

SALE STARTS MAY 15th THRU MAY 21st, 2014

Open Daily 7am-11pm

SUPER A FOODS

Save Every Day

Fresh Super A Fryer Drumsticks Family Pack **99¢ Lb.**

HARRIS CA GROWN Beef Chuck Espaldilla de Res **349 Lb.**
Clod Steaks, Thin Cut Family Pack

Fresh Pork Loin Chops or Roast Boneless **299 Lb.**

Sweet Seedless Watermelon **5.99 LBS**

Juicy, Valencia Oranges **3.99 LBS**

Savory Cilantro **4.99 FOR**

1 Lb. Clamshell Strawberries **1.29 Ea.**

Crisp Iceberg Lettuce **2.99 FOR**

Small Avocados **3.99 FOR**

Crisp Gala Apples **79¢ Lb.**

Brown Onions **3.99 LBS**

Jalapeños or Tomatillo **2.99 LBS**

Kellogg's Special K Cereals
Assorted Varieties & Sizes

Buy Two Special K Cereals Get One FREE!

PLU#9014

Special Value Apple Delight
64 oz.

99¢ +CRV

Springfield Oil
Vegetable or Corn
40 oz.

1.99

Springfield Mayonnaise
30 oz.

1.99

Heineken, Dos Equis, Newcastle
24 Pack, 12 oz. Bottles

19.99 +CRV

*Get a 24 Pack, .5 Liter of Springfield Water for 1¢ +crv with purchase of 24 Pack, PLU #9001

Springfield Soda
2 Liter

79¢ +CRV

Special Value Bath Tissue
12 Rolls

2.59

Coca-Cola, Diet Coke, Sprite, Dr Pepper
20 Pack, 12 oz. Cans

5.99 +CRV

Special Value Shoestring Potatoes
20 oz.

2 FOR \$1

Land O Lakes Natural Cheese
16 oz.

2.99

We Reserve The Right To Limit Quantities. Sales In Retail Quantities Only • Visit Our Website At www.superfoods.com

Temple City
5595 Rosemead Blvd.

Paramount
13120 Downey Ave.

Bell Gardens
6380 E. Florence Ave.

Eagle Rock
2245 Yosemite Dr.

Los Angeles
2925 Division St.

Montebello
2924 Beverly Blvd.

South Gate
8116 California Ave.

Highland Park
5250 York Blvd.

Fillmore
725 Ventura St.



Gatorade Thirst Quencher 32 oz. 89¢	Folgers Instant Coffee 8 oz. 4.99	Kool-Aid Jammers 10 Pack 2.00	Springfield Soda 2 Liter 79¢	Mazola Oil Corn, Corn Plus, Canola or Vegetable Plus 40 oz. 2.99	Best Food Mayonnaise 30 oz. 3.99	Chicken of the Sea Chunk White Tuna In Water, 5 oz. 4.00	Mazola Extra Virgin Pure Olive Oil 17 oz. 3.99
Oroweat Bread 7 Grain, Potato, Double Fiber 24 oz. 2.99	Nature's Harvest Bread 100% Stone Ground, Whole Grain White or Honey Wheat 20 oz. 2.00	Western Bagels Plain Only 6 Pack 1.29	Nabisco Chip Ahoy! Cookies 9.5-13 oz. 2.00	Del Monte Fruit Cocktail or Peaches Sliced or Halves 15.25 oz. 1.99	Del Monte Fruit Cups 4 Pack, 4 oz. 2.99	Hershey's Spreads Snacksters 1.8 oz. 2.00	Mazola
Ruffles Potato Chips 7.5-8.5 oz. 2.00	Kellogg's Cereal Family Size Frosted Flake, 26.8 oz. Froot Loops, 21.7 oz. Corn Pops, 21.4 oz. Apple Jacks, 21.7 oz. 3.59	Kellogg's Raisin Bran Cereal 18.7 oz. 2.00	Malt-O-Meal Box Cereal Assorted Sizes & Varieties 1.89	Angel Soft Bath Tissue 12 Double Roll 5.99	Emerald River Long Grain Jasmine Rice 5 Lb. Bag 2.99	Hereford Roast Beef w/Gravy or Corned Beef Regular or Less Sodium, 12 oz. 3.99	Knorr Boullion Chicken, Beef or Tomato, 7.9 oz. 1.49

