



STERLING
SILVER 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
LEMONS
5/\$5
PER UNIT



CERTIFIED
ORGANIC
ORGANIC
ENOKI
MUSHROOMS
\$4.99
3.5 OZ



CONVENTIONAL
CARA CARA
ORANGE
4/\$5
EACH



CONVENTIONAL
PLUM
TOMATOES
\$1.99
PER POUND



COLD CUT COMBO
PEPPER TURKEY
& SWISS
\$11.99
PER LB

DAIRY &
FROZEN

Assorted Varieties
(excl Apple, Cranberry & Grape)
Simply Orange
Juice
\$4.49
46 oz
carafe



Assorted Varieties
Stonyfield Organic Milk
\$4.99
64 oz
crtn



Sunshine Pasture Raised Eggs
\$5.49
1 Dozen



Halo Top Frozen Dessert
\$5.99
16 oz
pkg



Assorted
Campoverde
Fruits & Veggie
Blenders
\$10.99
2lb Bag





SANDWICH OF THE
WEEK - SMOKED
TURKEY & CHEDDAR
\$12.99
PER UNIT



BELGIOIOSO
FRESH MOZZARELLA
BALL
\$3.99
8 OZ



JARLSBERG
SWISS CHEESE
\$7.99
8 OZ

GROCERY

Assorted Varieties
De Cecco Pasta
2/\$5
16 oz
box



15oz Alfredo or Assorted Varieties
Rao's Pasta Sauce
\$6.99
24 oz
jar



Premium Selection
Colavita Extra Virgin Olive Oil
\$11.99
17 oz
btl



Oatly Barista Milk 32oz
\$3.99
each



Kewpie Mayonnaise
\$5.99
15.72oz



Rhee Chun Rice
\$24.99
15LB



No Refrigerated

Assorted Varieties Lipton, Crush or Pepsi,Starry, Schweppes, Mtn Dew or Mug 2Lt
2/\$5
+dep
67.6oz
btl



Assorted Varieties
Tostitos
2/\$9
10-13 oz
bag
Or Salsa



Budweiser Regular or Light 12 Pack
\$16.99
12 oz
cans/btls



Scott Bath Tissue 12 Pack
\$15.99
1000 ct
rolls



Select-a-Size
Bounty Towels 12 pack
\$22.99
82 ct
rolls



Daybreak or Refresh Scent
Tide Simply Liquid Detergent
\$8.99
81 oz
btl



WEEKLY SALES!



Hunt's
Ketchup

\$1.89

20 oz
btl



Hunt's
Tomato Paste

\$3.99

29 oz
can



Assorted Varieties
College Inn
Broth or Stock

\$2.49

32 oz
brik



Smooth & Robust Extra
Virgin, or Mild Classic

Pompeian
Olive Oil

\$18.99

48 oz
btl



Assorted Varieties

Ragu
Pasta Sauce

\$2.99

16 -24 oz
jar



Canola,Vegetable,Corn
Plus,or

Mazola
Corn Oil

\$9.99

96 oz
cntr



Assorted Varieties

Chef Boyardee
Canned Pasta

2/\$4

14.5 - 15 oz
can



Assorted Varieties-
(excludes Lasagna)

Luigi Vitelli
Pasta

4/\$5

16 oz
pkg



Original or Gold
Parboiled

Carolina
Extra Long Grain
Rice

2/\$5

2 lb
bag



12oz Jumbo Shells,8oz
Oven Ready Lasagna,or

Ronzoni
Original Lasagna

2/\$5

16 oz
box



Don Víctor
Pure Honey
with Comb

\$8.99

16 oz
jar



IDAHOAN
Original
Mashed Potatoes

\$2.99

13.75 oz
box



Coco López
Real Cream of
Coconut

2/\$5

15 oz
can



Cap'n Crunch
Original or
Cunch Berries

\$4.49

11.7 -12.6 oz
box



Butter Flavor,Grilling,or

Pam
Original
Cooking Spray

\$4.99

5 -6 oz
can



Nutella
Original Hazelnut
or Peanut Spread

\$4.99

13 oz
jar



Assorted Varieties

Welch's
Grape Juice

\$4.99

64 oz
btl



Quaker
Old Fashioned
or Quick Oats

\$6.29

42 oz
cnstr



Folgers
Classic Roast
Instant Coffee

\$8.99

8 oz
jar



Assorted Varieties

Nabisco
Chips Ahoy
Cookies

\$4.99

9.5 - 13 oz
pkg



Nabisco
Nilla Wafers

\$4.59

11 oz
box



Seagrams, Fanta,
Minute Maid, or Fuze

Coca Cola
12 pack

\$9.99

+ dep.
12oz
can



Assorted Varieties

Stella Artois
6pk

\$12.99

67-72 fl oz
btl/can

NON-FOODS!



