

NATURAL MEAT MARKET

HARRIS RANCH CORNED BEEF BRISKET 2.99 lb.	ALL NATURAL BEEF LONDON BROIL 2.99 lb.
SMALL GREEN CABBAGE 3.99 RED CREAMER POTATOES 1.99	ALL NATURAL BONELESS PORK LOIN CHOPS 3.99 lb.
ALL NATURAL BONELESS SKINLESS CHICKEN TENDERS 3.99 lb. family pack	FRESH GOURMET BEEF BURGERS assorted varieties 3.99 lb.
FRESH MARINATED CHICKEN SKEWERS 3.99 lb.	ALL NATURAL SUPER LEAN GROUND BEEF 3.99 lb. family pack
FRESH GOURMET BEEF PINWHEELS 4.99 lb.	ALL NATURAL PORK BABY BACK RIBS 3.99 lb.
HARRIS RANCH BEEF PATTIES 7.99 (10.5oz)	STUFFED BONELESS PORK CHOPS 4.99 (10.5oz)
	BEEF CUBESTEAK 3.99

Fresh Seafood Market

KRAB SALAD 2.99 lb.	TILAPIA FILLETS 4.99 lb.	EXTRA LARGE TAIL-ON COOKED SHRIMP 6.99 (10oz)
	CATFISH FILLETS 5.99 lb.	HONEY JALAPENO SHRIMP SKEWERS 2.99

ORGANIC PRODUCE

ACORN SQUASH 99¢	FRESH REVISED CHARD 2.99	TRIP CELERY 99¢	BUSSET BAKING POTATOES 2.95	FRESH BUNCHED BROCCOLI 99¢
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BEER & WINE SAVINGS

Iris Hill 3.99 (10.5oz)	Dancing Bull 6.99 (10.5oz)	Carlo Rossi 9.99 (4.5oz)
Pyramid 6.99 (10.5oz)	Heineken or Amstel Light 6.99 (10.5oz)	Humboldt 6.99 (10.5oz)

DOUBLE AD
WEDNESDAY

EVERY WEDNESDAY OUR WEEKLY SALE FLYERS OVERLAP!
NEW - PLAN THE SAVINGS!

www.SFMarkets.com

Featured Event:
St. Patrick's Day Sampling
Saturday, March 13th, 11am-2pm

Guests who ate at the St. Patrick's Day Supper, St. Patrick's Day is an extended time to enjoy complimentary select items in select shops. - Selects Cost TROPICANA & RAINBOW LOCATIONS.

Featured Event:
Cones For A Cause
Wednesday, March 17th, Noon-4pm

Come in and grab an ice cream cone donated by Sprinkles ice cream. All proceeds go to MDA. RAINBOW LOCATION ONLY.

RAINBOW & FLAMINGO 4020 S. RAINBOW BLVD. OPEN DAILY 7:00AM - 10:00PM PHONE: 702.876.4108	TROPICANA & PECOS 3363 E. TROPICANA AVE. OPEN DAILY 7:00AM - 10:00PM PHONE: 702.777.9038	Sign up on-line to receive our weekly sale flyers. Visit us at WWW.SFMARKETS.COM . WE ACCEPT FOOD STAMPS. AD EFFECTIVE WED. 3/10/10 THRU WED. 3/17/10
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SUNFLOWER FARMERS MARKET
SERIOUS FOOD... SILLY PRICES®

ORGANIC GREEN OR RED LEAF LETTUCE **77¢** ea.

Nutritious Deals for Healthy Meals

March is NATIONAL NUTRITION MONTH

FRESH RED RIPE STRAWBERRIES
2 for 3 1lb. pkg.

