

Meat

Bone In Sliced
Center Cut Pork Chops
\$2.49
lb Family Pack

Grass Fed
Boneless Skirt Steaks
\$9.99
lb

16 Oz Pkg
Butterball 85% Lean Ground Turkey
\$4.99

Beef Chuck Short Ribs
\$8.99
lb

USDA Choice Beef Bone In
First Cut Chuck Steaks
\$5.99
lb

USDA Choice Beef Boneless
Bottom Round Roast
\$5.99
lb

USDA Choice Beef Chuck For Stew
\$6.99
lb Family Pack - 3 Lbs or More

USDA Choice Beef Boneless
Chuck Roast
\$6.99
lb

Grade A
Perdue Chicken Drumsticks
\$1.29
lb Jumbo Pack

Antibiotic Free Boneless
Murray's Chicken Breast
\$4.99
lb

Grade A
Perdue Chicken Wings
\$3.69
lb Jumbo Pack

16 Oz Pkg Antibiotic Free
Plainville Farms 94% Lean Ground Turkey
\$6.99

Seafood

2 Lb Bag ... 16-20 Count
Peeled & Deveined
Pacific Treasure Jumbo Shrimp
\$17.99

Wild ... Fresh Omega 3 Fatty Oils Rich
Halibut Fillets
\$21.99
lb

Wild Tuna Steaks
\$8.99
lb

Wild Whole Black Sea Bass
\$8.99
lb

Farm Raised
Fresh Atlantic Salmon Fillet
\$9.99
lb

Produce

1 Lb Cont Florida
Ripe Red Strawberries
2/\$5

Northwest Premium
Fuji or Gala Apples
\$1.49
lb YOUR CHOICE!

Tomatoes On The Vine
\$1.49
lb

5 Lb Bag US #1
Green Giant Idaho Potatoes
2/\$5

Organically Grown Fresh From Mexico
Hass Avocados
4/\$5

Organically Grown 10 Oz Bag
Robinson Fresh Kale
\$3.99

2 Lb Bag
Halos Seedless Clementines
\$2.99

2 Lb Bag ... California
Sumo Seedless Citrus
\$6.99

8 Oz Bag
Fresh Express Spinach
2/\$5

11 Oz Clamshell Assorted
Fresh Attitude Family Size Salads
\$4.99

16 Fl Oz Btl
Health Ade Kombucha
3/\$10
Must Buy 3. Reg: \$4.99

2 Lb Bag
Halos Organic Seedless Clementines
\$4.99

Deli

Glazed With 100% Pure Maple Syrup, Coated With Golden Honey
Boar's Head® Maple Glazed Honey Coat Turkey Breast
\$11.99
lb Sliced To Order

An Amazingly Meltable, Flavorful Classic Yellow or White
Boar's Head® American Cheese
\$6.99
lb Sliced To Order

Domestic Urban Meadow
Swiss Cheese
\$6.99
lb Sliced To Order

Dinner Made Easy By Our Chef
Avg 16 Oz With Grilled Chicken Cutlet
Penne A La Vodka
\$9.99
Grilled, Baked or In A Dill Sauce Salmon
\$15.99

Blue Hill Bay Organic Smoked Salmon
\$9.99

Premium Clean Label Soups
16 Oz Cont Assorted
Panera Bread Soups
\$4.99

12.3 Oz Pkg
Fresh Baked French Baguette
\$2.49

Made With Guacamole Spices - Plant Based
14.8 Oz Pkg ... 4 Count Multigrain Everything or Seeded Grains
The Avocado Bread Bagels
\$4.99

Weekly Specials

89 Fl Oz Cont Assorted
Tropicana Orange Juice
\$5.99
With Club Card & Add'l \$25 Purchase. Limit 1 Offer.

• 9.3 Oz Box Cinnamon French Toast Minis
• 12.7 Oz Box ... Cinnamon or Original French Toast Sticks Assorted
• 8.4-14.8 Oz Box ... Pancakes
• 10.75-12.3 Oz Box (Excludes: Thick & Fluffy)
Eggo Waffles
2/\$5
With Club Card. Limit 2 Offers. Must Buy 2.

8=20 Doubles Roll Plus Pack
Select-A-Size or Full Sheet
Bounty Paper Towels
\$16.99
With Club Card. Limit 1 Offer.

