



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**

SEPTEMBER 2026 FRI **18** SAT **19** SUN **20** MON **21** TUE **22** WED **23** THU **24**

**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
NO CLUB CARD NEEDED!

OTC
Network

goodbye
SUMMER
hello
AUTUMN

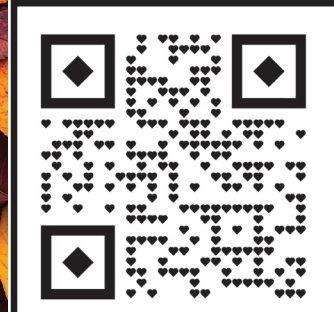
HOME DELIVERY
CHOOSE US ON

instacart **mercato**

DOORDASH **Uber Eats**

KeyFoodMan.com

OR CALL THE STORE FOR
PHONE ORDERS
Curbside Pickup Available!



Fresh Cut MEAT

Delicious DELI

**FRESH BONELESS
CHICKEN BREAST**
USDA GOVT. INSPECTED
FAMILY PACK
Store Made
**THIN-SLICED CHICKEN
BREASTS... \$3.99 LB.**

\$1.99
lb.

**SLICED BONE-IN
PORK CHOPS**
FAMILY PACK

\$2.49
lb.

**BEEF BONELESS
BOTTOM
ROUND ROAST**
USDA CHOICE

\$5.99
lb.

**FRESH CHICKEN
DRUMSTICKS**
PERDUE GRADE A
JUMBO PACK

\$1.29
lb.

ALL DELI MADE FRESH DAILY!

**BOAR'S HEAD
HONEY MAPLE
HAM**

\$10.99
lb.

**URBAN MEADOWS
AMERICAN CHEESE**

\$4.99
lb.

**HORMEL
HONEY TURKEY
BREAST**

\$8.99
lb.

Store Made
**TRADITIONAL
ROTISSERIE CHICKEN**
100% ALL NATURAL,
NO ANTIBIOTICS OR
GROWTH HORMONES
ASSORTED
FLAVORS...\$8.99 EA.

\$7.99
ea.

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

Fresh PRODUCE

**NAVEL
ORANGES**
3 LB. BAG,
CALIFORNIA

\$3.99
lb.

**LARGE BEEFSTEAK
TOMATOES**

\$1.49
lb.

**JUMBO
GREEN PEPPERS**

99¢
lb.

**PURPLE
EGGPLANT**

99¢
lb.

New Crop
**NEW YORK STATE
GOLD, MACINTOSH
OR GALA**
4 LB. BAG

\$4.99
lb.

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

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

\$5.99
ea.

LIMIT 4 OFFERS

**PEARL MILLING
COMPANY
PANCAKE MIX,**
24-32 OZ. BOX, OR
SYRUP, 24 OZ. BTL.,
ASST. VAR.



\$2.99
ea.

LIMIT 4 OFFERS

RONZONI PASTA
12-16 OZ. BOX, ASST. VAR.,
EXCLUDES GLUTEN FREE,
LASAGNA, JUMBO SHELLS,
DITALINI, PASTINA, EGG
NOODLES



4 \$5
FOR

MUST BUY 4, LIMIT 4 OFFERS

**PROGRESSO
TRADITIONAL SOUPS**
18-19 OZ. CAN,
ASST. VAR.,
EXCLUDES OTHER VARIETIES



4 \$10
FOR

MUST BUY 4, LIMIT 4 OFFERS

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



\$11.99
ea.

LIMIT 4 OFFERS



Have a Meaningful
Yom Kippur

**GUNTER'S PURE
CLOVER HONEY**
12 OZ. BTL.,
SQUEEZE BEAR



2 \$5
FOR



**GOLD'S
BORSCHT**
24 OZ. JAR,
ASST. VAR.

\$1.99
ea.



**STREIT'S
MATZO BALL OR
MATZO BALL &
SOUP MIX**
4.5 OZ. BOX

2 \$5
FOR

MUST BUY 2, LIMIT 4 OFFERS



**KEDEM
GRAPE JUICE**
22 OZ. BTL.,
ASST. VAR.

2 \$5
FOR

MUST BUY 2, LIMIT 4 OFFERS



GOLDEN BLINTZES
CHEESE, POTATO OR
BLUEBERRY
13 OZ.

\$3.99
ea.



**ROKEACH
MEMORIAL
YAHRZEIT LIGHT**
2.75 OZ.

79¢
ea.

