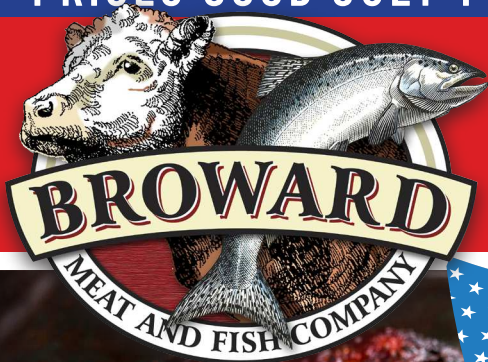


PRICES GOOD JULY 1 THROUGH JULY 14, 2026 - LAUDERDALE LAKES



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!

AMERICA'S
SAVINGS!

PORK
SPARE RIBS

2 in Pack

2.49 lb.



CORN

5/\$2.99



Farm Raised
WHOLE RED
TILAPIA

3.99 lb.



SAVE
2.99 LB.

CHICKEN
DRUMSTICKS

BOGO



Kingsford
CHARCOAL
16 lbs.

12.99



HAMBURGER
PATTIES
4 lbs. /16 pcs.

14.99



HEINEKEN/
CORONA BEER
12 Pack

18.99



2
LBS.

ITALIAN STYLE OR
ARGENTINIAN
SAUSAGES

2 lbs.

5.99

LATIN &
CARIBBEAN
FAVORITES!



Grace
OXTAIL
MARINADE
11.8 oz.

2/\$7



Goya
GREEN
PIGEON PEAS
15 oz.

2/\$3



Tom's
HOT BBQ
SAUCE
12 oz.

3.99



Grace
COCONUT
MILK
13.5 fl. oz.

4/\$5



Nestlé Milo
CHOCOLATE
POWDER
14.1 oz

3.99



Madame Gougousse
JASMINE RICE
10 lbs.

16.99

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

LLAKES070126

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.

JULY 4TH SAVINGS CELEBRATION - LAUDERDALE LAKES

SIZZLING SAVINGS!

USDA Inspected
BEEF CULOTTES (PICANHA)
 2 in Pack

8.99 lb.



LARGE WHOLE CHICKEN

99¢ lb.



SAVE 4.99LB.

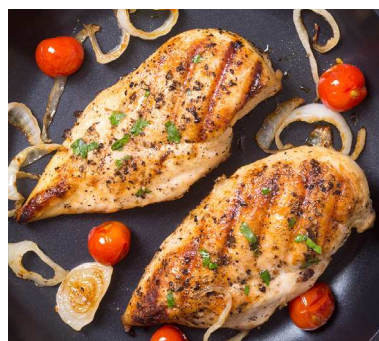
LARGE CHICKEN PARTY WINGS

BOGO



NEW YORK STRIP STEAKS

9.99 lb.



BONELESS CHICKEN BREAST

1.99 lb.



SAVE 2.99LB.

CHICKEN DRUMSTICKS

BOGO



COUNTRY STYLE SPARE RIBS

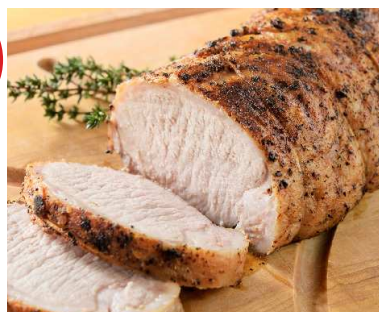
2.69 lb.



10 LB. BAG

CHICKEN LEG QUARTERS
 10 lb. Bag

7.99



BONELESS WHOLE PORK LOIN

2.39 lb.



CENTER CUT PORK CHOPS
 Family Pack

2.69 lb.



4 LB. BAG

COW FOOT
 4 lb. Bag

9.99



CHICKEN CUT FOR CURRY

1.49 lb.

PRICES GOOD JULY 1 THROUGH JULY 14, 2026 - LAUDERDALE LAKES



by West

DAIRY & FROZEN



El Viejo Luis
BABY LIMA BEANS
16 oz.

2/\$5



King Grill
FRENCH FRIES
5 lbs.

