



# Food Way

Great Food Starts Here

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**SALES VALID DURING THE WEEK OF:**

**Friday** **1/2/26 THRU 1/8/26** **Thursday**

Thursday  
**1/8/2**

## 2149 RALPH AVENUE

**BROOKLYN, NY • 1123  
G-FOUR-ETOWNE SH**

**718-444-4527**  
**DING CENTER**

**Text Organic  
to 77923 for  
SPECIAL COUPONS  
and FREE ITEMS**

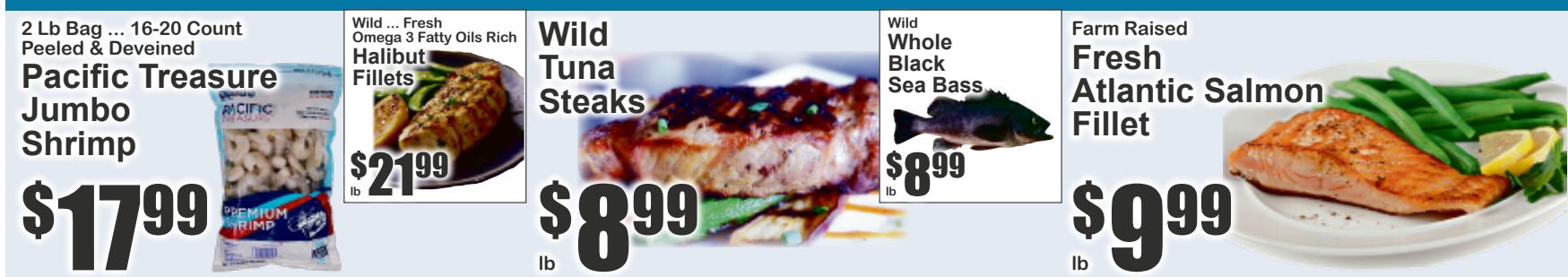
Shop Online for  
**Same Day Delivery**

**6% OFF**  
**YOUR TOTAL  
PURCHASE**

# Meat



# Seafood



# Produce



**Deli**



# Weekly Specials





405.6 Fl Oz Pkgs  
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**

With Club Card. Limit 2 Offers.



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

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



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

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



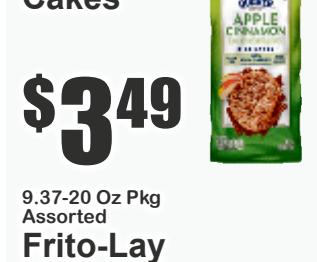
35 Count Cont  
Fresh Scent or Crisp Lemon  
Clorox Disinfectant Wipes  
**\$3.49**



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**

With Club Card. Limit 4 Offers. Must Buy 2.

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

With Club Card. Limit 2 Offers.



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**

With Club Card. Limit 4 Offers. Must Buy 5.



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**

11 Oz Bag  
Assorted  
Kind Granola Clusters  
**\$5.99**

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

With Club Card. Limit 3 Offers.

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

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



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**

With Club Card. Limit 4 Offers. Must Buy 4.

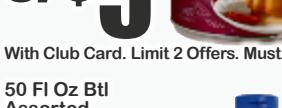


15 Fl Oz Jar  
Regular or Chipotle  
Hellmann's Organic Mayonnaise  
**\$5.99**

With Club Card. Limit 2 Offers.



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



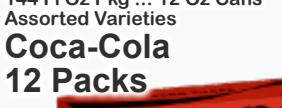
32 Oz Bag  
Assorted  
Softsoap Hand Soap Refill  
**2/\$5**

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



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

Plus Deposit Where Applicable.



42 Fl Oz Pkg  
7 Oz Btls  
Goya Malta 6 Pack  
**\$4.99**

Plus Deposit Where Applicable.

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**

With Club Card. Limit 4 Offers. Additional Varieties Included. See Store for Details.

28 Oz Can  
Export Soda Crackers  
**\$5.99**

With Club Card. Limit 4 Offers.



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

With Club Card. Limit 4 Offers.



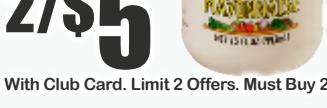
12 Oz Can  
Regular or Low Sodium  
Libby's Vienna Sausage  
**\$5.99**

With Club Card. Limit 4 Offers.



