

See store for hours



85% Lean Ground Beef Family Pack

\$7.99
lb.

Tuna Steaks
Wild Caught
Previously Frozen

\$6.99
lb.

Boneless Beef Sirloin Steak
Certified Angus Beef

\$10.99
lb.

\$2.29
lb.



Fresh Bone-In Country Style Pork Ribs Family Pack
Great On The Grill!

DEAL OF THE WEEK

General Mills Cheerios Cereal

Multi-Grain Cheerios • Honey Nut Cheerios • Trix • Cinnamon Toast Crunch • Lucky Charms • Reese's Puffs • Golden Grahams • Cocoa Puffs • Cookie Crisp Or Cinnamon Toast Crunch Waffle • 8.9 To 12 Oz Box



2/\$4

Barilla Pasta
Selected Varieties
12 To 16 Oz Box

2/\$3



Poland Spring Water 24 Pack
16.9 Fl Oz Btl
405.6 Fl Oz Pkg

2/\$9



Pepsi 2 Liter
Selected Varieties
67.6 Fl Oz Btl

2/\$4



Utz Pretzels
Selected Varieties
12 To 16 Oz Pkg

2/\$6



B&M Baked Beans
Selected Varieties
28 Oz Can

2/\$5



Dunkin' Ground Coffee
Or Whole Bean • Selected Varieties • 11 To 12 Oz Bag Or K-Cups Or Hot Cocoa
Selected Varieties • 10 Ct
3.5 To 5.1 Oz Box

\$6.99



Coca-Cola 12 Pack
Selected Varieties
12 Fl Oz Cans
144 Fl Oz Pkg

BUY TWO GET ONE FREE



Doritos Tortilla Chips
Selected Varieties
8 To 10.75 Oz Pkg

\$3.99



White Or Red Seedless Grapes
Sweet & Juicy

\$2.49
lb.



Fresh Blueberries
Loaded With Vitamins & Minerals • 1 Pint Pkg

2/\$7



Olivia's Organics Salads
Selected Varieties
4.5 To 5 Oz Cntr

\$3.99
ea.



YoCrunch Yogurt
6 Oz Or Dannon Light & Fit Greek Yogurt
Selected Varieties
5.3 Oz Cntr

10 For \$10



Friendly's Ice Cream
Selected Varieties Or Rainbow Sherbet Excluding Perfectly Pistachio Almond Ice Cream • 48 Fl Oz Cntr

2/\$5



Land O Lakes American Cheese
White Or Yellow
Deli Sliced

\$4.99
lb.



Bakery Fresh New York Style Crumb Cake
Wild Blueberry Or Cinnamon
20 Oz Box

\$6.49
ea.



Cabot Cheese Bars
Or Shredded Cheese
Selected Varieties
6 To 8 Oz Pkg

2/\$7



Popsicle Ice Pops Or Frozen Dairy Dessert Bars
Fudgsicle Frozen Dairy Dessert Pops
Reese's Peanut Butter Or Good Humor
Frozen Dairy Dessert Bars • Selected Varieties • 10.96 To 29.7 Fl Oz Box

\$4.99



Dietz & Watson Virginia Brand Ham
Or Gourmet Lite Ham
Deli Sliced

\$11.99
lb.



Fresh Baked Cranberry Muffins
4 Pack

\$5.99
ea.



Adams Hometown Rewards
Rewards Member Exclusive Offers

Skinny Pop Popcorn
4.4 To 5.3 Oz Bag
SALE PRICE **\$4.99**
MEMBER REWARD **\$1.00 OFF ONE**
REWARDS PRICE **\$3.99**
Selected Varieties Limit 1 Pkg!



IGA Or Food Club Broth
32 Fl Oz Cntr
SALE PRICE **2/\$5**
MEMBER REWARD **\$1.00 OFF TWO**
REWARDS PRICE **2/\$4**
Selected Varieties Limit 1 Offer!