Assorted Scents

Febreze
Air Effects
Fresheners

\$3.29

8.1 oz
spray



Assorted Varieties Sizes 1 - 7

Luvs
Platinum
Ultra Diapers

\$7.99

18 -46 ct
pkg



Scented,Unscented,
Free&Gentle,or Sensitive

Pampers
Complete Clean
Baby Wipes

\$2.99

56 - 72 ct
pkg



Dawn
Simply Clean
Dish Liquid

4/\$5

14.6 oz
btl



Ultra or Everyday 8.5" or 10 1/16"

Dixie
Plates

\$6.99

44 - 90 ct
pkg



Assorted Scents

Raid
Ant & Roach
Spray

\$4.99

17.5 oz
aero



Plus,Plus with Vicks,or Ultra Soft

Puffs Facial
Tissue Cube

2/\$3

48 - 56 ct
box



Bounty
Napkins

\$3.99

200 ct
pkg



Fresh Scent or Lemon

Cascade
Complete
ActionPacs

\$5.99

16 ct
pkg

DAIRY

Regular or 2%

Daisy
Cottage Cheese

16 oz
cntnr
2/\$7



Assorted Varieties
Planet Oat
Oatmilk

52 oz
crtn
\$2.99



Yellow

Kraft
American
Cheese Singles

16 oz
pkg
2/\$8



Assorted Varieties

Stok
Cold Brew
Coffee

48 oz
btl
\$6.49



Assorted Flavors

Welch's
Cocktails, Juice Drinks,
or Zero Sugar

59 oz
crtn
2/\$6



Assorted Varieties

Chobani
Family Size
Greek Yogurt

32 oz
cntnr
\$6.99



Assorted Varieties

Activia
Yogurt Drinks

7 oz
btl
4/\$5



Assorted Varieties
16oz Dips, or

Daisy
Sour Cream
Squeeze

14 oz
sqz
2/\$6



10 9oz Laughing Cow
Original- Double Pk, or Asst

Babybel
Semisoft Cheeses
12ct

8.5 oz
pkgs
\$6.99



Bars, Cracker Cuts, or

Cabot
Sliced & Shredded
Cheeses

7-8 oz
pkg
\$3.99



Assorted Varieties

Brown Cow
Yogurt

5.3 oz
cup
\$1.19



Assorted Varieties

Dole
Tropical
Blends

52 oz
crtn
\$4.49



Orange Juice, Fruit Punch,
Cranberry Cocktail, or

Simply
Lemonades

11.5 oz
btl
\$1.89



Assorted Varieties

Noosa
Yoghurt

8 oz
cup
2/\$5



Oikos Triple Zero, or
Assorted

Dannon
Light & Fit
Greek Yogurt

5.3 oz
cup
2/\$3



Assorted

Siggi's
Yogurt

5.3 oz
2/\$4



FROZEN

6 5oz Scrambles &
Assorted Varieties of

Smart Ones
Entrees

9-11.5 oz
box
2/\$4



Assorted Varieties

MAMITA'S
Flavored Cream Ices
4 pack

16 oz
pkg
\$4.49



Assorted Varieties

Friendly's
Ice Cream

48 oz
sround
\$5.99



Assorted Varieties

Kevin's
Natural Foods
Dinners

9.5 oz
pkg
\$4.99



Reg, Non Dairy, Chunks or Bars
Assorted Varieties

Ben & Jerry's
Ice Cream

8-16 fl oz
pkg
\$5.49



Assorted Varieties

Eggo
Thick & Fluffy
Waffles

8.4-11.6 oz
box
\$3.99



WORLD OF CHEESE

Assorted

All Belgioioso
8 Oz Cheese
Wedges

\$4.99

8 oz



Assorted

Cabot Premium
Cheddars

\$4.99

8 oz



President
Crumbled Feta

\$4.99

6 oz



Boursin Gournay
Cheese Garlic
And Herbs

\$5.49

5.2 oz



Supreme Brie -
Cheese Bites

\$8.99

4.4 oz



DELI



Thumann's
Honey Ham

\$11.99

per lb



Thumann's
Sliced Provolone
Cheese

\$8.99

LB



Thumann's
Cracked Pepper
Turkey

\$13.99

per lb



Thumann's
Pastrami

\$15.99

per lb

FRESH MEAT!



PREMIUM
EYE ROUND STEAK

\$9⁹⁹

PER LB



PREMIUM
FLAT IRON STEAK

\$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



AIR CHILLED
MURRAY'S BONELESS SKINLESS
CHICKEN BREAST

\$7⁹⁹

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 -
SALTED BELLY LOX

\$7⁹⁹

3 OZ

FRESH PRODUCE



ORGANIC
PINK LADY APPLES

\$2⁹⁹

PER LB



ORGANIC
YUKON GOLD POTATOES

\$1⁹⁹

PER POUND



HOUSE FOODS
SOFT TOFU

\$2²⁹

14 OZ



CONVENTIONAL
BLACK PLUMS

\$3⁴⁹

PER POUND



CONVENTIONAL
GREEN PLANTAINS

4/\$3

PER UNIT



CONVENTIONAL
HOLLAND PEPPERS RED, YELLOW
AND ORANGE

\$1⁸⁹

PER POUND

PREPARED FOODS



GRILLED
PESTO CHICKEN
SALAD

\$10⁹⁹

16 OZ



ROTINI & GRILLED
SALMON PASTA BOWL

\$9⁹⁹

16 OZ



CLASSIC
SHRIMP SEAFOOD SALAD

\$8⁹⁹

10.8 OZ



KOREAN
BBQ CHICKEN WINGS

\$8⁹⁹

12 OZ