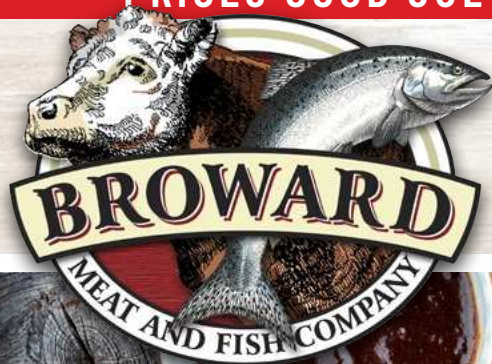


PRICES GOOD JULY 29 THROUGH AUGUST 11, 2026 - ALL STORES



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!

THE BEST
OF THE
BEST!

Fresh Bone-In

PORK BUTT

2.49lb.



Fresh from our Bakery!
BANANA BREAD

1.79



Fresh & Hot from our Kitchen!
**JAMAICAN
PATTIES**

1.79



LIMES

10/\$1



PINEAPPLE

2/\$7



Seagram's Escapes
**CLASSIC
VARIETY PACK**
12 pk. / 11.2 oz.

9.99



Sutter Home
ASSORTED WINE
1.5 lt.

8.99



USDA Prime,
Certified Angus Beef
EYE ROUND
Whole in Bag

6.99lb.



Tropical Isle
JAMAICAN BAMMY 2/\$7
12 oz.



Grace
JERK SEASONING 2/\$7
10 oz. Mild or Hot



HTB
**SLICED WHITE
HARDO BREAD** 3.99
32 oz.



Tropical Isle
ACKEES 10.99
19 oz.



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



Red Label
WINE 5.99
750 ml.

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

BROWMAR073026

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 JULY 29 THROUGH AUGUST 11, 2026 - ALL STORES

GRILLING ESSENTIALS!



USDA PRIME **CERTIFIED ANGUS BEEF**

USDA Prime, Certified Angus Beef

BEEF SHORT RIBS, FLANKEN STYLE

9.99lb.



SAVE 3.99LB.

CHICKEN PARTY WINGS (FLATS & DRUMS)

BOGO



USDA Prime, Certified Angus Beef
FLAP MEAT
(Vacío de Primera)

14.99lb.



WHOLE CHICKEN
2 in Pack

1.29lb.



Thin Sliced
CENTER CUT PORK CHOPS

2.99lb.



PORK SPARE RIBS

2.29lb.



OXTAIL
Minimum 3lbs.

7.99lb.



CHICKEN LEG QUARTERS
10 lb. bag

10 lb. Bag

7.99



USDA Choice
BEEF STEW MEAT
Family Pack

6.99lb.



BONELESS PORK FOR STEW
(Masitas de Cerdo)

2.49lb.



BEEF CULOTTES
(Picanha)
2 in Bag

7.99lb.



CHICKEN CUT FOR CURRY

1.39lb.

DRINK UP THE SAVINGS

Chi-Chi's
WINE COCKTAILS
187 ml.
4/\$5



Casa Fariwe
ASSORTED PROSECCO WINE
750 ml.
8.99



El Coto
RED OR WHITE WINE
750 ml.
9.99



XXL
ASSORTED FRUIT WINE
750 ml.
8.99



Guinness
EXTRA STOUT BEER
6 pk.
9.99



Modelo
Especial MEXICAN LAGER
12 pk.
18.99



PRICES GOOD JULY 29 THROUGH AUGUST 11, 2026 - ALL STORES

HOOK, LINE & DINNER!

Fresh from Ecuador
**HEAD-ON
SHRIMP**
9-12 CT.

7.99lb.



Fresh
**COD
FILLET**

11.99lb.



Fresh from Colombia
**TILAPIA
FILLET**

7.99lb.



**SWAI
FILLETS**
10 lb. Box

27.99



Matlaw's
**GOURMET STUFFED
SCALLOPS**
16 oz.

