

PRICES EFFECTIVE AUGUST 2017  
 9 10 11 12 13 14 15  
 WED THU FRI SAT SUN MON TUE

Like Us On **f** facebook

# HARVEST

## International Market

**HEMANI KHUSHBOO BASMATI RICE** 20 lb. **\$6.99** ea.

**ALWAZAH TEA** 400 gr. **\$2.99** ea.

**MAZOLA CORN OIL** 2.5 gal. **\$17.99** ea.

**Beef 80% LEAN GROUND** **\$2.99** lb.

**Whole BEEF EYE ROUND** **\$2.99** lb.

**Sweet Cherries or Red & Green Grapes** **99¢** lb.

**Seedless Watermelon or Green Cabbage** **5/\$1** lbs.

**Mexican or Italian Squash or Juicy Limes** **3/\$1** lbs.

**Cauliflower or Romaine Hearts** **99¢** ea.

**Yellow Peaches or Yellow Nectarines** **79¢** lbs.

**American Eggplant or Carrots, 2-Lb.** **2/\$1** for

**Halal Australian Lamb Shank** **\$3.49** lb.

**Halal Australian Lamb Shoulder** **\$3.99** lb.

**Whole Golden Pompano** **\$3.99** lb.

**Whole Tilapia Fish Large** **\$1.99** lb.

**Boneless Skinless Chicken Breast** **\$1.99** lb.

**Chicken Drumsticks** **99¢** lb.

### FRIDAY MEAT SPECIALS ONLY

**Bone-In Beef Chuck Roast** **\$2.49** lb. Regular Price \$2.99 Lb.

**Beef Heart, Liver, Kidney or Feet** **99¢** lb. Regular Price \$1.99 Lb.

**Chicken Leg Quarters** 10 Lb. Bag **\$5.99** ea.

**STORE HOURS 7 DAYS A WEEK 7AM - 10PM**

733 E. MAIN STREET EL CAJON CA 92020 Phone: 619-442-0413

4220 BALBOA AVE. SAN DIEGO CA 92117 Phone: 619-310-3228

We Accept:

**Tukas Tomato Paste** 700 gr. **\$1.99** ea.

**Crispa Vermicelli** 16 oz. **2/\$1** for

**Isabela Choco Marshmallow Pie** 162 gr. **4/\$5** for

**Mid East Black Olives** 12 oz. **2/\$5** for

**Indo European Preserves** 12 oz. **99¢** ea.

**Sadaf Rose Water** 10 oz. **\$1.49** ea.

### THURSDAY-PRODUCE-SPECIALS-ONLY

**Small White Onions** **7/\$1** lbs.

**Cantaloupes** **5/\$1** lbs.

**Baby Apples** **7/\$1** lbs.

### SUNDAY-PRODUCE-SPECIALS-ONLY

**Regular & Italian Parsley** **5/\$1** for

**Radishes or Green Onions** **5/\$1** for

**Strawberries** **99¢** ea.

**DAIRY**

**ARZ Creamy Cheese** 500 gr. **\$5.99** ea.

**Gaumar Cream Cheese Spread** 8 oz. **2/\$5** for

**Labne** 1 lb. **3/\$5** for

**DELI**

**Queso Blanco Chicago Cheese** **\$3.29** lb.

**Mixed Olives** **\$2.49** lb.

**Greek Salad** **\$3.99** lb.

**BULK**

**Squash Seeds Poble Roasted** **\$4.99** lb.

**Turkish Bulgur #1, #2, #3, #4** **2/\$1** lbs.

**Black Sunflower Seeds** **\$1.99** lb.

### BAKERY & HOT FOOD

**Potato Chops (Potato Meat Pie)** **10/\$10** for

**Churag Rolls** **99¢** ea.

**Chicken Shawarma Dinner** **\$7.99** ea. +tax