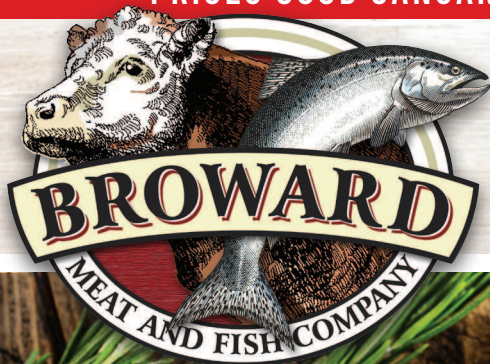


PRICES GOOD JANUARY 28 THROUGH FEBRUARY 10, 2026 - LAUDERDALE LAKES



LAUDERDALE LAKES
3388 N. State Road 7,
Lauderdale Lakes, FL 33319
954-484-1952



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

**BURSTING
WITH
FLAVOR!**
**PORK
SPARE RIBS**
2.49 lb.



Farmed from Chile
**ATLANTIC
SALMON
FILLET**

6.99 lb.



**FRESH SMALL
SNAPPER**

7.99 lb.



**GREEN
BANANA**

.49 lb.



MANGO

2/\$3



Madame Gougousse
**JASMINE
RICE**
20 lbs.

21.99



Nature's Own
**ASSORTED
BREAD**
20 oz.

3.79



**CHICKEN
LEG QUARTERS**
10 lb. bag
5.99

**10 lb.
Bag**



**LATIN &
CARIBBEAN
FAVORITES!**



Tropical Isle
BAMMY
20 oz. **2.99**



Champion
**CHOW MEIN
NOODLES**
12 oz. **2.39**



Brunswick
**SARDINES
IN OIL**
3.75 oz. **3/\$4**



Grace
**ASSORTED SOUP
PACKETS**
2.1 oz. **3/\$2**



Goya
**SAZON
(CULANTRO/ACHIOTE
OR AJI AMARILLO)**
1.41 oz. **1.39**



Lee
**CREAM
CRACKERS**
360 g. **2/\$5**

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

BROWN1012926

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 JANUARY 28 THROUGH FEBUARY 10, 2026 - LAUDERDALE LAKES

SIZZLING SAVINGS!

PORK CHOPS

Pork Chops Combo Pack

1.89lb.

TURKEY NECKS OR DRUMSTICKS

1.99lb.

2 LBS.

4 LBS.

All Beef

HAMBURGER PATTIES

8 pc. /2 lb.

COW FEET

4 lb. bag

CHICKEN DRUMSTICKS

BOGO

BEEF FOR STEW

4.99lb.

CHICKEN PARTY WINGS

BOGO

4 LBS.

USDA CHOICE

PORK FEET

4 lb. bag

GROUND BEEF

BOGO

WHOLE HENS

1.49lb.

CHICKEN CUT FOR CURRY

.99lb.

USDA Choice BEEF BACK RIBS

Whole in Bag

3.99lb.

PRICES GOOD JANUARY 28 THROUGH FEBRUARY 10, 2026 - LAUDERDALE LAKES

HOOK, LINE & DINNER!

Fresh
**CORVINA
STEAK**
7.99 lb.



Fresh
**SWAI
FILLET**
4.99 lb.



Frozen
**WHOLE CLEANED
YELLOWTAIL
SNAPPER**
4 lb. bag
24.99



Fresh from Florida
**WHOLE
SALMON**
5.99 lb.



**BLUE CRAB
CLUSTERS**
6.99 lb.



Merex
**SALTED
POLLOCK
FILLETS**
10 oz.

2/\$7



Fresh
**WHOLE
POMPANO
FISH**
2.99 lb.



From Nicaragua
**CLEANED
CONCH
MEAT**
14.99 lb.



**LARGE
ROYAL
RED SHRIMP**
9.99 lb.

DAIRY & FROZEN



El Viejo Luis
**LIMA
BEANS**
1 lb.
2.49



El Viejo Luis
**GREEN
PEAS**
1 lb.
1.99



Interfries
**FRENCH
FRIES**
5 lbs.
6.99



Caribbean
Food Delights
**JAMAICAN
PATTIES**
10 ct.
12.99



Del Patio
**FRIED
BREADFRUIT**
(Tostones Pana)
20 oz.
3.99



El Viejo Luis
YUCA
4 lbs.
5.99



La Yogurt
**ASSORTED
YOGURT**
6 oz.
3/\$2



Chiffon
MARGARINE
227 g.
1.49



Tampico
**ASSORTED
DRINKS**
1 gal
2/\$5



Welch's
**PASSION FRUIT
JUICE DRINK**
59 oz.
3.99

PRICES GOOD JANUARY 28 THROUGH FEBRUARY 10, 2026 - LAUDERDALE LAKES

FRESH PRODUCE



CARIBBEAN
PUMPKIN

.89lb.



EGGPLANT .99lb.



ICEBERG
LETTUCE 2/\$3



SWEET
POTATOES 2lbs/\$1



STRAWBERRIES 2/\$5
16 oz.



GREEN
PEPPERS .99lb.



IDAHO
POTATOES 2/\$4
5 lb. Bag



SPINACH 2/\$4
10 oz. Bag



MANGO 2/\$3

GROCERY SAVINGS



Iberia
PARBOILED
RICE
5 lb.

4.49



Magnolia
SWEETENED
CONDENSED
MILK
14 oz.

2/\$6



Kraft
MAC &
CHEESE
7.25 oz.

.79



Iberia
EXTRA VIRGIN
OLIVE OIL
BLEND
2 lt.

7.99



Nezza
PLANTAIN
CHIPS
28 oz.

5.99



Goya
TOMATO
SAUCE
8 oz.

5/\$3



Pure Maid
VEGETABLE
OIL
48 oz.

2.99



Caribbean Sunshine
GREEN
PIGEON PEAS
15 oz.

4/\$5



Maggi
BOUILLON
6 ct.

.89



Essential Everyday
GRANULATED
WHITE SUGAR
4 lbs.

3.49



Grace
JACK
MACKEREL
IN TOMATO
SAUCE
15 oz.

2/\$4



Bragg
APPLE CIDER
VINEGAR
32 oz.

3.99



Barilla
ASSORTED
PASTA
16 oz.

2/\$4



Grace
CORNED
BEEF
12 oz.

2/\$8



BMF
LEMON
BLEND
32 oz.

.99



JCS
INSTANT
GINGER TEA
11 ct.

2.49



Vitamalt
CLASSIC MALT
BEVERAGE
6 pk. / 11.2 oz.

4.99



Tropical Rhythm
ASSORTED JUICE
DRINKS
16 oz.

2/\$3



Blue
PURIFIED
WATER
24 pk. / 16.9 oz.

2/\$7



Grace
COCONUT
WATER
1 lt.

2/\$6

DRINK UP THE SAVINGS

Red Label
WINE
750 ml.

6.99



Dragon
STOUT
BEER
6 pk. / 284 ml.

9.99



Guinness
EXTRA STOUT
BEER
6 pk. / 11.2 oz.

9.99



Carib
SHANDY
6 pk. / 12 oz.

11.99



Corona Extra
LAGER
12 pk. / 12 oz.

17.99



Peroni
BEER
6 pk. / 11.2 oz.

6.99