White Mushrooms • 8 Oz Pkg
SALE PRICE **2/\$5**
MEMBER REWARD **51¢ OFF EA.**
REWARDS PRICE **\$1.99**
Whole Or Sliced No Limit



85% Lean Ground Beef Family Pack
SALE PRICE **\$6.99**
MEMBER REWARD **50¢ OFF /LB.**
REWARDS PRICE **\$6.49**
Limit 2 Pkgs!



PREMIUM BUTCHER
Finest Selection



Premium Quality
NATURAL PRODUCT

\$2⁹⁹
lb.



Springer Mountain Farms Split Chicken Breast
Fresh • Bone-In
No Hormones No Antibiotics

Fresh Pork Tenderloin
Lean & Tender

\$3⁹⁹
lb.



Schuster Meat
85% Lean
Ground Round
Beef Patties
1.35 Lb Pkg



\$9⁹⁹
ea.

Old Neighborhood Chicken Breast Skewers

Caesar Or Sweet Chili
Or Lemon Pepper Marinated
Chicken Breast • 16 Oz Pkg

\$6⁹⁹
ea.



Ball Park Meat Franks

Regular • Bun Size
Or Turkey • 15 Oz Pkg

2/\$6



Fresh Pork Spare Ribs
Great On The Grill

\$3⁹⁹
lb.



Food Club Baby Back Pork Ribs

With Barbecue Sauce
16 Oz Pkg

\$7⁹⁹
ea.



State Fair Corn Dogs
Original • 16 Oz
Or Beef
13.35 Oz Pkg
\$4⁹⁹
ea.

Simply Mashed Potatoes

Selected Varieties
24 Oz Cntr

\$3⁹⁹
ea.



Simply Cut Potatoes
Selected Varieties
20 Oz Pkg

2/\$7



Coleman Hickory Smoked Uncured Bacon

Or Applewood
All Natural
8 Oz Pkg

\$5⁹⁹
ea.



SEAFOOD

Fresh Salmon Fillets
Farm Raised

\$10⁹⁹
lb.



Cape Covel Colossal Argentine Red Raw Shrimp

16 To 20 Ct • Tail On
Peeled & Deveined

\$10⁹⁹
ea.



Kat's Gourmet Stuffed Clam
4 Oz

\$3⁵⁹
ea.



Wholey Shrimp Ring
16 Oz Pkg

\$12⁹⁹
ea.



DELICATESSEN

Dietz & Watson Grilled Honey Chicken Breast
Gourmet • Honey Barbecue
Or Buffalo Style
Deli Sliced

\$11⁹⁹
lb.



Dietz & Watson Horseradish NY State Cheddar Cheese
Jalapeño & Cayenne
Or Buffalo Wing

\$10⁹⁹
lb.



Stonefire Naan Dippers Family Size
Original
10.6 Oz Pkg

\$5⁹⁹
ea.



Bel Gioioso Half Moon Provolone

Mild • Sharp • Extra Sharp
Medium Or Ricotta
Salata • 8 Oz Pkg

\$5⁹⁹
ea.



OUR KITCHEN

Deli Fresh Macaroni Or Potato Salad Or Cole Slaw
Picnic Favorites

\$5⁹⁹
lb.



Deli Fresh Tri-Color Tortellini Pasta Salad

\$6⁹⁹
lb.



Citterio Pepperoni Nuggets
6 Oz Pkg

\$7⁹⁹
ea.



Alouette Soft Spreadable Cheese
Selected Varieties
6.5 Oz Cntr

\$7⁹⁹
ea.



Snack Factory Pretzel Crisps
Selected Varieties
7.2 Oz Pkg

\$4⁹⁹
ea.