48 Fl Oz Cont Simply Coconut, Unsweetened or Zero Sugar Oatmilk or Assorted (Excludes: Organic)
Califia Almondmilk
2/\$7

5 Oz Can ... In Water, In Oil or Low Sodium In Water
Bumble Bee Solid White Tuna
4/\$4
With Club Card & Add'l \$25 Purchase. Limit 1 Offer. Must Buy 4.

3 Lb Bag
Wyman's Frozen Wild Blueberries
\$11.99

52 or 64 Fl Oz Cont Assorted
Lactaid 100% Lactose Free Milk
\$3.99

64 Fl Oz Btl ... Assorted For Tots Fruit Juice or
Mott's Apple Juice
2/\$4
With Club Card & Add'l \$25 Purchase. Limit 1 Offer. Must Buy 2.

72 Count Box ... Organic or 100 Count Box ... Regular
Lipton Black Tea Bags
\$3.99
With Club Card. Limit 2 Offers.

12-14 Oz Box Assorted (Excludes: Gluten Free)
Amy's Pizza
\$8.99

13 Oz Bag ... 6 Pack
Thomas' Original English Muffins
BUY 1 GET 2 FREE
SAVE \$10.58!
(Excludes: All Other Varieties & Original Whole Grain)
With Club Card. Limit 4 Offers.

8 Oz Pkg With Canola Spreadable or Salted or Unsalted Whipped or 1/4 Lb Sticks
Breakstone's Butter
\$2.99

• 17.3 Oz ... Frosted Flakes
• 13.2 Oz ... Apple Jacks
• 13.2 Oz ... Froot Loops
• 20.9 Oz ... Raisin Bran
• 12 Oz ... Corn Flakes
Kellogg's Large Size Cereal
\$4.49
With Club Card. Limit 4 Offers. Additional Varieties Included. See Store For Details.

Food For Life Ezekiel Breads
SAVE \$2 EACH!
YOUR CHOICE!

11.5-16 Oz Box Assorted
Entenmann's Loaf Cakes
\$1.99

60 Fl Oz Pkg ... Assorted (Excludes: Organic)
CapriSun Drinks 10 Packs
\$3.49
With Club Card. Limit 4 Offers.

5.25-10.5 Oz Pkg ... Assorted (Excludes: Garlic Quinoa Burgers, Brown Bags, Pringle Chicken Fries & Breakfast Bites and Sandwiches)
MorningStar Farms Meatless Products
2/\$7
With Club Card. Limit 2 Offers. Must Buy 2.

Now Foods Vitamins & Supplements
50% OFF!

Garden Of Life Protein Powders
50% OFF!

Cold or Hot
Nature's Path Organic Cereal
2/\$7

32 Fl Oz Btl
Bragg Apple Cider Vinegar
\$4.99

405.6 Fl Oz Pkg
Half Liter Btl's
Deer Park Spring Water
24 Pack
3/\$11.99

With Club Card. Limit 1 Offer. Must Buy 3.
Plus Deposit Where Applicable.