15 Fl Oz Jar  
Regular or Chipotle  
Hellmann's Organic Mayonnaise  
**2/\$5**

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



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

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



32 Oz Bag  
Assorted  
Softsoap Hand Soap Refill  
**\$26.99**

With Club Card. Limit 4 Offers. Must Buy 3.



7.5 Oz Can  
In Soybean Oil  
Brunswick Sardines  
**3/\$3**

With Club Card. Limit 4 Offers. Must Buy 3.



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

With Club Card. Limit 4 Offers. Must Buy 2.



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

With Club Card. Limit 4 Offers. Must Buy 2.



32 Fl Oz Btl  
Bragg Apple Cider Vinegar  
**\$4.99**

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

With Club Card. Limit 3 Offers.

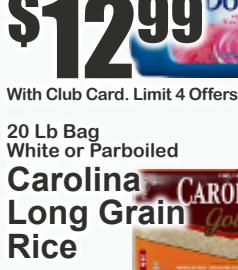
2.39 Oz Cont  
Velveeta Shells & Cheese Cup  
2.05 Oz Cont ... Original  
Kraft Mac & Cheese Cup  
5.5-7.3 Oz Box ... Assorted  
(Excludes: Gluten Free & Plant Based)  
Kraft Mac & Cheese  
**5/\$5**

With Club Card. Limit 3 Offers. Must Buy 5.



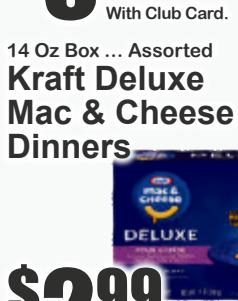
14 Fl Oz Cont ... April Fresh,  
Cool Cotton or Free & Gentle  
Downy Fabric Conditioner  
**\$12.99**

With Club Card. Limit 4 Offers.



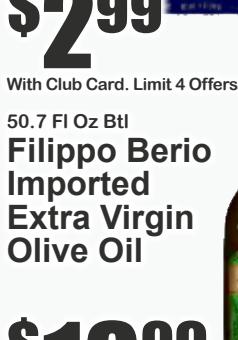
20 Lb Bag  
White or Parboiled  
Carolina Long Grain Rice  
**\$9.99**

With Club Card.



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

With Club Card. Limit 4 Offers.



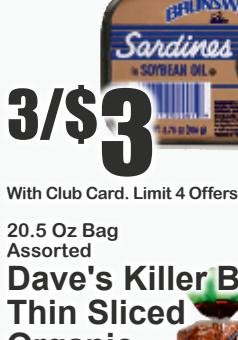
50.7 Fl Oz Btl  
Filippo Berio Imported Extra Virgin Olive Oil  
**\$18.99**

With Club Card. Limit 4 Offers.



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

With Club Card. Limit 4 Offers. Must Buy 3.



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

With Club Card. Limit 4 Offers. Must Buy 2.



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

With Club Card. Limit 4 Offers. Must Buy 3.

## 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**



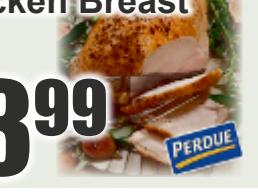
3 Lb Bag  
Wyman's Wild Blueberries  
**\$11.99**

42% Lower Sodium Oven Roasted <b>Boar's Head® Golden Classic Chicken Breast</b> <b>\$12.99</b> lb Sliced To Order	<b>Urban Meadow Muenster Cheese</b>  <b>\$5.99</b> lb Sliced To Order	Non GMO Verified Casein Free, Dairy Free, Gluten Free 6-7 Oz Pkg ... Oven Roasted Chicken or Assorted Ham or Turkey <b>Applegate Pre-Sliced Deli Meat</b>  <b>\$6.99</b> lb Sliced To Order	Store Prepared Crunchy Vegetable Salad  <b>\$6.99</b> lb	Gluten Free Non GMO Verified Kosher No High Fructose Syrup 16 Oz Cont Assorted <b>Cedar's Hummus</b>  <b>\$4.99</b>	Fresh Everything Bagel Smoked Salmon  <b>\$16.99</b> 1/2 lb Sliced To Order
<b>Boar's Head® Old Fashioned German Bologna</b>  <b>\$8.99</b> lb Sliced To Order	<b>Best's Classic Pastrami</b>  <b>\$11.99</b> lb Sliced To Order	Spicy, Juicy & Full Of Flavor <b>Butterball Buffalo Style Chicken Breast</b>  <b>\$7.99</b> lb Sliced To Order	<b>Don's Mediterranean Quinoa Salad</b>  <b>\$9.99</b> lb	<b>Hebrew National Beef Bologna</b>  <b>\$7.99</b> 1/2 lb Sliced To Order	<b>Blue Hill Bay Organic Smoked Salmon</b>  <b>\$9.99</b>

