



Harris Teeter

Discovery

Inspiring your Culinary Journey

**Fresh and
Flavorful**

- Check out what's NEW!
- Savings on everyday items
- Recipes, ideas and kids' activities

**Citrus
Fest**

February 25 - March 24, 2026



Spring's Freshest Recipes

Picked for You



Lemony Shrimp Orzo Salad



INGREDIENTS:

- 2 cups orzo, uncooked
- 1 ½ lbs. shrimp, peeled and deveined
- 2/3 cup olive oil, plus 2 Tbsp., divided
- ½ cup lemon juice
- Salt and pepper, to taste
- 1 bunch scallions, sliced
- 1 cup fresh dill, chopped
- 1 cup Italian parsley, chopped
- 1 English cucumber, diced
- ¼ cup red onion, diced
- ¾ cup crumbled feta cheese

DIRECTIONS:

1. Cook orzo according to package directions until al dente. Drain and rinse in cool water. Add cooked orzo to a large salad bowl.
2. Add 2 Tbsp. olive oil to a large skillet. Season the shrimp with salt and pepper. Warm the olive oil over medium-high heat then add the shrimp. Cook, without stirring for 1-2 minutes, then flip. When shrimp are cooked through and bright pink, transfer to bowl with the cooked orzo.
3. Whisk the lemon juice, ¾ cup of the olive oil, and salt and pepper to taste. Pour the dressing over the shrimp and orzo and toss to combine.
4. Add the remaining salad ingredients and give it a toss. Refrigerate for at least an hour, tasting for seasoning before serving.

Uses lemon in the dressing!

Meat-free meals you'll want all season

Air Fryer Shrimp Tacos



Berry Balsamic Salmon Salad



Perfect for Lent



Fresh flavors and fresh deals are blooming.
Scan to get started.

Discover Inspiration

Check out what's
NEW

40% Less Sugar
Than Leading
Coffee Creamers



Pick your
cherry favorite



Single-serve simplicity;
Packed with flavor



Excellent source of
9 vitamins & minerals



KANZEN MEAL - nutrient-
dense comfort foods



Get your protein
in a tasty way.
Try Cream of Wheat



Incredibly sweet,
seedless, and
easy-to-peel,
Sumo Citrus®



Single origin
organic Swiss Water
Process Decaf



23g of Protein with
5g of Prebiotic Fiber



By The Sea Air Fryer
Meals – Just Press Start
– Dinner's Ready!



LIVE A LITTLE™



Aussie Ultra-Wonder Multi-Use
Daily Mist Styler & Treatment
Your one step hair routine

Discover Fresh and Organic

Prices good February 25, - March 24, 2026



16 oz.
Verde Organic Grass Fed
Ground Beef - 80% Lean

7.99
each



3.5 - 8.8 oz. Sunny Fruit Organic
Apricots, Cherries,
Mangos and Figs

2 for \$10



1 lb.
Organic
Green Kiwis

4.99
each



2 lb. bag
Simple Truth Organic
Pink Lady Apples

4.99
each



Organic
Envy Apples
2.99
per lb.



16 oz.
Simple Truth Organic
Celery Hearts

2.99
each



3 count
Simple Truth Organic
Garlic

2 for \$5



Organic
Cucumbers
3 for \$4



Organic Beefsteak
Tomatoes
2.99
per lb.



12 oz.
Lenny Boy
Organic Kombucha

3 for \$6



2 ct.
Simple Truth Organic
Peppers

3.99
each



1 lb.
Simple Truth Organic
Mini Cucumbers

3.49
each



8 oz. Simple Truth Organic
Baby Bella
Mushrooms

2 for \$5



1 lb.
Simple Truth Organic
Carrots

2 for \$3



2 oz.
Suja Organic
Wellness Shots

2 for \$5



16 oz.
Simple Truth Organic
Baby Spinach
50/50 Blend
or Spring Mix

7.49
each

Ask the Pharmacist

“Are there seasonal allergy remedies or prevention tips you recommend for springtime?”

Try these tips to reduce your exposure to things that will trigger your allergies as we approach spring:

- Remove clothes that have been worn outside once you get home
- Wear sunglasses outside to protect your eyes from pollen exposure
- Keep your windows shut, and use air conditioning during the pollen season
- Avoid your seasonal triggers such as weeds, molds, grasses, smoke, and more.
- Flush sinuses with a nasal rinse.



**Happier,
Healthier**
with Harris Teeter

Better choices made easy

Look for these icons in store to help you eat, live and feel your best.

ORGANIC

Grown without unnatural pesticides, fertilizers or modifications

**NON
GMO**

Made without genetically engineered or modified ingredients

**FREE
FROM**

Free from 101+ artificial preservative and ingredients

**HIGH
PROTEIN**

≥ 20% Daily Value (DV) of protein per Reference Amount Customarily Consumed (RACC)

**NO
ADDED
SUGAR**

No sugars or sugar substitutes added during processing; includes syrups, honey, etc.

**LOW
FAT**

≤ 3 grams of total fat per serving (or per 100g for meals/main dishes)

**GLUTEN
FREE**

< 20 parts per million (ppm) gluten; no wheat, rye, barley unless specially processed

VEGAN

No animal-derived ingredients (meat, dairy, eggs, honey, etc.)

