

SEABRA'S MARKET

Sale Dates	Fri. Nov. 8	Sat. Nov. 9	Sun. Nov. 10	Mon. Nov. 11	Tues. Nov. 12	Wed. Nov. 13	Thurs. Nov. 14
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1000 S. ELSTON AVE. ELIZABETH, NJ 07202 TEL: 908-355-0700 **2564**

1350 GALLOPING HILL ROAD UNION, NEW JERSEY 07083 TEL: 908-364-2790 **2567**

260 LAFAYETTE STREET NEWARK, NEW JERSEY 07105 TEL: 973-589-8606 **2570**

STORE HOURS
SUNDAY - SATURDAY
7:00AM - 9:00PM

UTILITY PAYMENTS/POSTAGE STAMPS/PAYROLL CASHING
NOT ALL SERVICES AVAILABLE AT ALL STORES

WE ACCEPT: WIC • EBT • FOOD STAMPS • COUPONS

SEABRA'S MARKET

ONLINE SHOPPING
www.SeabrasMarket.com

ORDER FROM HOME. PAY ONLINE. CURBSIDE PICKUP & DELIVERY



Fresh From Mexico
Hass Avocados

99¢ ea.

Mangos

4/\$5

Fresh: Dry Pint Cont
 • Blueberries
 6 Oz Cont
 • Blackberries

2/\$5 MIX OR MATCH!

Portuguese Chestnuts

\$6.99 lb.

5 Oz Clamshell Assorted
Earthbound Farm Organic Salads

\$3.99

By The Bunch
Organically Grown Broccoli

\$2.99 ea.

Green Plantains

5/\$2

2 Lb Bag US #1
Yellow Onions

\$1.49

5 Lb Bag ... US #1
 Red, Golden or White
Green Giant Potatoes

\$2.99 YOUR CHOICE!

8 Oz Pkg Whole or Sliced
Giorgio Baby Bella Mushrooms

\$1.99

• 8 Oz Bag ... Spinach
 • 9 Oz Bag ... Premium Romaine
 • 11 Oz Bag ... Green & Crisp

Fresh Express Salads

2/\$5 MIX OR MATCH!

16.5 Oz Cont Value Size
NatureSweet Cherubs or Constellation Tomatoes

\$4.99

USDA Choice Beef Bone In
First Cut Chuck Steaks

\$4.99 lb.

USDA Choice Beef Boneless
Sirloin Steaks

\$6.99 lb.

Picanha Australian
Top Sirloin Rump Cap

\$7.99 lb.

Homestyle Flavor In Every Tender Slice,
 Seasoned With Aromatic Spices & Slow Roasted To Perfection
 Gluten Free
 American Heart Association Approved

Boar's Head® Ovingold Turkey Breast

\$9.99 lb. Sliced To Order

Fresh Bolo Rei
King Cake

\$21.99 ea.

Fresh
Pork Spareribs

\$2.49 lb. Family Pack

Boneless Center Cut
Pork Chops

\$2.99 lb. Family Pack 3 Lbs or More

2 Lb Bag ... Frozen
Lucky Delight Seafood Mix

\$9.99

Yellow or White
Boar's Head® American Cheese

\$5.99 lb. Sliced To Order

Whole or Half
Casteloes Portuguese Cheese

\$10.49 lb. Sold By The Piece

Grade A
Boneless Chicken Breast

\$1.99 lb. Family Pack - 3 Lbs or More

Store Made
Breaded Chicken Cutlets

\$6.99 lb.

Frozen
Squid Tentacles

\$4.99 lb.

