



**LONDON BROIL**  
USDA Choice, ValuPak

**6<sup>99</sup> lb**



**BONELESS COUNTRY STYLE SPARE RIBS**  
ValuPak

**3<sup>49</sup> lb**



**COSMIC CRISP & FUJI APPLES**

**1<sup>99</sup> lb**



**NECTARINES & PENCE PEACHES**

**3<sup>49</sup> lb**



**FRESH BONELESS SKINLESS CHICKEN BREASTS**  
ValuPak

**3<sup>69</sup> lb**



**BONELESS PORK SIRLOIN CHOPS**  
ValuPak

**2<sup>79</sup> lb**



**BONE-IN RIB STEAK**  
USDA Choice, ValuPak

**13<sup>99</sup> lb**



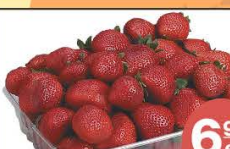
**RED & GREEN SEEDLESS GRAPES**

**3<sup>49</sup> lb**



**YUMI BLUEBERRIES**  
18oz.

**5<sup>49</sup> ea**



**YUMI STRAWBERRIES**  
2lb Pkg.

**6<sup>99</sup> ea**



**WATERMELON**

**8<sup>99</sup> ea**



**BONELESS PORK SIRLOIN ROAST**

**2<sup>59</sup> lb**



**PORK SHOULDER STEAK**  
ValuPak

**3<sup>49</sup> lb**



**BONELESS PORK SHOULDER ROAST**

**3<sup>29</sup> lb**



**AVOCADOS**  
2-LB BAG

**3<sup>99</sup> ea**



**BRUSSELS SPROUTS**

**3<sup>49</sup> lb**



**GREEN BEANS**

**2<sup>99</sup> lb**



**ON THE VINE TOMATOES**

**1<sup>99</sup> lb**



**TOP ROUND ROAST**  
USDA Choice

**6<sup>49</sup> lb**



**ROXY ORGANIC CHICKEN DRUMSTICKS**

**3<sup>29</sup> lb**



**JOHNSON'S SMOKEHOUSE SAUSAGE**  
12 oz. select varieties

**6<sup>49</sup> ea**



**ORCA BAY AHI TUNA STEAKS**  
16 oz. pkg

**7<sup>99</sup> ea**



**JUMBO YELLOW ONIONS**

**79¢ lb**



**JUMBO GARLIC 5-BULB SLEEVE**

**2<sup>79</sup> ea**



**WHOLE ROASTED CHICKEN**  
Hot or Cold

**9<sup>99</sup> ea**



**KRETSCHMAR SLICED CHICKEN**

**12<sup>49</sup> lb**



**DELI FRESH ELBOW MACARONI SALAD**

**5<sup>99</sup> lb**



**LA BREA FRENCH BAGUETTE TAKE & BAKE TWIN PACK**  
12 oz.

**4<sup>99</sup> ea**



**ORGANIC HASS AVOCADOS**

**2/\$5**



**ORGANIC YUMI BLACK SEEDLESS WATERMELON**

**10<sup>99</sup> ea**



**ST. PIERRE BRIOCHE WAFFLES**  
10.6 oz. Assorted Varieties

**7<sup>99</sup> ea**



**CAFÉ VALLEY MINI MUFFINS**  
10.5 oz. Assorted Varieties

