PRICES GOOD MARCH 11 THROUGH MARCH 24, 2026 - LAUDERDALE LAKES

BROWARD MEAT AND FISH COMPANY

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

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

BIG SPRING SAVINGS!

WHOLE PORK SHOULDERS

2 in Bag

1.29 lb.

2 lb. Bag

CARROTS 2 lb. Bag **2/$3**

WHITE YAM **1.29 lb.**

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

LARGE WHOLE CHICKEN WINGS **1.99 lb.**

LARGE ROYAL RED SHRIMP **9.99 lb.**

Village Pride **SPRAT HERRING** 5 lb. Box **6.99**

LARGE WHITE EGGS 1 dozen **1.99**

LATIN & CARIBBEAN FAVORITES!

Excelsior **CORNED BEEF** 12 oz. **2/$5**

Ti-Machan **BASMATI RICE** 4 lbs. **4.99**

Grace **BUTTER BEANS** 14.1 oz. **.99**

Acassan Mrs. French's **AK-100 VANILLA CORN DRINK** 9.8 oz. **1.99**

Grace **JERK SEASONING - MILD OR HOT** 10 oz. **2/$7**

Red Label **WINE** 750 ml. **5.99**

SUBSCRIBE TO OUR E-MAIL LIST TO RECEIVE OUR ADS AND FLASH SALES – WWW.BROWARDMEATANDFISH.COM – AND FOLLOW US ON FACEBOOK OR INSTAGRAM! LLAKES031126

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.

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SIZZLING SAVINGS!

COUNTRY-STYLE PORK RIBS

1.99 lb.

Perdue
WHOLE CHICKEN
Vacuum Pack

.99 lb.

SAVE 6.99

Fresh Storemade
PORK SAUSAGES
2 lbs. Pack
BOGO

TRAY 9.99LB.

BEEF FLAP MEAT
Whole in Bag
8.99 lb.

CHICKEN DRUMSTICKS AND THIGHS
BOGO

PORK SHOULDER STEAK FOR JERK PORK
2.29 lb.

GENUINE GOAT MEAT
5.99 lb.

ASSORTED PORK CHOPS
1.99 lb.

CHICKEN CUT FOR CURRY/ POLLO PARA CHICHARRÓN
1.29 lb.

4 LBS.

PORK SOUSE MEAT
4 lbs.
9.99 lb.

LARGE CHICKEN FEET
2.99 lb.

4 LBS.

SALTED PORK TAILS
4 lb. Tub
14.99

DRINK UP THE SAVINGS

Manischewitz
CONCORD GRAPE WINE
750 ml.
6.99

Red Label
WINE
750 ml.
5.99

Prestige
BEER
6 pk. / 12 oz.
9.99

Heineken
BEER
6 pk. / 12 oz.
10.99

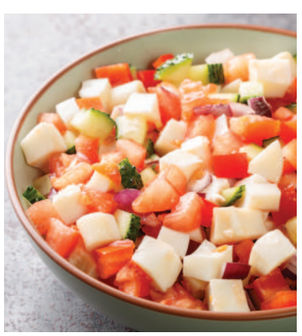
Peroni
BEER
6 pk. / 11.2 oz.
6.99

Smirnoff Ice
FLAVORED MALT BEVERAGE
6 pk. / 11.2 oz.
11.99

PRICES GOOD MARCH 11 THROUGH MARCH 24, 2026 - LAUDERDALE LAKES

Frozen
BLUE CRAB CLUSTERS 5.99lb.

Frozen
CLEANED WHOLE YELLOWTAIL
4 lb. Bag
24.99



From Honduras
CONCH MEAT 14.99lb.

Panamei
SALTED POLLOCK
12 oz.
2/$5.99

TILAPIA
2 lb. Bag
5.99

Fresh from Florida
WHOLE SALMON 5.99lb.

Fresh
CORVINA FILLET 9.99lb.

Fresh
SMALL SNAPPER 7.99lb.

DAIRY & FROZEN

El Viejo Luis
MIXED VEGETABLES, WHOLE KERNEL SWEET CORN, OR PEAS & CARROTS
1 lb.
3/$5

El Viejo Luis
CUT GREEN BEANS
1 lb.
1.99

Mambo
SANCOCHO VEGETABLES
2 lbs.
3.99

Linga Farms
FIRE ROASTED BREADFRUIT SLICES
14 oz.
4.99

Essential Everyday
FROZEN WAFFLES
10 ct.
1.99

Cavendish
HASH BROWN PATTIES
20 ct.
6.99

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

La Yogurt
ASSORTED YOGURT
6 oz.
3/$2

Country Crock
ORIGINAL BUTTER SPREAD
45 oz.
6.99

Tropicana
ORANGE JUICE
89 oz.
7.99

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FRESH PRODUCE

BREADFRUIT .99lb.

BROCCOLI 2/$5

YELLOW ONIONS 2 lb. bag 1.29

GREEN BANANA .59lb.

MALANGA ISLEÑA 1.29lb.

IDAHO POTATOES 5 lb. bag 2/$5

GREEN CABBAGE 2lbs/$1

ORANGES 4 lb. bag 4.49

GALA APPLES 3 lb. bag 2/$5

GROCERY SAVINGS

Yummy
HARD DOUGH BREAD 28 oz. 3.99

Black & White
EVAPORATED MILK 12 oz. 4/$5

Granja Flor
EXTRA VIRGIN OLIVE OIL BLEND 2 lt. 6.99

Incauca
TURBINADO SUGAR 2 lb. 2/$5

Golden Krust
ASSORTED BULLA CAKE 18 oz. 3.99

Goya
GREEN PIGEON PEAS 15 oz. 4/$5

Badia
COMPLETE SEASONING 9 oz. 2.99

Grace
BAKED BEANS 14.1 oz. 4/$5

Iberia
COCONUT MILK 13.5 oz. 4/$5

Morton
IODIZED OR PLAIN SALT 26 oz. 1.49

Betapac
CURRY POWDER 3.88 oz. 4.99

Goya
RED KIDNEY BEANS OR BLACK BEANS 14 oz. 2/$3

Goya Canilla
LONG GRAIN RICE 20 lb. 11.99

BMF
DISTILLED WHITE VINEGAR 1 gal. 1.99

Hellman's
MAYONNAISE 30 oz. 6.99

Fresh Baked in Store
ITALIAN BREAD 3 ct. 2.99

Grace Tropical Rhythms
ASSORTED JUICE DRINKS 1 lt. 2/$5

Grace
PEANUT PUNCH 250 ml. 4/$5

Sport Shake
ASSORTED DAIRY POWER SHAKES 11 oz. 1.99

Grace
COCONUT WATER 1 lt. 2/$5