

PRICES GOOD SEPTEMBER 2 THROUGH SEPTEMBER 15, 2026 - MARGATE & PEMBROKE PINES



**MARGATE**  
3201 N. State Road 7  
754.283.8222

**PEMBROKE PINES**  
8030 Pines Blvd  
954.437.8330



SIGN UP FOR OUR  
EMAIL LIST TO  
RECEIVE OUR  
WEEKLY ADS!

# LABOR DAY SAVINGS!

## BEEF FLAP MEAT

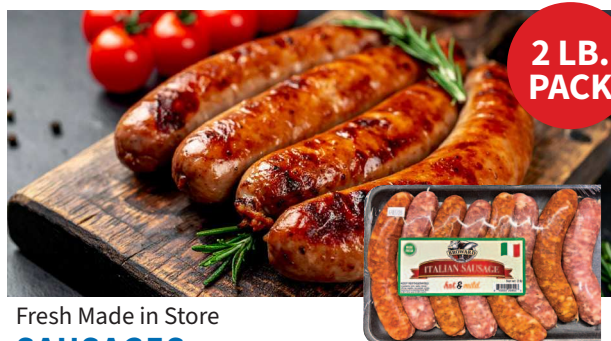
(Vacío de Res)  
2 in Bag

# 9.99<sub>lb.</sub>



**COUNTRY-STYLE  
PORK SPARE RIBS**

## 2.49<sub>lb.</sub>



Fresh Made in Store  
**SAUSAGES,  
ALL VARIETIES**  
2 lb. pack

## 5.99



Angus Beef  
**BEEF CULOTTES  
(PICANHA)**

## 8.99<sub>lb.</sub>



House of Raeford  
**CHICKEN PARTY WINGS**  
5 lbs.

## 9.99



Coca-Cola/Sprite/Fanta  
**ASSORTED SODAS**  
12 pk.

## 6.99



Kingsford  
**MATCH LIGHT  
CHARCOAL**  
12 lbs.

## 11.99

SUBSCRIBE TO OUR E-MAIL LIST TO RECEIVE OUR ADS AND FLASH SALES - [WWW.BROWARDMEATANDFISH.COM](http://WWW.BROWARDMEATANDFISH.COM) - AND FOLLOW US ON FACEBOOK OR INSTAGRAM!

BROWMAR090326

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!

BEEF RIBEYE  
STEAK

9.99 lb.



BONELESS  
CHICKEN BREAST

1.99 lb.



BEEF  
OUTSIDE SKIRTS  
Entraña Argentina

11.99 lb.



BONELESS PORK  
STEW MEAT  
(Masitas de Cerdo)

2.49 lb.



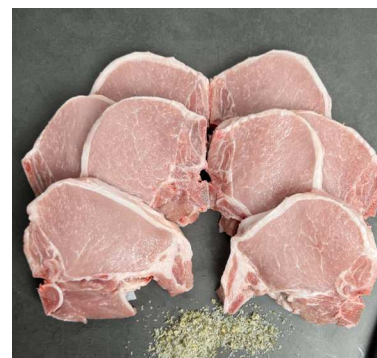
PORK BELLY  
(Barriga de Cerdo  
para Chicharrón)

3.99 lb.



LEAN GROUND  
CHICKEN

2.99 lb.



CENTER-CUT  
PORK CHOPS  
Family Pack

2.49 lb.



Fresh Ground Hourly  
GROUND  
BEEF

BOGO



Thin Sliced  
CHICKEN  
CUTLETS

3.99 lb.



LAMB  
SHOULDER RACKS

7.99 lb.



CHICKEN CUT  
FOR CURRY

1.39 lb.



BEEF OXTAILS  
5 lb. Bag

39.99

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**CATCH OF THE DAY!**

Fresh **SNAPPER STEAK**

**7.99** lb.



Merex  
**SALTED  
POLLOCK FILLET**  
10 oz.

**2.99**



Fresh  
**FLORIDA  
WHOLE  
LOBSTER**

**10.99** lb.



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

**13.99** lb.



Fresh from Honduras  
**CONCH  
MEAT**

**13.99** lb.



Fresh  
**FLORIDA  
SALMON STEAK**

**7.99** lb.



Fresh  
**GROUPE  
FILLET**

**16.99** lb.



Frozen  
**SNOW  
CRAB  
LEGS**

**14.99** lb.



**BEE GEE  
CLEANED  
RED  
SNAPPER**  
10 lbs.

**39.99**



Village Pride  
**THREAD  
HERRING SPRAT**  
5 lbs.