**GOOD
SOURCE
OF FIBER**

10–19% of the Daily Value (DV) of fiber per serving

**LOW
SODIUM**

≤ 140 mg of sodium per serving

**LOW
CALORIE**

≤ 40 calories per serving (or per 50g if serving size is small)

VEGETARIAN

No meat, poultry, or fish; may include dairy and/or eggs

**NO
ARTIFICIAL
INGREDIENTS**

No synthetic/artificial colors, flavors, or preservatives



Try some of our favorite brands to help you feel **Happier, Healthier**

Fast Sinus Congestion
& Pressure Relief



Temporarily relieve fever,
minor aches & pains



Celebration of Flavors

**World
Flavors**
Irish
inspired

Guinness Chocolate Cake



Cake Ingredients:

- 1 cup Guinness stout
- 10 Tbsp. butter
- ¾ cup Simple Truth Organic Dutch Unsweetened Cocoa Powder
- 2 cups sugar
- 2 large eggs, room temperature
- ¾ cup whole-fat Greek yogurt
- 1 Tbsp. Private Selection Vanilla Extract
- 2 cups all-purpose flour
- 2 tsp. baking soda

Icing Ingredients:

- 1 ¾ cup powdered sugar
- 8 oz. cream cheese, room temperature
- 1 tsp. instant espresso powder
- 1 tsp. Private Selection Vanilla Extract
- 1 Tbsp. milk, plus more as needed

Directions:

1. Preheat oven to 350° F. Line a 9" springform pan with parchment paper and coat with cooking spray.
2. In a small saucepan, combine the beer and butter. Cook over medium heat until the butter has melted. Remove the pan from heat and add the cocoa powder and sugar, then whisk to combine. Allow to cool down for at least 5 minutes.
3. In a large bowl, combine the eggs, yogurt, and vanilla. Mix well, then stir in the chocolate mixture.
4. Sift in the flour and baking soda. Fold to combine, then pour the batter into the prepared pan.
5. Bake for 1 hour, or until a toothpick inserted in the center comes out clean. Transfer to a cooling rack. After it has cooled in the pan for 15-20 minutes, carefully run a knife around the edge before releasing the sides.
6. While the cake is cooling, use a stand mixer or hand mixer to beat the ingredients of the icing together. Add an extra splash of milk if needed to get your preferred consistency.
7. Once the cake has cooled completely, ice the top of the cake.
8. Slice and serve!



Keeping prices lower, longer, on 1,000s of items you buy every day.



10.5 oz.

Private Selection
Cocktail
Cherries

13.99

each



10.2 oz.

Harris Teeter
Sugar Free Hazelnut
Coffee Creamer

2 for \$7



NEW

5 ct.

Simple Truth Protein
Peanut Butter
Energy Bars

4.99

each



7 - 10 oz.

Harris Teeter
Gummi
Candy

2.59

each



NEW

7 oz.

Private Selection Protein
Cinnamon
Cereal

6.99

each



144 oz.

HT Traders
Limoncello
Sparkling Water

3.99

each



12 ct.

Bakery Fresh
Spring Assorted
Mini Cupcakes

5.49

each



2.4 oz.

HT Traders
Steak
Rub

3.99

each



NEW

12 oz.

Private Selection Protein
Mixed Berry
Water

2 for \$7



16 oz.

Harris Teeter
Lightly Salted
Dry Roasted Peanuts

2 for \$5



24 oz. - 6 pk.

Harris Teeter
Unsweetened
Applesauce

2 for \$4



20 oz.

Harris Teeter
Old Fashioned
Bread

2 for \$4

Discover Inspiration



Celebrate **Pi Day** with us on March 14th!



Feeling lucky? We have everything you need for your **St. Patrick's Day** festivities on March 17th!



Elevate your game!

Harris Teeter Fresh Cut Brie \$9.99 per lb. with VIC card



March is here and we are ready!

Order Ahead party platters, subs and desserts to feed your hungry crowd!



Don't forget these team players



March is **Frozen Food Month**. You'll find so many healthy choices in our frozen aisles!

Be sure to look in our Seafood department for plenty of **Fresh Finds** this

Lenten Season





Harris Teeter
YOUR NEIGHBORHOOD MARKET

Discover fun!



Z F Y W K E A I P A S S
 S B N J H J N I K O P S
 W C T W U Y C B I E R I
 I Y D R I B B L E A F V
 S S T E Y O K O E S O M
 H A A B U U E C X C D Q
 D X Q O J N L K S E U G
 B A F U M C O P I A N T
 L V F N Y E N A A T K L
 A P I D Z I A F L E D G
 W J T L A Y U P I C S H
 O U A R S A V B E A Q I

- | | |
|---------|---------|
| BLOCK | LAYUP |
| BOUNCE | PASS |
| DRIBBLE | REBOUND |
| DUNK | SWISH |

How fast can you name 3 for each...

- Things found in a gym bag _____
- Words that rhyme with "ball" _____
- Things that are orange _____
- Basketball uniform pieces _____
- College Basketball Teams _____



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FREE
COOKIE
IN THE
BAKERY**

Round up your total to the nearest dollar at the register.



100% OF YOUR DONATION WILL BENEFIT THE LOCAL CHAPTERS IN YOUR AREA.

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FREE
delivery**

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Exclusive access to over **\$100** in savings

Access to members-only exclusive savings offers and perks. ***

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*** Eligible subs only. Restrictions Apply. See retailer site for details.

**** HT Plus members get access to \$100 in Exclusive Savings over a 12-month period