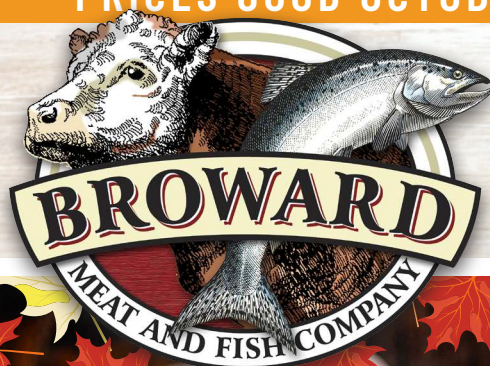


PRICES GOOD OCTOBER 7 THROUGH OCTOBER 20, 2026 - ALL STORES



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!

FIRE UP THE GRILL!

BEEF SHORT RIBS

Flanken-Style

7.99lb.

3
LBS.



ORANGES
3 lbs.

3.99



MARGATE
& PINES
ONLY

Fresh Baked in Store
FRENCH BREAD

1.79



Fresh Storemade
CHIMICHURRI
16 oz.

5.99



Iberia
JASMINE RICE
10 lbs.

8.99



Fresh from Florida
SALMON STEAK

7.99lb.



Cut & Trimmed

BEEF OXTAIL

8.99lb.

LATIN & CARIBBEAN FAVORITES!



Grace
BUTTER BEANS
14.1 oz.

4/\$5



HTB
SPICE BUN
12 oz.

2/\$6



P.A.N.
**WHITE CORN
MEAL**
35.27 oz.

2/\$3



Goya
**RED, BLACK
& PINK BEANS**
15.5 oz.

4/\$5



LIMIT 2

Tropical Isle
ACKEES IN BRINE
19 oz.

9.99



Maggi
**ALL PURPOSE
SEASONING**
200 g.

3.99

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

BROWMAR100826

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 OCTOBER 7 THROUGH OCTOBER 20, 2026 - ALL STORES

SIZZLING SAVINGS!

PORK SPARE RIBS
Sliced

3.99lb.



GOAT MEAT

4.99lb.



CHICKEN LEG QUARTERS

.99lb.



BEEF SHORT RIBS

6.99lb.



TURKEY WINGS

2.99lb.



BEEF STEW MEAT

5.99lb.



BONELESS CHICKEN BREAST

1.99lb.



CHICKEN PAWS

2.99lb.



PORK SOUSE MEAT
4 lb. Bag

9.99 TURKEY NECKS



1.99lb.



Agrosuper
CHICKEN PARTY WINGS
10 lb. Bag

19.99



CHICKEN CUT FOR CURRY

99¢ lb.

DRINK UP THE SAVINGS

Robert Mondavi
PRIVATE SELECTION
HERITAGE RED BLEND
750 ml.
4.99



Master of Mixes
ASSORTED DRINK MIXES
1.75 lt.
5.99



Cusqueña
PERUVIAN GOLDEN LAGER
6 pk.
10.99



Medalla
PREMIUM LIGHT BEER
6 pk. Bottles
7.99



Hollandia
BOTTLE BEER
12 pk.
10.99



Estrella Damm
LAGER BEER
12 pk.
8.99



PRICES GOOD OCTOBER 7 THROUGH OCTOBER 20, 2026 - ALL STORES

HOOK,
LINE &
DINNER!

Fresh
SNAPPER
Medium 2-4 lbs

7.99lb.



Fresh
**SWAI
FILLET**

2.99lb.

Fresh
**COD
FILLET**

12.99lb.

Frozen
**LOBSTER
HEAD MEAT**
1 lb.

9.99

Fresh from Honduras
CONCH

12.99lb.



Fresh from Florida
**WHOLE
SALMON**

5.99lb.

From Argentina
**RED ROYAL EASY
PEEL SHRIMP**
13-15CT

9.99lb.

Fish Ork
**FROZEN
RED
SNAPPER**
10 lb. box

39.99

Frozen
**KING FISH
STEAK**

6.99lb.



