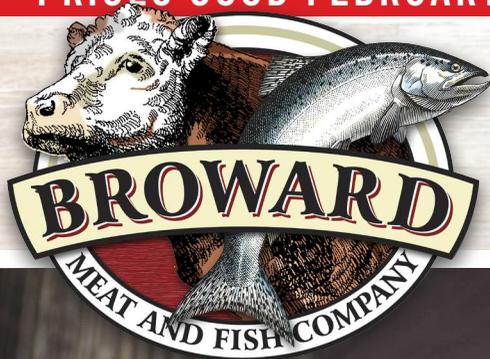


PRICES GOOD FEBRUARY 25 THROUGH MARCH 10, 2026 - LAUDERDALE LAKES



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



FOLLOW US ON  
INSTAGRAM FOR  
FLASH SALES,  
RECIPES, AND  
MORE!

**TENDER &  
FULL OF  
FLAVOR!**

**PORK  
TENDERLOIN  
3.99 lb.**



Fresh from Florida  
**SALMON  
STEAK 7.99 lb.**



**EZ PEEL  
WHITE SHRIMP 8.99 lb.**  
16-20 ct.



**YELLOW  
BANANA .59 lb.**



**LEMONS 4/\$1**



**Red Stripe  
BEER 8.99**  
11.2 oz. /6 pk.



**Excelsior  
CREAM  
CRACKERS 2/3**  
225 g



**WHOLE  
CHICKEN .99 lb.**  
5lbs. & up

**LATIN &  
CARIBBEAN  
FAVORITES!**



La Unica  
**CRACKERS 2.99**  
12 oz.



Grace  
**BUTTER  
BEANS 4/\$5**  
14.1 oz.



Yummy  
**HARD  
DOUGH  
BREAD 3.99**  
28 oz.



Iberia  
**CORNED  
BEEF 2/\$7**  
12 oz.



Goya  
**GREEN  
PIGEON PEAS 4/\$5**  
15 oz



Grace  
**JAMAICAN STYLE  
JERK BBQ SAUCE 2/\$7**  
16.2 oz.

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

LLAKES022526

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 AND S3 OTC CARDS.

PRICES GOOD FEBRUARY 25 THROUGH MARCH 10, 2026 - LAUDERDALE LAKES



**SIZZLING SAVINGS!**

Beef Boneless

**SIRLOIN STEAKS**

**8.99 lb.**



Buona Vita

**ITALIAN STYLE CHICKEN AND BEEF MEATBALLS**

4 lb. Bag

**14.99**



Certified Angus Beef

**WHOLE BEEF BRISKET**

**5.99 lb.**



Beef Culottes

**PICANHA**

**8.99 lb.**



Beef Sirloin

**FLAP MEAT**

In Bags

**7.99 lb.**



Ground Fresh Daily

**GROUND BEEF 80/20 LEAN**

**BOGO**

SAVE 7.99 LB.



**CHICKEN BONELESS BREAST**

**1.99 lb.**



**WHOLE CHICKEN**

5 lbs. & up

**.99 lb.**



**CHICKEN CUT FOR CURRY/ POLLO PARA CHICHARRÓN**

**.99 lb.**



**WHOLE PORK SHOULDERS**

2 in Bag

**1.29 lb.**



**PORK BELLIES/ PANCETTA DE CERDO PARA CHICHARRÓN**

**4.99 lb.**



**PORK FEET**

5 lb. Bag

**6.99**

**DRINK UP THE SAVINGS**



Bud Light

**AMERICAN LAGER BEER**

12 oz. /12 pk. Cans

**15.99**



Dos Equis

**LAGER BEER**

12 oz. /12 pk.

**12.99**



Smirnoff Ice

**FLAVORED MALT BEVERAGE**

6 pk. /11.2 oz.

**11.99**



Peroni

**LAGER BEER**

11.2 oz. /6 pk.

**6.99**



Red Label

**WINE**

750 ml.

**5.99**



Frontera

**ASSORTED WINE**

1.5 lt.

