



PREMIUM
CHUCK SHORT
RIBS

\$11.99

PER LB



FRESH
BONELESS PORK
BELLY CHOP

\$6.99

PER LB



BELL & EVANS - AIR
CHILLED - BONELESS
SKINLESS

\$5.99

CHICKEN THIGHS



WILD CAUGHT
LOBSTER -
TAILS

\$14.99

5 OZ



CERTIFIED
ORGANIC

ORGANIC
BLUEBERRIES

\$4.99

PINT



CERTIFIED
ORGANIC

ORGANIC
BUTTERNUT
SQUASH

\$1.99

PER POUND



CONVENTIONAL
CARA CARA
ORANGE

4/\$5

EACH



CONVENTIONAL
PLUM
TOMATOES

\$1.79

PER POUND



COLD CUT COMBO
PEPPER TURKEY &
SWISS

\$11.99

PER LB

DAIRY &
FROZEN

Assorted Orange, Grapefruit,
Blends, or Trop Light

Tropicana Pure
Premium
Juice

\$4.49

46 oz
carafe



Assorted Varieties

Lactaid 100%
Lactose
Free Milk

\$4.99

64 oz
crtn



Sunshine Pasture
Raised
Eggs

\$5.49

1 Dozen



Assorted Varieties of Belgian Style Waffles and

Eggo Protein
Waffles and
Pancakes

\$5.49

7.76-14.8 oz
box



Assorted Varieties

Rao's Brick
Oven
Pizza

\$11.49

18.3-21.6 oz
box





SANDWICH OF
THE WEEK -
CHICKEN BACON
CLUB HERO

\$11.99

EACH



BELGIOIOSO FRESH
MOZZARELLA BALL

\$3.99

8 OZ



CAMEMBERT
PRESIDENTS ROUND
OR BRIE

\$6.99

8 OZ

GROCERY

Assorted Varieties- (excludes Lasagna)

Luigi Vitelli
Pasta

4/\$5

16 oz
pkg



Alfredo 15oz or Assorted Varieties

Carbone Pasta
Sauce or Simmer
Sauce

\$6.99

24 oz
jar



Filippo Berio
Olive Oil Regular
or Extra Virgin

\$10.99

25.3 oz
btl



Bragg Apple
Cider
Vinegar

\$6.99

32oz



Kokuho
Rose
Rice

\$21.99

15lb



Ichiran
Ramen
Noodles

\$22.99

5pk



Assorted Varieties

Ruffles
Potato
Chips

\$3.99

5.5-9 oz
bag



or, Manzanita

Schweppes, Crush,
Dr Browns, Country
Time 2 Ltr

2/\$5

+ dep.
67.6 oz btl



Assorted Varieties

White Claw
or, Truly

\$22.99

12 oz 12pk
can



Assorted Varieties

Seventh Generation
Paper Towels

\$5.99

140 ct
rolls



Assorted Varieties

Seventh Generation
Laundry
Detergent

\$7.99

45 oz
btl



Solo
Bold Hold
10 inch Plates

\$16.99

100 ct
pkg



We reserve the right to limit sales to 1 per family. Prices effective this store only. Not responsible for typographic errors. Some pictures are for design purposes only and do not necessarily represent items on sale.

WEEKLY SALES!



