

KNOWLAN'S

FRESH FOODS

knowlansfreshfoods.com

Proudly Serving the Community  
Since 1905



SAVE \$5 lb

USDA Choice  
Premium  
Boneless  
Rib Eye  
Sweetheart  
Steak

9<sup>99</sup>  
LB



Try Our  
Roasted  
Salmon  
with Parmesan  
Recipe @  
knowlans  
freshfoods.com

SAVE \$2 lb

Fresh  
Farm Raised  
Atlantic  
Salmon Fillet  
Natural or 12 Seasoned

6<sup>99</sup>  
LB



SAVE \$3

Wild  
Cold Water  
Lobster Tail  
4 oz, Frozen

5<sup>99</sup>

PRODUCE PICKS



Dry Pint  
Fresh  
Blueberries

3<sup>99</sup>



Fresh Express  
Premium  
Salad Kit  
7.06-11.7 oz  
Selected Varieties

2<sup>99</sup>

BAKERY BITES



SAVE \$1

Bake at Home  
Baguette  
11.5 oz

1<sup>99</sup>



SAVE up to \$1.50

Fresh Bakery  
Cinnamon  
Rolls  
6 count  
Selected Varieties

2<sup>99</sup>

OUR KITCHEN



SAVE \$3 lb

Fresh Sliced  
Off The Bone  
Bacon  
Encrusted  
Turkey Breast

5<sup>99</sup>  
LB



SAVE up to \$5.98

Our Own  
Fried  
Chicken  
PLU #521

8 pc Bucket or larger  
BUY CHICKEN  
GET ONE PINT  
MASHED POTATOES  
AND ONE HALF PINT GRAVY

FREE

with coupon. Minimum one 8 pc. bucket chicken purchase required. Limit one offer per coupon and one coupon per family. Valid 02/10/16 - 02/16/16.

EVERYDAY GROCERY VALUES



Chobani  
Greek Yogurt  
5.3 oz  
Selected Varieties

5/\$5



Kraft  
Original  
Macaroni  
& Cheese  
7.25 oz

5/\$5



Kemps  
Cottage  
Cheese  
22 oz, Selected Varieties

2<sup>99</sup>



Super Chill  
Value Pack  
Purified  
Drinking Water  
32/.5 liter Bottles

2<sup>99</sup>



Weight Watchers  
Smart Ones  
Entrée  
9-10.5 oz, Selected Varieties

5/\$10



Starkist  
Chunk Light Tuna  
in Water  
5 oz Can

79¢

Maplewood 2720 Stillwater Rd. at Hwy. 120 • 651.739.9055

South St. Paul 225 13th Ave. S. in Southview Center • 651.455.9332

7 am - 9 pm Daily • Prices good Wed., February 10 - Tues., February 16, 2016