

KNOWLAN'S

FRESH FOODS

Spring In

For Fresh Savings!



Fresh  
**Strawberries**  
16 oz

**2<sup>99</sup>**



USDA  
**Premium  
Fresh  
Black Angus  
85% Lean  
Ground  
Round**

Fresh  
Ground  
In-Store!

**5<sup>49</sup>**  
lb



While  
Supplies  
Last!

Cook's  
**Corned Beef  
Brisket**  
Flats or Points

**5<sup>99</sup>**  
lb



**Green  
Cabbage**  
**88¢**  
lb



B-Size  
**Red  
Potatoes**  
3 lb Bag  
**3<sup>99</sup>**

Yoplait  
**Original,  
Light or  
Whips! Yogurt**  
4-6 oz  
Selected Varieties



**5/\$3**

**Boneless  
Skinless  
Chicken  
Breasts or  
Breast Tenders**



**5<sup>99</sup>**  
lb



taste OF SCANDINAVIA  
bakery & café  
**Irish  
Soda Bread**  
24 oz  
**6<sup>99</sup>**



taste OF SCANDINAVIA  
bakery & café  
**Pumpkin or  
Marble Rye Bread**  
16 oz  
**3<sup>79</sup>**

Nestlé  
**Coffee Mate  
Flavored  
Creamer**

32 oz  
Selected Varieties

**3<sup>69</sup>**



USDA Choice  
**Premium  
T-Bone  
Steak**

**11<sup>99</sup>**  
lb



BLACK SWISS ANGUS  
EST. 1866

Fresh  
Cut  
In-Store!

PORTERHOUSE STEAK

12.99 lb



taste OF SCANDINAVIA  
bakery & café  
**Jumbo  
Pistachio Muffins**  
4 count  
**6<sup>99</sup>**



Kerrygold  
**Dubliner,  
Blarney Castle,  
Skellig, Swiss or  
Reserve Cheddar**  
7 oz  
**5<sup>99</sup>**

Stone Ridge  
Creamery  
**Ice Cream**  
48 oz  
Selected Varieties

**3<sup>69</sup>**



Old Dutch  
**Dutch Crunch  
Kettle Chips**  
9 oz or  
**Potato Chips**  
10 oz Twin Pack Box  
Selected Varieties

**2/\$7**



local  
flavor



Deli  
Fresh Sliced  
**Corned Beef  
or Pastrami**  
**13<sup>99</sup>**  
lb

Prices Effective: Wednesday, March 12th through Tuesday, March 18th, 2025

WHILE SUPPLIES LAST

knowlansfreshfoods.com FF 03-12