

PRICES GOOD JULY 16 THROUGH JULY 29, 2025 - NORTH LAUDERDALE & LAUDERDALE LAKES



NORTH LAUDERDALE
8040 West McNab Road
954.726.8686

LAUDERDALE LAKES
3388 N. State Road 7
954.484.1952



SIGN UP FOR OUR
EMAIL LIST TO
RECEIVE OUR
WEEKLY ADS!

FIRE UP THE GRILL!

USDA Inspected

BEEF NEW YORK STRIP STEAKS

8.99 lb.



CANTALOUPE

2/\$5



Fresh
**MAHI MAHI
FILLET**

6.99 lb.



Fresh
**LARGE
SNAPPER**
6 lbs. & up

4.99 lb.



Sunny D
**TANGY ORIGINAL
CITRUS JUICE**
64 oz.

2/\$5



Nellie's
**LARGE GRADE A
BROWN EGGS
FREE RANGE**
12 pk.

3.99



Nature's Own
ASSORTED BREAD
20 oz.

3.49



Fresh
**BONELESS
CHICKEN BREASTS**

1.99 lb.



LATIN & CARIBBEAN FAVORITES!



Grace
CORNE BEEF
12 oz.

4.49



Grace
BAKED BEANS
400 g.

2/\$3



Brunswick
**SARDINES
IN OIL**
3.75 oz.

4/\$5



Cafe Bustelo
**ESPRESSO
GROUND COFFEE**
10 oz.

5.99



Tropical Rhythms
ASSORTED JUICE
16 oz.

2/\$3



Supligen
**VANILLA LIQUID
MEAL SUPPLEMENT**
9.8 oz.

2/\$4

SUBSCRIBE TO OUR E-MAIL LIST TO RECEIVE OUR ADS AND FLASH SALES - WWW.BROWARDMEATANDFISH.COM - AND FOLLOW US ON FACEBOOK OR INSTAGRAM!

BROWNLO71625

WE RESERVE THE RIGHT TO CORRECT ANY ERRORS AND LIMIT QUANTITIES • ALL DEALS WHILE SUPPLIES LAST • NOT ALL STORES CARRY ALL PRODUCTS • WE ACCEPT ALL MAJOR PAYMENT CARDS, SNAP EBT, AND NATIONS BENEFIT OTC CARDS.

PRICES GOOD JULY 16 THROUGH JULY 29, 2025 - NORTH LAUDERDALE & LAUDERDALE LAKES

SIZZLING SAVINGS!

USDA Prime

BONELESS BEEF CHUCK ROAST

7.99 lb.





PORK BELLY (PANCETTA PARA CHICHARRÓN)

3.99 lb.



BONELESS PORK STEW MEAT
Family Pack

2.49 lb.



Fresh Perdue
WHOLE CHICKEN

1.39 lb.



USDA Inspected, Australian
BEEF CULOTTES (PICANHA)
2 Pack

7.99 lb.



PORK SPARE RIBS
Sliced, Chinese Restaurant Style

2.99 lb.



CHICKEN LEG QUARTERS
10 lb. bag

6.99



ALL-BEEF HAMBURGER PATTIES
12 pc. / 4lbs.

11.99



BUONA VITA ITALIAN STYLE MEATBALLS
(Chicken & Beef), 64oz.

13.99



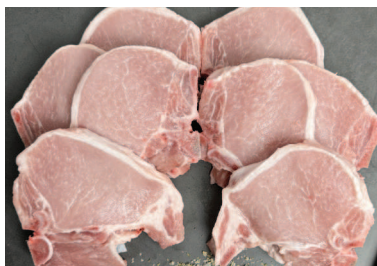
Fresh
BONELESS CHICKEN BREAST

1.99 lb.



Tyson
CORNISH HENS
2 Pack

4.99



CENTER-CUT PORK CHOPS
Family Pack

2.49 lb.

DRINK UP THE SAVINGS

Villa San Giovanni
CHIANTI
1.5 lt.

11.99



Luna Nuda
PROSECCO
750 ml.

10.99



Coppola
ASSORTED WINE
750 ml.

10.99



Papi
ASSORTED WINE
750 ml.

5.99



Republica
La Tuya
BEER
6 pk.

8.99



Pilsen
Callao
BEER
12 pk.

15.99



PRICES GOOD JULY 16 THROUGH JULY 29, 2025 - NORTH LAUDERDALE & LAUDERDALE LAKES

HOOK, LINE & DINNER!

Fresh
**WHOLE
BRANZINO**
7.99 lb.



Fresh
**WHOLE
RED TILAPIA**
4.59 lb.



Fresh
**CORVINA
STEAK**

7.99 lb.



Fresh
**WHOLE
POMPANO
FISH**

3.99 lb.



