



FOOD OUTLET SAVINGS!

Join us on Facebook for more specials!



The Lehigh Valley's
Leading Foodservice Distributor

GIFT CERTIFICATES AVAILABLE

With the increased demand we're currently experiencing, items can sell out. Prices are changing throughout the day. We appreciate your understanding as our communities work through this together.

order online
cashncarry@bandmprovisions.com

PRICES SUBJECT TO CHANGE
BASED ON MARKET RESULTS

Hours: Monday-Tuesday 7am-3:30pm
Wednesday - Friday 7am-4pm
Saturday 8:15am-Noon

February 27th- March 4th

HEISLER'S EGGS

FARM FROM TAMAQUA
MED LOCAL EGGS

15 DZ \$2²⁵ DZ

CALL AHEAD TO RESERVE

MEAT PACKAGE #1

\$169⁹⁹

CALL AHEAD TO ORDER!!
41 LBS!!

10 POUNDS OF GROUND BEEF
10 POUNDS B/S BREST
5 POUNDS FROZEN WINGS
1 EACH 48 CT PIEROGIES
10 LBS FROZEN PORK CHOPS
5 LBS BREADED
CHICKEN FINGERS
24 HOURS NOTICE

LOBSTER TAILS 12/14 oz

\$28⁵⁰ LB - 10 LBS

\$29⁵⁰ LB LESS THAN A CASE

**BATTERED
ONION PETALS**
7LB BOX \$4⁹⁹ LB

**BATTERED
CORN NUGGETS**
2 LBS \$4⁰⁰ LB

**BUTTERFLIED
BREADED SHRIMP**
3LBS \$8⁵⁰ LB
ADD A BAG OF FF- \$10⁰⁰

PIEROGI'S
FARMERS CHEESE, JALAPENO,
BACON CHEDDAR, CABBAGE,
SAUERKRAUT, SPINACH FETA,
\$3⁹⁹ DOZEN
PERFECT FOR LENT

**ICELANDIC
CRAB CAKES**

3oz MD STYLE
24 - \$2⁸⁰ EACH
48 - \$2⁵⁰ EACH

FREE! OPEN TO THE PUBLIC!

BEEFTENDERLOINS 6LBAVG \$12⁹⁵LB

RIBEYES 20 LBAVG \$7⁹⁹LB

BEEF SHORT RIBS 10 LB AVG \$4⁹⁹LB

NY STRIP STEAKS 14 LB AVG \$6⁴⁹LB

SHORT LOINS 20 LB AVG \$5⁹⁹LB

(T-BONE and PORTERHOUSE)

BEEF BRISKET 10 LB AVG \$4⁷⁹LB

OXTAILS 15 LB AVG \$6⁹⁹ LB

ORDERS MUST BE CALLED IN BEFORE NOON FOR SAME DAY PU

USDA INSPECTED

FRESH GROUND BEEF
90/10

20 LBS - \$3⁹⁹LB 10 LBS \$4¹⁹ LB

**4oz
SOLE FILLETS**

SAME AS FLOUNDER

\$6⁰⁰ LB - 5 LBS

**RAW CORNED BEEF \$5⁴⁵ LB 15LB AVG
MARINTED IN SPICES**

**ALA HENRI CHICKEN 10 LBS \$7⁵⁹
LB TENDERS (BEST ON THE MARKET)**

CRAB MEAT AND LOBSTER CLAWS

COLOSSAL \$21⁰⁰ - 1 LB CAN
LOBSTER CLAWS AND LEGS - 2 LBS \$16⁰⁰ LB

PELLMAN CAKES

MADE FROM SCRATCH - OVER 20 VARIETIES

RASPBERRY CHOCOLATE CAKE \$24⁰⁰
CHEESECAKE \$20⁰⁰

BANANA, COCONUT OR CARROT CAKES \$15⁰⁰

FRESH CHICKEN PRICE DROP! - CALL AHEAD!

FRESH B/S CHICKEN BREST 4/40 LBS \$1⁷⁹ LB

40 LBS \$1⁸⁹ LB

20 LBS \$2⁰⁰ LB

FRESH PARTY WINGS (FLATS AND DRUMS) \$2¹⁵LB 40 LB CASE

CHICKEN LEG 1/4's 40 LBS \$.⁶⁵ LB

STEAKS-FRESH CUT

\$105⁰⁰

8 OZ NY STRIPS (4)
8 OZ RIB EYE STEAK (4) 6 OZ
FILET MIGNON (4) 24 HOUR
NOTICE

CHINCOTEAGUE SOUPS - YIELDS 100 oz

LOBSTER BISQUE \$16⁰⁰
NEW ENGLAND CLAM CHOWDER \$16⁰⁰
CORN CHOWDER \$14⁵⁰

CHOPPED OCEAN CLAMS 51oz \$12⁹⁹ CAN

B&M CHIP STEAK

BEEF CHIP STEAK
10 LBS \$6²⁵ LB

CHICKEN CHIP STEAK
10 LBS \$4²⁵ LB

ADD A TALLARICO STEAK
SAUCE 14 oz \$3⁵⁰

ALASKAN WILD
CAUGHT SALMON
10 LBS 6oz PORTIONS
\$7⁸⁵ LB

PROVOLONE CHEESE
BLOCK

\$3⁶⁰ LB - 10LB AVG

SWISS CHEESE
BLOCK

\$4⁸⁰ LB - 6LB AVG

GROUND TURKEY
\$2⁵⁵ LB 10 LBS

HORMEL LONG STICK
PEPPERONI
2 LBS \$6⁰⁰ LB

HIGHLINER BATTERED
HADDOCK FILLETS
10 LB BOX \$7⁹⁹ LB
32 PC BOX

HOMEMADE T/L
PIEROGIES
4 dz \$12⁰⁰ BAG

SHRIMP
PEELED AND DEVEINED
16/20 RAW 2 LBS \$8⁹⁰ LB
16/20 COOKED 2 LBS \$10⁵⁰ LB

www.bandmprovisions.com

Products and prices are available for cash n carry only.

View our website for many many more specials order online: cashncarry@bandmprovisions.com

1040 N. GRAHAM ST.

ALLENTOWN

610-434-9611