



**JAMAICA**  
183-14 HILLSIDE AVE • 718.297.2613  
HRS: EVERYDAY 7 AM - 10 PM

**FRESH MEADOWS**  
164-05 69TH AVE • 718.762.1112  
HRS: MON-SAT 7 AM - 9 PM,  
SAT-SUN 7 AM - 8 PM

**SCAN THE QR CODE TO SHOP ONLINE**



MAY-JUNE 2026 FRI 29 SAT 30 SUN 31 MON 1 TUE 2 WED 3 THU 4

**5% SENIOR DISCOUNT EVERY TUESDAY!**  
\$25 MINIMUM PURCHASE  
MUST BE 65 YEARS & OLDER  
VALID ON IN-STORE PURCHASES ONLY  
NOT TO BE COMBINED WITH OTHER COUPON OFFERS

**WE ACCEPT EBT** **OTC**  
NO CLUB CARD NEEDED! Network



**HOME DELIVERY**  
CHOOSE US ON  
instacart mercat@  
DOORDASH Uber Eats  
KeyFoodMan.com  
OR CALL THE STORE FOR  
**PHONE ORDERS**  
Curbside Pickup Available!

**Fresh Cut MEAT**

**GRASS FED RIB EYE STEAKS**  
USDA INSPECTED BONELESS



**\$12.99** lb.

USDA INSPECTED BEEF

**GRASSFED SKIRT STEAKS**  
USDA INSPECTED



**\$12.99** lb.

USDA INSPECTED BEEF

**FRESH BONELESS CHICKEN BREAST**  
USDA GRADE A FAMILY PACK



**\$2.99** lb.

USDA GRADE A

**FRESH PORK SPARE RIBS**  
FAMILY PACK



**\$2.99** lb.

**Delicious DELI**

**ALL DELI MADE FRESH DAILY!**

**Store Made ROTISSERIE CHICKEN**  
ASST. FLAVORS



**\$7.99** ea.

**BOAR'S HEAD BOLOGNA**



**\$7.99** lb.

**DI LUSSO DELUXE HAM**



**\$6.99** lb.

**Store Baked BRIDOR FRENCH BREAD**  
12.3 OZ.



**2 \$5** FOR

**ALL STORES HAVE A CHEF ON PREMISES!**

**Fresh PRODUCE**

**New Crop RED OR GREEN SEEDLESS GRAPES**  
EXTRA LARGE



**\$2.99** lb.

**MISSION MINI HASS AVOCADOS**  
6 CT. BAG, "SMALL BUT MIGHTY"



**\$3.99** ea.

**LONG GREEN ASPARAGUS**  
*Great on the Grill!*



**\$3.99** lb.

**SEEDLESS CLEMENTINES**  
3 LB. BAG



**\$4.99** lb.

**WHOLE SEEDLESS WATERMELON**  
10-12 LB. AVG.



**\$5.99** ea.

**IN-STORE GROCERY Savings**

**PURE LIFE PURIFIED WATER**  
28 PACK, 16.9 OZ. BTL., 473.2 OZ. PKG.



**3 \$11.99** FOR

MUST BUY 3, LIMIT 1 OFFER

**APPLE & EVE APPLE JUICE**  
64 OZ. BTL., NATURAL, CLEAR, EXCLUDES SESAME STREET & ORGANIC



**2 \$5** FOR

MUST BUY 2, LIMIT 2 OFFERS

**CAFE BUSTELO ESPRESSO GROUND COFFEE**  
10 OZ. BRICK



**\$5.99** ea.

LIMIT 2 OFFERS

**GOYA CANNED BEANS**  
29 OZ. CAN, LOW SODIUM: RED KIDNEY, PINK, CHICKPEAS, PINTO, BLACK OR WHITE OR REGULAR: BLACK, CHICKPEAS, PINTO OR RED BEANS