Panamei
SCALLOPS
80/100
6.99 1 lb.



Frozen
**SAKU WILD
YELLOWFIN
TUNA BLOCK**
12.99 lb.



Royal Eagle
**WILD
ARGENTINIAN
RED SHRIMP**
16/20 CT.
Easy Peel
9.99 1 lb. Bag



DAIRY & FROZEN



Ore Ida
**CRISPY
CROWNS**
30 oz.
2/\$6



El Sembrador
**CALIFORNIA
BLEND**
32 oz.
4.99



El Viejo Luis
PIGEON PEAS
14 oz.
2/\$3



Interfries
FRENCH FRIES
5 lbs.
5.99



Winganza
**BUFFALO
STYLE WINGS**
5 lbs.
15.99



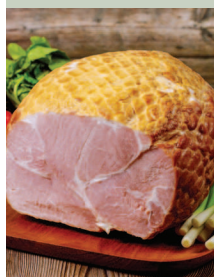
Plugra
**ASSORTED
BUTTER**
8 oz.
3.49



Kool Aid
**GELATIN
SNACK**
12 pk.
2/\$9



Dairy Fresh
**ASSORTED
SHREDDED
CHEESE**
8 oz.
2/\$4



El Toro
**IMPERIAL
COOKED HAM**
2.49 lb.



Old Tyme
**GOLDEN BROWNED
TURKEY BREAST**
6.99 lb.



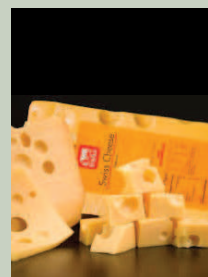
Citterio
**PREMIUM COOKED
HAM**
5.49 lb.



Thumann's
BOLOGNA
5.99 lb.



Paisa
MUENSTER CHEESE
4.99 lb.



Paisa
SWISS CHEESE
5.49 lb.

DELI DELIGHTS

North Lauderdale Only



Dairy Shine
**ASSORTED
KEFIR YOGURT**
8 oz.
2/\$3



Califia Farms
**ASSORTED
ALMOND MILK**
48 oz.
3.99

PRICES GOOD JULY 16 THROUGH JULY 29, 2025 - NORTH LAUDERDALE & LAUDERDALE LAKES

FRESH PRODUCE



PEACHES

1.49lb.



SEEDLESS WATERMELON

4.99



PLUM TOMATOES

1.29lb.



Loose YELLOW ONION

59¢ lb.



CELERY

99¢



IDAHO POTATOES

2/\$5



BROCCOLI BUNCH

2/\$5



ORANGES

4.99



CHIMICHURRI
Made Fresh in Store

5.99

GROCERY SAVINGS



Mahatma
EXTRA LONG
ENRICHED RICE

20 lbs.

12.99



Pure Maid
VEGETABLE OIL

48 oz.

3.49



Bragg
APPLE CIDER VINEGAR

32 oz.

4.49



Dixie Crystals
PURE
CANE SUGAR

4 lbs.

3.99



Sun Maid
RAISINS

6 ct./ 1 oz.

2/\$5



Tunnock's
CARAMEL
MILK CHOCOLATE

Wafers, 4.2 oz.

1.99



Mr. Brownie
BROWNIES
AND BLONDIES

7 oz.

2.99



The Peru Chef
CHOCOLATE
PANETTONE

26.5 oz.

7.99



Grace
JACK MACKEREL
IN TOMATO
SAUCE

15 oz.

3/\$7



Pretzels
PRETZEL PITA
CHIPS

Buffalo, 7 oz.

2.99



Maseca
CORN FLOUR

4 lbs.

4.99



Tabasco
ORIGINAL RED
PEPPER SAUCE

5 oz.

3.99



Grace
BUTTER BEANS

14.1 oz.

99¢



La Fe
COCONUT
MILK

13.5 oz.

4/\$5



Tony Chachere's
CRISPY FISH
FRY MIX

10 oz.

2/\$4



Libby's
VIENNA
SAUSAGES

4.6 oz.

99¢



Flora
PAPER TOWELS

6 pk.

5.99



Nezka
HOMESTYLE
PLANTAIN CHIPS

28 oz.

5.99



Loty
COCONUT
MILK DRINKS

16.4 oz.

2/\$3



Grace
COCONUT WATER
WITH PULP

16.9 oz.

99¢

**DON'T FEEL
LIKE COOKING?**
North Lauderdale Only
Visit our café
for tasty meals
without the hassle!



GOAT
COMBO
with 2 Sides

7.99



CURRY
CHICKEN
COMBO
with 2 Sides

5.99



PICADILLO
(GROUND
BEEF)
COMBO
with 2 Sides

5.99



HAM &
CHEESE
SANDWICH
12" Footlong

9.99