13.9 Oz Can
Batavo Milk Caramel Cream

3/\$5

8 Oz Cont Salted or Unsalted
Hotel Bar Whipped Butter

\$2.99

20 Lb Bag
Canilla Long Grain White Rice

\$9.99

17.6 Oz Pkg
Roasted & Ground Pilao Traditional Coffee

\$4.99

24 Oz Pkg ... Classic,
 Vanilla or Chocolate Chip
Bauducco Panettone

\$4.99

14 Oz Bag ... Beer Battered
 Onion Rings
McCain Potatoes

2/\$7

12.7 Oz Box
 Original or Cinnamon
French Toast Sticks

2/\$5

8 Oz Pkg
Long Horn Style Tropical Cheddar Cheese

\$1.99

7.05 Oz Cont
Catupiry Soft Cheese

\$2.99

14 Oz Pkg
Frozen Forno De Minas Cheese Bread Rolls

2/\$7

Assorted: 24-32 Oz Box
Pearl Milling Company Pancake Mix

\$2.99

52 Fl Oz Cont Assorted
Florida's Natural Juice

2/\$7

473.2 Fl Oz Pkg
Pure Life Water 28 Pack

3/\$11.99

5 Oz Can In Water or In Oil
Starkist Chunk Light Tuna

99¢

14 Fl Oz Cont Assorted
Häagen-Dazs Ice Cream

2/\$7

67.2-72 Fl Oz Pkg
Heineken, Corona, Modelo or Stella Artois 6 Packs

\$10.99

13 Oz Bag ... 6 Pack
Thomas' Original English Muffins

2/\$6

45 Fl Oz Pkg
Pepsi 6 Packs

3/\$12

42.2 Fl Oz Btl Assorted Varieties
Coca-Cola 1.25 Liters

4/\$6

64 Fl Oz Btl Assorted Juice or
Snapple Tea

3/\$5

33.8 Fl Oz Btl ... Original or
 Alkaline Antioxidant
Smartwater 1 Liter

4/\$6

18 Oz Cont ... Purifying Waters
Clear Scentsations or Fresh Burst Odor Blasters In Wash Scent Booster

\$3.49

7.5-8 Oz Cont ... Assorted
Philadelphia Soft or Whipped Cream Cheese

2/\$6

20 Oz Pkg In Water or In Oil
Bumble Bee Solid White Tuna 4 Pack

\$3.99

11-12 Oz Bag Assorted
Dunkin' Ground Coffee

\$6.99

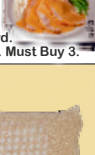
Holiday Savings!

10 Lb Bag
White or Parboiled
**Urban Meadow
Long Grain
Rice**



\$6.99

10.5 Oz Can
Assorted
**Campbell's
Gravy**



3/\$3

With Club Card. Limit 2 Offers. Must Buy 3.

12-16 Oz Box ... Assorted
(Excludes: Manicotti,
Lasagna, Jumbo Shells,
Gluten Free, Collezione,
Plus & Al Bronzo)

**Barilla
Pasta**



3/\$4

With Club Card. Limit 2 Offers. Must Buy 3.

23.9-24 Oz Jar ... Assorted
Simply or Regular
(Excludes: Alfredo & Cheese)

**Ragú
Pasta
Sauce**



2/\$4

With Club Card. Limit 3 Offers. Must Buy 2.

5 Lb Bag ... Bleached
or Unbleached

**Pillsbury
All Purpose
Flour**

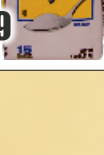


\$2.99

(Excludes: Bread & Self Rising)
With Club Card. Limit 3 Offers.

4 Lb Bag
Granulated

**Urban Meadow
Sugar**



\$3.49

14.5-15.25 Oz Can
Assorted
(Excludes: Organic)

**Libby's
Vegetables**



5/\$5

With Club Card. Limit 2 Offers. Must Buy 5.

16 Fl Oz Btl
Assorted

**Hidden Valley
Ranch
Dressing**



\$3.99

32 Oz Cont
Assorted
(Excludes: Organic)

**Kitchen
Basics
Stock**



2/\$5

29 Oz Can ... Regular
Tomato Sauce or
28 Oz Can ... Assorted

**Hunt's
Tomatoes**



3/\$5

7-8 Oz Box
Assorted

**Green Giant
Sauced
Vegetables**

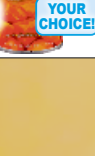


99¢

With Club Card. Limit 4 Offers.

