

THRILL OF THE GRILL!

Fresh, Boneless
U.S.D.A. Choice Beef

**Top Sirloin
Steak**

**9⁹⁹
lb.**

U.S.D.A.
CHOICE
GRADE
BEEF

Bakery Fresh
English
Toffee
Cookies
12 Count Package

5⁹⁹



Fresh
Strawberries
16 oz. Container

2/\$6



Fresh
Washington
Cherries

**3⁹⁹
lb.**



Fresh, Bone-In
**Country Style
Pork Ribs**

**2⁹⁹
lb.**

Starkist
Tuna or
Chicken
Pouches
Selected Varieties
2.6-3 oz. Package

4/\$5



Prego
Pasta Sauce
Selected Varieties, 14.5-24 oz. Jar

2/\$6



Rice-A-Roni
or Pasta-Roni
Selected Varieties, 4.3-7.2 oz. Package

4/\$5



Old Dutch
Potato Chips
Selected Varieties, 10 oz. Twin Pack

2/\$7



Essential Everyday
Sliced Cheese
Selected Varieties, 6-8 oz. Package

2/\$5

SUPER COUPON



Blue Bunny
Ice Cream
Selected Varieties, 128 oz. Pail

5⁹⁹

Use here with coupon. Limit one coupon per family. Excludes tobacco products. Valid Sun., July 6, 2025 thru Sat., July 12, 2025. Redeemable at Almad's Fresh Market only.

Sale Starts Sunday, July 6, 2025

SUN	MON	TUE	WED	THU	FRI	SAT
6	7	8	9	10	11	12

STORE HOURS: Sunday 7am-10pm
Monday - Saturday 6am-10pm

DUE TO CURRENT MARKET CONDITIONS,
ALL ITEMS MAY NOT BE AVAILABLE AT OUR STORE.
WE RESERVE THE RIGHT TO LIMIT QUANTITIES.

ALMSTED'S CANNOT BE HELD RESPONSIBLE
FOR TYPOGRAPHICAL OR PICTORIAL ERRORS.
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Almsted's
FRESH MARKET

Your Neighborhood Grocery Store



**READERS'
CHOICE
Awards**

Best Independently Owned
Grocery Store

CRYSTAL

ALMSTED'S CRYSTAL
42nd & Douglas Drive, N.
(763) 537-4551

www.almstedsmarkets.com



Quality Meats



Fresh, Bone-In Center Cut Pork Chops

2⁹⁹
lb.

Simple Bone-In Pork Chops

Ingredients

2 fresh bone-in center cut pork chops
1 tbsp olive oil
1 tsp salt
½ tsp black pepper
½ tsp garlic powder
½ tsp paprika (optional)
Fresh herbs (like rosemary or thyme – optional)

Directions

Pat chops dry with paper towels. Rub with olive oil, then season both sides with salt, pepper, garlic powder, and paprika.

Heat a skillet (cast iron works great) over medium-high heat. Once hot, add chops and sear 3–4 minutes per side until golden brown.

Lower the heat to medium, cover, and cook another 3–5 minutes, or until internal temperature reaches 145°F (63°C).

Let chops rest for 5 minutes before serving. Garnish with fresh herbs if desired.



Essential Everyday Boneless, Skinless Chicken Breast

3 lb. Package

11⁹⁹



Essential Everyday Chicken Wings

Selected Varieties
22 oz. Package

7⁹⁹



Johnsonville Breakfast Links

Selected Varieties
12 oz. Package

3⁹⁹



Hebrew National Beef Franks

10.3 oz. Package

4⁹⁹

Quality Meats



Fresh, Boneless
U.S.D.A. Choice Beef
**Eye of
Round Roast**

5⁹⁹
lb.



WE CUT OUR OWN
BEEF AND PORK

In-Store

FRESH

Fresh, Boneless
U.S.D.A. Choice Beef

**Eye of
Round Steak**

6⁴⁹
lb.



**Sugardale
Sliced
Bacon**

Selected Varieties
12 oz. Package

3⁹⁹



**Arctic Shores
Uncooked
Shrimp**

Peeled, Deveined, Tail-On
31/40 Count
16 oz. Package

6⁹⁹



**Cloverdale
Applewood
Smoked
Bacon**

3 lb. Package

18⁹⁹



**Lois Kemp
Imitation
Seafood**

Selected Varieties
8 oz. Package

2/\$4



**Steak-umm
Sliced Sandwich
Steaks**
9 oz. Package

3⁹⁹



**Hormel
Fully Cooked
Bacon**
Selected Varieties
2.52 oz. Package

4⁴⁹



**Sheboygan
Minnesota
Twins Brats**
Selected Varieties
16 oz. Package

4⁹⁹



**Hormel
Smoked
Pork Chops**
13 oz. Package

6⁴⁹

Summer Recipe



Grilled Corn & Avocado Tortilla Chip Nachos

Ingredients

- Tortilla chips (your favorite kind)
- 2 ears grilled corn (kernels removed)
- 1 ripe avocado (diced)
- 1 cup cherry tomatoes (halved)
- ½ cup black beans (rinsed & drained)
- ¼ cup red onion (finely chopped)
- 1 cup shredded pepper jack or cheddar cheese
- ¼ cup fresh cilantro (chopped)
- 1 jalapeño (thinly sliced, optional)
- Fresh lime wedges for serving

Directions

On a baking sheet, spread a layer of tortilla chips. Top with cheese, corn, black beans, tomatoes, and jalapeños.

