

We Proudly Serve



ingles

LOW PRICES...

LOVE THE SAVINGS!

All The Ingredients For Family!



ingles ADVANTAGE
Low Prices...Love The Savings!



Select Locations!

Item Of The Week!



TYSON TRIMMED & READY CHICKEN Breast, Tenders Or Thin Sliced
SAVE 1.90 Lb.

\$3.98 Lb.



Porterhouse Steak \$10.48 Lb. Save 5.70 Lb.

\$9.98 Lb.

ingles ADVANTAGE
Low Prices...Love The Savings!



BEEFSTEAK TOMATOES
SAVE 2.00 Lb.

98¢ Lb.



BONELESS BEEF SHOULDER ROAST Ingles Premium Certified USDA Choice Beef
SAVE 3.00 Lb.

\$4.98 Lb.

ingles ADVANTAGE
Low Prices...Love The Savings!



SARGENTO SHREDDED OR CHUNK CHEESE 5-8 Oz. - Selected Varieties
SAVE UP TO 4.18 ON 2



Buy One Get One FREE!

ingles ADVANTAGE
Low Prices...Love The Savings!



BABY PORTABELLA MUSHROOMS Whole Or Sliced
SAVE 1.77 ea.

98¢ ea.



HARVEST FARMS BONELESS PORK CHOPS
SAVE 1.00 Lb.

\$4.98 Lb.

ingles ADVANTAGE
Low Prices...Love The Savings!



LAURA LYNN™ DELI STYLE CHEESE SLICES 6.84-8 Oz. - Selected Varieties
SAVE 3.18 ON 2



Buy One Get One FREE!

ingles ADVANTAGE
Low Prices...Love The Savings!



BOAR'S HEAD MAPLE GLAZED HONEY COAT HAM
SAVE 2.00 Lb.

\$10.99 Lb.



TURKEY HILL PREMIUM ICE CREAM 46 Oz. - Selected Varieties
SAVE 5.56 ON 2

2/\$7 for

ingles ADVANTAGE
Low Prices...Love The Savings!



MOTT'S APPLE JUICE OR APPLE SAUCE CUPS 64 Oz. Or 6 Count - Selected Varieties
SAVE UP TO 3.98 ON 2



Buy One Get One FREE!

ingles ADVANTAGE
Low Prices...Love The Savings!



NATURE'S OWN WHITEWHEAT BREAD 20 Oz.
SAVE 3.77 ON 2

Buy One Get One FREE!

Sip, Snack And Save!



PEPSI GROUP OF PRODUCTS 12 Pack Cans Limit 3
SAVE UP TO 12.00 ON 3 When You Buy 3
\$4.98 ea.

Quantities Less Than 3 will be 8.98 ea.



FRITO LAY PARTY SIZE SNACKS 8.13-17 Oz. - Selected Varieties
SAVE UP TO 2.31



Tostitos Salsa 2/\$6.98



\$4.98 ea.

ingles ADVANTAGE
Low Prices...Love The Savings!



PEPSI GROUP OF PRODUCTS 2 Liter Limit 3
SAVE UP TO 3.00 ON 3 When You Buy 3
\$1.98 ea.

Quantities Less Than 3 will be 2.98 ea.

Love The Savings!

YOU SPEND	YOU EARN	YOU SAVE PER GAL
\$100	100pts	10¢
\$200	200pts	20¢
\$300	300pts	30¢

ingles FUEL POINTS!

EARN UP TO \$1/GAL GAS SAVINGS

Redeem on up to one 20 gal fill up. Offer valid at select locations. See store for details.

GAS EXPRESS

\$1 in Groceries = 1 Fuel Point*

(NORMAL EXCLUSIONS APPLY)

This week's REWARD!

\$1.98

AdvantagEmail™

Laura Lynn Soda Assorted varieties

Exclusive AdvantagEmail member price 12 pk Limit 2 per household

Sign up for weekly emails at www.ingles-markets.com/amaill

Amerloan Owned!



NONE SOLD TO DEALERS. WE RESERVE THE RIGHT TO LIMIT QUANTITIES AND CORRECT TYPOGRAPHICAL AND PHOTOGRAPHIC ERROR

UP TO 50¢ DOUBLE COUPONS EVERYDAY

For complete Double Coupon Policy See store for details. Certain other restrictions and limitations apply.

ingles

ONE TEAM... ONE COMMUNITY...
Make Time For Family!

Prices Good Wednesday, May 29 Through Tuesday, June 4, 2024

Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday
29 MAY	30 MAY	31 MAY	1 JUNE	2 JUNE	3 JUNE	4 JUNE

TENN-FI

Produce



EASTERN CANTALOUPE
SAVE .50 ea.

\$3.48
ea.



WHOLE SEEDLESS WATERMELONS
SAVE 1.00 ea.