Assorted Varieties
Sweet Baby Ray's
Barbecue Sauce

2/\$5

18 oz
btl



Hunt's
Ketchup

\$1.89

20 oz
btl



Kraft Mac &
Cheese
or Velveeta
Shells

3/\$3

2.05 -2.39 oz
cup



Del Monte
Whole Kernel Corn or
Cut Green Beans

2/\$4

14.5 - 15.25 oz
can



Heckers
Unbleached
All Purpose Flour

2/\$7

5 lb
bag



Excludes Varieties

Kraft Deluxe
Mac & Cheese or
Velveeta Shells

2/\$5

12 - 14 oz
box



Assorted Varieties

Nutrament
Energy Nutrition
Drink

2/\$4

11 oz
can



Plain or Iodized

Superior Crystal
Salt

4/\$5

26 oz
canister



Assorted Varieties

Wish-Bone
Salad Dressing

3/\$5

8 oz
btl



Assorted Varieties

Prego
Sauce

\$2.99

14.5 - 24 oz
jar



AplJacks,CornPops,
FrootLoops, SpecKRed,
RaisBrn,or

Kellogg Giant
Corn&Frosted
Flakes
&Rice Krispies

\$5.99

19.2 - 28.5 oz
box



Assorted Varieties

Dole
Fruit Bowls
4 Pack

2/\$7

4 oz
cups



Carolina
Extra Long Grain
Rice

3/\$4

1 lb
pkg



Chicken, Chicken Less
Sodium, Vegetable, Spicy

Swanson's
Broth

\$2.99

32 oz
carton



Demerara,Raw Cane,or

Florida Crystals
Organic
Raw Cane Sugar

\$3.79

2 lb
bag



Sun Dried
Tomato,Basil,or

Filippo Berio
Classic Pesto

\$3.99

6.7 oz
jar



Regular or Decaf

Nescafe
Clasico Instant
Coffee

\$7.99

3.5 oz
jar



Butterscotch,
Pumpkin Spice,&
Asst Varieties

Nestle
Chocolate
Morsels

\$4.99

10 -12 oz
bag



Dark

Coombs
Family Farms
Organic Maple Syrup

\$7.99

12 oz
btl



Assorted Varieties

Cheetos

\$3.99

6.5-8.5 oz
bag



Spindrift
Sparkling Water

\$7.99

8pk-
12oz



Assorted Varieties
Barqs, Fanta, Seagrams,

Coca Cola,
Sprite,
Dr Pepper 6 Pk

\$5.99

+ dep.
7.5 oz
cans



Budweiser
Regular or Light
12 Pack

\$14.99

12 oz
cans/btls

NON-FOODS!



Assorted Varieties

Xtra
Liquid
Detergent

\$3.49

56 - 57.6 oz
btl



Assorted Varieties

Oxi Clean
Multipurpose
Cleaner

\$7.99

3 lb
cntnr



Assorted Varieties
includes 2 in 1

Glade
Scented Candles

\$3.99

1 ct
jar



Assorted Varieties

Jonny Cat
Cat Litter & Box
Liner 5ct

\$2.98

10 lb
bag



Assorted Varieties

Dial
Anti Bacterial
Hand Soap

\$1.99

11 oz
btl



Assorted Varieties

Pup-peroni
Dog Treats

\$3.99

5 -5.6 oz
pouch



Quart or Gallon Size

Hefty
Freezer or Storage
Slider Bags

\$2.99

10 -20 ct
box



Reynolds Wrap
Aluminum Foil

\$8.99

100 sq ft
roll



Knives,Forks,Spoons,or Combo

Kingsman
Heavy Duty
Cutlery

99¢

24 ct
pkg

DAIRY

Assorted Varieties
(excl ProActive)

