
PESTO & GRILLED CHICKEN

\$7<sup>99</sup>

PER LB



SHRIMP FRIED  
RICE

\$7<sup>99</sup>

16 OZ



TERIYAKI  
CHICKEN BITES

\$8<sup>99</sup>

12 OZ