\$6.98
ea.



BLUEBERRIES
18 Oz.
SAVE 4.50 ea.

\$3.48
ea.



SWEET SOUTHERN PEACHES
SAVE 1.20 Lb.

\$1.78
Lb.



FUJI APPLES
SAVE .50 Lb.

98¢
Lb.



SWEET CALIFORNIA CHERRIES
SAVE 4.00 Lb.

\$3.98
Lb.



ORGANIC GRAPE TOMATOES
1 Pint
SAVE 1.50 ea.

\$2.48
ea.



ORGANIC GREEN CABBAGE
SAVE 1.00 Lb.

98¢
Lb.



MARKET FRESH BOUQUET
SAVE 2.00 ea.

\$10.98
ea.

INGLES IS NOT RESPONSIBLE FOR SUPPLIER SHORTAGES

Bakery



LA BREA FRENCH BAGUETTE
SAVE .50 ea.

\$3.28
ea.



INGLES SELECT WHOLE WHEAT LOAF
SAVE .50 ea.

\$5.48
ea.



TWIN FRENCH BREAD
SAVE .50 ea.

\$3.48
ea.



DUTCH APRON CAKE ROLLS
Selected Varieties
SAVE .50 ea.

\$9.38
ea.

Cake Roll Slices
With Whipped Topping
4 Count - Selected Varieties
\$5.48 ea.
Save .50 ea.



CHOCOLATE PEANUT BUTTER BLAST CAKE
Double Layer
SAVE 1.00 ea.

\$15.98
ea.



CHOCOLATE COVERED DONUTS
6 Count
SAVE .50 ea.

\$5.48
ea.

Onion Rolls
4 Count
\$3.48 ea.
Save .50 ea.

Deli



INGLES PREMIUM SELECT DELI STYLE ROAST BEEF, CAJUN ROAST BEEF OR CORNED BEEF
SAVE .50 Lb.

\$12.49
Lb.

Ingles Premium Select Provolone Cheese
\$7.99 Lb.
Save 1.00 Lb.



HOMESTYLE BANANA PUDDING
SAVE .50 Lb.

Chicken Salad Sandwich
\$4.49 ea.
Save .50 ea.

\$6.49
Lb.



CEDAR'S ORGANIC HOMSUS
10 Oz. - Selected Varieties
SAVE 1.20 ea.

Stacy's Pita Thins Or Chips
15.6-16 Oz. - Selected Varieties
\$6.99 ea.
Save 2.00 ea.

\$4.89
ea.



BEEMSTER GOAT CHEESE
SAVE 2.00 Lb.

\$22.99
Lb.

Galbani Bel Paese
\$14.99 Lb.
Save 1.00 Lb.



PRÉSIDENT BRIE LOG
6 Oz.
SAVE 1.00 ea.

New York Style Pita Chips
8 Oz. - Selected Varieties
\$3.49 ea.
Save .70 ea.

\$7.19
ea.



ROTH GRAN QUESO
SAVE 1.00 Lb.

Castello Havarti
Selected Varieties
\$16.99 Lb.
Save .50 Lb.

\$18.99
Lb.



ALOUETTE FETA CRUMBLD PLAIN
4 Oz.
SAVE .60 ea.

\$4.69
ea.

Coombe Castle Blue Stilton
\$9.09 ea.
Save .50 ea.



SALEMVILLE GORGONZOLA OR BLUE CHEESE CRUMBLE CUP OR WEDGE
4 Oz. - Selected Varieties
SAVE .70 ea.

Galbani Marinated Ciliegine Cup
12 Oz.
\$7.29 ea.
Save 1.00 ea.

\$3.69
ea.



ROTISSERIE TURKEY BREAST
SAVE 2.00 ea.

