



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

JANUARY 2026 FRI 16 SAT 17 SUN 18 MON 19 TUE 20 WED 21 THU 22

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

MARTIN LUTHER KING DAY

BLACK FREEDOM BELIEVE UNITY CHANGE HAPPY HOPE PARITY FREEDOM DREAM PEACE CHANGE SOLIDARITY

NON-REGRESSOR STRONG HOPE EMPATHY JUSTICE CIVIL RIGHTS EQUALITY TOLERANCE PEACE ABILITY DREAM BELIEVE COURAGE THROUGH

HAPPY PEACE CHANGE COMMUNITY FREEDOM JUSTICE TOYLANDS POWER FATHERHOOD TOLERANCE EDUCATE RESPECT

LOVE EMPATHY UNITY WIDE BELIEVE

STRONG HAPPY WORKS BROTHERHOOD

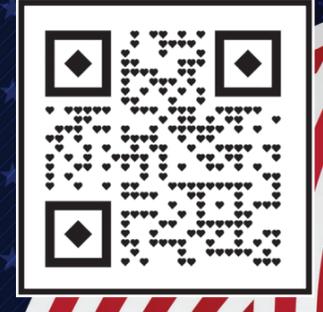
JUSTICE EMPATHY PROUD STRONG CIVIL RIGHTS EDUCATE FREEDOM

HOME DELIVERY
CHOOSE US ON

instacart mercat6

DOORDASH Uber Eats

KeyFoodMan.com
OR CALL THE STORE FOR PHONE ORDERS
Curbside Pickup Available!



Fresh Cut MEAT

BEEF BONE-IN CHUCK STEAKS
USDA CHOICE



\$5.99 lb.

BEEF BOTTOM ROUND ROAST
USDA CHOICE



\$4.99 lb.

FRESH BONE-IN CENTER CUT PORK CHOPS
FAMILY PACK



\$2.49 lb.

FRESH CHICKEN DRUMSTICKS
PERDUE GRADE A JUMBO PACK



\$1.29 lb.

Delicious DELI

ALL DELI MADE FRESH DAILY!

BUTTER BALL HONEY TURKEY BREAST



\$8.99 lb.

Our Fire Braised ST. LOUIS BBQ RIBS



\$9.99 lb.

DI LUSSO DELUXE HAM



\$6.99 lb.

Store Baked FRENCH BAGUETTES
11.05 OZ., BRIDOR



\$2.49 ea.

ALL STORES HAVE A CHEF ON PREMISES!

Fresh PRODUCE

FRESH BLUEBERRIES
1 DRY PINT



\$3.99 ea.

NAVEL OR CARA CARA ORANGES
3 LB. BAG, CALIFORNIA



\$4.99 ea.

MISSION MINI HASS AVOCADOS
6 CT. BAG, "SMALL BUT MIGHTY"



\$2.99 ea.

BEEFSTEAK TOMATO



\$1.49 lb.

FRESH EXPRESS CHOPPED SALAD KITS
9-12 OZ. BAG, ASST. VAR.



\$3.99 ea.

IN-STORE GROCERY Savings

POLAND SPRING SPRING WATER
24 PACK, 16.9 OZ. BTL., 405.6 OZ. PKG., +TAX +DEP



3 \$12.99 FOR

MUST BUY 3, LIMIT 1 OFFER

WESSON COOKING OIL
128 OZ. CONT., CORN, CANOLA, VEGETABLE



\$9.99 ea.

LIMIT 3 OFFERS

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



4 \$5 FOR

MUST BUY 4, LIMIT 2 OFFERS

BARILLA PASTA SAUCE
24 OZ. JAR, ASST. VAR.



\$1.99 ea.

CARNATION EVAPORATED MILK
12 OZ. CAN, REGULAR, LOW FAT, FAT FREE



3 \$5 FOR

ENTENMANN'S FULL-LINE SALE!
6.88-27 OZ. BOX, ASST. VAR., EXCLUDES ANYTHING OVER \$8.29



\$3.99 ea.