40 Oz Can
In Syrup

**Princella
or Bruce's
Cut
Yams**



\$2.99

YOUR CHOICE!

24 Oz Jar
Assorted

**Rao's
Pasta
Sauce**



\$5.99

With Club Card. Limit 3 Offers.

25.4 Fl Oz Btl
Assorted

**Martinelli's
Sparkling
Cider**



\$3.99

23-26 Oz Cont
Assorted

**Chock
full o'Nuts
Coffee**



\$9.99

With Club Card. Limit 4 Offers.

7.05 Oz Jar

**Café Bustelo
Espresso
Instant
Coffee**



\$7.99

MEAT

SEAFOOD

ONLY IN STORES WHERE AVAILABLE

USDA Choice Beef Chuck For Stew



\$6.49
lb. Family Pack 3 Lbs or More

USDA Choice Beef Shoulder London Broil



\$5.99
lb.

USDA Choice Beef Boneless Round For Cube Steak



\$6.99
lb.

Sliced Spareribs For Riblets



\$3.99
lb. Family Pack

1 Lb Bag Frozen Whole Salmon Fillets



\$9.99

1 Lb Bag Frozen Whole Swai Fillets



\$9.99

USDA Choice Beef Bone In Top or Semi-Boneless Chuck Steaks



\$6.99
lb. **YOUR CHOICE!**

USDA Choice ... Fresh Blade Bone: Cross Cut or Square Cut American Shoulder Lamb Chops



\$7.99
lb.

Regular or Dinner Cook's Smoked Ham Steaks




\$4.99
lb.

3 Lb Bag Individually Quick Frozen County Line Chicken Wing Portions




\$12.99
lb.

16 Oz Bag Whole Seafood Mix



\$7.99

2 Lb Bag ... 21-25 Count Per Lb Peeled & Deveined AquaStar Raw Shrimp



\$14.99

No Antibiotics Ever Harvestland Free Range Chicken Tenders



\$5.99
lb.

