


KNOWLAN'S
FRESH FOODS



**Deveined,
Easy to Peel**

**CenSea
Jumbo
Uncooked
Shrimp**
16/20 count
16 oz, Frozen

8⁹⁹


BIG Seafood Sale
Premium Quality, Variety & Value



**Peeled &
Deveined**

**CenSea
Tail-On
Large
Cooked
Shrimp**
26-30 count
16 oz, Frozen

9⁹⁹



**Wild
Cold Water
Lobster Tail**
4 oz
Frozen

**6⁹⁹
ea**



**Wild Alaskan
Snow
Crab**
5-8 oz
Cluster, Frozen

**9⁹⁹
lb**



**Peeled &
Deveined**

**CenSea
Uncooked
Shrimp**
31/40 count, 16 oz, Frozen

7⁹⁹



**Peeled &
Deveined**

**CenSea, Tail-On
Cooked
Shrimp**
31/40 count, 16 oz, Frozen

8⁹⁹



**Fresh
Farm Raised
Mowi
Atlantic
Salmon Fillet**

**10⁹⁹
lb**



**Wild
Sea Scallops**
16 oz, 20/30 count, Frozen

14⁹⁹



**CenSea, Tail-On
Cooked
Shrimp Tray
with Sauce**
Fully Cleaned & Deveined

**6⁹⁹
11⁹⁹**
Small 10 oz
Large 16 oz



OLSEN
**Herring Cutlets
in Wine Sauce**
16 oz

5⁹⁹

**Herring Cutlets
in Wine Sauce**
30 oz, Party Pail

9⁹⁹

**local
flavor**



SeaPak
**Breaded Shrimp
or Seafood Entrée**
9-16 oz, Frozen, Selected Varieties

5⁹⁹



WALLEYE
**Premium Breaded
Walleye Strips**
12 oz, Frozen

7⁹⁹

**Premium Walleye
Fillets**
16 oz, Frozen

8⁹⁹