Springfield Apple Juice 64 oz. 1.59	Springfield Drinking Water 24 Pack .5 Liter Bottles 2.00	Springfield Pasta 12-16 oz. 99¢	Springfield Mayonnaise 30 oz. 1.99	Springfield Tomato Sauce Regular or No Salt Added, 8 oz. 1.00	Springfield Cooking Oil Vegetable or Corn 40 oz. 1.99	Special Value Bleach 96 oz. 89¢	Special Value Bath Tissue 12 Rolls 2.59
Springfield Waffles 12.3 oz. 2.00	Springfield Frozen Potatoes 2 Lbs., Stater Nuggets, French Fries, Seasoned Fries or Crinkle Cut Fries 1.99	Springfield Cob Corn 4 Ears 2.49	Springfield Golden Pride Bread 16 oz., White or Wheat 99¢	Springfield Ketchup 24 oz. 99¢	Springfield Whole Kernel Corn 15.25 oz. 59¢	Springfield Aluminum Foil 12"x25" Sq. Ft. 99¢	Special Value Napkins 180 Ct. 99¢
Springfield Yogurt 32 oz. 1.99	Springfield Butter 16 oz. 3.49	Special Value Shoestring Fries 20 oz. 2.00	Springfield Lime or Lemon Juice 32 oz. 2.29	Springfield Lentils 16 oz. 59¢	Springfield Ground Coffee 27.8 oz. 4.99	Prize Multi-Flavor Dog Biscuit 4 Lbs. 2.99	Springfield Foam Cups 20 Ct., 16 oz. 99¢
Springfield Family Pack Vegetables 28-32 oz. 1.99	Springfield Natural Cheese 16 oz. 2.99	Springfield Soft Spread 45 oz. 1.99	Springfield Fruit Singles 4 Pack, 4 oz. Bowls 1.89	Springfield Corn Flakes 18 oz. 1.79	Special Value Cookies 12 ct., Assorted Varieties 1.29	Prize Dog Food 22 oz. Can 99¢	Springfield Foam Plates 150 Ct. 3.99

Beer & Wine

Budweiser, Bud Light, Miller Genuine Draft, Miller Lite, Coors, Coors Light, Tecate, Tecate Light 30 Pack, 12 oz. Cans 19.99	Cazadores, Courvoisier, Ketel One, Chivas Regal, Ciroc, Jameson, Belvedere, Maker's Mark, Corralejo, Muer's Tradicional Crown Royal 750 ml. 6.99	Bodega Elena, Bogle, Cupcake, Columbia, Robert Mondavi, Geyser Peak, Gnarly Head, Barefoot Bubbly 750 ml. 8.99
Corona Extra, Victoria, Corona Light, Blue Moon, Modelo, Shock Top 24 Pack, 12 oz. Bottles 23.99	Smirnoff, Skyy or New Amsterdam Vodka, Malibu or Bacardi Rum 750 ml. 9.99	Stella Rosa, 14 Hands, Moscato D'Asti, Apothic, Chateau Ste Michelle, Edna Valley, Korbel, Martini & Rossi 750 ml. 17.99
Dos Equis, Redd's, Bohemia, Longboard, Peroni, Leinenkugel's, Great White, Victoria, Shock Top, Blue Moon, Smith & Forge 12 Pack, 11.2-12 oz. Bottles 13.99	Baileys, Fireball, Rum Chata, Sauza Hornitos 750 ml. 14.99	Riunite, Beringer or Sutter Home Wines 750 ml. 3.99
Budweiser Black Crown, Bud Light Platinum, Bud Light Lime, Michelob Ultra, Michelob Amber, Third Shift Amber, Miller Fortune, Bass, Beck's or St. Pauli Girl 12 Pack, 12 oz. Cans or Bottles 9.99	Fireball Cinnamon Whisky or Sailor Jerry Spiced Rum 1.75 Liter 19.99	Camarena Tequila 1.75 Liter 22.99
Budweiser Black Crown, Bud Light Platinum, Bud Light Lime, Michelob Ultra, Michelob Amber, Third Shift Amber, Miller Fortune, Bass, Beck's or St. Pauli Girl 12 Pack, 12 oz. Cans or Bottles 9.99	Gran Centenario Tequila 750 ml. 21.99	Buchanan's, Johnnie Walker Black, or Grey Goose 750 ml. 24.99