FRESH FIBRAL SOUQUETS 2.10	FRESH BUNCHED BROCCOLI 88¢	EUROFRESH SUPER CHERRY TOMATOES 2.94 (20oz)	FRESH CRISP ROMAINE OR ICEBERG LETTUCE 88¢
IDAHO GROWN RUSSET BAKING OR PREMIUM 'A' RED POTATOES 2.91	FRESH SWEET BLACKBERRIES AND BLUEBERRIES 2.99	COOL SUPER SELECT CUCUMBERS 2.91	NORTHWEST ANJOU OR BOSCH PEARS 99¢
WASHINGTON PREMIUM BRAEBURN OR FUJI APPLES 99¢	ORGANIC HASS AVOCADOS 99¢	ORGANIC OR CONVENTIONAL HOTHOUSE TOMATOES 1.88	ORGANIC JEWEL OR GARNET YAMS 99¢

ALACER EMERGEN-C 30-36 ct. select varieties 7.99	SUNFLOWER FARMERS MARKET GRANOLA 7 grain, raisin or almond 1.99	BLUE DIAMOND ALMOND BREEZE 32 oz. select varieties 2.99
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BUY ONE FREE GET ONE

Roast Sale!

- BEEF TOP ROUND ROAST
- BONELESS PORK LOIN ROAST
- BEEF RUMP ROAST
- BEEF SIRLOIN TIP ROAST
- BEEF CROSS RIB ROAST

VISIT US AT **WWW.SFMARKETS.COM**

DAIRY & FROZEN

MOO-RE SAVINGS WITH SILLY PRICES

SEVEN'S SIDE DISHES

select varieties

2.49

14 oz.

ALEXIA POTATOES

select varieties

1.99

16-18 oz.

HIGH COUNTRY ORGANIC KOMBUCHA TEA

select varieties

1.99

16 oz.

DIEN'S KITCHEN ORGANIC BURRITOS

select varieties

2.3

6 oz.

TROPICANA JUICES

select varieties

2.99

66 oz.

BEETLE CUISINE ALL NATURAL SOUP

select varieties

2.49

30 oz.

DELI'S CREAM CHEESE & SOUR CREAM

select varieties

1.99

8-12 oz.

SPECIALTY CHEESE FROM AROUND THE WORLD

SUNFLOWER FARMERS MARKET

WHITE OR YELLOW MILD CHEDDAR CHEESE

2.99

8 oz. block

IMPORTED KERRYGOLD IRISH CHEESE

select varieties

3.99

7 oz. pkg.

FRESH LE BIE CHEESE

select varieties

3.99

4.4 oz.

SUNFLOWER FARMERS MARKET FRESH BASKET CHEESE

select varieties

3.99

6 oz.

SUNFLOWER FARMERS MARKET ROTISSERIE CHICKEN

select varieties

4.99

each

DELI SLICED ROAST BEEF

select varieties

5.99

10 oz. pkg.

CORNED BEEF

select varieties

5.99

10 oz. pkg.

GROCERY SAVINGS

WE'RE BAGGIN' UP THE SAVINGS

LARABAR NUTRITION BARS

select varieties

10 for \$10

1.678 oz.

FROM ICD TEA

select varieties

99¢

16 oz.

RESTAURANT VEGETABLE BEANS

select varieties

4.5

15 oz.

NEWMAN'S OWN ORGANIC ORGANIC FIG NEWMANS

select varieties

2.99

12 oz.

ANNIE'S NATURALS ORGANIC SALAD DRESSING

select varieties

2.49

8 oz.

NATURAL SEA YELLOWFIN TUNA

regular or no salt

4.5

6 oz.

OLD VENESSE IRISH STYLE OATMEAL

select varieties

1.99

13.5 oz.

LUNDBERG RISOTTO

select varieties

4.5

5.5-5.9 oz.

BULK SAVINGS

BUYING IN BULK MAKES "CENTS"

WHOLE ROASTED CASHEWS

4.99

lb.

BROWN BASMATI RICE

99¢

lb.

BAR CHOCOLATE COVERED ALMONDS

4.99

lb.

SWEETENED MANGO SLICES

2.99

lb.

