





PREMIUM
PORTERHOUSE
STEAK
\$16.99
PER LB



FLANKEN
SLICED PORK
RIBS
\$5.99
PER LB



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



JONAH
CRAB CLAWS
\$10.99
PER LB



CONVENTIONAL
CHERRIES
\$3.99
LB



CONVENTIONAL
SWEET CORN
4/\$3
PER UNIT



CERTIFIED
ORGANIC

ORGANIC
COSMIC CRISP
APPLES
\$2.29
LB



CERTIFIED
ORGANIC

ORGANIC
YUKON GOLD
POTATOES
\$1.99
PER LB



COLD CUT COMBO
GENOA SALAMI &
PROVOLONE
\$10.99
PER LB

DAIRY &
FROZEN

Flips and Assorted Varieties
Chobani
Greek Yogurt
10/\$10
4.5 - 5.3 oz
cup

Assorted Variety Blends or Zero
Tropicana
Premium
Drinks
2/\$6
46 oz
btl

24oz Plant Based Creamers or
Chobani
Oat Milk
2/\$9
52 oz
crtn

Assorted Varieties
Good Humor
Bars or Sandwiches
4 or 6ct
\$4.99
16.5 - 18.4 oz
box

Assorted Varieties
Yummy
Chicken Breast Nuggets
or Chicken Fries
\$7.99
21 oz
box



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



IMPORTED
ITALIAN
PARMIGIANO
REGGIANO
\$21.99
PER LB



ERMITAGE
BRIE
\$12.99
PER LB

GROCERY

19.5oz w/Veggies or
Heinz
Ketchup
\$4.99
38 oz
btl

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

6.2-6.5oz Pesto or
Assorted Varieties of
Barilla
Pasta Sauce
\$3.49
24 oz
jar

Extra Virgin
Filippo Berio
Olive Oil
\$5.99
8.4 oz
btl

Assorted Varieties
(Excl. Prem, Steel, Protein & Gluten)
Quaker
Instant Oatmeal
6-10 pk
\$4.29
7.38-12.10 oz
box

Assorted Varieties
Pacific Foods
Org Broths
\$3.99
32 oz

Assorted Varieties
Lays or,
Kettle Chips
2/\$9
4.75-8oz
bag

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

Budweiser or,
Bud Light
18 Pk
\$22.99
216 fl oz
can/btl

Clump & Seal or Slide
Arm & Hammer
Cat Litter
\$13.99
14 lb
bag

Scott Bath
Tissue 36pk
\$29.99
36 pk
1000 ct

Free & Clear
All
Liquid Detergent
\$14.99
88 oz
btl

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WEEKLY SALES!

Icy Point
Pink Salmon

3/\$10

14.75 oz
can



in Oil or Water

Bumble Bee
Chunk White
Tuna

3/\$5

5 oz
can



Assorted Varieties

Spam
Luncheon Meat

\$4.49

12 oz
can



Cayenne Garlic,
Green Pepper,
Scorpion, Habanero or

McIlhenny
Pepper
Tabasco Sauce

\$1.69

2 oz
btl



4.25oz Sea Salt Grinder,
8oz Kosher Salt or

Badia
Black Pepper
Grinder

\$1.99

2.25 oz
btl



16oz Sandwich Topper
or Assorted Varieties

B & G
Pickles

\$2.99

24 oz
jar



Roland
Fish or Oyster
Sauce

2/\$5

6.76-7 oz
btl

Super Lucky Elephant
Jasmine Thai Hom
Mali Rice

\$11.99

10 lb
bag



Assorted and Organic
Varieties

Newman's Own
Salad
Dressings

\$3.99

12 - 16 oz
btl



Assorted Varieties

Pomi Tomatoes
Chopped,
Crushed or
Strained

2/\$3

13.8 oz
tetra



Mango or

Dole
Pineapple
Juice 6 pk

2/\$7

6 oz
cans

B & G
Salad Olives or
Stuffed Manzanilla
Olives

\$2.79

10 oz
jar



Carnation
Sweetened Condensed
Milk

\$2.99

14 oz
can



12oz Organic Honey or
Golden Blossom
Maple Syrup

\$5.49

8 oz
btl



Crisco
Vegetable or Canola
Oil

\$4.99

40 oz
btl

Smucker's
Grape Jelly or
Strawberry
Spread

2/\$6

20 oz
squeeze



Apple & Eve
Apple Juice

2/\$6

48 oz
btl



Original
Maxwell House
Instant Coffee

\$8.99

12 oz
jar



Bake & Tango
Spanish Avocado
Oil

\$6.99

17 oz
btl

Assorted Varieties

Oreo
Cookies

2/\$9

7.5-
14.3oz
pkg



Assorted Varieties

Pepsi
Mini Cans

\$7.99

7.5oz
10pk
cans



Corona or,
Modelo
12 Pk

\$22.99

12 oz
btl/cans



Lavender Scented or

Clorox
Original Disinfecting
Bleach

2/\$3

11 oz
btl

NON-FOODS!