**Francesco Rinaldi
Pasta Sauce**
Or Alfredo Sauce • Selected
Varieties • 15 To 24 Oz Jar

2/\$5



Plus Deposit On Beverages Where Required

**Powerade
Sports Drink**
Selected Varieties
28 Fl Oz Btl

3/\$5



**Food Club
Peanut Butter**
Selected Varieties
Or IGA Creamy
Peanut Butter
16 Oz Jar



3/\$5

**KITCHEN
PANTRY**
Everyday Basics



**Carbone
Pasta Sauce**
Alfredo Or Simmer Sauce
Selected Varieties
15 To 24 Oz Jar

\$8.99



**Chicken Of The Sea
Chunk White Tuna 4 Pack**
In Water Or Solid White
Tuna • No Drain
16 To 20 Oz Pkg

\$5.99



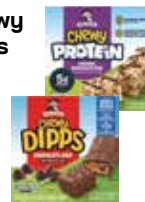
**Gulden's
Mustard**
Yellow • Brown Or
Stone Ground Dijon
12 Oz Squeeze Btl

3/\$5



**Quaker Chewy
Granola Bars**
Or Protein Bars
Selected Varieties
5.6 To 7.4 Oz Pkg

\$3.99



**IGA Or Food Club
Cereal**
Selected Varieties
12 To 18 Oz Box

\$2.99



**4C
Grated Cheese**
Selected Varieties
6 Oz Jar

\$4.99



**4C
Bread Crumbs**
Or Panko Bread Crumbs
Plain Or Flavored
13 To 24 Oz Cntr

2/\$7



**IGA Or Food Club
Salad Dressing**
Selected Varieties
16 Fl Oz Btl

\$2.99



**IGA Or Food Club
Single Serve
Cup Coffee**
Selected Varieties
12 Ct
3.76 To 5.08 Oz Box

\$4.99



**Chock full o'Nuts
Ground Coffee**
Selected Varieties
10.2 To 11.3 Oz Can

\$8.99



**Canada Dry
Seltzer 12 Pack**
Selected Varieties
12 Fl Oz Cans
144 Fl Oz Pkg

2/\$12



**Pepsi
6 Pack**
Selected Varieties
16.9 Fl Oz Btls
101.4 Fl Oz Pkg

2/\$10



**7Up • A&W Or
Sunkist
2 Liter**
Selected Varieties
67.6 Fl Oz Btl

\$1.88



**Sunchips
100% Whole
Grain Chips**
Selected Varieties
7 Oz Pkg

\$3.99



**Nabisco
Chips Ahoy!
Cookies**
Selected Varieties
9.5 To 13 Oz Pkg

\$3.99



**Fanta
2 Liter**
Selected Varieties Or
Minute Maid Lemonade
Or Barq's Root Beer
67.6 Fl Oz Btl

2/\$5



**Schweppes
Seltzer 12 Pack**
Selected Varieties
12 Fl Oz Cans
144 Fl Oz Pkg

2/\$10



**Sparkling ICE
Water 12 Pack**
Selected Varieties
17 Fl Oz Btl
204 Fl Oz Pkg

\$12.99



**Lay's Stax
Potato Crisps**
Selected Varieties
5.5 To 5.75 Oz Cntr

2/\$5



**Nabisco
Oreo Cookies**
Selected Varieties
9.21 To 14.03 Oz Pkg

2/\$9



**Sparkle
4 Double Rolls
Paper Towels**
White • Pick-A-Size
440 Ct Pkg

\$5.99



**Angel Soft
8 Mega Rolls Bath Tissue**
Fresh Lavender
Fresh Linen Or
Unscented
2560 Ct Pkg

\$5.99



**Poland Spring
Sparkling Water 8 Pack**
Selected Varieties
16.9 Fl Oz Btls
135.2 Fl Oz Pkg

2/\$7



**Cheeze-It Baked
Snack Crackers**
Selected Varieties
7 Oz Box

2/\$6



**Stacy's Pita Or
Bagel Chips**
Or Pita Thins
Selected Varieties
6.75 To 7.33 Oz Bag

\$3.99



DAIRY BAR

**Florida's Natural
Orange Juice**
Selected Varieties
Grapefruit Or Orange
Blends • 52 Fl Oz Cntr

2/\$8



**Food Club
Sour Cream**
Regular Or Light
16 Oz Cntr

2/\$4



Ben & Jerry's Ice Cream
Or Non-Dairy Frozen Dessert
14.4 To 16 Fl Oz Cntr Or
Ice Cream Bars
10.1 Fl Oz Box
Selected Varieties

