



Union Blvd.

# FOOD OUTLET SAVINGS!

Join us on Facebook for more specials!



order online  
cashncarry@bandmprovisions.com



**FREE AND OPEN TO THE PUBLIC**

PRICES SUBJECT TO CHANGE BASED ON MARKET RESULTS

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

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.

September 16th-September 21st

**PIERCE WING DINGS or ZINGS**  
2-7.5 LBS \$89<sup>95</sup> CASE

**B&M CHIP STEAK**  
BEEF CHIP STEAK 10 LBS  
PORTIONED \$6<sup>29</sup> LB  
CHICKEN CHIP STEAK  
10 LBS PORTIONED \$4<sup>29</sup> LB  
ADD TALLARICO STEAK SAUCE  
14oz \$3<sup>75</sup> EACH

**16/20 RAW SHRIMP P/D**  
2LBS \$7<sup>50</sup> LB

**COOKED SHRIMP**  
2LBS \$10<sup>50</sup> LB

**PELLMAN CAKES**  
LOCAL FROM NEW HOLLAND, PA  
NY CHEESECAKE \$21<sup>00</sup>  
CHOC CHIP CHEESECAKE \$22<sup>00</sup>  
PB TRIPLE CHOC CAKE \$23<sup>00</sup>

**LOBSTER TAILS**  
10/12oz-12/14oz  
and 20oz up  
\$26<sup>99</sup>LB 10LBS  
\$27<sup>99</sup> LESS THAN 10LBS

**MEAT PACKAGE #1**  
\$169<sup>99</sup>

**CALL AHEAD TO ORDER 41 LBS!**

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

**CHOICE GRADE STEAKS BY THE INDIVIDUAL PIECE CYRO-VAC**  
12oz - CHOICE STRIP STEAK \$12<sup>00</sup> EACH  
12oz DELMONICO STEAKS \$13<sup>00</sup> EACH

8oz FILET MIGNON \$16<sup>50</sup> EACH (5 pieces per pkg)

**BEEF TENDERLOIN 7LB AVG \$15<sup>50</sup>LB**  
**CHOICE BEEF TENDERLOIN 7LB AVG \$21<sup>95</sup>LB**  
**RIB EYE STEAKS 11LB AVG \$10<sup>50</sup>LB**  
**SHORT LOINS 20 LB AVG \$7<sup>49</sup>LB**  
**BEEF BRISKETS 12LB AVG \$5<sup>99</sup>LB**  
**BEEF SHORT RIBS 8LB AVG \$6<sup>99</sup>LB**  
**TOP SIRLOIN STEAKS 11LB AVG \$6<sup>99</sup>LB**  
**NY STRIP STEAK 12LBS AVG \$8<sup>99</sup> LB**  
ORDERS MUST BE CALLED IN BEFORE NOON FOR SAME DAY PU  
CHOICE and PRIME GRADES AVAILABLE

**SPARE RIBS**  
9LB AVG \$2<sup>19</sup> LB

**JALAPENO CHEDDAR POPPERS**  
4LBS \$29<sup>95</sup> BAG

3oz MD CRAB CAKES  
24ct \$2<sup>79</sup> EACH  
48ct \$2<sup>69</sup> EACH

**FRESH GROUND BEEF**  
80/20 \$4<sup>39</sup> LB  
50LBS \$4<sup>29</sup> LB  
90/10 \$4<sup>75</sup> LB  
CALL TO ORDER!  
USDA INSPECTED

**FRESH CHICKEN - CALL AHEAD!**  
FRESH B/S CHICKEN 20LBS \$3<sup>10</sup>LB  
BREASTS 40LBS \$2<sup>95</sup>LB  
120LBS \$2<sup>99</sup>LB

FRESH PARTY WINGS 40LBS \$4<sup>39</sup>LB  
FROZEN PARTY WINGS 10LBS \$3<sup>19</sup>LB  
CHICKEN LEG 1/4's 40LBS \$.<sup>95</sup> LB

**BREADED TYSON CHICKEN TENDERS**  
10LBS \$47<sup>50</sup> CASE

**KING CRAB LEGS**  
4LBS \$19<sup>50</sup>LB  
24LB Case \$18<sup>95</sup>LB

**STEAK - FRESH CUT \$120<sup>00</sup>**  
8oz NY STRIPS (4)  
8oz RIB EYE STEAK (4)  
6oz FILET MIGNON (4)  
HOUR NOTICE

**HADDOCK 6/8 oz IQF**  
10 LBS \$7<sup>25</sup> LB

**TURKEY BREAST**  
RAW COOKED IN BAG  
8 LBS \$5<sup>75</sup> LB

**JF MARTIN AND SONS**  
BBQ's 5LBS  
BEEF \$7<sup>50</sup> LB  
TURKEY \$7<sup>50</sup> LB  
PORK \$6<sup>50</sup>LB

**BERKS RING BOLOGNA**  
2.5LB AVG \$4<sup>69</sup>LB

**CHICKEN NUGGETS 5LBS \$3<sup>59</sup>LB**  
**ONION RINGS 2LBS \$5<sup>50</sup> LB**  
**MOZZARELLA STICKS 2LBS \$5<sup>50</sup> LB**  
**BOARDWALK FRIES Seasoned 4.5 LBS \$12<sup>95</sup> BAG**  
**CORN NUGGETS 2LBS \$4<sup>00</sup> LB**

**TYSON RANCH STEAKS**  
24/8oz \$12<sup>00</sup> LB  
12/8oz \$13<sup>00</sup> LB  
CRYOVAC INDIVIDUALLY

**ALA HENRI STUFFED CHICKEN BREAST**  
8-6oz SKIN ON CHICKEN STUFFED WITH PA DUCTH STUFFING  
**\$30<sup>00</sup>**

**BREADED 1oz FISH STICKS**  
10 LBS \$3<sup>80</sup> LB

**AAA TUNA**  
GREAT FOR SUSHI AND POKE BOWLS  
**\$14<sup>00</sup> LB**

**BREADED SCALLOPS 20/30 COUNT**  
3LBS \$15<sup>50</sup> LB

**LOBSTER MEAT 5LBS \$5<sup>55</sup>LB**  
COOKED AND MINCED  
GREAT FOR DIPS,  
MAC N CHEESE & PASTA

**GROUND TURKEY 10LBS \$2<sup>60</sup> LB**

**CV COOPER SHARP CHEESE 5LBS \$4<sup>99</sup> LB**

**RAW CORNED BEEF BRISKET 14LBS \$3<sup>99</sup>LB**

**WHITE AMERICAN SLICED CHEESE 5LBS \$3<sup>55</sup> LB**

**CLEARFIELD CHEESE 3LBS SLICED \$4<sup>99</sup> LB**

**www.bandmprovisions.com**

**1040 N. GRAHAM ST.**

**ALLENTOWN**

**610-434-9611**

Products and prices are available for cash n carry only.

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