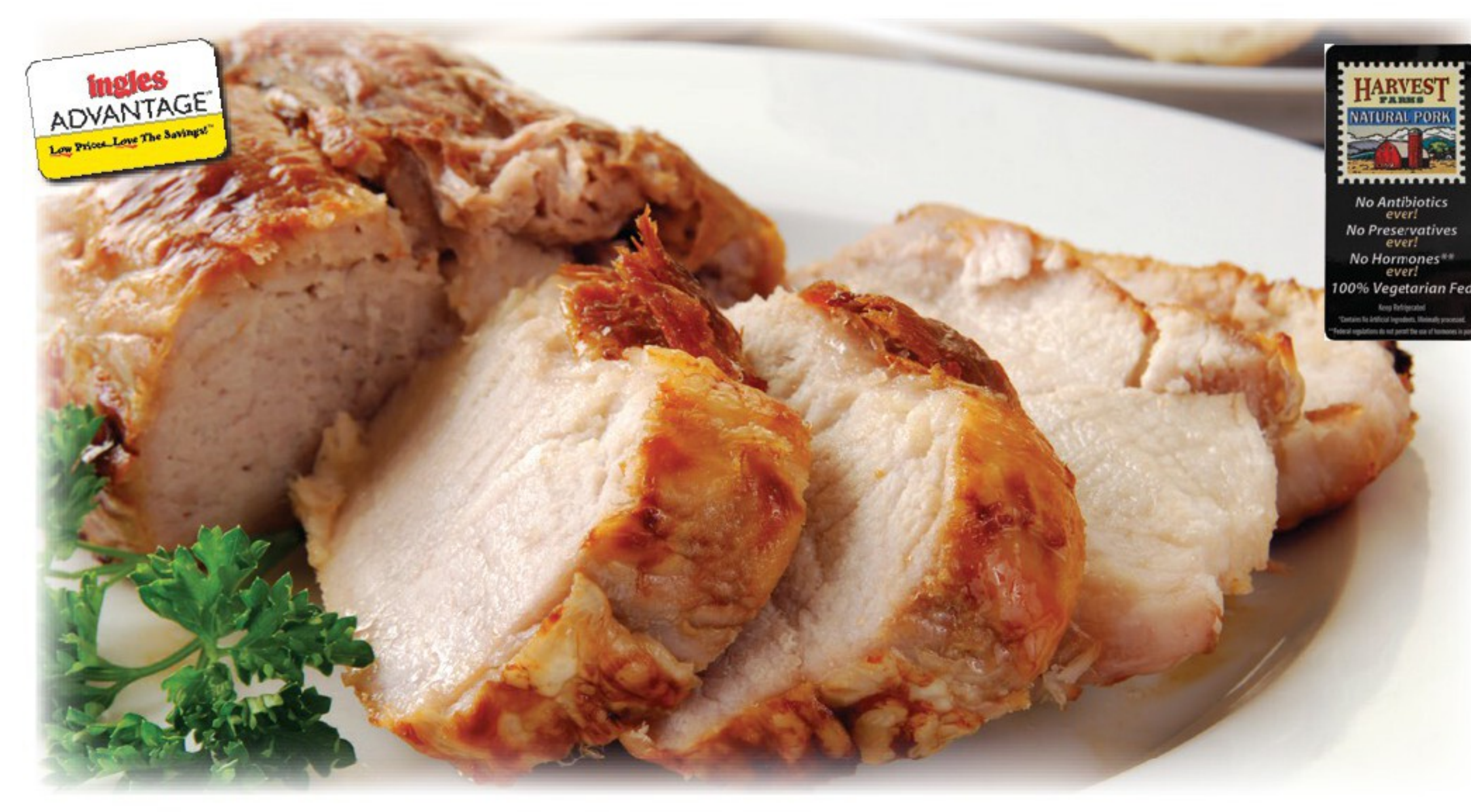
Reser's Sides
16 Oz. - Selected Varieties
\$3.99 ea.
Save 1.00 ea.

\$10.99
ea.

ingles

LOW PRICES... LOVE THE SAVINGS!™

Meat & Seafood



HARVEST FARMS
ALL NATURAL
PORK TENDERLOIN
SAVE 1.00 Lb.

\$5.98
Lb.



HARVEST FARMS
DRUMSTICKS OR THIGHS
Small Pack
SAVE 1.40 Lb.

\$1.08
Lb.



PERDUE HARVESTLAND
ORGANIC
BONELESS SKINLESS
CHICKEN BREAST
SAVE .90 Lb.

\$6.98
Lb.



HORMEL
BLACK LABEL BACON
12-16 Oz. -
Selected Varieties
SAVE 2.50 ea.

\$5.98
ea.



ARMOUR
PEPPERONI
5 Oz. -
Regular Or Turkey
SAVE 3.78 ON 2

Buy One
Get One
FREE!



LAURA LYNN™
ROLL SAUSAGE
16 Oz. -
Selected Varieties
SAVE .70 ea.

\$3.58
ea.



THE PHILLY STEAK
BEEF SANDWICH STEAKS
21 Oz.
SAVE 10.48 ON 2

Buy One
Get One
FREE!



TENNESSEE PRIDE
CHICKEN OR SAUSAGE BISCUITS
16-20 Count
SAVE 1.00 ea.

\$9.98
ea.



POTATO CRUSTED
COD
SAVE 1.00 Lb.

\$12.98
Lb.



FRESH
STUFFED SALMON
Spinach & Feta, Seafood Or
Apple Maple Bacon
SAVE 1.00 ea.

\$4.38
ea.



MAHI MAHI
FILLETS OR SIDES
SAVE 1.00 Lb.

\$6.98
Lb.



SEA BEST
COOKED SHRIMP
26-30 Count - 16 Oz. -
Peeled & Deveined
SAVE 1.30 ea.

