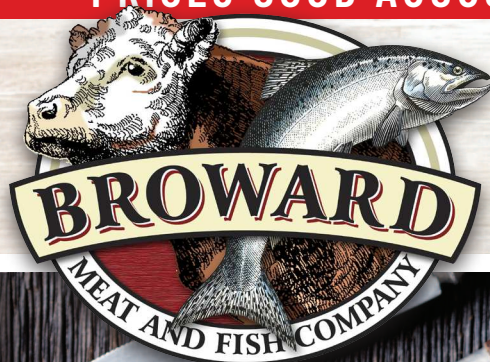


PRICES GOOD AUGUST 12 THROUGH AUGUST 25, 2026 - ALL STORES



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!

BACK TO
SCHOOL.
BACK TO
SAVINGS.

CHICKEN
WINGS

Whole and Party Wing
Family Pack

BOGO

SAVE
2.99 lb.



J.F. Mills
FESTIVAL
16 oz.

2/\$5



Goya
PIGEON PEAS
15 oz.

4/\$5



Iberia
COCONUT MILK
13.05 oz.

4/\$5



Grace
**CLASSIC
MACKEREL
IN TOMATO**
5.5 oz.

5/\$3



P.A.N.
CORN MEAL
35.27 oz.

2/\$3



Ti Marie's
FUFU FLOUR
24 oz.

5.99



Fresh
**BONELESS
CHICKEN BREAST**
Family Pack

1.99 lb.



**CENTER CUT
PORK CHOPS**
Family Pack

2.49 lb.



ORANGES
4 lbs.

3.99



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

5.99 lb.



Student Special Sandwich
**6" INCH SANDWICH
OF CHOICE**

5.99



**BEEF
SHORT RIBS**

5.99 lb.



**GREEN
PLANTAINS**

3/\$1

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

BROWMAR081326

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 AUGUST 12 THROUGH AUGUST 25, 2026 - ALL STORES

MAKE THE
GRADE WITH
GREAT MEAT!

BEEF NEW YORK
STRIP STEAKS
7.99lb.



BEEF
FLAP MEAT
Whole in bags

9.99lb.



Cut and trimmed
BEEF
OXTAILS

7.99lb.



BEEF T-BONE
STEAK

6.99lb.



TURKEY PARTS
WINGS, NECK
AND DRUMS

1.99lb.



PORK
TENDERLOINS

3.99lb.



Store made
FRESH ITALIAN
STYLE SAUSAGE
2 lb. Pack

5.49



Sliced
BABY BACK
PORK RIBS

3.99lb.



PORK BELLY
PANCETTA
PARA
CHICHARRON

3.99lb.



LAMB
PORTERHOUSE
CHOPS

8.99lb.



CHICKEN CUT
FOR CURRY

1.49lb.



CHICKEN LEG
QUARTERS
10 lb. Bag

7.99

DRINK UP THE SAVINGS

Solar de Becquer
CRIANZA RIOJA
WINE
750 ml.

9.99



Goru verde
MONASTRELL
RED WINE
2020
750 ml.

8.99



Silk and Spice
RED BLEND
750 ml.

9.99



Jose Cuervo
COCKTAIL
VARIETY PACK
8 pk.

8.99



Peroni
NASTRO
AZZURO
BEER
6 pk.

6.99



Red Stripe
RED STRIP
BEER
6 pk. / 11.2 oz.

8.99



PRICES GOOD AUGUST 12 THROUGH AUGUST 25, 2026 - ALL STORES

REEL
IN A+
SEAFOOD!

Fresh
FLORIDA
SALMON FILLET
8.99lb.