Activia
Yogurt
4 Pack

4 oz
cups

\$3.49



Assorted Varieties

Lifeway
Kefir
Cultured Lowfat Milk

8 oz
btl

3/\$4



0%, 2%, or 5%

Fage
Total Yogurt

16 oz
cntnr

\$3.49



Assorted Varieties

Turkey Hill
Punches, Lemonades,
or Teas

64 oz
btl

2/\$5



Assorted Varieties

Ssips
Drinks, Teas, Lemonades,
& Latino

52 oz
btl

2/\$3



Vanilla or Unsweetend

Café Bustelo
Espresso
Style Coffee

40 oz
btl

\$4.99



16oz Quarters, or

Parkay
Margarine
Spread

13 oz
tub

\$3.49



Whole or 2%

Organic Valley
DHA/Omega 3
Milk

64 oz
crtn

\$6.49



Assorted Varieties

Noosa
Mix-Ins
Yoghurt

5.8 oz
cup

2/\$5



10oz Probiotic Protein
Smoothies or Assorted

Stonyfield
Kids Yogurt

3.5 oz
pouch

\$1.99



Mozzarella, Muenster, or

Kraft
Natural Sliced
Swiss Cheese

7-8 oz
pkg

\$3.99



Assorted

Oikos Pro/triple
Zero Yogurt

5.3 oz

2/\$6



Assorted

Oscar Mayer
Franks

14 - 16 oz

\$6.99



Assorted

Philadelphia
Cream Cheese

7.5 oz

\$5.99



Assorted

Simply -
Orange Juice

46 oz

\$5.99



Assorted

Smithfield
Bacon

16 oz

\$9.99



FROZEN

Assorted Varieties

Morningstar Farms
Meatless Products

5.25 - 12 oz
pkg

\$5.49



Excludes Tater Tots
and Crowns

Oreida
Potatoes

22-32 oz
bag

\$4.99



Immunity, Avocado, or

Pitaya
Acai Berry,
Passion or Dragon
Fruit

12 oz
bag

\$5.49



Assorted Varieties

Oat-ly
Non-Dairy
Frozen Dessert

16 oz
pkg

\$4.69



Assorted Varieties

Magnum
Mini Bar
Ice Cream 6 pk

11.1 oz
box

\$5.99



Assorted Varieties

Luigi's
Italian Ice
Mini Stix 8ct

12 fl oz
box

2/\$7



WORLD OF CHEESE



Assorted

All Belgioioso
8 Oz Cheese
Wedges

\$4.99

8 oz



President
Crumbled Feta

\$4.99

6 oz



Supreme Brie -
Cheese Bites

\$8.99

4.4 oz



Assorted

Cabot Premium
Cheddars

\$4.99

8 oz



Assorted
Yancey Fancy -
Artisanal Flavored
Cheese Wedges

\$5.99

7 - 9 oz

DELI



Thumann's Honey
Ham

\$11.99

per lb



Thumann's Pastrami

\$15.99

per lb



Thumann's Cracked
Pepper Turkey

\$13.99

per lb



Thumann's Sliced
Provolone Cheese

\$7.99

LB

FRESH MEAT!



PREMIUM -
EYE ROUND STEAK

\$9⁹⁹

PER LB



PREMIUM -
BONELESS CHUCK ROAST

\$9⁹⁹

LB



PREMIUM —
FRESH OXTAILS

\$13⁴⁹

PER LB



BONELESS
PORK BUTT FOR STEW

\$4⁴⁹

PER POUND



D ARTAGNAN - GREEN CIRCLE
FARMS - CHICKEN THIGHS

\$4⁹⁹

PER LB



MURRAY'S BONELESS SKINLESS
CHICKEN BREAST

\$7⁹⁹

AIR-CHILLED

PER LB

SEAFOOD



LARGE SHRIMP
U26 -
PEELED & DEVEINED

\$11⁹⁹

PER LB



WILD CAUGHT —
TILAPIA FILLET

\$5⁹⁹

PER LB



PANAPESCA
CALAMARI RINGS

\$6⁹⁹

10.6 OZ



ACME
GRAVLAX
SMOKED SALMON

\$8⁹⁹

PER UNIT

FRESH PRODUCE



ORGANIC
PINK LADY APPLES

\$2⁹⁹

PER LB



ORGANIC
YUKON GOLD POTATOES

\$1⁹⁹

PER POUND



HOUSE FOODS
SOFT TOFU

\$2²⁹

14 OZ



CONVENTIONAL
RED GLOBE GRAPES

\$3⁹⁹

PER POUND



CONVENTIONAL
GREEN PLANTAINS

4/\$3

PER UNIT



CONVENTIONAL
GREEN SQUASH
GREEN ZUCCHINI

\$1⁴⁹

PER POUND

PREPARED FOODS



GRILLED CHICKEN
& ARUGULA SALAD

\$10⁹⁹

20 OZ



PENNE PASTA
BOLOGNESE BOWL

\$8⁹⁹

16 OZ



KOREAN BBQ
CHICKEN WINGS

\$8⁹⁹

12 OZ



CLASSIC SHRIMP
SEAFOOD SALAD

\$8⁹⁹

10.8 OZ