**7.99**

PRICES GOOD FEBRUARY 25 THROUGH MARCH 10, 2026 - LAUDERDALE LAKES

**HOOK,  
LINE &  
DINNER!**

Fresh from Florida  
**WHOLE  
SALMON**

**5.99 lb.**



Fresh from Florida  
**SALMON  
STEAK** **7.99 lb.**



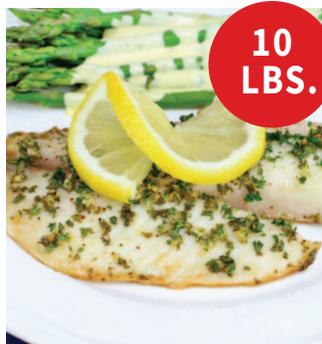
Frozen  
**WHOLE  
KING FISH** **3.99 lb.**



Frozen  
**MAINE  
WHOLE  
LOBSTER** **7.99 lb.**



Frozen  
**LOBSTER  
HEAD  
MEAT** **9.99 lb.**



Frozen  
**TILAPIA  
FILLETS** **29.99**  
10 lbs.



Frozen, Cleaned  
**WHOLE  
YELLOWTAIL  
SNAPPER** **24.99**  
4 lb. Bag



Frozen  
**BLUE CRAB  
CLUSTERS** **5.99 lb.**



Fresh  
**SMALL  
SNAPPER** **7.99 lb.**

**DAIRY & FROZEN**



El Viejo Luis  
**CALIFORNIA  
BLEND** **1.99**  
1 lb.



La Fe  
**PIGEON  
PEAS** **2/\$3**  
14 oz.



El Viejo Luis  
**CUT OKRA** **3.49**  
32 oz.



El Viejo Luis  
**YUCA** **5.99**  
4 lbs.



Grace  
**ASSORTED  
PATTIES** **2/\$7**  
9 oz.



Winganza  
**BUFFALO-STYLE  
WINGS** **14.99**  
5 lbs.



De Mi Pais  
**FRUIT NATA  
PUDDING** **2/\$5**  
6 Cups



Bar S  
**CHICKEN  
FRANKS** **1.79**  
12 oz.



Imperial  
**VEGETABLE  
OIL SPREAD  
STICKS** **1.49**  
16 oz.



Tropicana  
**ORANGE  
JUICE** **8.99**  
89 oz.

PRICES GOOD FEBRUARY 25 THROUGH MARCH 10, 2026 - LAUDERDALE LAKES

FRESH PRODUCE



TOMATO ON THE VINE **1.99lb.**



HASS AVOCADO **4/\$3**



ORANGES **4.49**  
4 lb. bag



GREEN CABBAGE **2lbs./\$1**



STRAWBERRIES **2/\$5**  
16 oz.



RED POTATOES **2/\$7**  
5 lb. bag



SPINACH **2/\$4**  
10 oz. bag



GALA OR RED APPLES **2/\$4**  
2 lb. bag



Garland GARLIC PASTE **5.99**  
32 oz.

GROCERY SAVINGS



Goya **CANILLA LONG GRAIN RICE** **11.99**  
20 lbs.



Rico **MEDIUM GRAIN RICE** **3.99**  
3 lb.



Morton **IODIZED OR PLAIN SALT** **1.49**  
26 oz.



Nature's Own **ASSORTED BREAD** **2/\$8**  
20 oz.



Hellman's **MAYONNAISE** **7.99**  
30 oz.



Iberia **LENTILS** **.99**  
12 oz.



Domino **GRANULATED SUGAR** **3.99**  
4 lbs.



Grace **COCONUT MILK** **4/\$5**  
13.5 oz.



Café Sello **ROJO ESPRESSO COFFEE** **2/\$7**  
10 oz.



Carnation **EVAPORATED MILK** **3/\$4**  
12 oz.



Kraft **MAC & CHEESE** **.79**  
7.25 oz.



Pure Maid **VEGETABLE OIL** **2/\$7**  
48 oz.



American Spice **LIME BLEND** **1.39**  
32 oz.



Festival **ASSORTED COOKIES** **2/\$5**  
14.21 oz.



Badia **COMPLETE SEASONING** **2.99**  
9 oz.



Fresh Baked in Store **CUBAN BREAD** **2/\$4**  
9 oz.



Grace **COCONUT WATER** **2.89**  
1 lt.



Mott's **APPLE JUICE** **2/\$7**  
64 oz.



Couronne **FRUIT CHAMPAGNE SODA** **2.49**  
2 lt.



Blue **PURIFIED WATER** **2.99**  
24 pk. / 16.9 oz.