

# Meat & Seafood

## SALE MAY 5 - 11



Creekstone Farms  
USDA Choice Black Angus Beef  
**WHOLE TENDERLOIN**  
**\$18.99 LB.**  
Save \$6.00 LB.



FREE CUSTOM CUTTING AVAILABLE

Wild Caught  
**COLD WATER LOBSTER TAILS**  
Previously Frozen | 4 OZ. | Canada  
**\$5.99**  
Save \$5.00



All Natural  
**WHOLE PORK TENDERLOIN**  
**\$2.99 LB.**  
Save \$2.00 LB.



Busch's Kitchen  
**MARINATED RAW SHRIMP SKEWERS**  
Assorted Varieties  
**\$9.99 LB.**  
Save \$5.00 LB.



Fresh Sustainably Farmed  
**LOCH DUART ATLANTIC SALMON FILLETS**  
Scotland  
**\$19.99 LB.**  
Save \$5.00 LB.



Busch's Kitchen  
**FRESH MARINATED SALMON FILLETS**  
Assorted Varieties  
**\$9.99 LB.**  
Save \$7.00 LB.



**2 LB. BAG!**  
**JUMBO SIZE**  
Coastal Seafood  
**RAW BLACK TIGER SHRIMP**  
**PEELED & DEVEINED**  
Frozen | 13/15 CT. | 32 OZ.  
Farm Raised | Indonesia  
**\$19.99**  
Save \$10.00



# CITRUS-MARINATED CHICKEN BREASTS

PREP TIME	COOK TIME	TOTAL TIME	SERVES
10 MINUTES	35 MINUTES	45 MINUTES	4

## INGREDIENTS:

- 2 garlic cloves, minced
- ½ cup fresh orange juice
- 1 tablespoon olive oil
- 1 tablespoon fresh lime juice
- 1 tablespoon lemon zest
- 1 tablespoon dried oregano
- ¼ teaspoon crushed red pepper flakes
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 4 boneless, skinless chicken breasts (about 6 OZ. each)
- 2 tablespoon thinly sliced green onion

## DIRECTIONS:

In medium bowl, whisk garlic, orange juice, oil, lemon juice and zest, oregano, crushed red pepper, salt and black pepper. Place chicken in large zip-top plastic bag; pour orange juice mixture over chicken. Seal bag, pressing out excess air; refrigerate 1 hour.

Preheat oven to 375. Remove chicken from marinade; discard marinade. Place chicken in 13 x 9" baking dish; bake 35 minutes or until internal temperature reaches 165.

Serve chicken sprinkled with green onion.

## NUTRITION

Approximate nutritional values per serving (3 chicken breast)

209 Calories

6g Fat (1g Saturated)

94mg Cholesterol

120mg Sodium

2g Carbohydrates

0g Fiber

34g Protein



## FARM FRESH BONELESS SKINLESS CHICKEN BREAST

BIG DEAL PACKS

**\$2.99 LB.**

SAVE \$2.00 LB.

SHOP THIS RECIPE



FRESH FROM OUR SERVICE CASE

### Coastal Seafood COOKED SHRIMP PEELED & DEVEINED

13/15 CT. | Previously Frozen  
Farm Raised | Indonesia

**\$12.99 LB.**

Save \$6.00 LB.



Valley View Farms

All Natural

### WHOLE BONE-IN PORK BUTT

Walkerville, MI

**\$1.79 LB.**

Save \$1.20 LB.

