

PRICES GOOD JULY 16 THROUGH JULY 28, 2026 - ALL STORES



PEMBROKE PINES
8030 Pines Blvd
954.437.8330
NORTH LAUDERDALE
8040 W McNab Rd
954.726.8686

MARGATE
3201 N. State Road 7
754.283.8222
LAUDERDALE LAKES
3388 N. State Road 7
954-484-1952



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

**BURSTING
WITH
FLAVOR!**

**BEEF RIBEYE
STEAKS
9.99 lb.**



**COME TRY OUR AUSTRALIAN
WAGYU CUTS!**

AVAILABLE ONLY AT OUR MARGATE & PEMBROKE PINES LOCATIONS



Fresh
**COHO
SALMON
FILLET 8.99 lb.**



**HASS
AVOCADO 4/\$3**



Homemade
**PICO DE
GALLO 5.49**
16 oz.



**BEEF PETIT
SIRLOIN STEAK**

7.99 lb.



Kingsford
CHARCOAL 10.99
12 lbs.



King's Hawaiian
**ORIGINAL
HAWAIIAN SWEET
ROLLS 2/\$7**
12 oz.



Vida
**MANGO
NECTAR 3/\$5**
33.8 oz.

**LATIN &
CARIBBEAN
FAVORITES!**

Ti-Machan'n
**BASMATI
RICE**
4 lb.

5.99



Excelsior
**WATER
CRACKERS**
10.58 oz.

2/\$3



Grace
**INSTANT
TEA**
14 ct.
2/\$4



Dux
**SODA
CRACKERS**
28 oz.

5.99



Excelsior
**CORNED
BEEF**
12 oz.

2/\$6



Solo
**ASSORTED
SODA**
20 oz.

5/\$5



Grace
**FESTIVAL
MIX**
9.5 oz.

2/\$5



Iberia
**COCONUT
WATER**
33.8 oz.

2/\$7



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

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 NATIONALS BENEFIT AND S3 OTC CARDS.

PRICES GOOD JULY 16 THROUGH JULY 28, 2026 - ALL STORES



USDA CHOICE

USDA CHOICE
BEEF CULOTTES
Picanha
2 Pack
8.99 lb.



BEEF HAMBURGER PATTIES
4 lbs./ 16 Pieces
14.99



PORK BELLY
(Pancetta para Chicharrón)
3.99 lb.



CHICKEN LEG QUARTERS
10 lbs.
7.99



COUNTRY STYLE PORK RIBS
3.49 lb.



Boneless **CHICKEN BREAST**
Family Pack
1.99 lb.



Whole Medium **CHICKEN WINGS**
1.89 lb.



USDA CHOICE
BEEF BOTTOM ROUND STEAK
7.99 lb.



PORK TAILS
5 lb. Bag
5.99



USDA CHOICE
BEEF RUMP ROAST
6.99 lb.



Center Cut **PORK CHOPS**
Family Pack
2.49 lb.



Tom **TURKEY NECKS**
1.99 lb.

DRINK UP THE SAVINGS



Apothic
RED BLEND
750ml.
8.99



Vino Dell'Amicizia
ASSORTED WINE
750 ml.
8.99



Barefoot
ASSORTED WINE
750 ml.
2/\$10



Modelo
Especial
BEER
12 pk. / 12 oz.
18.99



Club Premium
CERVEZA CLASSICA
6 pk.
9.99



Coronita
IMPORTED BEER
7oz./24pk.
25.99

HOOK, LINE & DINNER!

**FRESH SMALL
SNAPPER**

3/4-1 lb.

6.99lb.



Frozen
**SNOW CRAB
LEGS 8/10**

14.99lb.



Fresh
**LARGE RED ROYAL
ARGENTINA SHRIMP**
Easy Peel

9.99lb.



**FRESH LARGE
SNAPPER**

6 lbs. & up

5.99lb.



Fresh
**WHOLE
BRANZINO**

8.99lb.



Fresh From Florida
**SALMON
STEAK**

7.99lb.



Fresh
**CORVINA
STEAK**

10.99lb.



Fresh Bahamas
CONCH

15.99lb.



Pescatore
**SQUID
RINGS**
1 lb.