\$4.99



**Luigi's
Italian Ice**
Selected Varieties
24 To 36 Fl Oz Box

2/\$7



**Dannon Activia
Yogurt 4 Pack**
YoCrunch Yogurt • 4 Pack
Selected Varieties • 16 Oz Or
Danimals Smoothies
6 Pack • 18.6 Fl Oz Pkg

2/\$7



**Starbucks Iced Coffee
Or Cold Brew**
Vanilla Latte Or Iced Espresso
Selected Varieties
40 To 48 Fl Oz Btl

\$6.99



**Food Club
Vegetables**
Selected Varieties
24 Oz Bag

\$2.99



**Ice Cream For
Bears Ice Cream**
Sweetened With Raw Honey
Selected Varieties
14 Fl Oz Cntr

\$6.99



FRESH PRODUCE

Local & Fresh



Yellow Or Green Squash
Garden Fresh
Young & Tender



\$1.49
lb.

Large Purple Eggplant
Low In Sodium
High In Potassium
\$1.59
lb.



\$1.29
lb.



Vidalia Onions
The Sweetest
Onion Grown



Sliced Or Whole White Mushrooms
High In Potassium
All Natural • 8 Oz Pkg



2/\$5

White Peaches Or Nectarines
Low Acid Variety
Sweet & Juicy



\$3.49
lb.

Black Plums
Healthy Snack



\$2.99
lb.

Sweet Pluots
Unique Cross Between
A Plum And An Apricot



\$3.99
lb.

Northwest Cherries
Buy Now, Freeze Now
Fat Free
9.5 Row & Larger



\$5.99
lb.

Zespri Green Kiwi
Loaded With Vitamins
1 Lb Pkg



\$4.49
ea.

The Little Potato Company Mini Red Potatoes
Or Yellow
1 Lb Pkg



\$3.49
ea.

Broccoli Crowns
No Waste
High In Fiber



\$2.49
lb.

FRESH FLORAL



5-Stem Local Sunflowers
Summer Is Here!

\$4.99
ea.



4.5" Kalanchoe Plants
Assorted Colors Available

\$3.99
ea.

BAKERY SHOPPE

Fresh Baked Cranberry Loaf
16 Oz Pkg



\$6.99
ea.

Fresh Baked Mixed Berry Pie
8 Inch
24 Oz Pkg



\$6.99
ea.

Chabaso Demi Baguette
Original Or Sourdough
8 Oz Pkg

Fresh Baked Portuguese Rolls
6 Pack
\$2.99
ea.

\$2.49
ea.



Nashoba Brook Bakery Artisan Bread
French Or Sourdough
Everything Bagel Or
Rosemary Garlic... \$6.99 ea.
Seven Grain Or Harvest... \$7.99 ea.
19 To 23 Oz Pkg

\$5.99
ea.



Entenmann's Loaf Cake
Selected Varieties
11 To
13.5 Oz Pkg



BUY ONE GET ONE FREE

Martin's Potato Sandwich Or Long Rolls
8 Ct • 15 Oz Pkg



\$2.99

Dave's Killer Organic Buns or Rolls
Whole Grain Or Done Right Sandwich
Rolls • 6 Ct • 18 Oz Or Burger Buns
Done Right Or Grains & Seeds • 20 Oz Pkg

\$5.99

Wonder Hot Dog Or Hamburger Buns
Frankfurt Or Hawaiian Hamburger
Buns • 8 Ct • 11.5 To 15 Oz Pkg

\$2.99



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