Merex
**SALTED
POLLOCK
FILLET**
10 oz. **2/\$6.99**



Fresh
**GROUPE
HEAD** **2.99lb.**



Frozen
**RED CRAB
CLUSTERS** **6.99lb.**



Censea
**COOKED
SHRIMP
WITH SAUCE**
16 oz. **8.99**

DAIRY & FROZEN



Ore-ida
**CRISPY SEASONED
SHREDDED POTATO
CROWN**
30 oz. **2/\$5**



Essential Everyday
**ASSORTED
WAFFLES AND
PANCAKES**
12.3 oz. **2.99**



Hot Pockets
**ASSORTED
FLAVORS**
4 pk. **5.99**



Mr. Sugar
**SUGAR CANE
CHUNKS**
16 oz. **2/\$6**



Peru Chef
**GRANADILLA
ENTERA**
1 lb. **3.49**



La Casa del
Encebollado
**TORTILLAS DE
VERDE CON
QUESO**
450 g. **6.99**



Dairy Fresh
**ASSORTED
SLICED CHEESE**
6 oz. **2/\$5**



Lactaid
**ASSORTED
MILK**
96 oz. **5.99**



Nesquik
FLAVORED MILK
14 oz. **2/\$4**



Jell-o
**ASSORTED
GELATIN**
4 pk. / 13.5 oz. **2.99**



Fresh
**SWAI
FILLETS** **3.99lb.**



Frozen
**CARIBBEAN
LOBSTER
TAIL**
7 oz. **23.99**



Fresh
**WHOLE LANE
SNAPPER**
3/4-1 lb. **6.99lb.**

DELI DELIGHTS

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



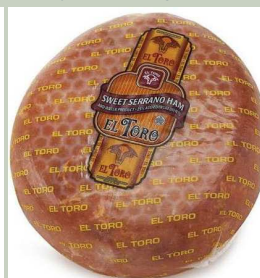
Boar's Head
**DOMESTIC
SWISS CHEESE**
7.99lb.



Boar's Head
DELUXE HAM
9.99lb.



Paisa
**YELLOW / WHITE
AMERICAN CHEESE**
4.99lb.



El Toro
**SWEET
HAM**
2.99lb.



Student Special Sandwich
**6" INCH SANDWICH
OF CHOICE**
5.99



PRICES GOOD AUGUST 12 THROUGH AUGUST 25, 2026 - ALL STORES

FRESH PRODUCE



RED DELICIOUS
APPLE

1.49lb.



YELLOW
BANANA

.69lb.



SWEET
POTATO

.59lb.



Dole
GARDEN
SALAD
12 oz.

2/\$4



PLUM
TOMATO

.99lb.



COOKING
BANANA

.69lb.



MALANGA
COCO

.99lb.



GREEN
ONION

.69ea.



BROCCOLI
RABE

2/\$6

GROCERY SAVINGS



Snow White
GRANULATED
WHITE SUGAR
4 lb.

2.99



Mueller's
SPAGHETTI, THIN
SPAGHETTI AND
ELBOWS
16 oz.

2/\$3



Duke
REGULAR
MAYONNAISE
30 oz.

5.99



Iberia
JASMINE RICE
5 lbs.

4.99



Pillsbury
ALL PURPOSE
FLOUR
5 lbs.

3.99



Pure Maid
VEGETABLE
OIL
1 gal.

11.99



Flora
TOMATOES
ITALIAN DICED
14 oz.

5/\$5



General Mills
HONEY NUT,
CINNAMON TOAST
AND LUCKY
CHARMS CEREALS
10.5-12 oz.

3.99



Nestlé
MILO CHOCOLATE
POWDER
14.1 oz.

2/\$7



Smuckers
ASSORTED
SMUCKERS JELLY
20 oz.

2/\$6



Jif
PEANUT
BUTTER
16 oz.

2/\$6



Kraft
MAC AND CHEESE
CUP
2.05 oz.

2/\$4



Nature's Own
ASSORTED
BREAD
20 oz.

3.99



Welch's
FRUIT
SNACKS
4.8-5.6 oz.

2.99



Alpina
OAT SMOOTHIE
6.7 oz.

4/\$5



Constanza
COCONUT
WATER
4 pk.

4.99



Celsius
ASSORTED DRINK
12 oz.

2/\$4



Blue
PURIFIED
WATER
24 pk.

2.99



Coca-Cola
ASSORTED
SODA
250 ml.

4/\$5



Sun-Maid
RAISINS
6 pk.

2/\$4

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

Visit our café
for tasty meals
without the hassle!



STEAK AND ONIONS
COMBO
with 2 Sides

10.99



CHICKEN & MUSHROOM
SAUCE
with 2 Sides

7.99



KING FISH
COMBO
with 2 Sides

7.99



TRIBE SOUP
LARGE

8.99