4.99



Heads or Tails
**TILAPIA
FILLET**
2 lb.

7.99



Bee Gee
**WHOLE RED
SNAPPER**
10 lb.

44.99

DAIRY & FROZEN



Country Crock
**HOMESTYLE
UNSALTED
BUTTER**
16 oz.

3.49



Homemaker
**PASSION FRUIT
JUICE**
59 oz.

2/\$6



Coffeemate
**ASSORTED
CREAMERS**
32 oz.

4.99



Florida's Natural
**ORANGE
JUICE**
89 oz.

7.99



Stone Ridge Creamery
**ASSORTED
ICE CREAM**
48 oz.

4.99



Essential Everyday
**5 CHEESE TEXAS
TOAST**
13 oz.

3.99



Tony's
PIZZA
18.56 oz.

3.99



Easy Pickin's
**ROASTED
BREADFRUIT**
16 oz.

5.99



Naturissimo
PAN DE YUCA
400g.

4.99



La fe
YUCA
5 lbs.

7.99

DELI DELIGHTS

BOAR'S HEAD NOT AVAILABLE IN NORTH LAUDERDALE STORE, NO DELI IN LAUDERDALE LAKES



Boar's Head
**CAJUN STYLE
TURKEY BREAST**

10.99 lb.



Paiza
**QUESO
BLANCO**

5.99 lb.



Paiza
SMOKED HAM

5.99 lb.



El Toro
**SERRANO
CRIOLLO HAM**

4.99 lb.



**This Week's Sandwich
MORTADELLA WITH
LETTUCE AND TOMATO 6"**

6.99



KinGrill
**FRENCH
FRIES**
5 lbs.

5.99



El Viejo Luis
**MIXED
VEGETABLES**
32 oz.

3.99

FRESH PRODUCE

LIME  8/ 1

YUCA  .79 lb.

GREEN ONIONS  .69

CHAYOTE  .69

RED PEPPER  1.69 lb.

PLUM TOMATOES  .99 lb.

ROMAINE LETTUCE HEARTS  2/ 7

ORANGES  4 lb. bag 4.49

IDAHO POTATOES  5 lb. Bag 2/ 5

SPINACH  10 oz. Bag 2/ 4

Homemade PICO DE GALLO  16 oz. 5.49

GROCERY SAVINGS

Iberia PARBOILED RICE  10 lb. 7.99

Mississippi ASSORTED BBQ SAUCE  18 oz. 2/ 5

Dukes REAL MAYONNAISE  30 oz. 5.99

Goya BEANS  (Black, Red kidney, Pink And Small Red Beans) 15.5 oz. 4/ 5

Mazola VEGETABLE PLUS  40 oz. 5.99

Van Ecuador TUNA IN OIL  5.3 oz. 2/ 5

Badia COMPLETE SEASONING  4.25 oz. 4/ 5

Iberia COCONUT MILK  13.5 oz. 4/ 5

Palacios ARTISAN CHORIZO  7.9 oz. 4.99

Golden Seed EXTRA VIRGIN OLIVE OIL  16.9 oz. 4.99

Guadalupe TOSTADOS  21 ct. 2/ 6

Vida GUAVA NECTAR  8.45 oz. 2/ 1

Snow White GRANULATED SUGAR  4 lbs. 3.49

Balca ASSORTED PLANTAIN CHIPS  22 oz. 4.99

FROM OUR IN HOUSE BAKERY  Fresh Baked in Store SWEET BREAD 2/ 5

Blue Water WATER  24 pk. 2/ 7

Coca cola ASSORTED SODA  12 pk. 7.49

Guarana ASSORTED BRAZILIAN SODA  12 pk. 9.99

CELEBRATE COLOMBIA WITH US!

Enjoy our authentic Colombian-style menu!
Not available at our Lauderdale Lakes location



CHICKEN AND POTATO STEW
With 2 Sides

8.99



BEAN SOUP
With Small White Rice

7.99



BANDEJA PAISA
White Rice, Red Beans, Seasoned Ground Beef, Crispy Pork Belly, Fried Egg, Sweet Fried Plantain, Avocado, Corn Arepa And Chorizo.

14.99



CHEESE AREPA

2/ 5