Fresh DAIRY

WE SELL ORGANIC MILK & EGGS!

**FLORIDA'S
NATURAL
JUICE**
52 OZ. CONT.,
ASST. VAR.



2 \$7
FOR

MUST BUY 2, LIMIT 4 OFFERS

**STARBUCKS
ICED COFFEE**
40-48 OZ. CONT.,
ASST. VAR.



\$4.99
ea.

**CHOBANI
FLIPS OR CREATIONS
GREEK YOGURT**
4.5-5.3 OZ. CONT.,
ASST. VAR.
EXCLUDES OTHER VARIETIES



2 \$3
FOR

**LAND O LAKES
BUTTER**
16 OZ. PKG.,
SALTED, UNSALTED



\$2.99
ea.

LIMIT 4 OFFERS

**PHILADELPHIA
CREAM CHEESE**
2 PACK, 16 OZ. PKG.,
BRICK



\$5.99
ea.

LIMIT 4 OFFERS

**BREAKSTONE'S
SOUR CREAM**
16 OZ. CONT.,
REGULAR,
REDUCED FAT



2 \$5
FOR

**LOCALLY
OWNED & OPERATED**

Shop Online Thru Our Website

KeyFoodMan.com

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

Fresh PRODUCE

US #1 YELLOW LEMONS
2 LB. BAG

\$2.99
lb.

New Crop MANGOS

3 \$5
FOR

FRESH EXPRESS CRUNCHY & TENDER BLENDS
5-11 OZ. BAG, ASST. VAR.

3 \$10
FOR

GIORGIO WHITE MUSHROOMS
8 OZ. PKG., WHOLE OR SLICED

2 \$5
FOR

FRESH BROCCOLI CROWNS

\$1.99
LB.

Fresh Cut MEAT & FISH

FRESH CHICKEN WINGS
STORE PACK
USDA GOVT. INSPECTED
JUMBO PACK

\$2.99
lb.

FRESH PORK TENDERLOINS

\$3.99
lb.

BEEF BONE-IN CHUCK STEAKS
USDA CHOICE

\$6.99
lb.

85% LEAN GROUND TURKEY
BUTTERBALL FRESH,
16 OZ. PKG.

\$4.99
ea.

TILAPIA FILLET
FROZEN,
FARM RAISED

\$4.99
lb.

AQUA STAR READY TO COOK BREADED BUTTERFLY CRUNCHY SHRIMP
OR COCONUT
24 OZ. BAG

\$11.99
ea.

Enjoy Fresh DELI FAVORITES

Prepared FOODS

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

SMITHFIELD PREMIUM HAM

\$6.99
lb.

BOAR'S HEAD OVEN GOLD TURKEY BREAST

\$13.99
lb.

BOARS' HEAD VERMONT CHEDDAR OR PEPPER JACK CHEESE

\$7.99
lb.

BOAR'S HEAD HUMMUS
ASST. VAR.
8 OZ. PKG.

2 \$6
FOR

BELGIOIOSO MOZZARELLA
8 OZ. PKG., ASST. VAR., BALLS, LOGS

3 \$10
FOR

Store-Made SOLID WHITE TUNA SALAD

\$8.99
lb.

Store-Made PASTA WITH SPINACH SALAD

\$6.99
lb.

FALL DECORATED MINI CUPCAKES
12 CT. - 10 OZ. PKG.

\$4.99
ea.

APPLE OR APPLE CRUMB PIES
24 OZ. PKG.

\$5.99
ea.

CHECK OUT OUR **NEW PARTY MENU** ONLINE at **KeyFoodMan.com** or PICK ONE UP IN STORE!

Fresh DAIRY

WE SELL ORGANIC MILK & EGGS!

CHOBANI PROTEIN FLIPS YOGURT
6 OZ. CNTR., ASST. VAR.

2 \$4
FOR

BORDEN CHEESE SINGLES
10.67-12 OZ. PKG., ASST. VAR., PREPRICED

2 \$6
FOR

SSIPS TEA OR JUICE
52 OZ. CONT., ASST. VAR.

2 \$4
FOR

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

\$3.99
ea.

CHOBANI OATMILK
52 OZ. CONT., PLAIN, PLAIN, EXTRA CREAMY, VANILLA

\$4.99
ea.

DAISY COTTAGE CHEESE
24 OZ. CONT., 2%, 4%

\$4.49
ea.