5.99



Pescatore
**SEAFOOD
MIX**

8.99



Frozen
**COOKED
SHRIMP**
51-60 ct.

13.99



Fresh
**LARGE
SNAPPER**
6 lbs. & up

5.99lb.

DELI DELIGHTS

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



Boar's Head
**EVERROAST
CHICKEN BREAST**

9.99lb.



Boar's Head
TAVERN HAM

8.99lb.



Butterball
**LESS SODIUM
TURKEY BREAST**

7.99lb.



Citterio
**HARD OR
GENOA SALAMI**

6.99lb.



El Toro
**SWEET
SERRANO HAM**

4.99lb.

DAIRY & FROZEN



La Fe
YUCA
5 lbs.

7.99



Grace
PIGEON PEAS
15 oz.

3/\$5



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

4.99



Breyer's
**ASSORTED
ICE CREAM**
48 oz.

4.99



Philadelphia
**CREAM
CHEESE**
8 oz.

2.99



Tropical
**ASSORTED
SLICED CHEESE**
6 oz.

2/\$5



Dairy Fresh
LEMONADE
64 oz.

2.49



Organic Valley
**ASSORTED
MILK**
1/2 Gallon

5.99



Eggland's Best
**GRADE A
LARGE EGGS**
1 Dozen

2/\$7



Minute Maid
**ZERO SUGAR
JUICE DRINKS**
52 oz.

2/\$5

PRICES GOOD JULY 29 THROUGH AUGUST 11, 2026 - ALL STORES

FRESH PRODUCE



YUCA / CASSAVA 1.29lb.



GREEN CABBAGE 2lbs./\$1



GREEN PEPPER 1.29lb.



IDAHO POTATOES 2lb. Bag 2/\$5



SPINACH 10 oz. Bag 2/\$4



CARROTS 2 lb. Bag 2/\$6



RED APPLES 3 lb. Bag 2/\$3



ICEBERG LETTUCE 2/\$4



Broward Meat & Fish
STOREMADE
CHIMICHURRI 16 oz. 5.99

GROCERY SAVINGS



Canilla
EXTRA LONG
RICE 20 lbs. 8.99



Ronzone
ASSORTED PASTA 16 oz. 3/\$4



Grace
TOMATO KETCHUP 13.5 oz. 2/\$5



Snow White
TURBINADO
SUGAR 2 lbs. 2/\$5



Mazola
CORN OIL 96 oz. 10.99



American Spice
LIME BLEND 32 oz. 1.39



Slap Ya Mama
CAJUN
SEASONING 8 oz. 2/\$5



Badia
SPANISH MOJO 20 oz. 2/\$3



La Llave
ESPRESSO
COFFEE 10 oz. 5.49



Brunswick
SARDINES 3.75 oz. 2/\$3



Goya
TOMATO SAUCE 8 oz. 2/\$1



Betapac
CURRY POWDER 3.8 oz. 4.99



Hampton Farms
JUMBO ROASTED
PEANUTS 24 oz. 3.49



Lee
CREAM CRACKERS 360 g. 2/\$5



Mama Tere
PLANTAIN CHIPS 20 oz. 4.99



Vita Malt
ASSORTED
MALT BEVERAGES 6 pk. / 11.2 oz. 5.99



Blue
PURIFIED WATER 24 pk. 2/\$7



Tropical Rhythms
ASSORTED
TROPICAL DRINKS 1 lt. 2/\$5



Iberia
COCONUT
WATER 4 pk. / 11.1 oz. 5.99



Grace
PEANUT PUNCH 8.1 oz. 4/\$5

DON'T FEEL
LIKE COOKING?
NOT AVAILABLE IN LAUDERDALE LAKES

Visit our café
for tasty meals
without the hassle!



OXTAIL COMBO
with 2 Sides 13.99



CURRY CHICKEN
COMBO
with 2 Sides 6.99



PORK BELLY
(Chicharrón) 6.99lb.



JERK PULLED
PORK SANDWICH
Topped with Coleslaw
6 Inch 7.99