\$8.98
ea.

Grocery



CHOBANI
OAT MILK OR
DAIRY CREAMER
24-52 Oz. -
Selected Varieties
SAVE UP TO 3.50

\$2.98
ea.



CHOBANI
CORE OR FLIP YOGURT
4 Pack -
Selected Varieties
SAVE UP TO 4.00

\$2.98
ea.



COUNTRY CROCK
SPREAD
45 Oz.
SAVE 4.00 ea.

\$4.98
ea.



MAYFIELD
COTTAGE CHEESE
24 Oz. -
Selected Varieties
SAVE 4.88 ON 2

Buy One
Get One
FREE!



BIZZY
COLD BREW
COFFEE
48 Oz. -
Selected Varieties
SAVE 6.98 ON 2

Buy One
Get One
FREE!



EIGHT O'CLOCK
BAG OR K-CUPS COFFEE
11-12 Oz. Or 12 Count -
Selected Varieties
SAVE UP TO 8.78 ON 2

Buy One
Get One
FREE!



POP-TARTS OR
RICE KRISPIES TREATS
8 Count -
Selected Varieties
SAVE 3.78 ON 2

Buy One
Get One
FREE!



DUKE'S
BBQ SAUCE OR
COLESLAW DRESSING
14-17.5 Oz. -
Selected Varieties
SAVE UP TO 5.38 ON 2

Buy One
Get One
FREE!



FRUIT 2 O
WATER
6 Count - 16 Oz. -
Selected Varieties
SAVE 4.98 ON 2

Buy One
Get One
FREE!



QUAKER
INSTANT OATMEAL
10.9-15.1 Oz. -
Selected Varieties
SAVE 5.38 ON 2

Buy One
Get One
FREE!



BLUE PLATE
REAL OR
SQUEEZE
MAYONNAISE
18-30 Oz. -
Selected Varieties
SAVE UP TO 3.00

\$2.98
ea.



PETER PAN
PEANUT BUTTER
16.3 Oz. -
Selected Varieties
SAVE 2.80 ea.

\$1.98
ea.

ingles

LOW PRICES... LOVE THE SAVINGS!™

Health & Wellness

<p>QC ANTACID CHEWABLE TABLETS 72-150 Count - Selected Varieties SAVE 3.96 ON 2</p> <p>2/\$4 for</p>	<p>QC 6 BLADE WOMEN'S RAZOR OR CARTRIDGES 1-4 Count - Selected Varieties SAVE UP TO 9.48 ON 2</p> <p>Buy One Get One FREE!</p>	<p>NATURE MADE VITAMINS Selected Varieties SAVE UP TO 42.98 ON 2</p> <p>Buy One Get One FREE!</p>
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Savings On Every Aisle!

<p>RAO'S HOMEMADE PASTA OR ALFREDO SAUCE 15-24 Oz. - Selected Varieties SAVE 2.00 ea.</p> <p>\$5.98 ea.</p>	<p>DIXIE CRYSTALS SUGAR 4 Lb. - Selected Varieties SAVE 1.30 ea.</p> <p>\$2.98 ea.</p>	<p>MAXWELL HOUSE OR GEVALIA PODS OR BAG COFFEE 3.7-12 Oz. Or 12 Count - Selected Varieties SAVE UP TO 3.60</p> <p>\$6.98 ea.</p>
<p>MIO OR CRYSTAL LIGHT ON THE GO WATER ENHANCER .7-1.62 Oz. - Selected Varieties SAVE UP TO 1.50</p> <p>\$2.98 ea.</p>	<p>SOLO PLATES, BOWLS OR CUPS 28-44 Count - Selected Varieties SAVE UP TO 2.00</p> <p>\$2.98 ea.</p>	<p>ALL LIQUID OR MIGHTY PACS LAUNDRY DETERGENT 36 Oz. Or 19-22 Count - Selected Varieties SAVE 7.98 ON 2</p> <p>Buy One Get One FREE!</p> <p>GATORADE 28 Oz. - Selected Varieties SAVE 1.84 ON 3</p> <p>3/\$5 for</p>
<p>PEPSI GROUP OF PRODUCTS 8 Pack - 12 Oz. - Limit 2 SAVE UP TO 5.98 ON 2</p> <p>2/\$8.98 for <small>When You Buy 2 FINAL COST</small></p> <p><small>Quantities Less Than 2 will be 7.48 ea.</small></p>	<p>NABISCO PARTY SIZE OREO, RITZ, SNACK CRACKERS, OR HONEY MAID GRAHAMS 17-28.8 Oz. - Selected Varieties SAVE 3.00 ea.</p> <p>\$4.98 ea.</p>	<p>BUBLY 8 Pack - 12 Oz. - Where Available SAVE UP TO 4.96 ON 3</p> <p>3/\$9.98 for</p>