**6.99**



Fresh  
**CORVINA  
FILLET**

**13.99** lb.



Ocean  
**EZ PEEL  
HEADLESS  
RAW SHRIMP**  
2 lbs.

**15.99**

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**FRESH** ★  
**FOR LESS!** ★★

**DOMINICAN  
AVOCADO**  
**2/\$4**



**GREEN BANANA**  
**2lbs./\$1**



**YUCA**

**1.29lb.**



**CARIBBEAN  
PUMPKIN**

**89¢ lb.**



**EGGPLANT** **1.29lb.** **GREEN  
PLANTAIN**



**3/\$1** **YELLOW  
BANANA**



**59¢ lb.**

**MALANGA  
WHITE**

**2.49lb.**



**GREEN  
PEPPERS**

**99¢ lb.**



**PEACHES** **1.49lb.** **GRANNY  
SMITH  
APPLES**



**1.49lb.** **CARROTS**  
2 lbs. bag



**2/\$3** **IDAHO  
POTATOES**  
5 lbs. bag



**2/\$5** **Fresh Made In Store  
CHIMICHURRI** **5.99**  
16 oz

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★ **STOCK UP AND SAVE BIG ON FROZEN FAVORITES** ★



Sack O' Corn  
**COB CORN  
SHORTIES**  
6 ct.

**2.99**



La Fe  
**TOSTONES**  
Green Plantains,  
2.5 lb.

**5.99**



Mama Tere  
**HUMITAS**  
Cornmeal Patties,  
14 oz.

**7.99**



El Viejo Luis  
**CASSAVA /  
YUCA**  
4 lbs.

**4.99**



Goya  
**STEAMBEST  
MIXED  
VEGETABLES**  
12 oz.

**2/\$4**



Blue Fish  
**CASSAVA  
WITH CHEESE**  
450 g.

**6.99**



Mimi's  
**CHEESE  
RAVIOLI**  
48 ct.

**7.99**



Goya  
**TAMAL EN  
HOJAS**  
20 oz.

**6.99**



Caribbean Food Delights  
**JAMAICAN  
PATTIES**  
10 ct.

**14.99**



New York  
**ASSORTED  
GARLIC TOAST**  
13.5 oz.

**3.99**



P.A.N.  
**ASSORTED  
TEQUENOS**  
11.28 oz.

**6.99**



Breyers  
**ASSORTED  
ICE CREAM**  
48 oz.

**4.99**

## DELI DELIGHTS

The Finest Boar's Head Deli Selections at Unbelievable Prices Every Day!



Boar's Head  
**SWISS IMPORTED  
CHEESE**

**9.99** lb.



Boar's Head  
**GOLDEN CLASSIC  
CHICKEN**

**8.99** lb.



Boar's Head  
**CORNER BEEF**

**12.99** lb.



Boar's Head  
**BEEF BOLOGNA**

**7.99** lb.



Citterio  
**COOKED HAM**

**4.99** lb.



Paisa  
**MUENSTER  
CHEESE**

**4.99** lb.

## BAKED TO PERFECTION

We feature a scratch bakery with fresh-baked bread every day!



Fresh Baked  
**BUTTER CROISSANTS**  
4 ct.

**4.99**



Fresh Baked  
**ASSORTED MUFFINS**  
4 ct.

**3.99**



Fresh Baked  
**ITALIAN ROLL**  
4 ct.

**1.99**



**ASSORTED  
BAGELS**  
6 ct.

**3.99**

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★ **STOCK UP AND SAVE BIG ON FAMILY FAVORITES** ★

Iberia  
**JASMINE  
RICE**  
5 lbs.

**4.99**



Hellmann's  
**REGULAR  
MAYONNAISE**  
30 oz.

**5.99**



Pepperidge Farm  
**ASSORTED  
BREAD**  
24 oz.

**2/\$9**



Broward  
Meat & Fish  
**WHITE  
VINEGAR**  
1 gal.