**2 \$5** FOR

MUST BUY 2, LIMIT 3 OFFERS

**HELLMANN'S MAYONNAISE**  
20 OZ. SQUEEZE, REGULAR, LIGHT, W/ OLIVE OIL



**\$5.99** ea.

LIMIT 2 OFFERS

**HEINZ TOMATO KETCHUP**  
20 OZ. SQUEEZE



**2 \$5** FOR

MUST BUY 2, LIMIT 2 OFFERS

**WESSON COOKING OIL**  
128 OZ. CONT., CORN, CANOLA, VEGETABLE



**\$9.99** ea.

LIMIT 2 OFFERS

**CAROLINA LONG GRAIN RICE**  
20 LB. BAG, WHITE, PARBOILED



**\$11.99** ea.

LIMIT 2 OFFERS

**LIBBY'S VIENNA SAUSAGE**  
4.6 OZ. CAN, REGULAR, CHICKEN, BBQ CHICKEN



**4 \$3** FOR

MUST BUY 4, LIMIT 2 OFFERS

**STARKIST SOLID WHITE TUNA**  
5 OZ. CAN, IN OIL, IN WATER, LOW SODIUM



**3 \$4** FOR

MUST BUY 3, LIMIT 4 OFFERS

**CHIPS AHOY! COOKIES**  
7-13 OZ. PKG., ASST. VAR., EXCLUDES FAMILY SIZE



**2 \$7** FOR

MUST BUY 2, LIMIT 4 OFFERS

**UTZ POTATO CHIPS**  
7.5-8 OZ. BAG, ASST. VAR.



**BUY ONE GET ONE FREE**  
2 FOR \$3.99

LIMIT 4 OFFERS

**Fresh DAIRY**

**WE SELL ORGANIC MILK & EGGS!**

**EGG-LAND'S BEST LARGE WHITE EGGS**  
18 CT. CRTN., GRADE A



**\$3.49** ea.

LIMIT 2 OFFERS

**CHOBANI GREEK YOGURT**  
4.5-5.3 OZ. CONT., BLENDED, FRUIT ON BOTTOM, ZERO SUGAR OR LESS SUGAR, ASST. VAR.



**4 \$5** FOR

**CALIFIA ALMOND MILK**  
48 OZ. CONT., ASST. VAR., EXCLUDES ORGANIC & COCONUT



**2 \$7** FOR

**SIMPLY, ADES OR PUNCHES**  
52 OZ. BTL., ASST. VAR.



**2 \$6** FOR

**PHILADELPHIA CREAM CHEESE**  
8 OZ. PKG., ORIGINAL, LESS FAT



**2 \$6** FOR

**COFFEE MATE CREAMERS**  
64 OZ. CONT., ASST. VAR.



**\$7.99** ea.

**LOCALLY OWNED & OPERATED**

Shop Online Thru Our Website **KeyFoodMan.com**

**CURBSIDE PICKUP AVAILABLE! ORDER ONLINE OR CALL OUR STORES**

# Fresh PRODUCE

**FRESH EXPRESS CRUNCHY & TENDER BLENDS**  
5-11 OZ. BAG, ASST. VAR.  
TENDER LEAF BLENDS  
50/50 MIX  
\$2.99 ea.

**ZESPRI GOLD KIWI**  
1 LB. CLAMSHELL  
\$5.99 ea.

**GREEN PLANTAINS**  
4 \$2 FOR

**GREEN GIANT IDAHO BAKING POTATOES**  
US #1  
99¢ lb.

**SOUTHERN YELLOW PEACHES**  
FIRST OF THE SEASON  
\$1.99 lb.

**OLIPOP PREBIOTIC HEALTHY SODA**  
12 OZ. CANS, ASST. VAR.  
Lemon Lime  
Orange Squeeze  
2 \$4 FOR

# Fresh Cut MEAT & FISH

**FRESH BONE-IN WHOLE PORK SHOULDER**  
Great for Pulled Pork  
\$1.49 lb.

**85% LEAN GROUND TURKEY BUTTERBALL FRESH**  
16 OZ. PKG.  
\$4.99 ea.

**OSCAR MAYER BEEF FRANKS**  
15 OZ. PKG.  
\$4.99 ea.

**MARC ANGELO CHICKEN SKEWERS**  
ASST. VAR. 16 OZ. PKG.  
\$7.99 ea.

**TILAPIA FILLET FARM RAISED**  
PREVIOUSLY FROZEN  
\$5.99 lb.

**NORTH ATLANTIC SALMON FILLET FRESH**  
\$11.99 lb.

# Enjoy Fresh DELI FAVORITES

# Prepared FOODS

EACH ONE OF OUR STORES HAS A CHEF ON PREMISES AND WE COOK IN STORE FOR YOU!

**BOAR'S HEAD OVEN GOLD TURKEY BREAST**  
\$13.99 lb.

**BOAR'S HEAD MUENSTER CHEESE**  
\$8.99 lb.

**URBAN MEADOW AMERICAN CHEESE**  
\$4.99 lb.

**BELGIOIOSO MOZZARELLA**  
7-8 OZ. CUPS, ASST. VAR.  
\$3.99 ea.

**PIZZARIA UNO FLATBREAD PIZZA**  
ASST. VAR. 12.1-13.3 OZ. BOX  
\$9.99 ea.

**Store Prepared GREEK PASTA SALAD**  
\$8.99 ea.

**Store Prepared TORTELLINI SALAD WITH PESTO & SPINACH**  
\$8.99 lb.

**Store Prepared HEALTHY COLESLAW**  
\$5.99 lb.

CHECK OUT OUR NEW PARTY MENU ONLINE at [KeyFoodMan.com](http://KeyFoodMan.com) or PICK ONE UP IN STORE!

# Fresh DAIRY

WE SELL ORGANIC MILK & EGGS!