Bacalao Rico
**SALTED
POLLOCK
FILLET**
12 oz.

2/\$7



Ocean Specialties
**COOKED
SHRIMP**
71- 90CT
2 lbs.

13.99



Fresh from Colombia
**WHOLE RED
TILAPIA
(MOJARRA)**

4.49lb.



DAIRY & FROZEN



La Fe
PIGEON PEAS
14 oz.

3/\$5



El Sembrador
**MIXED
VEGETABLES**
16 oz.

2/\$5



Avanti
**DOUGH FOR
TURNOVERS**
12 count

1.99



Linga Ya
**JAMAICAN
ROASTED
BREAD FRUIT**
16 oz.

4.99



KinGrill
**FRENCH
FRIES**
5 lbs.

5.99



Tropicana
**ASSORTED
ORANGE
JUICE**
46 oz.

4.49



Welch's
**ASSORTED
JUICE**
59 oz.

2/\$7



Kraft
**ASSORTED
SHREDDED
CHEESE**
8 oz.

2/\$7



OKF
**SMOOTHIE
DRINK**
16.9 oz.

2/\$4

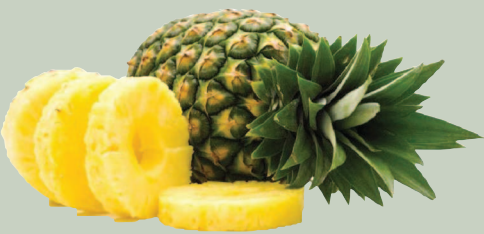


Sunups
**JUMBO
BROWN EGGS**
1 doz.

2/\$3

PRICES GOOD OCTOBER 7 THROUGH OCTOBER 20, 2026 - ALL STORES

FRESH PRODUCE



PINEAPPLE 2/\$7



MALANGA COCO 1.29 lb.



GREEN BANANAS .59 lb.



EGGPLANT 1.19 lb.



GREEN PEPPERS 1.19 lb.



SWEET POTATOES .69 lb.



ROMAINE LETTUCE HEARTS 3 pk. 2.99



GARLIC 3 pk. .99



IDAHO POTATOES 5 lb. Bag 2.99

GROCERY SAVINGS



Grace JERK SEASONING Hot, Mild, & Honey Jerk 10-12 oz. 3.99



Sello Rojo ESPRESSO COLOMBIAN COFFEE 10 oz. 3.99



Muellers ASSORTED PASTA 16 oz. 3/\$5



Snow White TURBINADO SUGAR 2 lbs. 2.49



Five Roses ALL PURPOSE FLOUR 5.5 lbs. 3.99



Carnation EVAPORATED MILK 12 oz. 3/\$5



Vigo PAELLA VALENCIANA RICE 19 oz. 4.49



Grace CLASSIC COCONUT MILK 13.5 oz. 3/\$4



Chifles ASSORTED PLANTAIN CHIPS 12 oz. 6.99



Huy Fong SRIRACHA SAUCE 9 oz. 1.99



Van Ecuador LOMITOS TUNA IN OIL 5.3 oz. 2/\$5



Goya TOMATO SAUCE 8 oz. 5/\$3



La Fe ASSORTED JUICES 1 lt. 2/\$4



Madame Gougousse DRINK MIXES 16 oz. 3.99



Traditional Medicinals ASSORTED HERBAL TEAS 16 ct. 5.99



Ocean Spray CRANBERRY JUICE 64 oz. 3.99



Grace COCONUT WATER WITH PULP 16.9 oz. .89



Blue PURIFIED WATER 24 pk. 2/\$7



Solo ASSORTED SODA 20 oz. 5/\$5



Kitchen Ready ASSORTED BROTH 32 oz. 2/\$3

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

Visit our café
for tasty meals
without the hassle!



BEEF STEW COMBO with 2 Sides 8.99



OXTAIL COMBO with 2 Sides 13.99



CHICKEN FRICASÉ COMBO with 2 Sides 6.99



SANCOCHO Large 8.99