



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

# FOOD OUTLET SAVINGS!



Join us on Facebook  
for more specials!



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.

March 6th- March 11th

## HEISLER'S EGGS

FARM FROM TAMAQUA

MED LOCAL EGGS

15 DZ \$2<sup>40</sup> DZ

CALL AHEAD TO RESERVE

## MEAT PACKAGE #1

\$169<sup>99</sup>

CALL AHEAD TO ORDER!!  
41 LBS!!

10 POUNDS OF GROUND BEEF  
10 POUNDS B/S BREAST  
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

\$28<sup>50</sup>LB - 10 LBS

\$29<sup>50</sup>LB LESS THAN A CASE

BATTERED ONION PETALS

7LB BOX \$4<sup>99</sup> LB

BREADED JALAPENO POPPERS  
with CHEDDAR CHEESE  
7 LBS \$6<sup>00</sup> LB

BATTERED CORN NUGGETS  
2 LBS \$4<sup>00</sup> LB

BUTTERFLIED  
BREADED SHRIMP

3LBS \$8<sup>50</sup> LB  
ADD A BAG OF FF- \$10<sup>00</sup>

PIEROGI'S

FARMERS CHEESE, JALAPENO,  
BACON CHEDDAR, CABBAGE,  
SAUERKRAUT, SPINACH FETA,  
\$3<sup>99</sup> DOZEN

PERFECT FOR LENT

ICELANDIC  
CRAB CAKES

3oz MD STYLE  
24 - \$2<sup>80</sup> EACH  
48 - \$2<sup>50</sup> EACH

## FREE! OPEN TO THE PUBLIC!

BEEF TENDERLOINS 6LBAVG \$12<sup>95</sup>LB

RIB EYES 20LBAVG \$7<sup>99</sup>LB

BEEF SHORT RIBS 10 LB AVG \$4<sup>99</sup>LB

NY STRIP STEAKS 14 LB AVG \$6<sup>99</sup>LB

SHORT LOINS 20 LB AVG \$5<sup>99</sup>LB

(T-BONE and PORTERHOUSE)

BEEF BRISKET 10 LB AVG \$4<sup>79</sup>LB

OXTAILS 15 LB AVG \$6<sup>99</sup> LB

ORDERS MUST BE CALLED IN BEFORE NOON FOR SAME DAY PU

## \*\*USDA INSPECTED\*\*

FRESH GROUND BEEF

90/10

20 LBS - \$3<sup>99</sup>Lb 10 LBS \$4<sup>19</sup> LB

4oz  
SOLE FILLETS

SAME AS FLOUNDER

\$6<sup>00</sup> LB - 5 LBS

RAW CORNED BEEF \$5<sup>45</sup> LB 15LB AVG  
MARINTED IN SPICES

ALA HENRI CHICKEN 10 LBS \$7<sup>59</sup>LB  
TENDERS (BEST ON THE MARKET)

## WING ZINGS AND DINGS

15 LB CASE \$4<sup>99</sup> LB

PELLMAN CAKES

MADE FROM SCRATCH - OVER 20 VARIETIES

RASPBERRY CHOCOLATE CAKE \$24<sup>00</sup>

CHEESECAKE \$20<sup>00</sup>

BANANA, COCONUT OR CARROT CAKES \$15<sup>00</sup>

FRESH CHICKEN PRICE DROP! - CALL AHEAD!

FRESH B/S CHICKEN BREAST 3/40 LBS \$1<sup>89</sup> LB

40 LBS \$2<sup>10</sup> LB

20 LBS \$2<sup>20</sup> LB

FRESH B/S THIGHS 40 LBS \$1<sup>70</sup> LB

CHICKEN LEG 1/4's 40 LBS \$<sup>65</sup> LB

## STEAKS-FRESH CUT

\$105<sup>00</sup>

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 \$16<sup>00</sup>

NEW ENGLAND CLAM CHOWDER \$16<sup>00</sup>

CORN CHOWDER \$14<sup>50</sup>

CHOPPED OCEAN CLAMS 51oz \$12<sup>99</sup> CAN

## B&M CHIP STEAK

BEEF CHIP STEAK  
10 LBS \$6<sup>25</sup> LB

CHICKEN CHIP STEAK  
10 LBS \$4<sup>25</sup> LB

ADD A TALLARICO STEAK  
SAUCE 14 oz \$3<sup>50</sup>

PRIME GRADE  
BEEF TENDERLOIN  
RSO's FAVORITE

7 LB AVG \$26<sup>00</sup> LB

PROVOLONE CHEESE  
BLOCK

\$3<sup>60</sup> LB - 10LB AVG

FLOUNDER STUFFED  
WITH SEAFOOD STUFFING  
10LB CASE  
3.5 OZ \$7<sup>50</sup> LB

BONELESS PORK LOIN

10 LB AVG \$2<sup>39</sup> LB

CALL TO HAVE CUT!

HORMEL LONG STICK  
PEPPERONI  
2 LBS \$6<sup>00</sup> LB

ICELANDIC HADDOCK

5LB CELLO PACK  
\$10<sup>99</sup> LB

HOMEMADE T/L  
PIEROGIES

4 dz \$12<sup>00</sup> BAG

SHRIMP

PEELED AND DEVEINED

16/20 RAW 2 LBS \$8<sup>00</sup> LB

16/20 COOKED 2 LBS \$10<sup>50</sup> LB

[www.bandmprovisions.com](http://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