**5<sup>99</sup> ea**



**FRESH EXPRESS SALAD KITS**

**3<sup>69</sup> ea**

# 3-DAY MEAT SALE!

AUGUST 14<sup>TH</sup> - AUGUST 16<sup>TH</sup>



**4<sup>99</sup>/<sub>lb</sub>**

**EXTRA LEAN GROUND BEEF**

85/15 ValuPak



**2<sup>79</sup>/<sub>lb</sub>**

**WHOLE BONELESS  
PORK LOIN**



**13<sup>99</sup>/<sub>lb</sub>**

**USDA PRIME BONELESS  
NEW YORK STEAK**

ValuPak



**3<sup>29</sup>/<sub>lb</sub>**

**FRESH BONELESS SKINLESS  
CHICKEN THIGHS**

ValuPak



**3<sup>09</sup>/<sub>lb</sub>**

**BONELESS PORK LOIN  
CHOPS**

ValuPak



**13<sup>99</sup>/<sub>lb</sub>**

**BEEF BUTT TENDERLOIN  
IN THE BAG**

# fill it Fresh!

FILL 1  
BAG FOR  
**\$25**

FILL 2  
BAGS FOR  
**\$40**

FILL 3  
BAGS FOR  
**\$55**

## 2 DAYS ONLY! AUGUST 15<sup>TH</sup> & 16<sup>TH</sup>

**BAG SIZE APPRX.  
6" X 9.5" X 16"**

FILL THE PROVIDED BAG WITH ALL THESE FEATURED  
FRESH PRODUCE ITEMS FOR ONE LOW PRICE!  
(LIMITS ARE PER BAG FILLED)



LIMIT  
2 BAGS

**RED & GREEN  
GRAPES**



LIMIT  
2

**MUSHROOMS**  
8oz PKG. WHOLE or SLICED



LIMIT  
2

**BLUEBERRIES**  
6oz PKG



LIMIT  
2

**PERSONAL  
WATERMELON**



LIMIT  
2

**ARTICHOKES**



LIMIT  
6

**KIWIS**



LIMIT  
6

**LEMONS**



LIMIT  
6

**LIMES**



LIMIT  
4

**AVOCADOS**



LIMIT  
4

**BELL PEPPERS**  
RED-YELLOW-ORANGE-GREEN



LIMIT  
3

**GREEN & RED LEAF  
& ROMAINE LETTUCE**



NO  
LIMIT

**FUJI & GALA  
APPLES**



NO  
LIMIT

**BAKER POTATOES**



NO  
LIMIT

**ASSORTED PEARS**  
BARTLETT - BOSCO - D'ANJOU



NO  
LIMIT

**BROCCOLI**



NO  
LIMIT

**CANTALOUPE**



NO  
LIMIT

**BANANAS**



NO  
LIMIT

**NAVEL ORANGES**



NO  
LIMIT

**ORGANIC GIRL SALADS**  
50/50!  
50% spring mix & 50% baby spinach  
5oz SELECT VARIETIES



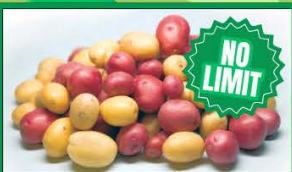
NO  
LIMIT

**PINEAPPLES**



NO  
LIMIT

**RED & YELLOW  
ONIONS**



NO  
LIMIT

**RED & YELLOW  
POTATOES**



NO  
LIMIT

**SWEET ONIONS**



NO  
LIMIT

**VINE TOMATOES**

# fill it Fresh!

While  
Supplies Last!

## 2 DAYS ONLY! AUGUST 15<sup>TH</sup> & 16<sup>TH</sup>

While  
Supplies Last!