## CHEESES OF THE WORLD

Store Cut Aged 9 Months Yellow or White <b>New York State Sharp Cheddar</b>  <b>\$5.99</b> lb Sold By The Piece	6 Oz Cont Assorted <b>Odyssey Feta Crumbles</b>  <b>\$4.99</b>	7-8 Oz Cont ... Bocconcini, Ovolini, Pearls or Ciliegine <b>BelGioioso Mozzarella Cups</b>  <b>\$3.99</b>	Great For Healthy Snacking & Lunch Box Ready 6 Oz Pkg ... Assorted <b>BelGioioso Snacking Cheese</b>  <b>2/\$7</b>	7.6 Oz Pkg ... Plain or With Bacon Smoked Gouda or Cheddar: Steakhouse Onion, Champagne, Jalapeño & Peppadew, Wasabi/Horseradish, Horseradish, Bacon or Buffalo Wing <b>Yancey's Fancy Cheese Wedges</b>  <b>\$5.99</b>
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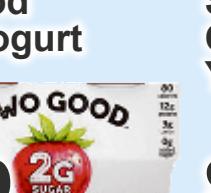
## FROM OUR CHEF PREPARED KITCHEN

Store Prepared <b>Perdue Rotisserie Roaster Chicken Breast</b>  <b>\$3.99</b> lb	Cheese, Meat or Vegetable <b>Lasagna</b>  <b>\$8.99</b> lb	Avg 16 Oz With Mediterranean Couscous <b>Grilled Chicken Cutlet</b>  <b>\$9.99</b>	Avg 16 Oz With Grilled Chicken Cutlet <b>Penne A La Vodka</b>  <b>\$9.99</b>	Plain, Buffalo, BBQ Glazed or Honey Stung: Original or Hot <b>Tyson Breaded Chicken Tenders</b>  <b>\$8.99</b> lb
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## BAKERY

12.3 Oz Pkg Fresh Baked <b>French Baguette</b>  <b>\$2.49</b>	12 Count Pkg Fresh Baked <b>Mini Croissants</b>  <b>\$4.59</b>	14.1-16.9 Oz Pkg Assorted <b>Promise Gluten Free Bread</b>  <b>\$8.99</b>	Fresh Baked Decorated <b>7" Cookies N Creme Cake</b>  <b>\$19.99</b> ea	16 Oz Pkg ... 4 Count Assorted <b>Uncle Wally's Muffins</b>  <b>\$5.99</b>
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## DAIRY