Beer & Wine

<p>KENDALL-JACKSON FAMILY 750 mL - Selected Varieties SAVE BIG!</p> <p>\$14.98 ea.</p>	<p>APOTHIC FAMILY 750 mL - Selected Varieties SAVE BIG!</p> <p>\$11.28 ea.</p>	<p>DUPLIN FAMILY 750 mL - Selected Varieties SAVE BIG!</p> <p>\$8.88 ea.</p>
<p>BLUE MOON OR HIGHLAND FAMILY 12 Or 15 Pack - Selected Varieties SAVE BIG!</p> <p>\$17.98 ea.</p>	<p>CORONA, MODELO, PACIFICO OR HEINEKEN FAMILY 12 Pack Cans - Selected Varieties SAVE BIG!</p> <p>\$16.98 ea.</p>	<p>TWISTED TEA FAMILY 12 Pack Cans - Selected Varieties SAVE BIG!</p> <p>\$15.98 ea.</p>
<p>MICHELOB ULTRA, LANDSHARK, BUD LIGHT NEXT, LIME OR PLATINUM FAMILY 12 Pack - Selected Varieties SAVE BIG!</p> <p>\$14.98 ea.</p>	<p>YUENGLING OR BUDWEISER FAMILY 18 Pack Cans - Selected Varieties SAVE BIG!</p> <p>\$19.98 ea.</p>	<p>MILLER OR COORS FAMILY 18 Pack - Selected Varieties SAVE BIG!</p> <p>\$19.98 ea.</p>