LACTAID 100% LACTOSE FREE CREAMERS
FRENCH VANILLA, CARAMEL OR SWEET CREAM
32 OZ. BTL., ASST. VAR.

\$4.49
ea.

FROZEN Foods

BIRDS EYE STEAMFRESH PLAIN VEGETABLES
10-10.8 OZ. PKG., MIXED VEGETABLES, CUT CORN, SWEET PEAS, BROCCOLI CUTS, CUT GREEN BEANS
Mixes EXCLUDES OTHER VARIETIES

4 \$5
FOR

MUST BUY 4, LIMIT 4 OFFERS

LEAN CUISINE MEALS
8-10.88 OZ. BOX., ASST. VAR., COMFORT, MARKETPLACE, FEATURES OR FAVORITES,

2 \$6
FOR

MUST BUY 2, LIMIT 4 OFFERS

ORE-IDA POTATOES OR TOTS
19-32 OZ. PKG., ASST. VAR.

2 \$7
FOR

MUST BUY 2, LIMIT 4 OFFERS

JIMMY DEAN BREAKFAST SANDWICHES
STUFFED HASH BROWNS, OR FRITTATAS,
12-20.4 OZ. BOX, ASST. VAR.

\$6.99
ea.

URBAN MEADOW FROZEN FRUIT
12-16 OZ PKG., ASST. VAR., EXCLUDES RASPBERRIES, SLICED PEACHES

2 \$6
FOR

HÄAGEN-DAZ ICE CREAM
28 OZ. CONT., ASST. VAR.

\$6.99
ea.

FRIENDLY'S ICE CREAM
48 OZ. CONT., ASST. VAR., EXCLUDES NATURALY

\$3.99
ea.

LIMIT 4 OFFERS

IN-STORE GROCERY Savings

URBAN MEADOW APPLE JUICE
64 OZ. BTL.

\$2.49
ea.

CHOCK FULL O'NUTS GROUND COFFEE
10.2-11.3 OZ. CAN., ASST. VAR., EXCLUDES DECAF

\$5.99
ea.

LIMIT 4 OFFERS

URBAN MEADOW OATS
42 OZ. CONT., OLD FASHIONED, QUICK

\$3.99
ea.

URBAN MEADOW PEANUT BUTTER
16-16.3 OZ. JAR., ASST. VAR.

\$1.99
ea.

LIMIT 4 OFFERS

MAZOLA COOKING OIL
128 OZ. CONT., CANOLA, CORN, VEGETABLE PLUS

\$12.99
ea.

LIMIT 4 OFFERS

WISH-BONE SALAD DRESSING
8 OZ. BTL., ASST. VAR.

2 \$3
FOR

MUST BUY 2, LIMIT 4 OFFERS

STARKIST CHUNK LIGHT TUNA
5 OZ. CAN., IN OIL, IN WATER, LOW SODIUM

3 \$3
FOR

MARUCHAN INSTANT LUNCH
2.25 OZ. PKG., ASST. VAR.

5 \$3
FOR

MUST BUY 5, LIMIT 4 OFFERS

URBAN MEADOW BATH TISSUE
20 ROLL PACK, 2106.9 SQ. FT. PKG.

\$12.99
ea.

LIMIT 4 OFFERS

PEPSI OR SCHWEPES SODA
12 PACK, 12 OZ. CANS, 144 OZ. PKG., ASST. VAR., +TAX+DEP

\$7.99
ea.

LIMIT 4 OFFERS

CANADA DRY, A&W, SUNKIST, OR 7UP SODA
2 LITER, 67.6 OZ. BTL., ASST. VAR., +TAX+DEP

2 \$5
FOR

MUST BUY 2, LIMIT 4 OFFERS

TOSTITOS TORTILLA CHIPS
9-14.42 OZ. BAG, ASST. VAR.

\$3.99
ea.

NABISCO OREO COOKIES
10-20 OZ. PKG., ASST. VAR., FAMILY SIZE

2 \$9
FOR

MUST BUY 2, LIMIT 4 OFFERS

THOMAS' ENGLISH MUFFINS
6 PACK, 13 OZ. BAG, ORIGINAL ONLY, EXCLUDES ALL OTHER VARIETIES & ORIGINAL WHOLE GRAIN

\$2.99
ea.

LOCALLY OWNED & OPERATED

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

We reserve the right to limit 1 per Family. Prices effective this store only. Not responsible for typographic errors. Some pictures are for design purposes only and do not necessarily represent items on sale. PG 2