

ZUPAN'S MARKETS™

ESTABLISHED 1975

BUY IT FRESH

MEAT

Harris Ranch USDA Choice all-natural source-verified Angus beef

Ground beef \$2.99lb

Not to exceed 16% fat, ground fresh daily at each location

SEAFOOD

Fresh & wild, Oregon Coast

Cooked shrimp meat \$4.49lb

CHEESE

Rogue sharp cheddar \$18.99lb

Prices effective July 28-Aug 3, 2010

SERVICE DELI

Zupan's fresh-made

Beet & pepper salad \$5.99lb

GOURMET BAKERY

New Delicious Donut Co.

Regular donuts \$9.99dozen

COFFEE

Peet's Coffee and Tea

Medium flavored latte 2/\$5

Prices effective July 28-Aug 17, 2010

MEAT

Harris Ranch USDA Choice all-natural source-verified Angus beef

Boneless New York steaks \$15.99lb

Boneless flat iron steaks \$7.99lb

Handmade ground beef patties \$3.99lb

Boneless sirloin tip steaks \$4.99lb

Carlton Farms all-natural pork

Boneless pork shoulder roast \$2.49lb

St. Louis-style spare ribs \$3.99lb

Boneless sirloin chops \$1.99lb

Zupan's fresh-made

Chicken link dinner sausage \$4.99lb

Shepherd's Pride all-natural USDA

Choice American grain-fed lamb

Loin chops \$18.99lb

Draper Valley Northwest-grown

all-natural poultry

Fresh boneless skinless

fryer breasts \$3.99lb

Draper Valley Northwest-grown

all-natural veg-fed poultry

Fresh fryer thighs or drumsticks \$1.69lb

Mary's Organic free range air-chilled

all-natural veg-fed poultry

Fresh whole body fryers \$3.49lb

Mary's free range air-chilled

all-natural veg-fed poultry

Fresh boneless skinless

fryer breasts \$5.99lb

SEAFOOD

Fresh & wild

Canadian true cod fillets \$5.99lb

Tail off, previously frozen

Jumbo cooked prawns 13/15ct \$17.99lb

Fresh & farm raised, dressed

Idaho golden trout \$4.99lb

Wild, previously frozen

King crab legs 16/20ct \$15.99lb

PRODUCE

Fresh Express Baby Blends 4-7oz \$2.99ea

Veggie Spring Mix - 50/50 Mix - Spring Mix -

Sweet Tender Greens - Tender Ruby Reds -

Sierra Crisp Herb - Wild Rocket Zest

Litehouse dressing 12-13oz 2/\$7

Selected varieties

SERVICE DELI

Boar's Head

Honey maple ham \$8.99lb

Cream havarti \$9.99lb

Honey maple turkey \$9.99ea

Freybe salami chubs 8.8oz \$7.99lb

Gypsy - Pepper - Parmesan

GOURMET BAKERY

Marsee Baking Co.

Strawberry Cream cake 7" \$25ea

what's on

SALE \$

Prices effective July 28-Aug 17, 2010

BEER

6/12oz bottles	
Bridgeport beer	\$6.99 +dep
6/12oz bottles	
Deschutes beer	\$6.99 +dep
6/12oz bottles	
Lagunitas beer	\$6.99 +dep
6/12oz bottles	
Full Sail beer	\$6.49 +dep
12/12oz bottles	
Corona or Pacifico beer	\$13.99 +dep
6/12oz cans	
21st Amendment beer	\$6.99 +dep
12/11.2oz bottles	
Stella Artois beer	\$14.99 +dep
6/12oz bottles	
Widmer beer	\$7.49 +dep
6/11.2oz bottles	
Leffe Blonde beer	\$8.49 +dep

OTHER GREAT THINGS

Frito Lay Tostitos 9.5-13oz	\$2.99ea
Odwalla Quenchers 450ml	2/\$4
Food Should Taste Good Chips 16oz	2/\$4
Portland Roasting coffee 12oz	\$7.49ea
La Primavera tomatoes 28oz	\$2.69ea
Frito Lay Ruffles potato chips 9-10oz	\$2.99ea
Metroelectro water 20oz	4/\$5
Lucini salad dressing 8.5oz	\$4.99ea
Coconut Bliss bars 4 ct box	\$3.99ea
TalkingRain Twist 19oz	10/\$10
Galaxy Granola 12oz	2/\$9
Reed's Ginger Brews 4/12oz	2/\$9
Hebrew National Kosher All-beef Franks 11-12oz Regular or lite	2/\$7
Nancy's 8oz Nonfat yogurt, fruit on the bottom	89¢ea
Wilcox dozen Cage-free large brown eggs	\$2.99ea
Newman's Own Lemonade, pink lemonade, or limeade 64oz	\$1.99ea
Häagen Dazs Ice cream 14oz	2/\$5
Ice cream bars 3 pack	2/\$5

You can also find out **What's on Sale** every day at zupans.com!

what's on \$