Assorted Varieties

Cesar
Dry Dog Food

\$7.99

2.7 lb
bag



Ultra Plush or
Ultra Soft & Strong

Northern
Bath Tissue
6 pack

\$9.99

255-295 ct
rolls



Assorted Scents

Febreze
Air Effects
Fresheners

\$2.99

8.8 oz
can

Regular

U by Kotex
Liners

\$4.99

64 ct
pkg



Soft
Scrub
Cleanser

\$5.49

36 oz
btl



Complete Lavender or
Field Flowers

Suavitel
Fabric
Softener

2/\$3

10.5-11 oz
btl

Combo, Forks, or Spoons

LifeGoods
Premium Clear
Cutlery

2/\$3

24 ct
pkg



Assorted Gallon or Quart Size

Glad
Zipper Freezer or
Storage Bags

3/\$6

15-25 ct
box



Assorted Varieties

Fancy Feast
Cat Food

5/\$5

3 oz
can

DAIRY

Assorted Orange, Grapefruit, Blends or Trop Light

**Tropicana
Pure Premium
Juice**

46 - 52 oz
carafe

2/\$9



Regular or Light

**Daisy
Squeeze
Sour Cream**

14 oz
Sqz
\$2.49



Plain or Vanilla

**Oikos
Pro Yogurt**

32 oz
cntnr
\$6.99



Assorted Varieties

**Philadelphia
Soft or Whipped
Cream Cheese Spread**

7.5-8 oz
tub

\$4.99



0%, 2% or 5%

**Fage
Total Yogurt
Plain**

16 oz
cntnr

2/\$6



Assorted Varieties

**Pillsbury
Ready-To-Bake or
Slice & Bake Cookies**

16-16.5 oz
pkg

\$4.99



Assorted Varieties

**Gold Peak
Iced Tea**

52 oz
btl

2/\$5



Quarters, Spreadable or

**Breakstone's
Whipped
Butter**

8 oz
pkg

\$3.99



Assorted Flavors

**Dunkin'
Iced Coffee**

40 oz
btl

\$5.99



Regular or with Calcium

**Minute Maid
Premium
Orange Juice**

59 oz
crtn

2/\$7



S'mores or

**Hershey's
Chocolate
Pudding 4 pk**

3.87 oz
cups

\$3.99



**Borden
Yellow American
Cheese Singles**

16 oz
pkg

\$3.99



Orange Juice, Fruit Punch,
Cranberry Cocktail or

**Simply
Lemonades**

11.5 oz
btl

3/\$5



Assorted Varieties

**Daisy
Cottage
Cheese**

16 oz
cntnr

\$3.49



FROZEN

or Veggie Cuisine

**Morningstar
Veggie Foods**

8 - 10.5 oz
pkg

\$5.99



Assorted Varieties

**Halo Top
Frozen Dessert**

16 oz
pkg

\$4.99



Assorted Varieties

**Friendly's
Ice Cream**

48z
Pkg

\$6.99



Assorted Varieties

**Celeste
Pizza**

5 - 5.9 oz
box

3/\$5



Assorted Varieties

**McCain
Potatoes**

20-32 oz
pkg

\$4.99



Assorted Varieties

**TGIF
Appetizers or Dip**

8-14 oz
pkg

\$4.99



WORLD OF CHEESE

**Danish Blue
Cheese**

\$10.99

per lb



**Boursin
Gournay Cheese
Garlic And Herbs**

\$4.99

5.2 oz



**Belgioioso
Asiago Cheese**

\$4.99

8 oz



**Belgioioso
Fresh Mozzarella
Unslice**

\$6.99

16 oz



DELI



**Thumann's Black
Forest Ham**

\$9.99

per lb



**Thumann's Cracked
Pepper Turkey**

\$10.99

per lb



**Thumann's Classic
Chicken Breast**

\$9.99

per lb



**Store Made
Fresh Turkey**

\$10.99

per lb

FRESH MEAT!



PREMIUM
SHELL STEAK

\$16.99

PER LB



PREMIUM
NEW YORK STRIP STEAK

\$19.99

PER LB



PREMIUM
FLAT IRON STEAK

\$9.99

LB



HOT OR SWEET
SAUSAGE KABOBS

\$7.99

PER LB



MURRAY'S AIR CHILLED
BONELESS SKINLESS
CHICKEN THIGHS

\$4.99

PER LB



D'ARTAGNAN
GREEN CIRCLE FARMS
CHICKEN DRUMSTICK

\$4.99

PER LB

SEAFOOD



JUMBO SHRIMP
U16 -
PEELED & DEVEINED

\$15.99

PER LB



AQUASTAR
26/30 EZ PEEL SHRIMP
(UNCOOKED)

\$8.99

16 OZ



BECK'S
SEAFOOD
JALAPENO CRAB DIP

\$4.99

8OZ



ACME
PASTRAMI
SMOKED NOVA

\$8.99

4OZ

FRESH PRODUCE



ORGANIC
FUJI APPLES

\$2.29

PER LB



ORGANIC
SCALLIONS

2/\$4

EACH



HOUSE FOODS
MEDIUM FIRM TOFU

2/\$4

14 OZ



CONVENTIONAL
MANGOES

2/\$3

EACH



CONVENTIONAL
SPINACH BUNCH

2/\$5

EACH



CONVENTIONAL
CARROTS

\$1.29

PER LB

PREPARED FOODS



GARLIC
PARMESAN
CHICKEN BITES

\$8.99

PER LB



GRILLED
EGGPLANT WITH
GARLIC & OLIVE OIL

\$7.99

PER LB



GRILLED
SALMON TERIYAKI

\$19.99

PER LB



SHRIMP TEMPURA

\$12.99

PER LB

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