|                                                                                                    |                                                                                                          |                                                                                               |                                                                                                       |                                                                                                      |                                                                                              |                                                                                                       |                                                                                                      |
|----------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|
| <p><b>FRANZ HOAGIES &amp; ENGLISH MUFFINS</b><br/>6 ct. select varieties</p> <p><b>3.99</b> ea</p> | <p><b>FRANZ PREMIUM BREAD</b><br/>22.5-24 oz. select varieties</p> <p><b>4.99</b> ea</p>                 | <p><b>FRANZ BBQ BUNS</b><br/>8 ct. select varieties</p> <p><b>4.49</b> ea</p>                 | <p><b>SEATTLE INT'L BREAD</b><br/>20 oz. select varieties</p> <p><b>4.99</b> ea</p>                   | <p><b>COKE 6-PACKS</b><br/>16.9 oz. bottles, select varieties</p> <p><b>2/\$12</b></p>               | <p><b>PEPSI 12-PACKS</b><br/>12 oz. cans, select varieties</p> <p><b>9.99</b> ea</p>         | <p><b>FRIGO CHEESE STICKS</b><br/>6.3 - 12 oz. select varieties</p> <p><b>5.49</b> ea</p>             | <p><b>TILLAMOOK CHEESE</b><br/>16 oz. select varieties</p> <p><b>6.49</b> ea</p>                     |
| <p><b>TILLAMOOK SLICED CHEESE</b><br/>12 oz. select varieties</p> <p><b>5.49</b> ea</p>            | <p><b>GREEK GODS YOGURT</b><br/>24 oz. select varieties</p> <p><b>4.99</b> ea</p>                        | <p><b>DARIGOLD FIT MILK</b><br/>59 fz. select varieties</p> <p><b>4.49</b> ea</p>             | <p><b>SILK ALMOND MILK</b><br/>64 fz. select varieties</p> <p><b>4.49</b> ea</p>                      | <p><b>PLANET OAT MILK</b><br/>52 fz. select varieties</p> <p><b>3.99</b> ea</p>                      | <p><b>TILLAMOOK SOUR CREAM</b><br/>24 oz.</p> <p><b>3.49</b> ea</p>                          | <p><b>PILLSBURY DOUGHS</b><br/>11 - 13.8 oz. select varieties</p> <p><b>3.99</b> ea</p>               | <p><b>PILLSBURY BISCUITS &amp; ROLLS</b><br/>8 - 16.3 oz. select varieties</p> <p><b>3.49</b> ea</p> |
| <p><b>BAYS ENGLISH MUFFINS</b><br/>12 oz. select varieties</p> <p><b>2.55</b> ea</p>               | <p><b>STOK COLD BREW</b><br/>48 fz. select varieties</p> <p><b>5.49</b> ea</p>                           | <p><b>SIMPLY POTATOES</b><br/>20 oz. select varieties</p> <p><b>3.99</b> ea</p>               | <p><b>COOL WHIP</b><br/>8 oz. select varieties</p> <p><b>2/\$5</b></p>                                | <p><b>BEN &amp; JERRY'S ICE CREAM</b><br/>15 - 16 fz. select varieties</p> <p><b>5.99</b> ea</p>     | <p><b>POPSICLE</b><br/>18 ct. select varieties</p> <p><b>5.99</b> ea</p>                     | <p><b>STONE RIDGE ICE CREAM SANDWICHES</b><br/>32 - 42 fz. select varieties</p> <p><b>4.49</b> ea</p> | <p><b>INOASIAN CUISINE</b><br/>18 oz. select varieties</p> <p><b>6.99</b> ea</p>                     |
| <p><b>JOSÉ OLÉ TAQUITOS</b><br/>16 - 22.5 oz. select varieties</p> <p><b>6.99</b> ea</p>           | <p><b>CULINARY CIRCLE PIZZA</b><br/>14 - 33.5 oz. select varieties</p> <p><b>5.99</b> ea</p>             | <p><b>DIGIORNO PIZZA</b><br/>21 - 26.4 oz. select varieties</p> <p><b>9.99</b> ea</p>         | <p><b>TOTINO'S PARTY PIZZA</b><br/>9.8 - 10.9 oz. select varieties</p> <p><b>2/\$5</b></p>            | <p><b>PILLSBURY TOASTERS</b><br/>7.2 - 13.3 oz. select varieties</p> <p><b>4.49</b> ea</p>           | <p><b>BETTY CROCKER PANCAKE MIX</b><br/>37 oz. select varieties</p> <p><b>3.99</b> ea</p>    | <p><b>BISQUICK</b><br/>40 oz. select varieties</p> <p><b>6.49</b> ea</p>                              | <p><b>BETTY CROCKER CAKE MIX</b><br/>13.25 oz. select varieties</p> <p><b>2/\$5</b></p>              |