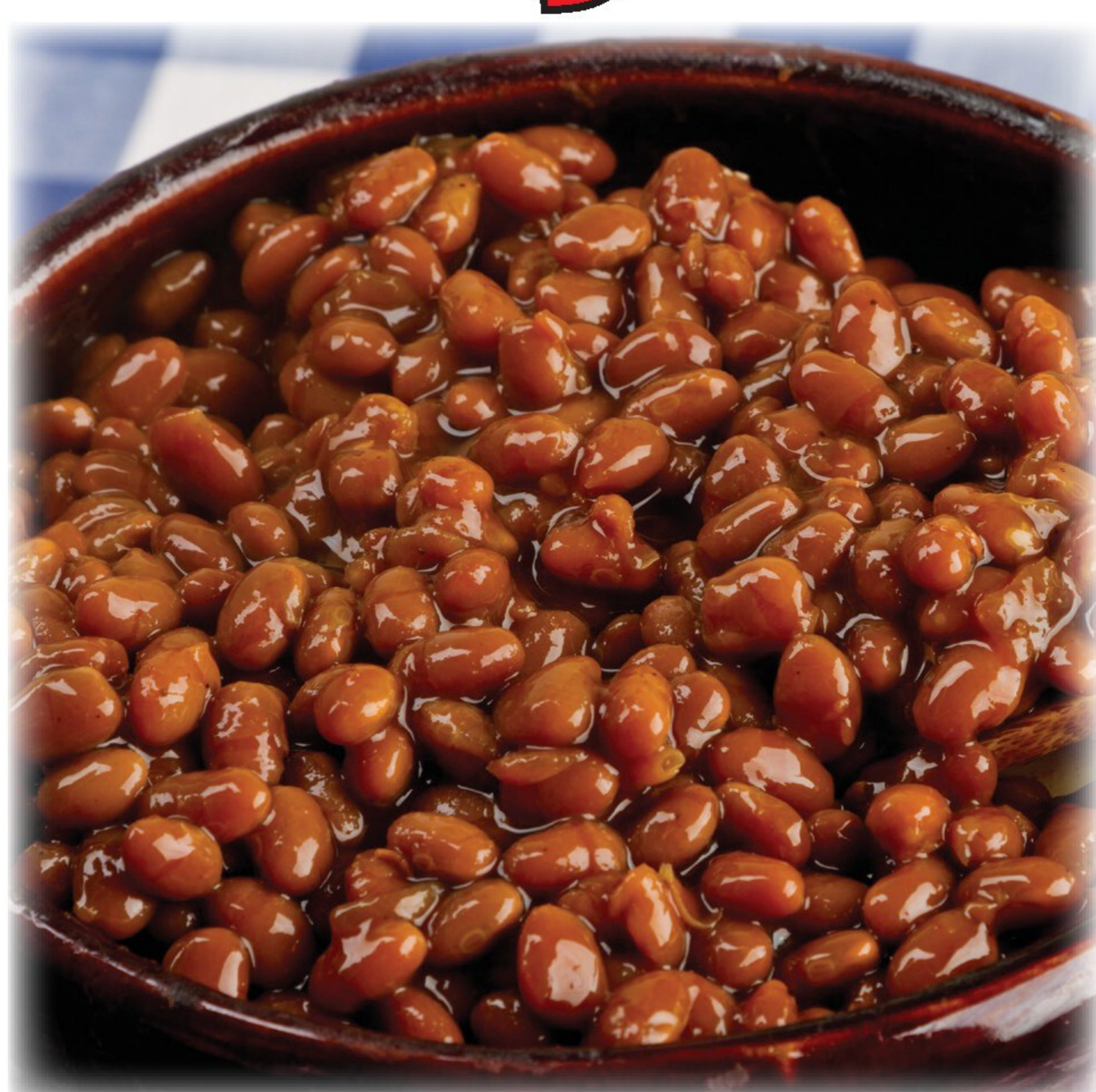


Monthly Savings!



BUSH'S
BAKED OR GRILLIN'
BEANS
22-28 Oz. -
Selected Varieties
SAVE 2.38 ON 2

2/\$4
for



KRAFT NATURAL
CHEESE SHREDS
OR CHUNKS
8 Oz. -
Selected Varieties
SAVE 5.36 ON 2

2/\$5
for



CHEEZ-IT
CRACKERS
5.75-12.4 Oz. -
Selected Varieties
SAVE 2.30 ea.

\$2.98
ea.



SARGENTO
SLICED CHEESE
5-8 Oz. -
Selected Varieties
SAVE 3.40 ea.

\$1.98
ea.



MALT O MEAL
FAMILY SIZE
BAG CEREAL
23-30 Oz. -
Selected Varieties
SAVE 3.00 ea.

\$2.98
ea.



CHICK-FIL-A,
BUFFALO WILD WINGS
OR ARBY'S SAUCES
12-16 Oz. -
Selected Varieties
SAVE UP TO 1.50

\$2.98
ea.



GREEN MOUNTAIN,
DONUT SHOP, KRISPY KREME,
NEWMAN'S OWN
OR MCCAFÉ COFFEE OR
SWISS MISS
10-12 Count Or 10-12 Oz. -
Selected Varieties
SAVE 5.60 ea.

\$5.98
ea.



CRISCO
OIL
40 Oz. -
Selected Varieties
SAVE 3.00 ea.

\$3.98
ea.



DEER PARK
WATER
24 Pack - 16.9 Oz.
SAVE 3.50 ea.

\$3.98
ea.



BRAWNY
TEAR-A-SQUARE
PAPER TOWELS
4 Count -
Double Roll
SAVE 4.00 ea.

\$6.98
ea.



QUILTED NORTHERN
ULTRA SOFT & STRONG
BATH TISSUE
6 Count -
Mega Roll
SAVE 4.00 ea.

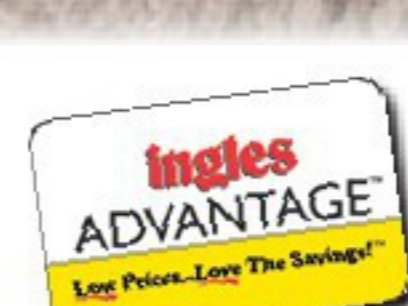
\$6.98
ea.

Fresh & Clean!



BOUNCE
DRYER SHEETS
80 Count -
Selected Varieties
SAVE 3.00 ea.

\$6.98
ea.



DOWNY
LIQUID FABRIC SOFTENER
44 Oz. -
Selected Varieties
SAVE 1.70 ea.

\$4.98
ea.



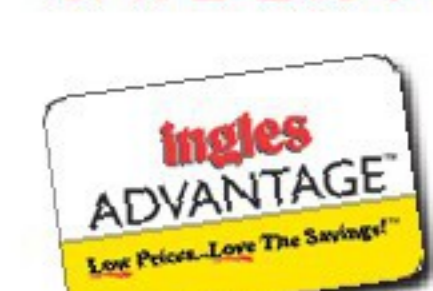
DOWNY
LIQUID FABRIC SOFTENER
77 Oz. -
Selected Varieties
SAVE 2.60 ea.

\$7.98
ea.



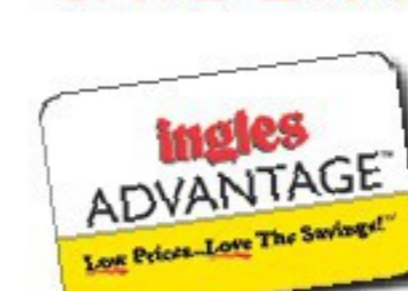
GAIN
LIQUID LAUNDRY
DETERGENT
154 Oz. -
Selected Varieties
SAVE 2.00 ea.

\$15.98
ea.