Broil in the oven for 3–5 minutes, or until cheese is bubbly and golden.

Remove from oven and add diced avocado, red onion, and cilantro.

Squeeze fresh lime juice over the top and serve immediately.



Old Dutch
Ripples
Potato Chips

Selected Varieties, 8–8.5 oz. Bag

2/\$7



Nabisco
Premium
Saltines

Selected Varieties
9–16 oz. Package

3.99



General Mills
Chex Mix,
Bugles, or
Gardettos

Selected Varieties
9–14.5 oz. Bag

2/\$8



Frito Lay
Tostitos
Tortilla Chips

Selected Varieties
9–14 oz. Bag

2/\$8



Frito Lay
Ruffles
Potato Chips

Selected Varieties
7.25–8.5 oz. Bag

2/\$8



Frito Lay
Natural Chips

Selected Varieties
5–9 oz. Bag

2/\$8



Essential Everyday
Cashew
Halves

Selected Varieties
8 oz. Can

4.99



Frito Lay
Tostitos
Salsa

Selected Varieties
13.5 oz. Jar

2/\$7



Frito Lay
Dips

Selected Varieties
10–13.75 oz. Jar

2/\$8



Essential Everyday
Almonds &
Cashews

Selected Varieties
9–11 oz. Package

6.99



Kraft
Mac &
Cheese

Selected Varieties
2.05–2.39 oz. Cup

1.79



Annie's
Organic Mac
& Cheese

Selected Varieties
6 oz. Package

2/\$7

Grocery Deals



Quaker Quakes
Selected Varieties
4.4-7.23 oz. Package
3⁹⁹



Essential Everyday Instant Oatmeal
Selected Varieties
10 Count Package
2/\$6



Quaker Cereal or Oat Squares Cereal
Selected Varieties
11.2-14.5 oz. Package
2/\$7



COUNT ON
QUALITY AND
Selection

Hershey 8 Pack Candy Bars
Selected Varieties, 3.6-4.8 oz. Package
2/\$5



Keebler Ice Cream Cones
Selected Varieties
24 Count Package
2⁹⁹



Nature Valley or Fiber One Protein Bars
Selected Varieties
4.8-8.85 oz. Package
2/\$9



Essential Everyday Fruit Snacks
Selected Varieties
10 Count Package
2⁹⁹

X501 REDEEMABLE COUPON VALID: 07/06/25-07/12/25 RV0100

SAVE \$1.00
When You Buy Any 2 Hershey's 8 Pack Candy

RETAILER: Return to UNFI COUPON SERVICES via UNFI Redemption Form

VOID IF COPIED, TRANSFERRED, PURCHASED OR SOLD, ONE COUPON PER PURCHASE.

GOOD ONLY AT
Abe's Market

0 005010 2



Wild Harvest Organic Honey Bear
12 oz. Bottle
4⁴⁹



Pearl Milling Co. Syrup
Selected Varieties
24 oz. Bottle
3⁹⁹



KIND Gluten Free Granola & Breakfast Bars
Selected Varieties
5.82-6.2 oz. Package
3⁹⁹



Country Hearth Split Top Bread
White or Wheat
24 oz. Loaf
3⁷⁹



Maruchan Ramen Noodles
Selected Varieties
3.6 oz. Package
3⁹⁹



Equine Extra Strength Pain Relief
100 Count, Package
3⁹⁹



Essential Everyday Kitchen or Trash Bags
Selected Varieties
20-30 Count Package
3⁹⁹



