



KNOWLANS

FRESH FOODS



USDA Choice
**Premium
Bacon
Wrapped
Top Sirloin
Fillet**
8 oz

Fresh
Cut
In-Store!

5⁹⁹ ea

Make a Meal You'll Love!

Enjoy in the Comfort of Home!



Wild
**Cold Water
Lobster Tail**
4 oz
Frozen

6⁹⁹ ea



Fresh
Flowers
Available
Starting
February
10th

Florist Quality
**Premium
Floral
Bouquet**

14⁹⁹ & Up



USDA Choice
**Premium
Boneless
Rib Eye
Sweetheart
Steak**

Fresh
Cut
In-Store!



14⁹⁹ lb



Fresh
Farm Raised
**Mowi
Salmon
Fillet**

10⁹⁹ lb



Florist Quality
**Premium
Rose
Bouquet**
with Greens
Red or Assorted Colors
One Dozen

26⁹⁹



CenSea
**Jumbo
Uncooked
Shrimp**
16/20 count
16 oz, Frozen

Deveined,
Easy to
Peel!



8⁹⁹



Wild Alaskan
**Snow
Crab**
5-8 oz
Cluster, Frozen

9⁹⁹ lb



Fresh Bakery
**Fresh
Baguette**
11.5 oz

2⁹⁹

Our Own
**Fresh
Chunky
Guacamole**
10 oz

5⁹⁹

On the Menu
for the Big Game!

Sabra
Hummus
10 oz
Selected Varieties

3⁹⁹

Baba's
Hummus
10 oz
Selected Varieties

3⁹⁹

local flavor

Nabisco
**Snack
Crackers,
Ritz Crackers
or Chips Ahoy!
Cookies**
3.5-13.7 oz, Selected Varieties

3/\$8

**CRAZY
FRESH**

**Pico de
Gallo
Salsa**
14 oz

4⁹⁹

CenSea
Tail-On
**Cooked
Shrimp Tray
with Sauce**
Fully Cleaned & Deveined

6⁹⁹
10 oz, Small

10⁹⁹
16 oz, Large

Simek's
Fully Cooked
Meatballs
17-22 oz, Frozen
Selected Varieties

6⁹⁹

local flavor

Hreischmar

**Sliced
Cheese
Platter**
12 oz, Premium or Specialty

7⁹⁹

taste OF SCANDINAVIA
bakery & café

Spreads
7 oz, Green Olive,
Herb or Sundried Tomato

Fresh Bakery
**Baguette
Slices**
8 oz

3⁶⁹

local flavor

Excellent appetizer served with fresh sliced bread or baguette

Stonefire

**Naan
Dippers**
7.05 oz

3⁹⁹

HILLSHIRE FARM

**Lit'l
Smokies**
14 oz

3⁹⁹

Dot's
**Homestyle
Pretzels**
16 oz
Selected Varieties

5⁹⁹

**CRAZY
FRESH**

**Deluxe
Vegetable
Tray with
Dip**
58.35 oz

18⁹⁹

Snack Factory

**Pretzel
Crisps**
7.2 oz
Selected Varieties

3⁴⁹

Old Dutch

**Triple Pack
Box Potato
Chips**
15 oz
Rip-L or Original

4⁹⁹

General Mills

**Chex Mix,
Bugles or
Gardetto's
Snack Mix**
9-14.5 oz
Selected Varieties

2/\$7