8 Oz Pkg With Canola Spreadable or Salted or Unsalted: Whipped or 1/4 Lb Sticks <b>Breakstone's Butter</b>  <b>\$2.99</b>	8 Oz Pkg European Style: Salted Spreadable or Salted or Unsalted: Sticks or Brick <b>Plugra Butter</b>  <b>\$2.99</b>	4.5-5.3 Oz Cont ... Assorted Blended, Flip, Less Sugar, Zero Sugar, Creations or Fruit On The Bottom <b>Chobani Greek Yogurt</b>  <b>4/\$5</b>	16 Oz Cont Assorted <b>Friendship Cottage Cheese</b>  <b>\$3.99</b>	16 Oz Cont ... Regular (Excludes: Keto) <b>Friendship Sour Cream</b>  <b>\$2.49</b>
32 Fl Oz Cont Original, Regular Vanilla or Pumpkin Spice Oatmilk or Original or Unsweetened <b>Califia Barista Blend Almondmilk</b>  <b>2/\$7</b>	64 Fl Oz Btl Assorted <b>Coffee-Mate Creamers</b>  <b>\$7.99</b>	52 Fl Oz Btl Assorted <b>Gold Peak Tea</b>  <b>\$2.99</b>	59 Fl Oz Cont From Concentrate <b>Minute Maid Orange Juice</b>  <b>\$4.99</b>	52 Fl Oz Btl Cranberry Cocktail, Apple or Grapefruit <b>Simply Juice</b>  <b>\$4.99</b>
48 Fl Oz Pkg Regular or With Calcium <b>Tropicana Pure Premium Orange Juice 6 Pack</b>  <b>\$6.99</b>	59 Fl Oz Cont Assorted Ades or Punch <b>Tropicana Twister</b>  <b>\$1.99</b>	48 Fl Oz Cont ... Simply Coconut, Unsweetened or Zero Sugar Oatmilk or Assorted (Excludes: Organic) <b>Califia Almondmilk</b>  <b>2/\$7</b>	21.2 Oz Pkg Strawberry or Vanilla <b>Two Good Greek Yogurt 4 Pack</b>  <b>2/\$8</b>	32 Oz Cont Assorted <b>Stonyfield Organic Yogurt</b>  <b>\$4.99</b>

## FROZEN

• 3 Oz Box ... Cinnamon French Toast Minis • 12.7 Oz Box Cinnamon or Original French Toast Sticks Assorted • 13-14 Oz Box Pancakes • 10.75-12.3 Oz Box (Excludes: Thick & Fluffy) <b>Eggo Waffles</b>  <b>2/\$5</b>	Food For Life Ezekiel Breads  <b>SAVE \$2 EACH!</b> <b>2/\$7</b>	• 14 Oz Bag Beer Battered Onion Rings • 19-32 Oz Bag ... Assorted <b>McCain Potatoes</b>  <b>2/\$7</b>	5.25-10.5 Oz Pkg ... Assorted (Excludes: Garlic Quinoa Burgers, Brown Bags, Pringle Chicken Fries & Breakfast Bites and Sandwiches) <b>MorningStar Farms Meatless Products</b>  <b>2/\$7</b>	48 Fl Oz Cont <b>Disney Mickey Mouse Vanilla Fudge</b>  <b>\$3.99</b>	28 Fl Oz Cont Assorted <b>Häagen-Dazs Ice Cream</b>  <b>\$6.99</b>
6 Oz Box Vegan or Cheese <b>Amy's Pizza Snacks</b>  <b>\$5.49</b>	8.25-10 Oz Box Assorted Bowls or <b>Amy's Entrées</b>  <b>\$5.99</b>	6.49-11.5 Oz Box Assorted <b>Smart Ones Entrées</b>  <b>4/\$10</b>	12-14 Oz Box ... Assorted (Excludes: Gluten Free) <b>Amy's Pizza</b>  <b>\$8.99</b>	7.7-8 Oz Pkg <b>Bibigo Chicken Crispy Dumplings</b>  <b>\$3.99</b>	

USDA Choice Beef Boneless <b>Chuck Roast</b>  <b>\$6.99</b> lb	USDA Choice Beef Round For Cube Steak  <b>\$6.99</b> lb Family Pack	Fresh Pork Tenderloins  <b>\$3.99</b> lb.	Grade A Perdue Chicken Thighs  <b>\$1.59</b> lb Jumbo Pack	16 Oz Pkg Antibiotic Free <b>Plainville Farms</b> 94% Lean Ground Turkey  <b>\$6.99</b>
USDA Choice Beef Bone In Top or Semi-Boneless <b>Chuck Steaks</b>  <b>\$7.99</b> lb <b>YOUR CHOICE!</b>	Beef Chuck Short Ribs  <b>\$8.99</b> lb	Sliced Pork Shoulder  <b>\$2.49</b> lb	Grade A Perdue Chicken Wings  <b>\$3.69</b> lb Jumbo Pack	16 Oz Pkg Sweet or Hot <b>Butterball</b> Italian Turkey Sausage  <b>\$6.99</b>
USDA Choice Beef Boneless <b>Bottom Round</b> London Broil  <b>\$6.99</b> lb	Bone In Beef Shin For Soup Meat  <b>\$5.99</b> lb	Bone In Sliced Rib End Pork Chops  <b>\$2.29</b> lb	3 Lb Bag Individually Quick Frozen <b>County Line</b> Chicken Wing Portions  <b>\$6.99</b>	16 Oz Pkg <b>Butterball</b> 85% Lean Ground Turkey  <b>\$4.99</b>