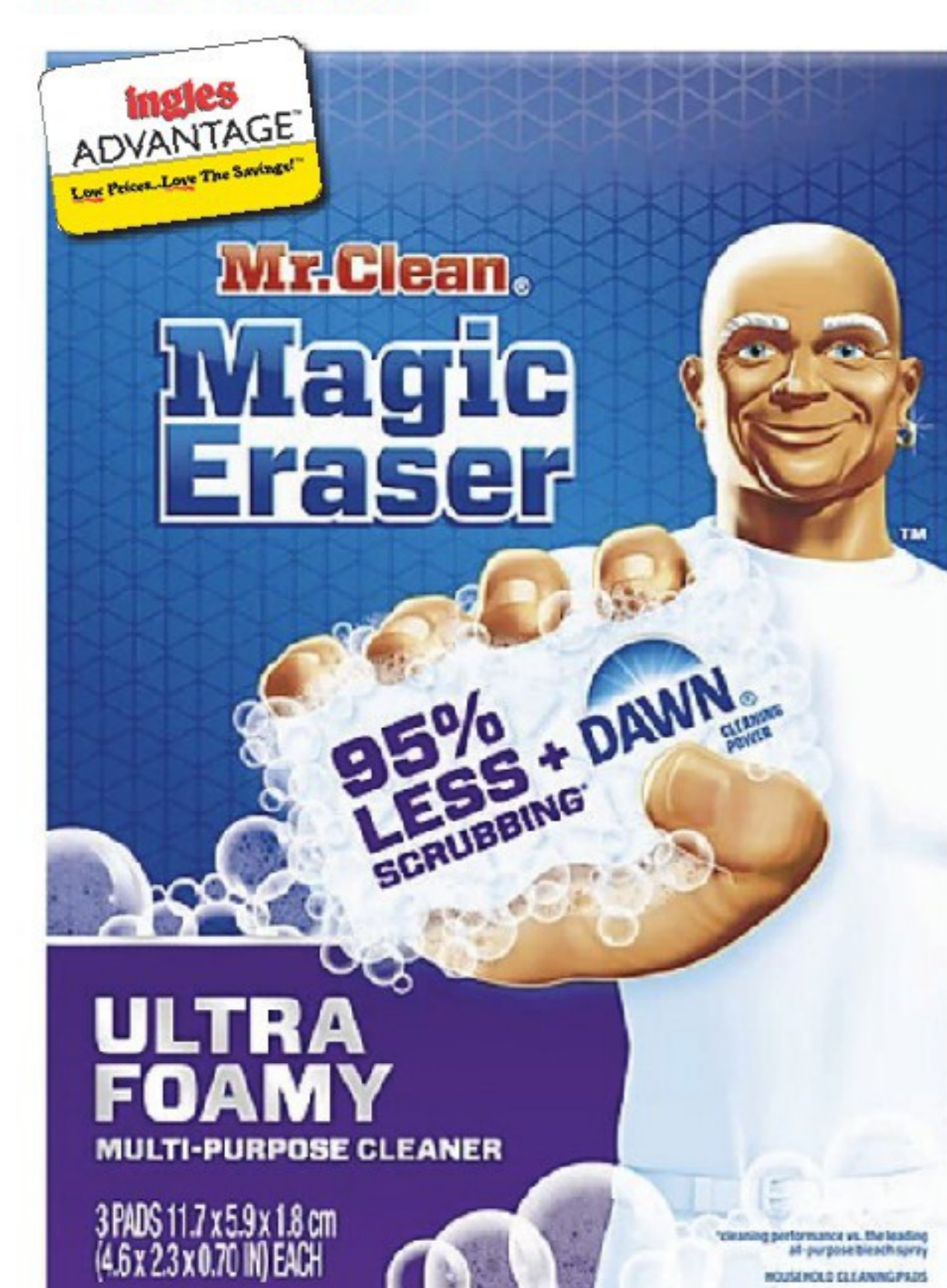
FEBREZE
AIR TWIN PACK
Selected Varieties
SAVE 1.30 ea.

\$4.98
ea.



DAWN
PLATINUM
DISH DETERGENT
54.8 Oz. -
Selected Varieties
SAVE 1.00 ea.

\$8.98
ea.



MR. CLEAN
MAGIC ERASER
3 Count -
Selected Varieties
SAVE 1.00 ea.

\$4.98
ea.



SWIFFER
REFILLS
3-24 Count -
Selected Varieties
SAVE 1.00 ea.

\$9.98
ea.



PAMPERS
EASY UPS OR DIAPERS
44-104 Count -
Selected Varieties
SAVE UP TO 6.00

\$27.98
ea.



PAMPERS
WIPES
112-216 Count -
Selected Varieties
SAVE UP TO 2.00

\$6.98
ea.

Frozen Favorites!