5.99



La Fe
YUCA
4 lbs.

5.99



El Viejo Luis
RIPE PLANTAINS
4 lbs.

5.99



Dairy Fresh
AMERICAN CHEESE SINGLES
16 ct.

2/\$5



Kraft
SHREDDED CHEESE
8 oz.

3.99



Fresh from Florida
SALMON FILLET
8.99 lb.



Fresh
HONDURAS CONCH
13.99 lb.



Fresh
COD FILLET
10.99 lb.



Fresh
BLACK TIGER SHRIMP
8-12 ct. **13.99 lb.**



Frozen
LOBSTER TAIL
20-24 oz. **19.99 lb.**



Fresh
MAHI MAHI FILLET
8.99 lb.



Salted
COD BONELESS
Wild from Canada **13.99 lb.**



Frozen
SNOW CRAB LEGS
8-10 ct. **19.99 lb.**



Simply
ASSORTED LEMONADE
52 oz.

2/\$6



Welch's
PASSION FRUIT JUICE
59 oz.

2/\$6



Imperial
MARGARINE STICKS
1 lb.

2/\$4



La Yogurt
ASSORTED YOGURT
32 oz.

2/\$6



Almond Breeze
ASSORTED ALMOND MILK
64 oz.

3.99

JULY 4TH SAVINGS CELEBRATION - LAUDERDALE LAKES

FRESH PRODUCE



WATERMELON SEEDLESS 4.99



RIPE PAPAYA 1.29/lb.



EGGPLANT 1.29/lb.



ORANGES 4.49
4 LBS. 4 lb.



CHERRIES 2.99/lb.



SALAD TOMATOES 1.49/lb.



GREEN BEANS 2.49/lb.



WHITE YAM 1.49/lb.



Garland FRESH PEELLED GARLIC 4.49
1 lb. Bag

GROCERY SAVINGS



Kordas **HAMBURGER OR HOTDOG BUNS 2/\$5**
8 ct. / 12 ct.



Heinz **GRILL PACK 6.99**
Ketchup, Sweet Relish, & Yellow Mustard 3 Pack



Kraft **ASSORTED BBQ SAUCE 2/\$6**
18 oz.



Jet Puffed **JUMBO STAR MARSHMALLOW 2/\$5**
12 oz.



Hellmann's **REAL MAYONNAISE 6.99**
30 oz.



Hunt's **DICED CUT TOMATOES 1.49**
14.5 oz.



Morton **SALT 4/\$5**
26 oz.



Granja Flor **EXTRA VIRGIN OLIVE OIL BLEND 7.99**
2 lt.



Broward Meat & Fish **DISTILLED WHITE VINEGAR 2/\$4**
1 gal.



A1 **STEAK SAUCE 6.99**
10 oz.



Ronzoni **SPAGHETTI & ELBOW PASTA 99¢**
16 oz.



Grace **BAKED BEANS IN TOMATO SAUCE 4/\$5**
14 oz.



Badia **GARLIC POWDER 2.99**
8 oz.



Mazola **CANOLA & VEGETABLE OIL 6.99**
40 oz.



Coco Lopez **COCONUT CREAM 2/\$6**
15 oz.



Five Roses **ALL PURPOSE FLOUR 3.99**
5.5 lb.



Kool Pops **FREEZER POPS 2/\$5**
24 pk.



Sunny Pack **PLATES 99¢**
25 ct.



Reynolds **HEAVY ALUMINUM FOIL 6.99**
50 ft.



Kingsford **LIGHTER FLUID 4.99**
32 oz.

DRINK UP THE SAVINGS

Coca Cola, Sprite & Fanta **ASSORTED SODA 7.99**
12 pk.



Dikoko **COCONUT WATER 2.49**
33.8 fl.



Vitamalt **ASSORTED FLAVORS 5.99**
6 pk. / 11.2 oz.



Red Stripe **BEER 9.99**
6 pk. / 11.2 oz.



Shandy Carib **SORREL BEER LAGER 11.99**
6 pk.



Guinness **EXTRA STOUT BEER 9.49**
6 pk.

