

bfresh[®] market

214 harvard ave allston
244 elm st somerville

affordable *fresh!*

prices valid 7/6/18-7/12/18 ONLY

freshify your life



\$2.49
/lb

juicy and delicious
yellow or white
flesh peaches and
nectarines
OR plums

super sweet bi-color corn



4/\$2

Northwest cherries



3.99
/lb

sweet
and healthy
snack ideas



\$5/ea
plump and juicy
blueberries
18 oz. pkg.



10/\$10
sweet, ripe &
juicy Navel
oranges OR
mangoes

store brand
yellow or red
potatoes
5 lb. bag

\$3.99/ea



real *savings*



\$8.99
/lb
sirloin tip steak
U.S.D.A. choice beef
value pack



\$7.99
/lb
farm raised, boneless
fresh salmon fillets

Nature's
Promise
flavored
waters
16 fl. oz. btl.

5/\$5



4/\$5
Fage yogurt
5.3 oz. cont.

extra savings!

Even more deals!!!
all month long!
prices valid 6/29/18-7/26/18

introducing new items

available 6/29/18 - 7/26/18



\$7.99/ea

pesto chicken salad sandwich
pesto chicken salad with lettuce and tomato on a Ciabatta roll



\$8.99/ea

Italian antipasto salad
Romaine Lettuce, baby arugula, Boar's Head deluxe ham, Genoa salami, Provolone cheese, grilled peppers, cucumber, red onion, black olives and Balsamic vinaigrette

Little Kitchen Fresh sandwiches, wraps & salads... now part of our everyday line-up

- we use the freshest quality produce & protein
- our sandwiches & salads are handcrafted to perfection
- we use local artisan breads from Iggy's for all sandwiches



\$3/ea

Angel Food cake
10.5 oz. pkg.

Nature's Promise organic Romaine hearts 3 ct. pkg. OR grape tomatoes 1 pint



\$3.49/ea

Nature's Promise ketchup 19.5-20 oz. cont. selected varieties



2/\$4

Luna 1.59-1.69 oz. OR Health Warrior bars 88 oz. bar selected varieties



10/\$10



\$9.99/lb

sliced to order Boar's Head Ovengold turkey breast



\$9.99/ea

Bubba Burger 2 lb. box, selected varieties (excludes Angus burgers)



\$2.99/ea

President crumbled feta 6 oz. pkg. OR Alouette Crème de Brie 5 oz. pkg.

Kind bars 6.2-7.1 oz. box selected varieties



2/\$5

we promise to make healthy, affordable!



\$2.99/ea

Nature's Promise organic salad 5 oz. cont. selected varieties



\$6.99/lb

Nature's Promise fresh organic boneless and skinless chicken breasts



\$4.99/ea

Nature's Promise smoked chicken OR fresh sausage 12-16 oz. pkg. selected varieties



2/\$4

Nature's Promise marinade 12 oz. btl., selected varieties



2/\$6

Nature's Promise veggie sticks or chips 5.5-8 oz. bag



2/\$5

Nature's Promise lemonade OR organic apple juice 64 fl. oz.



2/\$6

Nature's Promise frozen vegetable burgers 10 oz. pkg. selected varieties



2/\$6

Silk milk 64 oz. cont.



SALE

\$1 off hot soup any size tuesday only



SALE

\$4.99 sushi* wednesday only *select sushi



SALE

\$1 off per lb. hot buffet thursday only



SALE

2/\$10 rotisserie chicken friday only

get@us

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