



# Weekly Specials



Prices Valid Tuesday, January 13 - Monday, January 19, 2026

## FROZEN



ACAI BRAZIL  
ACAI BOWLS

Nibs Almond Crunch, Peanut Butter Crunch,  
Chocolate Coconut Crunch,  
Plain / 6.7-7.43oz



ACAI BRAZIL  
BRAZILIAN CHEESE  
WAFFLES  
Gluten Free / 5.29oz



A&B  
TILAPIA  
FILLET  
14oz  
**\$4.99**



PIZZA ON THE 9  
PIZZA  
Classic,  
Four Cheese  
Cholov Yisroel,  
Yoshon /32oz  
**\$12.99**

## SIMPLY DELICIOUS



FRUIT  
MANIA  
10oz  
**\$5.98**



WONDER  
MIX  
10oz  
**\$5.98**

## APPETIZING



RICHFIELD GARDENS  
SOUP  
Assorted Variety  
32oz  
**\$5.49**



SIMPLY GOURMET  
POTATO KUGEL  
24oz  
**\$5.99**



SIMPLY GOURMET  
CRUNCHY  
RAINBOW  
SALAD  
14oz  
**\$3.99**

## DELI & PREPARED FOODS

**7 MILE MARKET**  
Celebrating 37 Years  
Serving the Baltimore Community

### CUSTOMER APPRECIATION Event

Sunday, January 18, 2026 • 1:00-4:00

**Food Sampling**

**iKIPPAH**  
On Sale all week!  
\$4.99 Velvet | \$5.99 Deluxe

**Raffles**

**Balloon Man**

Food & Prizes While Supplies Last

## MEAT



BEEF CUBES  
FOR STEWING  
**\$7.29/lb.**



PEPPER  
STEAK  
**\$8.99/lb.**



THIN & TRIM  
CHICKEN CUTLETS  
**\$9.99/lb.**



WHOLE CHICKEN  
FRYER  
**\$3.29/lb.**



FRESH FRYER  
IN EIGHTHS  
**\$3.29/lb**



GROUND BEEF & CHICKEN MIX  
Family Pack  
**\$5.99/lb**



MARINATED  
KENTUCKY BOURBON  
LONDON BROIL  
**\$9.99/lb.**



MEAL MART  
DRY RUB  
PASTRAMI  
6oz  
**\$6.29**



MEAL MART  
CLASSIC FRANKS  
16oz  
**\$6.39**



A&H  
BEEF HOT DOGS  
14oz  
**\$9.19**



A&H  
MIDGET  
SALAMI  
14oz  
**\$9.49**



## NON FOODS



JETFOIL  
9" X 13"  
PANS  
10ct  
**\$4.59**



JETFOIL  
2.25 LB. OBLONG  
PANS  
10ct  
**\$2.29**



JETFOIL  
8" SQUARE  
PANS  
5ct  
**\$1.39**



BEST BEV  
RIPPLE HOT CUPS WITH LIDS  
50ct  
12oz 16oz  
**\$11.49 \$11.99**



PAPER HOUSE  
PARCHMENT  
PAPER  
12" x 50'  
**\$2.59**



PLASTIC HOUSE  
128 OZ. PLASTIC  
CONTAINERS WITH LIDS  
2ct  
**\$4.59**



CUISINE BLACK MICROWAVEABLE  
PLATES AND BOWLS  
100ct

6" Plates **\$2.09**  
7" Plates **2/\$5** 5 oz. Bowls **\$2.09**  
9" Plates **\$4.29** 12 oz. Bowls **\$2.39**

## GROCERY

While Supplies Last



PILLSBURY  
ALL PURPOSE  
FLOUR  
Unbleached,  
Bleached / 5lb  
**\$3.19**



LIEBER'S  
RICE OR CORN CAKES  
Excludes  
Multigrain  
2.9-3.1oz  
**\$1.39**



LIEBER'S HEARTS OF PALM  
14oz  
Whole  
**\$2.79**  
Cut  
**\$1.59**



LIEBER'S  
SESAME  
SEEDS  
7.5oz  
**\$2.19**



BUSH'S  
VEGETARIAN  
BAKED BEANS  
28oz  
**\$2.99**



TUSCANINI  
CANNED TOMATOES  
Assorted Variety  
14.1oz  
**\$1.39**



SHWARTZ  
PEARLED BARLEY  
16oz  
**\$1.19**



SHWARTZ  
CHOLENT MIX  
16oz  
**\$1.59**



LIEBER'S  
REAL SEMI-SWEET  
CHOCOLATE CHIPS  
Pareve / 9oz  
**\$4.29**



MANISCHEWITZ  
MATZO BALL MIX  
Excludes Gluten Free,  
Reduced Sodium  
4.5-5oz  
**\$1.99**



RICE SELECT  
TEXMATI RICE  
White, Brown / 32oz  
**\$5.49**



VLASIC  
DILL PICKLE SPEARS  
Kosher Dill, Polish Dill / 24oz  
**\$3.19**



NATURE VALLEY  
CRUNCHY GRANOLA  
BARS  
Assorted Variety  
6 Pouches  
8.94oz  
**\$3.99**



TWIZZLERS  
CHERRY LICORICE  
Pull 'n Peel, Bites  
14-16oz  
**\$3.49**



IMAGINE  
ORGANIC BROTH  
No-Chicken, Vegetable  
Regular or Low Sodium  
32oz  
**\$3.99**



LIEBER'S  
FAMILY PACK  
PRETZELS  
Yoshon  
25ct  
**\$5.29**



LIEBER'S  
THIN WHEAT  
CRACKERS  
Regular, Reduced  
Fat / 8-8.5oz  
**\$3.19**



BOWL & BASKET  
OATS  
Old Fashioned,  
Quick / 42oz  
**\$3.99**



KELLOGG'S  
CORN FLAKES  
Large Size  
12oz  
**\$6.59**



QUAKER  
LIFE CEREAL  
Original, Cinnamon  
13oz  
**\$3.99**



GENERAL MILLS  
CHEX CEREAL  
Peanut Butter, Chocolate,  
Honey Nut, Cinnamon  
Excludes other flavors / 12-12.8oz  
**\$5.39**



GENERAL MILLS  
COOKIE CRISP CEREAL  
10.6oz  
**\$5.49**



UTZ  
SNACK MULTIPACKS  
Assorted Variety  
10ct  
**\$4.99**



PEPSI  
SODA BOTTLES  
Assorted Variety / 2L  
**\$2.39**



PEPSI  
SODA BOTTLES  
Assorted Variety  
16.9oz/6ct  
**\$4.79**

## STORE HOURS:

S: 7:30 AM - 7:00 PM

TH: 7:30 AM - 11:00 PM

M,T: 7:30 AM - 9:00 PM

F: 7:30 AM - 2:30 PM

W: 7:30 AM - 10:00 PM

SHABBOS: CLOSED

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