**TURKEY HILL ADES OR ICED TEA**  
64 OZ. CONT., ASST. VAR.  
\$1.99 ea.  
LIMIT 4 OFFERS

**Simply ORANGE JUICE**  
46 OZ. BTL., ASST. VAR.  
\$3.99 ea.

**URBAN MEADOW AMERICAN CHEESE SINGLES**  
WHITE OR YELLOW 16 SLICE, 12 OZ. PKG.  
\$3.99 ea.

**GALBANI MOZZARELLA**  
16 OZ. PKG., WHOLE MILK, PART SKIM  
\$3.99 ea.

**BREAKSTONE'S BUTTER QUARTERS**  
16 OZ. PKG., SALTED, UNSALTED  
\$4.99 ea.

**DAISY COTTAGE CHEESE**  
6 OZ. CONT., STRAWBERRY, PINEAPPLE  
\$3.50 FOR

**ACTIVIA YOGURT**  
4 PACKS, 16 OZ. PKG., ASST. VAR.  
\$2.60 FOR

# FROZEN Foods

**URBAN MEADOW VEGETABLES**  
16 OZ. BAG, ASST. VAR.  
\$2.40 FOR

**BIRDS EYE STEAM FRESH PLAIN VEGETABLES**  
10-10.8 OZ. PKG., MIXED VEGETABLES, CUT CORN, SWEET PEAS, BROCCOLI CUTS, CUT GREEN BEANS  
\$3.50 FOR  
MUST BUY 3, LIMIT 4 OFFERS

**EGGO THICK & FLUFFY WAFFLES**  
11.6 OZ. BOX, ASST. VAR., EXCLUDES OTHER VARIETIES  
\$2.60 FOR  
MUST BUY 2, LIMIT 2 OFFERS

**BANQUET ENTREES**  
ASST. VAR. 4.85 TO 11.88 OZ. BOX  
\$2.50 FOR

**COOL WHIP TOPPING**  
8 OZ. CONT., ASST. VAR.  
\$2.50 FOR  
MUST BUY 2, LIMIT 4 OFFERS

**MAMITA'S HOMEMADE STYLE FLAVORED ICE**  
16 FL. OZ. BOX  
\$3.99 ea.

**FRIENDLY'S ICE CREAM**  
48 OZ. CONT., ASST. VAR., EXCLUDES NATURALLY  
\$3.99 ea.  
LIMIT 4 OFFERS

# IN-STORE GROCERY Savings

**MAXWELL HOUSE GROUND COFFEE**  
9.9-11.5 OZ. CAN, ASST. VAR., EXCLUDES DECAF  
\$3.99 ea.  
LIMIT 2 OFFERS

**POST HONEY BUNCHES OF OATS CEREAL**  
11-12 OZ. BOX, ASST. VAR., HONEY ROASTED  
\$2.60 FOR  
MUST BUY 2, LIMIT 4 OFFERS

**SKIPPY PEANUT BUTTER**  
15-16.3 OZ. JAR, ASST. VAR., EXTRA CRUNCHY  
\$2.50 FOR

**BARILLA PASTA BLUE BOX**  
12-16 OZ. BOX, ASST. VAR., EXCLUDES MANICOTTI, LASAGNA, JUMBO SHELLS, GLUTEN FREE, AL BRONZO, COLLEZIONE, PROTEIN+  
\$3.50 FOR  
MUST BUY 3, LIMIT 2 OFFERS

**BARILLA PASTA SAUCE**  
24 OZ. JAR, ASST. VAR., TRADITIONAL  
\$2.50 FOR

**LIBBY'S CORNED BEEF**  
12 OZ. CAN, REGULAR, LOW SODIUM  
\$5.99 ea.  
LIMIT 2 OFFERS

**BUMBLE BEE Wild Caught PINK SALMON**  
14.75 OZ. CAN  
\$3.99 ea.

**GREEN GIANT VEGETABLES**  
14.5-15.25 OZ. CAN, ASST. VAR., EXCLUDES MIXED VEGETABLES  
\$4.50 FOR  
MUST BUY 4, LIMIT 2 OFFERS

**BOUNTY PAPER TOWELS**  
4-8 DOUBLE ROLLS, FULL SHEET, SELECT-A-SIZE, 147-180 SQ. FT. PKG. OR 2-8 MEGA SIZE  
\$2.20 FOR  
MUST BUY 2, LIMIT 2

**CLOROX REGULAR OR NO SPLASH BLEACH**  
REGULAR, FRESH MEADOW OR CLEAN LINEN BLEACH  
77-81 FL. OZ. BTL.  
\$5.49 ea.  
LIMIT 4 OFFERS

**KEEBLER EXPORT SODA CRACKERS**  
28 OZ. CAN  
\$5.99 ea.  
LIMIT 4 OFFERS

**CHEETOS**  
6.5-10 OZ. BAG, Fritos CORN CHIPS, 9-10 OZ. BAG, ASST. VAR.  
\$3.99 ea.

**ENTENMANN'S DONUTS**  
8 PACK, 15-19 OZ. BOX, ASST. VAR.  
\$3.99 ea.

**CANADA DRY, A&W, SUNKIST, OR 7UP SODA**  
2 LITER, 67.6 OZ. BTL., ASST. VAR., +TAX+DEP  
\$2.50 FOR  
MUST BUY 2, LIMIT 4 OFFERS