PEPSI SODA
2 LITER, 67.6 OZ. BTL., ASST. VAR., +TAX +DEP



2 \$4 FOR

MUST BUY 2, LIMIT 4 OFFERS

PROGRESSO RICH & HEARTY SOUPS
18.5-19 OZ. CAN, ASST. VAR., EXCLUDES OTHER VARIETIES



4 \$10 FOR

MUST BUY 4, LIMIT 2 OFFERS

APPLE & EVE APPLE JUICE
64 OZ. BTL., NATURAL, CLEAR, EXCLUDES SESAME STREET & ORGANIC



\$2.99 ea.

QUAKER OATS
42 OZ. CONT., QUICK, OLD FASHIONED



\$4.99 ea.

ALESSI BREADSTICKS
3-4 OZ. PKG., THIN, SESAME, GARLIC



3 \$5 FOR

SCOTT BATH TISSUE
WHITE, 20 ROLLS, 2096 SQ. FT. PKG.



\$15.99 ea.

LIMIT 4 OFFERS

Fresh DAIRY

WE SELL ORGANIC MILK & EGGS!

EGGLAND'S BEST CAGE FREE LARGE BROWN EGGS
12 CT. CRTN., GRADE A



\$3.99 ea.

LIMIT 2 OFFERS

TROPICANA PURE PREMIUM ORANGE JUICE
46 OZ. BTL., ORIGINAL, LIGHT, GRAPEFRUIT, ASST. VAR.



\$3.99 ea.

SILK COCONUT OR ALMOND MILKS
59-64 OZ. CONT., ASST. VAR.



2 \$7 FOR

FAGE TOTAL OR BESTSELF YOGURT
5.3 OZ. CONT., ASST. VAR.



3 \$4 FOR

URBAN MEADOW SHREDDED OR BAR CHEESE
6-8 OZ. PKG., ASST. VAR.



2 \$4 FOR

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



\$5.99 ea.

LIMIT 4 OFFERS

LOCALLY OWNED & OPERATED

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

CURBSIDE PICKUP AVAILABLE! ORDER ONLINE OR CALL OUR STORES

Fresh PRODUCE

GIORGIO WHITE MUSHROOMS
VALUE SIZE, 16 OZ. PKG., WHOLE, SLICED



\$3.99 ea.

TROPICAL GREEN AVOCADO
SMOOTH SKIN



\$1.99 ea.

NAKED JUICES
15.2 OZ. BTL., ASST. VAR.



3 \$10 FOR

PERO FAMILY FARMS SNIPPED GREEN BEANS
12 OZ. PKG.



2 \$7 FOR

US #1 BARTLETT, BOSCO, OR ANJOU PEARS



\$1.69 lb.

Fresh Cut MEAT & FISH

FRESH CHICKEN THIGHS
PERDUE GRADE A JUMBO PACK



\$1.59 lb.

FRESH CHICKEN WINGS
PERDUE GRADE A JUMBO PACK



\$3.69 lb.

BEEF BONE-IN CHUCK
SHORT RIBS OF BEEF
USDA CHOICE



\$8.99 lb.

BEEF BONELESS CHUCK FOR STEW
USDA CHOICE FAMILY PACK



\$6.99 lb.

AMERICAN SHOULDER LAMB CHOPS
FRESH



\$7.99 lb.

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



\$3.99 ea.

URBAN MEADOW BACON
16 OZ. PKG., ASST. VAR.



\$5.99 ea.

NORTH ATLANTIC SALMON FILLET
FRESH



\$11.99 lb.

Enjoy Fresh DELI FAVORITES

Prepared FOODS

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

BOAR'S HEAD HONEY MAPLE HAM



\$10.99 lb.

BOAR'S HEAD BUFFALO CHICKEN BREAST



\$12.99 lb.

URBAN MEADOW SWISS CHEESE
OR MCADAM MUESTER CHEESE



\$5.99 lb.

BELGIOIOSO CHEESE CUPS
5 OZ. CONT., ASST. VAR.



\$3.99 ea.

SABRA HUMMUS
17 OZ. CONT., ASST. VAR.



\$6.99 ea.

Store Prepared POTATO & EGG SALAD



\$4.99 lb.

Store Made GRILLED MARINATED CHICKEN CUTLETS



\$10.99 lb.

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

Fresh DAIRY

WE SELL ORGANIC MILK & EGGS!

DOLE JUICE
52 OZ. BTL., ASSORTED



2 \$7 FOR

TURKEY HILL ADES OR ICED TEA
64 OZ. CONT., ASST. VAR.