## FRESH SEAFOOD

Fresh Wild Caught <b>Flounder</b> Fillet  <b>\$9.99</b> lb	Wild <b>Black</b> Sea Bass Fillets  <b>\$14.99</b> lb	Wild ... Fresh Omega 3 Fatty Oils Rich <b>Halibut</b> Fillets  <b>\$21.99</b> lb	24 Oz Bag Crunchy or Coconut <b>AquaStar</b> Butterfly Shrimp  <b>\$11.99</b>	1 Lb Pkg <b>Buena Ventura</b> Salted Pollock Fillets  <b>\$5.99</b>
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## PRODUCE

6 Count Bag Small But Mighty! <b>Mission</b> Minis Hass Avocados  <b>\$2.99</b>	2 Lb Bag Fancy <b>Table</b> Carrots  <b>2/\$4</b>	11 Oz Clamshell <b>Fresh Attitude</b> Baby Spinach  <b>\$4.99</b>	2 Lb Bag ... California <b>Raspberry</b> Oranges  <b>\$3.99</b>	US #1 <b>Bartlett</b> Pears  <b>\$1.99</b>
2 Lb Bag US #1 <b>Yellow</b> Lemons  <b>\$4.99</b>	Green Smooth Skin Avocados  <b>\$1.99</b> ea	Maradol Papaya  <b>\$1.69</b> lb	Seedless Cucumbers  <b>3/\$5</b>	Fresh Broccoli Crowns  <b>\$2.29</b>
Fresh Green Kale  <b>\$1.49</b> lb	1 Lb Bag Peeled <b>Green Giant</b> Baby Carrots  <b>\$1.99</b>	US #1 North Carolina Sweet Potatoes  <b>\$1.29</b> lb	Acorn, Butternut, Spaghetti or Kabocha Hard Squash  <b>\$1.29</b> lb <b>YOUR CHOICE!</b>	2.5-3 Oz Bag Assorted <b>Seneca</b> Apple Chips  <b>2/\$5</b>
5.5 Oz Pkg ... Assorted <b>Tofurky</b> Plant-Based, Deli Slices  <b>\$3.99</b>	9 Oz Pkg ... Tofu or Thai Basil <b>Nasoya</b> Organic Vegetable Dumplings  <b>2/\$10</b>	10.5 Fl Oz Btl <b>Goldthread</b> Tonics  <b>2/\$5</b>	12 Fl Oz Btl <b>Cane'd</b> Juice  <b>3/\$10</b>	2 Fl Oz Btl Assorted <b>Monfefo</b> Shots  <b>3/\$12</b>

## Organically Grown

Organically Grown Northwest ... Extra Fancy <b>Gala</b> Apples  <b>\$2.49</b> lb	Organically Grown 2 Lb Bag ... US #1 <b>Yellow</b> Lemons  <b>\$5.99</b>	Organically Grown Beefsteak Tomatoes  <b>\$2.99</b> lb	Organically Grown 2 Oz Clamshell Assorted <b>Micro</b> Greens  <b>\$6.99</b>	Assorted Organic Quinoa  <b>\$3.99</b>
Organically Grown 8-10 Oz Bag ... Select Varieties <b>Pero Family Farms</b> Vegetables  <b>\$4.99</b>	3 Oz Cont <b>Organic Girl</b> Big Butter Lettuce  <b>\$4.99</b>	Organically Grown 2 Lb Bag Table Carrots  <b>\$3.99</b>	24 Oz Bag ... Honey Gold, Ruby Sensation or Sunburst Blend <b>Tasteful Selections</b> Organic Potatoes  <b>\$4.99</b>	Organic Raw Pumpkin Seeds  <b>\$7.99</b>