

KNOWLAN'S

FRESH FOODS

knowlansfreshfoods.com

Proudly Serving the Community
Since 1905



BLACK Angus
EST. 1888

USDA Choice
Premium
Boneless
Top Sirloin
Steak

SAVE
\$2lb

6⁹⁹
LB



SAVE
\$2lb

Fresh
Farm Raised
Atlantic
Salmon
Fillet

7⁹⁹
LB



Fresh
Strawberries
or Blueberries
16 oz - 1 dry pint

2/\$5

PRODUCE PICKS



Martin's
Greenhouses
Locally Grown
Vine-On
Tomatoes

2⁴⁹
LB



Fresh Express
Shreds! Lettuce 8 oz,
Iceberg Garden 12 oz
or 3 Color
Deli Cole Slaw 16 oz

1²⁹

BAKERY BITES



SAVE
\$1.50

Fresh Bakery
Apple
Turnovers
4 count

2⁹⁹



Fresh Bakery
Iced
Ginger
Cookies
9 count

3⁴⁹

OUR KITCHEN



SAVE
\$1 lb

Fresh Sliced
Off The Bone
Oven Roasted
or Honey
Turkey Breast

7⁹⁹
LB



SAVE
\$1

JUST BARE

Whole
Rotisserie
Chicken

7⁹⁹
EA

EVERYDAY GROCERY VALUES



Old Orchard
Juice Cocktail
64 oz, Apple, Ruby Red Grapefruit,
Apple Cranberry, Apple Raspberry
or Apple Kiwi Strawberry

2/\$3



Quaker
Chewy
Granola Bars
6.5-6.72 oz, Selected Varieties

2⁶⁹



Crystal Farms
Chunk or Shredded
Cheese
6-8 oz, Selected Varieties

1⁹⁹



SAVE
\$6.99

with coupon. Limit one offer
per coupon and one coupon per
family. Valid 07/20/16 - 07/26/16.

Edy's Grand
Ice Cream
48 oz
Selected Varieties

BUY ONE GET ONE
FREE

PLU #503



Minute Maid
Pure Squeezed
Orange Juice
59 oz, Selected Varieties

2/\$5



SAVE
\$8.99

with coupon. Limit one offer
per coupon and one coupon per
family. Valid 07/20/16 - 07/26/16.

Bellatoria
Ultra Thin Crust
or Pan Pizza
12 inch, Selected Varieties

BUY ONE GET ONE
FREE

PLU #502