Deli Delights

Egg-Land's Best Grade AA Large Eggs Dozen 2.00	Bar-S Jumbo Franks Most Cheddar or Turkey, 16 oz. Bologna 12 oz. 1.19	Land O Lakes Natural Cheese 16 oz. 2.99
Mission Estilo Casero Corn Tortillas 70 Ct. 1.99	Borden Cheese American Singles, 12 oz. Shreds, 8 oz. or Slices, 6 oz. 2.00	Knudsen Cottage Cheese 16 oz. 2.00
Guerrero White Corn Tortillas 30 Ct. or Tostadas, 22 Ct. 1.49	CaciQue Queso Fresco, Panela, Crema Salvadoreña or Mexicana Agria 10-15 oz. 2.00	Knudsen Cottage Doubles 3.9 oz. 99¢
Double Eagle Sliced Cooked Ham 10 oz. 1.79	Oscar Mayer Chopped Ham, Oven Roasted Turkey or Combo Family Pack 16 oz. 2.99	Knudsen Sour Cream 48 oz. 2.99
Evergood Sausage 13 oz. 3.99	Carl Buddig Deli Tubs 9 oz. 2.00	Gold'n Soft Spread 45 oz. 1.79

Non Foods

Head & Shoulders Shampoo or Conditioner 14.2 oz. 3.99	Colgate Toothpaste Selected Varieties 6.4 oz. 1.99	Old Spice Body Wash 16-18 oz. 3.99	Western Family Mouthwash 33.8 oz. 2.49
Old Spice 2-in-1 Shampoo & Conditioner 12 oz. 3.99	BIC Disposable Razors Flex 4, Flex 3, Comfort 3 Men Advanced Soleil Twilight Women 4 Ct. 4.99	Lipovitan Vitamin Drink Assorted Flavors 6 Pack, 3.3 oz. 4.99	Bayer Aspirin 325 mg 100 Ct. 5.99
Huggies Baby Wipes Refills 160-216 Ct. 6.99	Colgate Toothbrush 1 Ct. 69¢		



CALIFORNIA CA GROWN

A BETTER BRAND OF BEEF

We Proudly Feature Harris Ranch Beef



**Harris Ranch
Beef
Chuck
Blade
Steaks
or Roast**

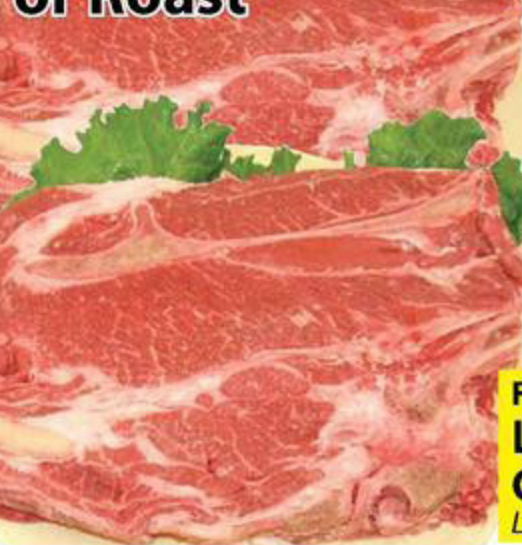
3.49
Lb.