16 Oz Pkg ... Mozzarella Rustica, Abruzzese or Sicilian Carando Meatballs



\$5.99

16 Oz Pkg Pork or Chicken Curly's Pulled Meat



\$5.99

12 Oz Pkg Bar-S Sliced Bacon



\$3.99

16 Oz Pkg Bar-S Deli-Style Smoked Ham



\$4.49

USDA Grade A All Natural ... Fresh No Antibiotics Ever Boneless Chicken Breast



\$3.99
lb. Family Pack

48 Oz Pkg Chicken & Pork Bar-S Bun Length Franks



\$6.99

12 Oz Pkg Polish Style Butterball Hearty Turkey Sausage



\$3.99

14 Oz Pkg Polska Kielbasa Butterball Turkey Sausage



\$2.99

12 Oz Pkg Assorted Bilinski's Organic Chicken Sausage



\$6.99

16 Oz Pkg Butterball Sweet Italian Turkey Sausage



\$5.99

16 Oz Pkg Jones Scrapple




2/\$7

16 Oz Pkg Jones All Natural Pork Sausage Roll



\$4.99

8 Oz Pkg Jones Liverwurst



\$2.99

8 Oz Pkg Jones Sliced Liverwurst



\$2.99

16 Oz Pkg Butterball Plain or Seasoned Turkey Burgers



\$5.99

25.5 Oz Pkg Tyson Honey Chicken Tenders




\$6.99

25 Oz Pkg Tyson Crispy Chicken Strips




\$8.99

12 Oz Pkg Jimmy Dean Hickory Smoked Bacon




\$4.99

12 Oz Pkg Jimmy Dean Applewood Smoked Bacon



\$4.99

16 Oz Pkg Butterball 97% Lean Ground White Turkey



\$6.99

12 Oz Pkg Hickory Smoked Urban Meadow Turkey Bacon



\$3.99

48 Oz Box Urban Meadow 100% All Beef Pub Burgers



\$15.99

12 Oz Pkg Urban Meadow Hot Dogs




2/\$3

12 Oz Pkg Urban Meadow Beef Franks



\$3.99

Classic Best's Beef Pastrami



\$10.99
lb. Sliced To Order

Best's Beef Bologna



\$6.99
lb. Sliced To Order

4 Oz Pkg Italian Dry, Calabrese or Genoa Columbus Pre-Sliced Salame



\$4.99

Rotisserie Turkey Breast Dinner



\$6.99

Just Heat & Serve 16 Oz Pkg ... Asiago, Broccoli Cheddar or Traditional Panera Bread Mac & Cheese




\$6.99

15.6 Oz Bag ... Sea Salt Pita Thins or 16 Oz Bag ... Simply Naked, Multigrain or Parmesan Garlic & Herb Stacy's Pita Chips



\$7.99

Folios Cheese Wraps



\$5.99

4 Oz Pkg Assorted Ithaca Hummus



\$3.99

Rotisserie Turkey Breast Dinner



\$6.99

Just Heat & Serve 9.5-10 Oz Pkg ... Beef & Pea Arancini, Mozzarella & Provolone Cheese Balls or Taste of Italy Macaroni & Cheese Bites



\$5.99

12 Oz Pkg Chabaso Ciabatta Lunga Bread



\$3.49

Non GMO Verified, Vegan & No Preservatives Brooklyn Bred Bistro Buns



2/\$7

14 Oz Pkg Assorted L&M Sliced Pound Cake



\$5.99

24 Oz Pkg ... 7 Inch Sweet Sofia's Cakes



\$19.99

NEW! 12 Oz Pkg ... Assorted Suzy's Premium Cheesecakes



\$7.99

10 Oz Pkg ... 12 Count Vanilla or Chocolate Fall Decorated Mini Cupcakes



\$4.99

PRODUCE

<p>New Crop! 4 Lb Bag ... Fancy Macoun, Fuji, Empire, Cortland, Gala, McIntosh or Red or Golden Delicious NY State Apples</p>  <p>\$4.99</p>	<p>New Crop! Extra Large ... Texas Ruby Red Grapefruit</p>  <p>2/\$5</p>	<p>Seeded ... Extra Large Red Globe Grapes</p>  <p>\$2.99 lb.</p>	<p>Fuyu or Hachiya Persimmons</p>  <p>2/\$5 MIX OR MATCH!</p>	<p>2 Lb Bag US #1 Yellow Lemons</p>  <p>\$3.99</p>	<p>12 Oz Bag Fresh Cranberries</p>  <p>\$2.99</p>	<p>9 Oz Bag ... Pit Free or 12 Oz Bag ... Whole Joolies Organic Fresh Medjool Dates</p>  <p>\$4.99</p>
<p>12 Oz Cont Coconut or Almond Joolies Date Rolls</p>  <p>\$3.99</p>	<p>1 Lb Cont Chocolate Tomatoes</p>  <p>\$3.99</p>	<p>Fresh Brussels Sprouts</p>  <p>\$2.99 lb.</p>	<p>2 Lb Bag ... Fancy Table Carrots</p>  <p>\$1.49</p>	<p>Fresh Scallions Green Onions</p>  <p>79¢ ea.</p>	<p>Fresh Jalapeño Peppers</p>  <p>\$1.49 lb.</p>	<p>Waxed Yuca</p>  <p>99¢ lb.</p>
<p>Smooth Skin Green Avocados</p>  <p>\$1.99 ea.</p>	<p>US #1 Green Giant Russet Potatoes</p>  <p>99¢ lb.</p>	<p>US #1 North Carolina Sweet Potatoes</p>  <p>99¢ lb.</p>	<p>US #1 Red or Sweet Onions</p>  <p>\$1.49 lb. YOUR CHOICE!</p>	<p>64 Fl Oz Cont Assorted Zeigler's Apple Cider</p>  <p>\$3.99</p>	<p>By The Bunch Timeless Beauty Bouquet</p>  <p>\$14.99 ea.</p> <p>4 Inch Autumn Tree In Ceramic</p>  <p>\$14.99 ea.</p>	

