KNOWLAN'S FRESH FOODS

Great Meals Start Here!



Nestlé
Baking Morsels
9-12 oz
Selected Varieties

3.99 with Knowlan's Fresh Foods Shopper's Club
without Club 5.99
Limit 2



Just Bare
Boneless Skinless Chicken Breasts or Breast Tenders
14-18 oz

4.99

Fresh Express
Chopped Kit
9.9-13.3 oz
Selected Varieties

3.99



USDA Choice
Premium Boneless Chuck Roast

7.99 lb



Kerrygold
Irish Butter
8 oz

4.99



Crystal Farms
All Natural Shredded or Chunk Cheese
5.5-8 oz, Selected Varieties

2.99



Wild Harvest
Grass Fed 80% Lean Ground Beef
16 oz, Previously Frozen

6.99



Tropicana
Pure Premium or Light
46 oz
Selected Varieties

3.99



Old Dutch
Dutch Crunch Kettle Chips or Ripples Potato Chips
8-9 oz, Selected Varieties

$3



Our Own Oven Ready
Fresh Made In-Store Mom's Meatloaf

6.99 lb



Fresh Bakery
Turnovers
4 count
Selected Varieties

4.99



Deli
Family Size Pasta Entrée
48 oz, Spaghetti & Meatballs, Goulash, Penne Alfredo Pasta with Grilled Chicken, Ricotta Stuffed Shells, Pizza Hot Dish, Chicken Ala King or Mac & Cheese

$1 OFF INSTANTLY
NO COUPON NECESSARY



USDA Choice
Premium Boneless New York Strip Steak

14.99 lb



Prices Effective: Wednesday, November 25th through Tuesday, December 1st, 2026 **WHILE SUPPLIES LAST** knowlansfreshfoods.com FF 11-25

BIG Seafood Sale! Premium Quality, Variety & Value!

KNOWLAN'S FRESH FOODS



Wild
Cold Water Lobster Tail
4 oz, Frozen
6.99 ea



True North
Fresh, Farm Raised
Atlantic Salmon Fillet
10.99 lb

Seasoned or Marinated 11.99 lb



Wild Alaskan
Large Snow Crab
10 oz & Up Cluster, Frozen
16.99 lb

CenSea
Tail-On
Jumbo Uncooked Shrimp
16/20 count, 16 oz, Frozen
9.99
Deveined, Easy to Peel



CenSea
Tail-Off
Uncooked Shrimp
31/40 count, 16 oz, Frozen
9.99
Peeled & Deveined



Sail
Tail-On
Colossal Uncooked White Shrimp
8/12 count, 16 oz Frozen
12.99
Deveined, Easy to Peel



Aqua Star
Tail-On
Large Uncooked Shrimp
26/30 count, 16 oz, Frozen
7.99
Deveined, Easy to Peel



Eddie M's
Walleye Fillet
12 oz, Frozen
8.99



Aqua Star
Tail-On
Large Cooked Shrimp
26/30 count, 16 oz, Frozen
9.99
Peeled & Deveined



Aqua Star
Tail-On
Colossal Cooked Shrimp
16/20 count,16 oz, Frozen
11.99
Peeled & Deveined



Certifresh
Chem Free, Tail-On
Cooked Shrimp
31/40 count, 16 oz, Frozen
10.99
Peeled & Deveined



Tail-On Cooked Shrimp Ring with Sauce
10 oz, 22 Shrimp Per Tray
Fully Cleaned & Deveined
6.99

Aqua Star
Half Moon Tail-On Cooked Shrimp Tray with Sauce
1.25 lb, 50 Shrimp Per Tray
Fully Cleaned & Deveined
14.99
Simply Thaw & Serve!



Aqua Star
Tail-Off
Cooked Salad Shrimp
16 oz
250/350 count, Frozen
7.99
Peeled & Deveined