**Harris Ranch
Beef Chuck
7-Bone
Steaks or Roast**

3.79
Lb.

**Harris Ranch
Stewing
Beef
Boneless**

3.99
Lb.



**Fresh
Lean
Ground Beef
Less than 22% Fat**

3.99
Lb.

**Harris Ranch
Beef
Shanks
Center Cut**

2.99
Lb.

**Fresh Turkey Store
Ground
Turkey**
85/15, 20 oz.

3.49
Ea.

**Don Francisco
Queso Fresco**
Bulk **2.99** Lb.

**Don Francisco
Queso Cotija**
Bulk **3.49** Lb.

**Don Francisco
Crema**
Norteña or Mexicana **1.99** Lb.

**Johnsonville
Bratwurst
Original, Beer or
Italian Sausage**
Mild or Hot
19 oz.

3.99
Ea.

**Hoffy
Sliced
Bacon**
12 oz.

3.99
Ea.

**Ball Park
Beef Patties**
Pre-Cooked
All Varieties
18 oz.

6.99
Ea.

**Fresh
Homestyle
Salsa**
Mild or Hot **3.99** Lb.

**Super A
Tortilla Chips**
Thin 24 oz.
or Regular, 32 oz. **2.99** Ea.

**Fresh Turkey Store
Ground Turkey**
93/7, 20 oz.

**Patties 16 oz.
or Links 14 oz.**

3.99
Ea.

**Foster Farms
Chicken
Breast**
Bone-In
Value Pack **1.39** Lb.

**Foster Farms
Picnic Pack**
Value Pack **1.29** Lb.

**Foster Farms
Whole Bag
Fryers** **1.39** Lb.

**Foster Farms
Chicken Nuggets**
33.6 oz. or
Chicken Patties
28 oz., Frozen **4.99** Ea.

Seafood Department

**Tilapia
Fillets**
Defrosted **3.49** Lb.

**Cooked & Peeled
Shrimp**
100-200 Ct.
Defrosted **5.99** Lb.

**Fresh
Imitation
Crab Meat**
Flaked **1.99** Lb.

**Marinated Fish
Fresh Ceviche
or Imitation
Crab Salad**
Ready to Serve **3.99** Lb.

**Fresh Imitation
Crab Meat**
Flaked, 2.5 Lb. Pack **4.98** Ea.

Deli & Hot Foods

**Foster Farms
Whole
Oven Roasted
Chicken**
2 Lb. net wt. **6.99** Ea.

**Foster Farms
Turkey Breast**
Select
Oven Roasted
Sliced **2.99** Lb.

**Hickory
Smoked** **3.99** Lb.

**Carnitas
Pork Shoulder
or Turkey**
Baked **5.99** Lb.

**Whole Fried
Mojarra** **3.99** Lb.

**Breaded
Tilapia Fillets**
Cooked **4.99** Lb.

**MEET CHEF
LUIS NAVARRO**
FROM LOLA'S MEXICAN CUISINE

Renowned Chef Luis Navarro from Lola's Mexican Cuisine in Long Beach with Harris Ranch beef exclusively featured at Super A Foods. Chef Navarro is known for putting an exciting and fresh new twist on Mexican cuisine at his acclaimed Long Beach restaurant is the perfect showcase for his unique culinary talents.

Chef Navarro will show you how to take premium, all-natural Harris Ranch beef to a new level with delicious recipes you can easily prepare at home. He will be featured at the Super A demo grill from noon to 2 PM where you'll get the unique opportunity to sample Mexican cuisine at its finest.

Everyone who attends will be automatically entered to win dinner for two at Lola's Mexican Cuisine, plus everyone will receive a free gift from Super A Foods and Harris Ranch.

**MARCH 29 - TORRANCE
MAY 24 - TEMPLE CITY**

**APRIL 26 - PARAMOUNT
JUNE 28 - HIGHLAND PARK**

SAVE EVERY DAY **DOUBLE COUPON • DOUBLE SAVINGS!**

Present this coupon along with any one MFG. "Certs. Clr" coupon. Price amount plus doubled amount not to exceed \$100. Does not apply to "Free" coupons. Doubled amount not to exceed price of item. Not eligible on tobacco, liquor or dairy products. Only one double coupon per MFG. coupon. Coupon effective 5/15/14 thru 5/21/14. Limit 1 Per Coupon • 4 Coupons Per Customer.

SAVE EVERY DAY **DOUBLE COUPON • DOUBLE SAVINGS!**

Present this coupon along with any one MFG. "Certs. Clr" coupon. Price amount plus doubled amount not to exceed \$100. Does not apply to "Free" coupons. Doubled amount not to exceed price of item. Not eligible on tobacco, liquor or dairy products. Only one double coupon per MFG. coupon. Coupon effective 5/15/14 thru 5/21/14. Limit 1 Per Coupon • 4 Coupons Per Customer.

SAVE EVERY DAY **DOUBLE COUPON • DOUBLE SAVINGS!**

Present this coupon along with any one MFG. "Certs. Clr" coupon. Price amount plus doubled amount not to exceed \$100. Does not apply to "Free" coupons. Doubled amount not to exceed price of item. Not eligible on tobacco, liquor or dairy products. Only one double coupon per MFG. coupon. Coupon effective 5/15/14 thru 5/21/14. Limit 1 Per Coupon • 4 Coupons Per Customer.

SAVE EVERY DAY **DOUBLE COUPON • DOUBLE SAVINGS!**

Present this coupon along with any one MFG. "Certs. Clr" coupon. Price amount plus doubled amount not to exceed \$100. Does not apply to "Free" coupons. Doubled amount not to exceed price of item. Not eligible on tobacco, liquor or dairy products. Only one double coupon per MFG. coupon. Coupon effective 5/15/14 thru 5/21/14. Limit 1 Per Coupon • 4 Coupons Per Customer.

Super A V1- 5/15/14 • Page 4

WE RESERVE THE RIGHT TO CORRECT PRINTED ERRORS. ALL ADVERTISING OFFERS SUBJECT TO AVAILABLE SUPPLY. LIMIT 3 LIKE COUPONS PER PERSON. NO CASH TO BE PAID. Printed by: Fisher Printing Inc. (714) 998-8200 • www.fisherprinting.com

ONE DAY SPECIALS!