**1.99**



Badia  
**COMPLETE  
SEASONING**  
No Salt Added  
4.25 oz.

**5/\$5**



Rosalini  
**ORGANIC  
COCONUT OIL**  
16 oz.

**6.99**



Domino  
**SUGAR**  
4 lbs.

**3.99**



Mazola  
**CORN  
OIL PLUS**  
40 oz.

**5.99**



Carnation  
**EVAPORATED  
MILK**  
12 oz.

**3/\$5**



Sello Rojo  
**COLOMBIAN  
COFFEE**  
10 oz.

**4.29**



Crystal  
**HOT  
SAUCE**  
12 oz.

**2/\$5**



Tony Chacheres  
**JAMBALAYA  
DINNER MIX**  
8 oz.

**2/\$5**



Red Pack  
**ASSORTED  
TOMATOES**  
28 oz.

**2/\$4**



Louisiana  
**ASSORTED  
FISH FRY  
BREADING**  
10 oz.

**2/\$4**



Doña Nona  
**MILK ROLLS /  
PAN DE LECHE**  
12 oz.

**5.99**



Carbone  
**ASSORTED  
PASTA SAUCE**  
24 oz.

**5.99**



Goya  
**PIGEON  
PEAS**  
15 oz.

**4/\$5**



Coco Lopez  
**CREAM OF  
COCONUT**  
8.5 oz.

**3/\$4**



Colavita  
**EXTRA VIRGIN  
OLIVE OIL**  
34 oz.

**19.99**



Heinz  
**GRILL  
PACK**  
3 ct.

**7.99**



Chocolisto  
**CHOCOLATE  
POWDER**  
10.5 oz.

**2.99**



Noel  
**DUCALES  
CRACKERS**  
10.37 oz.

**2/\$4**



Bauducco  
**ASSORTED  
TOAST**  
5.01 oz.

**2/\$3**



Balca  
**ASSORTED  
CHIPS**  
17-22 oz.

**4.99**



Asturi  
**VENTAGLINI  
PASTRY**  
7.06 oz.

**4.99**



El Ranchava  
**TORTILLA  
CHIPS**  
14 oz.

**3.99**



Fun Pops  
**ASSORTED  
FLAVORS**  
24 ct.

**2/\$5**



American Spice  
**HIMALAYAN  
PINK SALT**  
5 lbs.

**7.99**



Robo's  
**BBQ SAUCE**  
14 oz.

**5.99**



Morton  
**SALT**  
26 oz.

**1.99**



Whisker  
**BATH TISSUE  
DOUBLE  
ROLLS**  
12 Rolls

**4.99**



Fabuloso  
**LAVENDER  
CLEANER**  
56 oz.

**4.99**



Clorox  
**REGULAR  
BLEACH**  
128 oz.

**4.99**



Suavitel  
**FIELD  
FLOWERS  
FABRIC  
SOFTENER**  
105 fl. oz.

**8.99**



Kingsford  
**CHARCOAL  
LIGHTER FLUID**  
32 fl. oz.

**4.99**



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## ★ ★ DRINK UP THE SAVINGS ★ ★

Blue  
PURIFIED  
WATER  
24 pk. /16.9 oz.

**2.99**



Vida  
GUAVA  
NECTAR  
8.45 oz.

**2/\$1**



Iberia  
COCONUT  
WATER  
4 pk.

**2/\$5**



Vida  
MANGO  
NECTAR  
33.8 oz.

**3/\$5**



Grace  
TROPICAL  
RHYTHM  
ASSORTED  
DRINK  
1 lt.

**2/\$5**



La Fe  
SOURSOP  
JUICE  
1 lt.

**2/\$4**



Supligen  
SUPPLEMENT  
DRINK  
9.8 oz.

**2/\$4**



Celsius  
ASSORTED  
DRINK  
12 oz.

**2/\$5**



Polar  
TONIC  
WATER  
1 lt.

**4/\$5**



Sparkling Ice  
FLAVORED  
SPARKLING  
WATER  
17 oz.

**4/\$5**



Maltin  
MALTA  
DRINK  
6 pk. / 7 oz.

**3.99**



Coca-Cola/  
Sprite/Fanta  
ASSORTED  
SODAS  
12 pk.