RAW BRAZIL NUTS

3.99

lb.

HOLLYWOOD TRAIL MIX

2.99

lb.

GREEN LENTILS

1.49

lb.

WHOLE WHEAT FLOUR

69¢

5 lb.

smart weight smart tags program

To start the new year, we wanted to create a way for you and your family to choose healthier options. Our all new Smart Tags Program was designed by a registered dietitian with a focus on making shopping for healthy foods simple. We guarantee there is no manufacturer influence, just the facts.

Look for the color tags in our stores and get smart in 2010 with Smart Tags!

smart calla **smart heart** **smart carb**

GLUTEN FREE FAT SODIUM SUGAR FIBER

Smallest Winner Weight Loss Challenge At Home Program

You can be a Smallest Winner too! Join in our nationwide effort to help our shoppers lose weight. We made it easy for you to follow along at home with our brochures. Each piece offers helpful tools like calorie equations, exercise tips, nutrition information and more! You can do it and we are here to help. Pick up this information in the store and get started. Good luck!

There's no excuse not to reconnect to the healthier, smaller YOU!

www.SFMarkets.com

BAKERY SPECIALS

BAKED TO PERFECTION!

SUNFLOWER FARMERS MARKET RYE OR MARBLE BREAD

1.99

16 oz.

SUNFLOWER FARMERS MARKET IRISH SODA BREAD

2.49

16 oz.

SUNFLOWER FARMERS MARKET SPROUTED WHEAT BAGELS

2.5

4 ct.

SUNFLOWER FARMERS MARKET HAND DECORATED SHAMROCK COOKIES

1.59

3.75 oz.

SUNFLOWER FARMERS MARKET CREME DE MENTHE FUDGE BROWNIES

3.99

16 oz.

SUNFLOWER FARMERS MARKET ST. PATRICK'S DAY CUPCAKES

2.99

4 ct.

DELI A GO-GO

EVERY SLICE IS NICE!

SUNFLOWER FARMERS MARKET PESTO CHICKEN OR PESTO PASTA SALAD

3.99

10 oz. pkg.

SUNFLOWER FARMERS MARKET FIRE ROASTED SALSAS

2.49

10 oz. pkg.

SUNFLOWER FARMERS MARKET CHICKEN POT PIE

2.5

10 oz. pkg.

CEBARN HUMMUS

2.99

8 oz.

SUNFLOWER FARMERS MARKET BBQ PORK RIBS

4.99

1/2 rack

SUNFLOWER FARMERS MARKET DESSERT PUDDINGS

2.49

10 oz. pkg.

BOAR'S HEAD

BLACK FOREST HAM

7.99

10 lb.

CAJUN TURKEY BREAST

7.99

10 lb.

PASTRAMI ROUND CAP-OFF

8.99

10 lb.

PASTRAMI ROUND

8.99

10 lb.

BABY SWISS CHEESE

7.99

10 lb.

MUENSTER CHEESE

4.99

10 lb.

NATURAL LIVING

SERIOUS SUPPLEMENTS... SILLY PRICES

ENZYMATIC THERAPY ENTIRE LINE

25% OFF

NATURAL BALANCE FAST FOOD ENZYMES

20% OFF

BYLAND'S CALMS CALMS FORTE & FORTE SLEEP

25% OFF

COUNTRY LIFE RESVERATROL PLUS ANTIOXIDANTS

25% OFF

RINSE MY FACE LIQUID SOAP, BAR SOAP & SHOWER GELS

20% OFF

NEW CHAPTER BONE STRENGTH TAKE CARE

25% OFF

SORBIC NATURALS ENTIRE LINE EFA'S

15% OFF

RENEW LIFE DIGEST MORE, DIGEST ULTRA

20% OFF

GREEN FOODS MAGMA PLUS, MAGMA PLUS USA

20% OFF

TEA TREE THERAPY ENTIRE LINE

25% OFF