\$1.99 ea.
LIMIT 4 OFFERS

FARMLAND ORGANIC MILK
64 OZ. CONT., WHOLE, 2%, FAT FREE



\$4.99 ea.

ACTIVIA YOGURT
4 PACKS, 16 OZ. PKG., ASST. VAR.



2 \$6 FOR

COUNTRY CROCK SPREAD
15 OZ. CONT., ASST. VAR.



\$3.99 ea.

DAISY COTTAGE CHEESE
6 OZ. CONT., STRAWBERRY, PINEAPPLE



3 \$5 FOR

FROZEN Foods

EGGO THICK & FLUFFY WAFFLES
11.6 OZ. BOX, ASST. VAR.



2 \$6 FOR
MUST BUY 2, LIMIT 2 OFFERS

RESTAURANT BRAND FRENCH FRIES OR ONION RINGS
14-28 OZ. BAG, ASST. VAR., ARBY'S, CHECKER'S, NATHAN'S, RED ROBIN



2 \$9 FOR
MUST BUY 2, LIMIT 4 OFFERS

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



3 \$5 FOR
MUST BUY 3, LIMIT 4 OFFERS

LEAN CUISINE MEALS
8-10.88 OZ. BOX, ASST. VAR., COMFORT, MARKETPLACE, FEATURES, FAVORITES, EXCLUDES LASAGNA, LE WITH MEAT SAUCE



2 \$7 FOR

HÄAGEN-DAZ ICE CREAM BARS
3 PACK, 9 OZ. BOX, ASST. VAR.



\$3.99 ea.
LIMIT 4 OFFERS

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



\$3.99 ea.

IN-STORE GROCERY Savings

DUNKIN' DONUTS K-CUP COFFEE
10 CT. BOX, ASST. VAR.



\$7.99 ea.
LIMIT 2 OFFERS

PEARL MILLING COMPANY SELF RISING FLOUR
5 LB. BAG



\$3.99 ea.

NUTRAMENT ENERGY NUTRITION DRINKS
11 FL. OZ. CAN, ASST. VAR.



2 \$4 FOR
MUST BUY 2, LIMIT 2 OFFERS

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



\$1.99 ea.
LIMIT 3 OFFERS

GOYA REGULAR BEANS
29 OZ. CAN, ROMAN, BLACK, PINTO, SMALL WHITE, BLACK EYE PEAS, SMALL RED, PINK, CHICK PEAS, RED KIDNEY



2 \$5 FOR
MUST BUY 2, LIMIT 3 OFFERS

URBAN MEADOW LONG GRAIN RICE
10 LB. BAG, WHITE, PARBOILED



\$6.99 ea.

BRAGG ORGANIC APPLE CIDER VINEGAR
32 OZ. BTL.



\$4.99 ea.

BUMBLE BEE CHUNK WHITE TUNA
5 OZ. CAN, IN OIL, IN WATER



4 \$5 FOR
MUST BUY 4, LIMIT 2 OFFERS

LIPTON SOUP MIX
1.8-4.9 OZ. PKG., ASST. VAR.



4 \$7 FOR
MUST BUY 4, LIMIT 2 OFFERS

TOWN HOUSE CRACKERS
8-13.8 OZ. BOX, ASST. VAR.



BUY ONE GET ONE FREE
2 FOR \$6.29
LIMIT 4 OFFERS

BOUNTY PAPER TOWELS
6-12 DOUBLE ROLL, OR 4-12 TRIPLE ROLL, 221-270 SQ. FT. PKG.



\$12.99 ea.
LIMIT 4 OFFERS

SNAPPLE ICED TEA OR JUICE
64 OZ. BTL., ASST. VAR.



2 \$4 FOR

LAY'S REGULAR OR KETTLE POTATO CHIPS
4.75-8 OZ. BAG, ASST. VAR.



2 \$7 FOR

OREO COOKIES
7.9-14.03 OZ. PKG., SEL. VAR., EXCLUDES FAMILY SIZE, GLUTEN FREE



2 \$8 FOR
MUST BUY 2, LIMIT 4 OFFERS

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 typographical errors. Some pictures are for design purposes only and do not necessarily represent items on sale. 2026.01.16/03