





BI-WEEKLY

Prices Effective:
July 21, 2010
thru August 03, 2010

HOT SHEET

TUESDAY ONLY
Nonfat, 1%
and 2% Milk **\$3.69**
One Gallon

WEDNESDAY ONLY
AA 
Large Eggs **\$1.49**
Dozen

THURSDAY ONLY
Bananas 
#1 Quality **\$.59**
Per Pound



The Butcher Shop

Ranger Boneless Skinless Fryer Breasts \$4.99 lb.
Locally grown, free range, antibiotic free

Teriyaki Chicken Thighs \$4.49 lb.
Marinated In-house

Beef Tri-Tip Steak \$6.99 lb.
Painted Hills Natural Beef
Great on the grill!

Pork Loin Chops \$3.49 lb.
Regular or Thick Cut

Pork Tenderloin \$5.49 lb.
Marinate, then barbecue -
G.O. sez "So good for tailgating"

Our Own Homemade Potato Sausage \$4.99 lb.
Boil, then finish on the grill
So delicious on a hoagie!

Bavarian Meats Frankfurters \$6.99 lb.
Fresh from the Pike Place Market!

Seafood




Fresh Alaskan Halibut Steaks \$10.99 lb.
Wild, WA. Coast

Bay Scallops \$7.99 lb.
IQF - no preservatives or water added.

Fully Cooked Prawns \$9.99 lb.
Don't forget the cocktail sauce and lemons!

Farm Fresh Produce



Local Red & Green Leaf Lettuce \$1.00 ea.

Tomatoes \$1.49 lb.
Nice, Extra Large

Avocados \$.97 ea.
Small Ripe black

Broccoli \$.97 lb.
Delicious

Organic Baby Peeled Carrots 1 lb bags **2/\$3**

Red Potatoes \$.69 lb.
Grade A

Red and Green Seedless Grapes \$1.87 lb.
Large, Juicy

Plums \$1.49 lb.

Organically Grown Cantaloupes \$1.99 ea.
Local

Organic Blueberries \$3.99 ea.
1 Pint containers

Local Raspberries 1/2 Pint package **2/\$5** \ Half Flats **\$12.95** ea.

In Our Deli



Volpi "wine flavored" Salamis \$5.99 ea.
3 unique varieties. 8 oz. pkg.

Fresh Mozzarella Balls \$3.75 ea.
Perlini or Bocconcini, your choice
8 oz. package

Imported Spanish Manchego Cheese \$19.99 lb.
Spain's most famous cheese - 1 year aged



Grocery Items

Tropicana Orange Juice

59 - 64 oz

\$3.69

Sargento Shredded Cheese

8 oz. package

\$3.29

Darigold Cottage Cheese

16 oz. container

\$2.29

Odwalla Lemonade & Summertime Lime

64 oz. bottle

\$3.99

Boulder Canyon Potato Chips

5 oz. bags

\$1.99

Jif Peanut Butter

Creamy and Crunchy 28 oz.

\$3.99

Smucker's Jams & Jellies

Selected Varieties 18 oz. jars

\$2.99

Honey Nut Cheerios

12.25 oz. boxes

\$2.97

Talking Rain Sparkling Water

2 Liter bottles

2/\$3

San Pellegrino Mineral Water with Juice

6 pack cans

\$4.99

Bertolli Extra Virgin Olive Oil

17 oz. bottles

\$5.99

Old El Paso Refried Beans

16 oz. cans

\$1.17

Green Forest Paper Towels

1 Roll package

\$1.39

7th Generation H.E. Liquid Laundry Detergent

50 oz. bottle

\$7.99

Marcial 100% Recycled Bathroom Tissue

4 double roll package

\$2.99

Frozen Foods



Ben & Jerry's Ice Cream

1 Pint containers

2/\$7

Eggo Waffles

Selected Varieties

12.3 oz. package

2/\$5

Ore Ida Hash Browns and Potatoes O'Brien

27-32 oz. bags

\$2.99

DiGiorno Pizzas

Assorted Varieties

\$5.99

Morning Star Vegetarian Entrees

Also Breakfast Links and Patties

5.25 oz. to 10 oz. packages

\$3.59

TGI Friday's Entrees

Assorted Varieties 8 oz.

\$3.59

Wine and Beer

Crow Canyon

Chardonnay and other selected varietals 750 ml.

\$5.99

Famega Vinho Verde

Also Vinho Verde Rose 750 ml.

\$6.99

Marques de Caceres

Rioja Blanc and Rose 750 ml.

\$7.99

Hogue "Genesis"

Viognier, Cabernet Sauvignon and other selected varietals 750 ml.

\$8.99

Masciarelli

Montepulciano d'Abruzzo 750 ml.

\$7.99

Edna Valley

Chardonnay 750 ml.

\$9.99

Las Rocas

Garnacha 750 ml.

\$10.99

Columbia Crest Horse Heaven Hills (H3)

Cabernet Sauvignon, and other selected varietals 750 ml.

\$12.99



New Belgium

Assorted Varieties 6 pack bottles

\$6.99

Alaskan

Assorted Varieties 12 pack bottles

\$13.99

Elysian Immortal IPA

And other Selected Varieties 22 oz. bottles

2/\$7

