



your Basket Since 1929

Easy, Healthy & Delicious AVOCADO DRESSING RECIPE!

- 1 Medium Avocado, Ripe
- 2 Cloves Garlic, Minced
- 2 Rounded Tbsp. Chopped Onions
- 1/2 Cup of Extra Virgin Olive Oil
- Sea Salt to taste

Blend in blender until smooth. Serve on salad or veggies immediately.

ONE DAY ONLY! FRIDAY SEPTEMBER 21st

Northern King, Peeled & Deveined

3 1/4 Size Cooked Shrimps

3.98 340g Bag

(Limit 3 pkgs. while Supplies Last)

Kellogg's Cereal

- Mini Wheats (475g)
- Corn Flakes (525g)
- All Bran Flakes (475g)
- Rice Krispies (350g)
- All Bran Original (400g)

1.88 Each (Limit 3 of Each)

SAVE UP TO 1/2 PRICE

Silani Cheeseslices

- Provolone
- Havarti
- Swiss
- Mozzarella
- Monterey Jack

1.98 Each 125g Pkg.

SAVE \$1.30

Brand Name Groceries

Higgins & Burke Premium Roast & Ground Coffee 2.98 200g - 227g	Ceres 100% Pure Fruit Juices 1.98 1L	Ragu Pasta Sauce .98 700ml
Wolfgang Puck Organic Broth (Vegetable, Chicken, Beef) 1.98 946ml	Kettlecorn All Natural Popcorn 2.98 339g	Ara Azzurro Espresso Coffee 1.88 250g Ground

Seafood

Aged for 21 Days, Cut from Canada AA, AAA Beef

Boneless Stewing Beef Cubes

3.48 lb 7.67kg

SAVE \$1.50/LB

21 Days

Northern King Wild Caught Flounder Fillets

1.98 400g Bag

SAVE \$1.00

Pork Back Rib

Great on the GRILL!

3.98 lb 8.77kg

SAVE \$3.00/LB

Campbell's Hearty Noodles Soup Cups .78 65g	Heinz Pure White Vinegar 2.48 4L	Royale Ultra 3 Ply Dinner Napkins 2.48 40's
Hellmann's Mayonnaise (Regular or Light) 2.98 950ml	Bertozzi Fruit Nectars (Apricot Nectar) 1.48 6x125ml	Softsoap Handsoap Aroma Therapy 1.88 225ml

Net-To-Go

Herb Whole

7.48 Each

SAVE \$1.00

Over-Fresh Bakery

In Store Baked Artisan BigFoot Ciabatta Bread 1.88 Loaf	In Store Baked Apple Pie 2.98 8" Pie
Homestyle Two-Bite Cupcakes 2.98 12 Pack	Schaaf Foods Twin Pack Loaf Cakes 3.98 2x325g

SAVE .60

SAVE \$1.00

SAVE .80

SAVE \$1.00

Kellogg's Nutri-Grain or Rice Krispie Bars 2.48 176g - 295g	Michelina's Pizza .98 142g	12-piece Sushi Fresh, In Store Made Daily 12 Pcs. Cucumber Rolls 3.98
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SAVE 50

1/2 PRICE