18 Oz Cont
Quick or Old Fashioned
Urban Meadow Oats
2/\$5

72 Count Box ... Organic or
100 Count Box ... Regular
Lipton Black Tea Bags
\$3.99

15.5-16 Oz Jar ... Assorted
(Excludes: No Sugar Added)
Jif Peanut Butter
2/\$4

8 Fl Oz Btl
Assorted
Wish-Bone Dressing
3/\$5

35 Count Cont
Fresh Scent or Crisp Lemon
Clorox Disinfectant Wipes
\$3.49

160 Count Pkg ... 4 Pack
Shower Fresh
Charmin Flushable Wipes
\$7.99

4.47-7.23 Oz Pkg
Assorted
Quaker Rice Cakes
\$3.49

9.37-20 Oz Pkg
Assorted
Frito-Lay Multipacks
\$10.99

5.76-8.94 Oz Box ... Assorted
Mott's, General Mills or
Nature Valley Bars
2/\$5

23.1-36.8 Oz Cont ... Assorted
(Excludes: Decaf)
Maxwell House Coffee
\$11.99

43 Count
Complete Fresh
Cascade ActionPacs
\$12.99

20 Roll Pack
Urban Meadow Bath Tissue
\$12.99

18-19 Oz Can
Assorted
Progresso Traditional Soup
5/\$10

56 Fl Oz Cont
Original
Palmolive Ultra Strength Dish Detergent
\$6.99

372 Count Pkg
Plus Lotion or Ultra Soft
Puffs Facial Tissues 3 Pack
\$6.99

36 Oz Pkg ... 12 Count
Chicken or Beef
Nissin Top Ramen Family Pack
2/\$10

18-20 Count Box
Assorted
Bigelow Tea Bags
\$2.99

24-32 Oz Box
Assorted
Pearl Milling Company Pancake Mix
\$2.99

20 Oz Easy Squeeze Btl
Heinz Tomato Ketchup
2/\$4

16 Fl Oz Btl
Assorted
Dawn Platinum Powerwash Dish Spray
\$3.99

4.6 Oz Can ... Regular,
Chicken or BBQ Chicken
Libby's Vienna Sausage
4/\$3

15 Fl Oz Jar
Regular or Chipotle
Hellmann's Organic Mayonnaise
\$5.99

12 Fl Oz Can
Magnolia Evaporated Milk
3/\$5

50 Fl Oz Btl
Assorted
Softsoap Hand Soap Refill
\$5.99

144 Fl Oz Pkg ... 12 Oz Cans
Assorted Varieties
Coca-Cola 12 Packs
\$8.99

42 Fl Oz Pkg
7 Oz Btl's
Goya Malta 6 Pack
\$4.99

• 11.1-12 Oz ... Assorted Toast Crunch
• 10.8 Oz ... Honey Nut Cheerios
• 8.9 Oz ... Original Cheerios
• 10.5 Oz ... Lucky Charms
• 11.5 Oz ... Reese's Puffs
General Mills Cereal
\$2.99

28 Oz Can
Export Soda Crackers
\$5.99

60 Fl Oz Pkg ... Assorted
(Excludes: Organic)
CapriSun Drinks 10 Packs
\$3.49

12 Oz Can
Regular or Low Sodium
Libby's Corned Beef
\$5.99

15 Fl Oz Jar
Mike's Amazing Mayonnaise
2/\$5

3.12-11.04 Oz Pkg
Select Varieties
(Excludes: 4.38 Oz Classics)
Swiss Miss Hot Cocoa Mix
2/\$6

320 Oz Bag
Carolina Jasmine Rice
\$26.99

7-13 Oz Pkg ... Assorted
(Excludes: Gluten Free)
Chips Ahoy! Cookies
2/\$7

11.8-15.17 Oz Box
Assorted
McCann's Instant Oatmeal
\$4.99

24 Oz Cont
Urban Meadow Quick Grits
2/\$5

• 2.39 Oz Cont
Velveeta Shells & Cheese Cup
• 2.05 Oz Cont ... Original
Kraft Mac & Cheese Cup
• 5.5-7.3 Oz Box ... Assorted
(Excludes: Gluten Free & Plant Based)
Kraft Mac & Cheese
5/\$5

140 Fl Oz Cont ... April Fresh,
Cool Cotton or Free & Gentle
Downy Fabric Conditioner
\$12.99

20 Lb Bag
White or Parboiled
Carolina Long Grain Rice
\$9.99

14 Oz Box ... Assorted
Kraft Deluxe Mac & Cheese Dinners
\$2.99

50.7 Fl Oz Btl
Filippo Berio Imported Extra Virgin Olive Oil
\$18.99

3.75 Oz Can
In Soybean Oil
Brunswick Sardines
3/\$3

20.5 Oz Bag
Assorted
Dave's Killer Bread Thin Sliced Organic Bread
\$5.49

32 Fl Oz Btl
Bragg Apple Cider Vinegar
\$4.99

NATURAL, ORGANIC OR PLANT BASED

4-4.3 Oz Box
Assorted
Simple Mills Crackers
\$4.99

Now Foods Vitamins & Supplements
50% OFF!

16 Oz Jar
Assorted
Justin's Almond Butter
\$8.99

Garden Of Life Protein Powders
50% OFF!

32 Fl Oz Cont
Beef, Unsalted Chicken or
Sea Salt Chicken
Pacific Organic Bone Broth
\$5.49

Cold or Hot
Nature's Path Organic Cereal
2/\$7

15.5 Oz Can
Red Kidney, Chick Peas, Black or Pinto
Goya Organics Beans
3/\$5

3 Lb Bag
Wyman's Frozen Wild Blueberries
\$11.99

USDA Choice Beef
Boneless
**Chuck
Roast**



\$6.99

lb

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



\$7.99

lb

USDA Choice Beef
Boneless
**Bottom
Round
London
Broil**



\$6.99

lb

USDA Choice Beef
**Round
For
Cube Steak**



\$6.99

lb

Family Pack

**Beef Chuck
Short
Ribs**

\$8.99

lb

Bone In
**Beef
Shin For
Soup Meat**

\$5.99

lb

**Fresh
Pork
Tenderloins**

\$3.99

lb.