Puffs Facial Tissue
Selected Varieties
48 Count Package
2/\$3



Charmin Bath Tissue
Selected Varieties
12 Mega Rolls
15⁹⁹



Bounty Double Plus Paper Towels
Selected Varieties
6 Roll Package
16⁹⁹

Frozen & Dairy Deals



Blue Bunny Ice Cream

Selected Varieties, 46-48 oz. Container

2/\$8.88

Stone Ridge Creamery Ice Cream Bars

Selected Varieties
6-12 Count Package

2/\$8



Marie Callender's Bowls & Pot Pies

Selected Varieties
10-12.3 oz. Package

2/\$6



Devour Entrées & Bowls

Selected Varieties
9-14 oz. Package

2/\$8



Snickers Ice Cream Bars
Selected Varieties
6 Count Package

4.99



Chobani Flip Greek Yogurt

Selected Varieties, 4.5 oz. Package

2/\$3



Dannon Yogurt Multipacks
Selected Varieties
4 Count Package

3.99

International Delight Coffee Creamer
Selected Varieties
12 oz. Bottle

3.99



Essential Everyday Vegetables
Selected Varieties
12 oz. Package

3/\$4

Essential Everyday Grated Parmesan Cheese
8 oz. Jar

3.49



SToK Cold Brew Ice Coffee
Selected Varieties
48 oz. Bottle

4.99



Essential Everyday Cream Cheese
Selected Varieties
8 oz. Tub

2/\$6



Pillsbury Crescents, Sweet Rolls or Grands! Biscuits
Selected Varieties
8-16.3 oz. Package

2.99



Pillsbury Refrigerated Cookies
Selected Varieties
16oz. Package

3.69

2023
SIN

READERS'
CHOICE
Awards

BEST DELI

FRESH IN OUR

Deli

FRESH

Kretschmar

Off the Bone
Turkey

9⁹⁹
lb.



Fresh from Our Deli & Bakery

Essential Everyday
**Potato,
Coleslaw or
Macaroni
Salad**

Selected Varieties
15-16 oz. Package

2⁹⁹



Mrs. Gerry's
The Original

Deli Fresh
**Taco Pasta
Salad**

5⁹⁹
lb.



Jongquist Family
Kitchen

Dips

Selected Varieties
11.5-12 oz. Package

3⁹⁹



2023
SIN

READERS'
CHOICE
Awards

BEST BAKERY



DELICIOUS
FOR
Toast!

Bakery Fresh
Ten Grain Bread
16 oz. Loaf

3⁷⁹

Lofthouse
**Iced Sugar
Cookies**

Selected Varieties
10 Count Package

5²⁹



Stonefire
**Mini Naan
Flat Bread**

Selected Varieties
4 Count Package

3⁴⁹



The Father's Table
**Variety
Cheesecake**

Selected Varieties
16 oz. Package

8⁹⁹



Fresh Produce



Dole Salad Kits

Selected Varieties, 10-13.25 oz. Bag

2/\$8

Fresh, fast, and full of flavor — Dole Salad Kits make healthy eating easy. With crisp greens, delicious toppings, and perfectly paired dressings, you can enjoy a chef-inspired salad in minutes. Just toss, serve, and savor!



Fresh Red, Yellow or Orange Bell Peppers

3/\$4

Add a pop of color and a burst of sweet, crisp flavor with our trio of bell peppers! Whether you're grilling, stuffing, or snacking raw, these vibrant peppers bring nutrition and taste to every bite.



Fresh Beefsteak Tomatoes

2⁴⁹ lb.

Beefsteak tomatoes are juicy, meaty, and packed with bold flavor. Perfect for slicing onto sandwiches, salads, or enjoying fresh. Every bite delivers garden-grown freshness you can taste.



Fresh Medium Yellow Onions

2⁴⁹

Yellow onions add incredible taste to many dishes, from omelets to meat loaves and roasts to stir-fries. This is an essential kitchen staple!



Fresh Snow or Snap Peas

2/\$7

Selected Varieties, 8 oz. Package

Our farm-fresh snow peas and sugar snap peas deliver unbeatable crunch and natural sweetness.



Fresh Brussels Sprouts

2/\$7

Whole or Halved, 12 oz. Package

Roast them, sauté them, love them. Packed with flavor and nutrients, these little greens mean big taste.

NATURE'S Butter



Fresh Hass Avocados

2/\$3

Gluten-Free Guacamole

Ingredients

2 medium Hass avocados (peeled, pitted and diced)
1/4 teaspoon jalapeno (finely chopped)
1/4 teaspoon garlic (minced)
1 teaspoon onion (finely chopped)
1/4 cup Roma tomatoes (chopped)
Kosher Salt
2 teaspoons cilantro (chopped)
2 teaspoons lime juice

Directions

Coarsely mash avocados with jalapeno and garlic until creamy but still chunky. Add onion and tomatoes then salt to taste; stir to combine.

Sprinkle with cilantro and drizzle with lime juice; gently stir to combine.

If desired, add more jalapeno, garlic, onion, salt, cilantro or lime juice.

Refreshing Beverages



Coca Cola 12-Pack

Selected Varieties, 12/12 oz. Cans

8⁴⁹



Coca Cola 2 Liter

Selected Varieties, 2 Liter Bottle

3²⁹



Monster Energy Drink

Selected Varieties, 16 oz. Can

2/\$5