**6.99**



## LATIN & CARIBBEAN FAVORITES!

Widest selection of international brands!

Grace  
BUTTER  
BEANS  
14.1 oz.

**99¢**



Champion  
CHOWMEIN  
NOODLES  
12 oz.

**2/\$5**



Madame  
Gougousse  
CORN MEAL  
24 oz.

**2/\$3**



American Spice  
CILANTRO  
LIME RICE  
3.25 lb.

**5.49**



Grace  
KETCHUP  
13.5 oz.

**2/\$3**



American  
Spice  
COOKING  
WINE  
24 oz.

**2/\$3**



Grace  
CLASSIC  
MACKEREL  
IN TOMATO  
SAUCE  
5.5 oz.

**3/\$2**



Madame  
Gougousse  
JASMINE RICE  
20 lbs.

**24.99**



Brunswick  
SARDINES  
IN OIL  
3.75 oz.

**2/\$3**



Vita Malt  
ASSORTED  
MALT DRINK  
6 pk. / 11.2 oz.

**4.99**



## ★ ★ DAIRY DELIGHTS! ★ ★

Yoplait  
ASSORTED  
YOGURT  
6 oz.

**4/\$3**



El Exquisito  
ASSORTED  
FLAN  
32 oz.

**7.99**



Kerrygold  
GRASS-FED  
IRISH BUTTER  
8 oz.

**5.49**



Elmhurst  
BARISTA  
EDITION  
ASSORTED  
MILK  
32 oz.

**5.99**



De la Abuela  
AREPA PLAIN  
AMARILLA  
6 ct.

**2/\$7**



Tropical  
SHREDDED  
CHEESE  
8 oz.

**2/\$5**



Swiss Miss  
ASSORTED  
PUDDING  
6 pk.

**2.99**



Simply  
PUNCHES  
& ADES  
52 oz.

**2/\$6**



Simply  
ASSORTED  
MASHED  
POTATOES  
24 oz.

**2/\$6**



Tropicana  
ORANGE  
JUICE  
52 oz.

**4.99**



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GRAB A DRINK TO TOAST TO GREAT PRICES

Johnny Cuba  
**PREMIUM  
LAGER  
BEER**  
6 pk. Cans



**4.99**

Peroni  
**NASTRO  
AZZURRO  
BEER**  
6 pk. Bottles



**6.99**

Club Premium  
**CLASSIC  
IMPORTED  
BEER**  
6 pk.



**10.99**

Prestige  
**BEER**  
6 pk. / 12 oz.



**10.99**

Estrella  
Dam  
**MINI  
BEER**  
12 pk. / 8.4 oz.



**9.99**



Sutter Home  
**ASSORTED  
WINE**  
1.5 L.

**8.99**



Papi  
**ASSORTED  
WINE**  
750 ml.

**6.99**



Ruffino  
**LUMINA  
PINOT GRIGIO**  
750 ml.

**7.99**



La Final  
**MALBEC  
WINE**  
750 ml.

**14.99**



Black Stallion  
**CABERNET  
SAUVIGNON**  
750 ml.

**13.99**



Manischewitz  
**ASSORTED  
WINE**  
750 ml.

**6.99**

**DON'T FEEL LIKE COOKING?  
VISIT OUR CAFÉ FOR TASTY MEALS WITHOUT THE HASSLE!**



**PEPPER STEAK  
COMBO**  
with 2 Sides

**8.99**



**PORK FEET  
COMBO**  
with 2 Sides

**6.99**



**SALT FISH  
COMBO**  
with 2 Sides

**8.99**



**CHICKEN LEG  
QUARTER  
COMBO**  
with 2 Sides

**6.99**



**MIXED FRIED  
CHICKEN**  
8 pcs.

**7.99**

**SIGN UP FOR OUR EMAIL LIST TO RECEIVE OUR WEEKLY ADS!**

**WE ACCEPT ALL MAJOR PAYMENT CARDS, SNAP EBT, & ALL OTC INSURANCE  
CARDS FROM AVMED, FLORIDA BLUE, HUMANA, CAREPLUS, AETNA, AND MORE!**

**DELIVERY AVAILABLE THROUGH INSTACART AND UBER EATS.**



<https://www.browardmeatandfish.com>



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