**Sliced
Pork
Shoulder**

\$2.49

lb

Bone In
Sliced
**Rib End
Pork Chops**

\$2.29

lb

Grade A
**Perdue
Chicken
Thighs**



\$1.59

lb

Jumbo Pack

Grade A
**Perdue
Chicken
Wings**



\$3.69

lb

Jumbo Pack

3 Lb Bag
Individually Quick Frozen
**County Line
Chicken Wing
Portions**

\$6.99

lb

16 Oz Pkg
Antibiotic Free
**Plainville Farms
94% Lean
Ground
Turkey**

\$6.99

lb

16 Oz Pkg
Sweet or Hot
**Butterball
Italian
Turkey Sausage**

\$6.99

lb

16 Oz Pkg
**Butterball
85% Lean
Ground
Turkey**

\$4.99

lb

FRESH SEAFOOD

Fresh
Wild Caught
**Flounder
Fillet**

\$9.99

lb

Wild
**Black
Sea Bass
Fillets**

\$14.99

lb

Wild ... Fresh
Omega 3 Fatty Oils Rich
**Halibut
Fillets**

\$21.99

lb

24 Oz Bag
Crunchy or Coconut
**AquaStar
Butterfly
Shrimp**

\$11.99

lb

1 Lb Pkg
**Buena Ventura
Salted
Pollock
Fillets**

\$5.99

lb

PRODUCE

6 Count Bag
Small But Mighty!
**Mission
Minis
Hass
Avocados**

\$2.99

lb

2 Lb Bag
Fancy
**Table
Carrots**

2/\$4

lb

11 Oz Clamshell
**Fresh Attitude
Baby
Spinach**

\$4.99

lb

2 Lb Bag ... California
**Raspberry
Oranges**

\$3.99

lb

US #1
**Bartlett
Pears**

\$1.99

lb

2 Lb Bag
US #1
**Yellow
Lemons**

\$4.99

lb

Green
**Smooth Skin
Avocados**

\$1.99

ea

**Maradol
Papaya**

\$1.69

lb

**Seedless
Cucumbers**

3/\$5

lb

Fresh
**Broccoli
Crowns**

\$2.29

lb

Fresh
**Green
Kale**

\$1.49

lb

1 Lb Bag
Peeled
**Green Giant
Baby
Carrots**

\$1.99

lb

US #1
North Carolina
**Sweet
Potatoes**

\$1.29

lb

Acorn, Butternut,
Spaghetti or Kabocha
**Hard
Squash**

\$1.29

lb

2.5-3 Oz Bag
Assorted
**Seneca
Apple
Chips**

2/\$5

lb

5.5 Oz Pkg ... Assorted
**Tofurky
Plant-Based
Deli
Slices**

\$3.99

lb

9 Oz Pkg ... Tofu or Thai Basil
**Nasoya
Organic
Vegetable
Dumplings**

2/\$10

lb

10.5 Fl Oz Btl
**Goldthread
Tonics**

2/\$5

Must Buy 2. Reg: \$4.99

12 Fl Oz Btl
**Cane'd
Juice**

3/\$10

Must Buy 3. Reg: 5.99

2 Fl Oz Btl
Assorted
**Monfefo
Shots**

3/\$12

Must Buy 3. Reg: 5.99

Organically Grown

Organically Grown
Northwest ... Extra Fancy
**Gala
Apples**

\$2.49

lb

Organically Grown
2 Lb Bag ... US #1
**Yellow
Lemons**

\$5.99

lb

Organically Grown
**Beefsteak
Tomatoes**

\$2.99

lb

Organically Grown
2 Oz Clamshell
Assorted
**Micro
Greens**

\$6.99

lb

Assorted
**Organic
Quinoa**

\$3.99

lb

Organically Grown
8-10 Oz Bag ... Select Varieties
**Pero Family Farms
Vegetables**

\$4.99

lb

3 Oz Cont
**Organic Girl
Big Butter
Lettuce**

\$4.99

lb

Organically Grown
2 Lb Bag
**Table
Carrots**

\$3.99

lb

24 Oz Bag ... Honey Gold,
Ruby Sensation or
Sunburst Blend
**Tasteful Selections
Organic
Potatoes**

\$4.99

lb

Organic
**Raw
Pumpkin
Seeds**

\$7.99

lb