| <p><b>HUNGRY JACK MIX</b><br/>28 - 32 oz. select varieties</p> <p><b>3.99</b> ea</p>               | <p><b>BETTY CROCKER FROSTING</b><br/>12 - 16 oz. select varieties</p> <p><b>2/\$5</b></p>                | <p><b>CHEERIOS</b><br/>8.9 - 10.6 oz. select varieties</p> <p><b>3.49</b> ea</p>              | <p><b>WILD HARVEST GRANOLA</b><br/>8.5 - 12 oz. select varieties</p> <p><b>4.49</b> ea</p>            | <p><b>IGA CEREAL</b><br/>12 - 18.7 oz. select varieties</p> <p><b>2/\$6</b></p>                      | <p><b>KASHI CEREAL</b><br/>9.7 - 14 oz. select varieties</p> <p><b>5.49</b> ea</p>           | <p><b>NATURE VALLEY BARS</b><br/>4.6 - 7.4 oz. select varieties</p> <p><b>3.49</b> ea</p>             | <p><b>HEINZ GRAVY</b><br/>12 oz. select varieties</p> <p><b>3.49</b> ea</p>                          |
| <p><b>BARILLA PASTA</b><br/>16 oz. select varieties</p> <p><b>2/\$4</b></p>                        | <p><b>BARILLA PASTA SAUCE</b><br/>24 oz. select varieties</p> <p><b>3.49</b> ea</p>                      | <p><b>CLUB CRACKERS</b><br/>11 - 13.7 oz. select varieties</p> <p><b>4.49</b> ea</p>          | <p><b>WILD HARVEST ORGANIC PEANUT BUTTER</b><br/>16 oz. select varieties</p> <p><b>4.99</b> ea</p>    | <p><b>OLD EL PASO SAUCES</b><br/>9 - 19 oz. select varieties</p> <p><b>3.99</b> ea</p>               | <p><b>OLD EL PASO TACO SHELLS</b><br/>4.6 - 7.4 oz. select varieties</p> <p><b>2/\$5</b></p> | <p><b>MCCORMICK TACO SEASONING</b><br/>1 - 1.25 oz. select varieties</p> <p><b>4/\$4</b></p>          | <p><b>OLD EL PASO REFRIED BEANS</b><br/>16 oz. select varieties</p> <p><b>2/\$5</b></p>              |
| <p><b>WILD HARVEST ORGANIC REFRIED BEANS</b><br/>16 oz. select varieties</p> <p><b>2/\$5</b></p>   | <p><b>CRISCO OILS</b><br/>40 fz. select varieties</p> <p><b>5.99</b> ea</p>                              | <p><b>STOVE TOP STUFFING</b><br/>6 oz. select varieties</p> <p><b>3.49</b> ea</p>             | <p><b>BUGLES &amp; CHEX MIX</b><br/>7.5 - 8 oz. select varieties</p> <p><b>3.49</b> ea</p>            | <p><b>WILD HARVEST ORGANIC VEGETABLES</b><br/>14.5 - 15 oz. select varieties</p> <p><b>2/\$5</b></p> | <p><b>IGA CANNED VEGETABLES</b><br/>14.5 - 15 oz. select varieties</p> <p><b>4/\$5</b></p>   | <p><b>IGA TOMATOES</b><br/>14.5 - 15 oz. select varieties</p> <p><b>2/\$3</b></p>                     | <p><b>WILD HARVEST CAT FOOD</b><br/>3 lb. select varieties</p> <p><b>8.99</b> ea</p>                 |
| <p><b>WILD HARVEST CANNED CAT FOOD</b><br/>5.5 oz. select varieties</p> <p><b>4/\$5</b></p>        | <p><b>PANTENE SHAMPOO &amp; CONDITIONER</b><br/>10.4 - 12 fz. select varieties</p> <p><b>5.49</b> ea</p> | <p><b>COTTONELLE BATH TISSUE</b><br/>154 - 179 sf. select varieties</p> <p><b>9.99</b> ea</p> | <p><b>SECRET &amp; OLD SPICE DEODORANT</b><br/>2.6 - 3 oz. select varieties</p> <p><b>6.99</b> ea</p> |                                                                                                      |                                                                                              |                                                                                                       |                                                                                                      |

PRICES VALID AUGUST 13<sup>TH</sup> - AUGUST 19<sup>TH</sup> 2025 WHILE SUPPLIES LAST  
 WE RESERVE THE RIGHT TO LIMIT QUANTITIES. SOME ITEMS MAY NOT BE AVAILABLE.  
 OFFERS NOT AVAILABLE TO WHOLESALERS. NO CASE DISCOUNTS.