WHILE SUPPLIES LAST

FRIDAY, MAY 16TH

Roma Tomatoes



2^{LBS} 99¢

Mexican Papaya



49¢ Lb.

Honeydew



4^{LBS} 99¢

Harris Ranch Extra Lean Ground Beef
Less Than 15% Fat



3^{Lb.} 99

Chicken Leg Quarters
10 Lb. Bag Frozen



6^{Lb.} 99¢

Crystal Geyser Drinking Water
1 Gallon



5^{99¢} +CRV

Joseph Farm Natural Cheese
Monterey Jack or Mozzarella
4 Lbs



10⁹⁹
Limit 4

Sauza Tequila
White or Gold
750 ml.



6⁹⁹

Hornitos Tequila
750 ml.



12⁹⁹
Limit 6

Sunny Delight Citrus Punch
64 oz.



8^{99¢} +CRV
Limit 6

General Mills Specials

Yoplait Yogurt
Fridge Pack
8 Count



3⁹⁹

Yoplait Yogurt GoGurt
18 oz.



2^{FOR} \$4

Yoplait Yogurt
Original or Light
6 oz.



2^{FOR} \$1

Yoplait Greek Yogurt
5.3 oz.



99¢

Totino's Pizza Rolls
7.5 oz.



1⁹⁹
40 Count
2^{FOR} \$6

Betty Crocker Pancake Mix
37 oz.



2^{FOR} \$5

Nature Valley or Fiber One Granola Bars
Assorted Sizes and Varieties



2^{FOR} \$5

General Mills Cereals
Honey Nut Cheerios, 12.25 oz.
Multi-Grain Cheerios, 12.8 oz.
Honey Nut Cheerios Medley, 13.1 oz.
Cheerios, 14 oz.



2^{FOR} \$5

Totino's Party Pizzas
Pepperoni or Supreme
10.2-10.9 oz.



4^{FOR} \$5

Beverage Specials

Coca-Cola, Diet Coke, Sprite, or Dr Pepper
12 Pack, 12 oz. Cans

2 FOR \$9
+CRV

Fanta or Fuze
12 Pack, 12 oz. Cans

3 FOR \$10
+CRV

Fanta, Fuze, Minute Maid, Mello Yello
2 Liter

89¢
+CRV

Coca-Cola, Sprite, Dr Pepper
6 Pack, .5 Liter Bottles
8 Pack, 7.5 oz. Mini Sleek Cans

3 FOR \$10
+CRV

Dasani Drinking Water
24 Pack, .5 Liter Bottles

Powerade Sports Drinks
8 Pack, 20 oz. Bottles

4.99
+CRV

7-up, Sunkist, A&W, Squirt
12 Pack, 12 oz. Cans

3 FOR \$9
+CRV

7-up, Sunkist, RC Cola, A&W, Squirt
2 Liter

99¢
+CRV

7-up, Sunkist, A&W, Squirt
6 Pack, .5 Liter Bottles

1.99
+CRV

Aquafina or Brisk
1 Liter

99¢
+CRV

Pepsi, Diet Pepsi, Sierra Mist, Mtn Dew
6 Pack, 24 oz. Bottles
8 Pack, 7.5 oz. Mini Sleek Cans
8 Pack, 12 oz. Bottles
12 Pack, 12 oz. Cans

3 FOR \$10
+CRV

SUPER A SAVERS!

Tampico Citrus Punch
Gallon

2 FOR \$3
+CRV

El Mexicano Queso Casero, Crema Mexicana or Casera
10-15 oz.

79¢

2.69

El Mexicano Smoothies
7 oz.

2.99

Bailey's Flavored Coffee Creamers
32 oz.

2.99
+CRV

Simply Lemonades
1.75 Liter

2.19
+CRV

Lala Yogurt
6 oz.

2 FOR \$1

Lala Smoothies
7 oz.

99¢

Señor Flan or Señor Rico Flan or Rice Pudding
4.5-8 oz.

79¢

Señor Rico or Margarita's Gelatins
5 oz.

4 FOR \$1

Daisy Sour Cream or Cottage Cheese
16 oz.

1.99

Danonino
6 Pack, 1.76 oz. or Dannon Creamy
6 Pack, 4 oz.

1.99

Freezer Pleasers

Eggo Waffles
10.7-16.4 oz.

2 FOR \$5

Tony's Pizzeria
8-15.76 oz.

1.99

Good Humor Variety Pack
24 Ct.

10.99

Golden Creme Ice Cream
48 oz.

3.49

Celeste Pizza For One
5-7.8 oz.

99¢