<p>Fresh From Mexico Hass Avocados</p>  <p>99¢ ea.</p>	<p>Mangos</p>  <p>4/\$5</p>	<p>Fresh: Dry Pint Cont • Blueberries • Blackberries</p>  <p>2/\$5 MIX OR MATCH!</p>	<p>Dry Pint Cont Organically Grown Fresh Blueberries</p>  <p>2/\$10 USDA ORGANIC</p>	<p>5 Oz Clamshell Assorted Earthbound Farm Organic Salads</p>  <p>\$3.99 USDA ORGANIC</p>	<p>By The Bunch Organically Grown Broccoli</p>  <p>\$2.99 ea. USDA ORGANIC</p>
<p>Green Plantains</p>  <p>5/\$2</p>	<p>2 Lb Bag US #1 Yellow Onions</p>  <p>\$1.49</p>	<p>5 Lb Bag ... US #1 Red, Golden or White Green Giant Potatoes</p>  <p>\$2.99 YOUR CHOICE!</p>	<p>8 Oz Pkg Whole or Sliced Giorgio Baby Bella Mushrooms</p>  <p>\$1.99</p>	<p>• 8 Oz Bag ... Spinach • 9 Oz Bag ... Premium Romaine • 11 Oz Bag ... Green & Crisp Fresh Express Salads</p>  <p>2/\$5 MIX OR MATCH!</p>	<p>16.5 Oz Cont Value Size NatureSweet Cherubs or Constellation Tomatoes</p>  <p>\$4.99 YOUR CHOICE!</p>

ORGANIC PRODUCE

<p>3.9 Oz Pkg ... Assorted Gutzy Organic Prebiotic Fiber Fruit & Vegetable Snacks</p>  <p>2/\$4</p>	<p>Organically Grown Fresh From Mexico Avocados</p>  <p>3/\$5 USDA ORGANIC</p>	<p>Organically Grown 6 Count Pkg Mini Cucumbers</p>  <p>\$4.99 USDA ORGANIC</p>	<p>Organically Grown 1 Lb Clamshell Kiwis</p>  <p>\$5.99 USDA ORGANIC</p>	<p>Organically Grown Northwest ... Extra Fancy Honeycrisp Apples</p>  <p>\$2.49 lb. USDA ORGANIC</p>	
<p>Organically Grown 5 Lb Bag Carrots</p>  <p>\$5.99 USDA ORGANIC</p>	<p>9 Oz Bag Olivia's Organics Microwavable Spinach</p>  <p>\$4.99 USDA ORGANIC</p>	<p>10 Oz Bag Robinson Fresh Organic Kale</p>  <p>\$3.99 USDA ORGANIC</p>	<p>Organically Grown 3 Lb Bag ... US #1 Orange, Red or White Wild Harvest Sweet Potatoes</p>  <p>\$4.99 USDA ORGANIC</p>	<p>Organically Grown 16 Oz Pkg Celery Hearts</p>  <p>\$3.99 USDA ORGANIC</p>	<p>Organically Grown 5 Lb Bag ... US #1 Russet Potatoes</p>  <p>\$4.99 USDA ORGANIC</p>