MARIE CALLENDER'S
DINNERS OR LARGE
POT PIES
10.5-15 Oz. -
Selected Varieties
SAVE UP TO 3.76 ON 2

2/\$7
for



MAYFIELD
ICE CREAM SANDWICHES
OR STICK BARS
6 Count -
Selected Varieties
(Excludes Sundae Cones)
SAVE 2.96 ON 2

2/\$5
for



YASSO
FROZEN
GREEK YOGURT BARS
4 Count -
Selected Varieties
SAVE 3.16 ON 2

2/\$10
for



KEMPS
ICE CREAM
OR YOGURT
48 Oz. -
Selected Varieties
SAVE UP TO 2.40

\$3.98
ea.



BLUE BUNNY
NOVELTIES
8 Count -
Selected Varieties
SAVE 1.50 ea.

\$4.48
ea.



TGI FRIDAYS
SNACKS
12-17.4 Oz. -
Selected Varieties
SAVE 1.90 ea.

\$6.48
ea.



EGG-LAND'S BEST
FROZEN OMELETS
7.8 Oz. -
Selected Varieties
SAVE 1.00 ea.

\$4.48
ea.



MORNING STAR FARMS
VEGGIE CUISINE
5.25-12 Oz. -
Selected Varieties
SAVE 2.36 ON 2

2/\$8
for



BUDGET SAVER
POPS
12-18 Count -
Selected Varieties
SAVE 2.16 ON 2

2/\$7
for



PERDUE NATURAL
CHICKEN
NUGGETS OR STRIPS
27-29 Oz. -
Selected Varieties
SAVE UP TO 2.30

\$5.98
ea.



LAURA LYNN™
FAJITA BLEND
14 Oz.
SAVE .22 ea.

\$2.78
ea.



LAURA LYNN™
BROCCOLI FLORETS
14 Oz.
SAVE .32 ea.

\$2.18
ea.



LAURA LYNN™
ITALIAN STYLE MEATBALLS
24 Oz.
SAVE .50 ea.

\$6.98
ea.

Dairy Deals!



JUS-ROL
CRESCENTS
9.87 Oz.
SAVE 1.00 ea.

\$1.98
ea.



CABOT
CHEESE
8 Oz. -
Selected Varieties
SAVE 2.20 ea.

\$1.98
ea.



SHAMROCK FARMS
ROCKIN' FUEL
PROTEIN SHAKE
19.7 Oz. -
Selected Varieties
SAVE 1.00 ea.

\$2.78
ea.



SHAMROCK FARMS
HALF AND HALF
16 Oz.
SAVE .80 ea.

\$1.98
ea.



FRIGO
CHEESE HEADS
ORIGINAL STRING CHEESE
16 Oz.
SAVE 3.30 ea.

\$4.98
ea.



SHAMROCK FARMS
HEAVY WHIPPING CREAM
16 Oz.
SAVE 1.30 ea.

\$3.98
ea.



CABOT
YOGURT
32 Oz. -
Selected Varieties
SAVE 1.50 ea.

\$3.98
ea.



FRIGO
CHEESE HEADS
COMBO PACK
6.3 Oz. -
Selected Varieties
SAVE 3.50 ea.

\$2.98
ea.



JUS-ROL
PUFF PASTRY
13.2 Oz.
SAVE 1.40 ea.

\$2.98
ea.



VITAL FARMS
PASTURE-RAISED
LARGE EGGS
1 Dozen
SAVE 3.00 ea.

\$4.98
ea.

Buy One Get One FREE!



SAVANNAH CLASSICS
HUSH PUPPIES
16 Oz. -
Selected Varieties
SAVE 3.88 ON 2

Buy One
Get One
FREE!

Buy One Get One FREE!



LA CHOY
MEALS
18 Oz. -
Selected Varieties
SAVE 7.98 ON 2

Buy One
Get One
FREE!



KINGSFORD
MATCHLIGHT
8 Lb.
SAVE 10.48 ON 2

Buy One
Get One
FREE!



KRAFT
MAYO
22 Oz. -
Selected Varieties
SAVE 7.48 ON 2

Buy One
Get One
FREE!



ELMER INGLE
1922 SAUCE OR
LAURA LYNN™
STEAK SAUCE
10 Oz.
SAVE UP TO 2.98 ON 2

Buy One
Get One
FREE!



LAURA LYNN™
MIXED NUTS
10.3 Oz. -
Selected Varieties
SAVE 5.28 ON 2

Buy One
Get One
FREE!



LAURA LYNN™
CUDDLY SOFT
BATH TISSUE
6-12 Count -
Selected Varieties
SAVE 5.98 ON 2

Buy One
Get One
FREE!



CLEARLY CANADIAN
SPARKLING WATER
11 Oz. -
Selected Varieties
SAVE 2.58 ON 2

Buy One
Get One
FREE!