PRIVATE BRANDS FOUND ONLY AT OUR FAMILY OF SUPERMARKETS

<p>16 Oz Box ... 1/4 Lb Sticks Salted or Unsalted Urban Meadow Butter</p>  <p>\$4.99</p>	<p>12 Oz Pkg Mozzarella String Cheese or 16 Oz Pkg Part Skim or Whole Milk Urban Meadow Mozzarella Cheese</p>  <p>\$3.99</p>	<p>6 Oz Pkg ... Muenster, Provolone or Swiss Urban Meadow Sliced Cheese</p>  <p>2/\$5 For 12 Oz Pkg ... American Singles: \$3.49</p>	<p>32 Fl Oz Cont Fat Free or Regular Urban Meadow Half & Half</p>  <p>\$2.99</p>	<p>12 Oz Pkg Semi Sweet Urban Meadow Chocolate Chips</p>  <p>\$3.99</p>	<p>14 Oz Can Jellied or Whole Berry Urban Meadow Cranberry Sauce</p>  <p>2/\$3 For</p>	<p>20 Oz Can Slices: In Juice or In Syrup or Chunks In Juice Urban Meadow Pineapples</p>  <p>\$1.79</p>
<p>14 Oz Can Urban Meadow Sweetened Condensed Milk</p>  <p>\$2.79</p>	<p>96 Fl Oz Cont Corn, Canola or Vegetable Urban Meadow Cooking Oil</p>  <p>\$7.99</p>	<p>6 Oz Can Small, Medium or Large Urban Meadow Pitted Olives</p>  <p>\$2.19</p>	<p>15.5 Oz Can ... Assorted (Excludes: Organic) Urban Meadow Beans</p>  <p>5/\$5 For</p>	<p>200 Sq Ft Box 12 Inch Giant Urban Meadow Aluminum Foil</p>  <p>\$10.99</p>	<p>400 Count Pkg ... 1 Ply Urban Meadow Napkins</p>  <p>\$3.99</p>	<p>50 Count Pkg ... 9 Oz Urban Meadow Designer Hot Cups</p>  <p>\$4.99</p>

PET

BETTER FOR YOU

<p>8 Lb Bag World's Best Poop Fighter Cat Litter</p>  <p>\$11.99</p>	<p>33 Oz Pkg Seafood or Beef & Poultry Meow Mix Variety Pack Cat Food</p>  <p>\$9.99</p>	<p>3.15 Lb Bag ... Protein Plus, Daily Essentials or Indoor Complete 9Lives Cat Food</p>  <p>\$5.99</p>	<p>2.2-2.5 Oz Pkg Salmon Wheelies Rachel Ray Nutrish Cat Treats</p>  <p>3/\$5 For</p>	<p>18 Lb Bag Value Blend Select Brown's Wild Bird Food</p>  <p>\$7.99</p>	<p>8 Fl Oz Btl ... Assorted Skinnygirl Fat Free & Sugar Free Dressing</p>  <p>2/\$5 For</p>	<p>32 Oz Cont ... Vegetable, Beef or Chicken Kitchen Basics Organic Stock</p>  <p>\$3.49</p>
<p>3.5 Lb Pkg Small or Medium Dog: Original Recipe or Assorted Flavors EnTrust Crunchers Dog Treats</p>  <p>\$3.99</p>	<p>18.9-24.2 Oz Pkg Value Pack: Mini, Small/Medium or Large Milk-Bone Brushing Chews</p>  <p>\$12.99</p>	<p>22 Oz Can Assorted Pedigree Dog Food</p>  <p>\$2.99</p>	<p>13 Oz Can Beef & Pumpkin, Chicken & Apple or Chicken, Pumpkin & Salmon Rachael Ray Nutrish Dog Food</p>  <p>2/\$5 For</p>	<p>4 Lb Bag Assorted Nature's Recipe Grain Free Dog Food</p>  <p>\$12.99</p>	<p>32 Oz Cont Organic Chicken Stock, Chicken Bone Broth or Regular or Low Sodium Swanson Organic Chicken Broth</p>  <p>\$3.99</p>	<p>16-32 Oz Pkg Dark Brown, Granulated or Powdered Urban Meadow Organic Sugar</p>  <p>\$4.49</p>