



**Delivery or Pick-Up Groceries in Washington, D.C - Monday-Friday 10AM-4PM [www.wmillar.com](http://www.wmillar.com)**  
**Email [sales@wmillar.com](mailto:sales@wmillar.com) or call 202-387-2216 to place your order - credit card payment accepted by phone or email**

<b>PRODUCE</b>	<b>PROTEINS</b>	<b>OTHER</b>
Yellow Onions .99/lb	Chicken Breast (frozen) 4.99/lb	Allegro Coffee Beans 12.99/lb
Red Onions .99/lb	Salmon (frozen) 11.54/lb	Pomace Oil 12.00/gallon
Red Potatoes 1.11/lb	Beef Tenderloin (frozen) 8.50/lb	Orange juice 5.43/1/2 gallon
Idaho Potatoes .99/lb	Flank Steak 8.92/lb	Cranberry juice 4.50/1/2 gallon
Celery 3.47/bunch	Snapper (frozen) 6.99/6 oz	Heavy cream 5.82/quart
Broccoli 1.88/lb	Chorizo Links (frozen) 5.99/1lb	½ & ½ 3.36/quart
Domestic Mushrooms 2.48/lb	Lump Crab Meat 19.50/lb	2% milk 4.96/1/2 gallon
Portabella Mushrooms 3.99/lb	Deli Ham 5.99/lb	Box of Tea (choice of type) 4.99/box
Asparagus 3.95/bunch	Deli Turkey 7.99/lb	Salted butter 4.15/lb
Avocado 1.83/each	Deli Roast Beef 8.48/lb	Unsalted butter 4.15/lb
Sweet Potatoes 3.19/lb	Tofu 4.50/12 oz	Margarine 1.20/lb
Yellow Squash 2.34/lb	Bacon 7.25/lb	Sour Cream 10.64/5 lb tub
Green Squash 2.34/lb	Crabcake 2oz (frozen) 2.25/each	Eggs 3.99/dozen
Eggplant 5.19/each	Chicken Thigh (Frozen) 3.75/lb	Assorted Chobani 1.82/each
Snipped Green Beans 13.12/lb	Tuna (frozen) 8.50/8oz	Plain Low Fat Yogurt 12.99/60oz
Red peppers 2.99/lb	Pork Tenderloin 8.50/2.5 lb	Vanilla Low Fat Yogurt 4.07/32 oz
Green Peppers 1.80/lb	Cod (frozen) 3.99/6oz	Italian pasta – assorted 4.25/lb
Yellow Peppers 3.51/lb	Lamb (frozen) (14 rack) 25.00/each	Rice 1.50/lb
Carrots-whole .72/lb	Pork Sausage Link (frozen) 4.50/lb	Garbanzo Beans (can) 5.74/6 lb
Corn on Cob yellow 1.49/each	Pork Sausage Patty (frozen) 4.50/lb	Black Beans (can) 12.02/6 lb
Cabbage (Red or Green) 3.99/each		Marshmallows 2.99/1 lb
Napa Cabbage 6.53/head	<b><u>CHEESES</u></b>	Confectioner Sugar 4.29/2 lb bag
Cauliflower 7.72/head	Provolone cheese 4.17/lb	Brown Sugar 2.00/1 lb box
Garlic .99/head	Cream cheese 3.46/lb	Plum Tomato (can) 6.15/6 lb
Peeled Shallot .50/oz	Pepper jack cheese 5.13/lb	Pita Bread 4.07/10 pack
Romaine lettuce (3) 3.79 bag	Cheddar cheese 6.99/lb	Flour Tortilla 6" in 3.99/24 pack
6 x 6 tomato 1.88/lb	Muenster cheese 4.39/lb	Flour Tortilla 8" in 2.99/12 pack
Plum Tomato 1.99/lb	Swiss cheese 5.50/lb	Flour Tortilla 12" in 4.99/12 pack
Sundried Tomato .50/oz	Goat Cheese 7.35/10.5 oz	Lemon Juice 4.50/qt
Leeks 10.88/2pc	Fontina Cheese 6.80/lb	Lime Juice 4.50/qt
Ginger .50/oz	Havarti Cheese 7.08/lb	Yeast 5.00/lb
Lemons .79/each	Gruyere Cheese 10.26/lb	Flour 1.00/lb
Limes .49/each	Baby brie 4.44/piece	Wheat Bread sliced 5.95/loaf
Orange .99/each	American Cheese 5.31/lb	White Bread sliced 5.95/loaf
Pineapple 4.05/each	Mozzarella (shredded or log) 6.99/lb	Potato Chips (individual bag) 1.75/each
Blueberries 3.84/1/2 pint	Parmesan 12.99/lb	French's Mustard 2.99/bottle
Strawberries 5.48/pint		Ketchup 2.99/bottle
Cantaloupe 3.00/each	<b><u>HOMEMADE BAKED GOODS</u></b>	Crackers 2.25/sleeve
Honey Dew Melon 3.51/each	Ham & Gruyere Popovers (6 pcs) 12.99	Baking Spray 3.25/bottle
Bananas 1.00/each		Nuts (Pecans, Almonds, Cashews, Walnuts) 20.00/lb
Spinach 4.68/lb	Croissants (6 pcs) 10.99	Granola 7.50/lb
Arugula 6.38/lb		Hash brown Patty (frozen) 7.20/dozen
Green leaf lettuce 1.99/head	Banana Bread Loaf 12.99/each	Kale Pot stickers (frozen) 19.99/2 1/2lb
Mesclun 4.68/lb		English Muffin (frozen) 5.37/12 pack
Apples 1.25/each	Zucchini Bread Loaf 12.99/each	Soft Pretzels (frozen) 7.50/6 pack
Grapes 2.99/bunch		Cheese Ravioli (frozen) 3.99/lb
Cucumber .99/each	Assorted Cookies 5.99/dozen	

<b><u>HEAT AT HOME MEALS (PREMADE &amp; FAMILY STYLE)</u></b>	<b><u>INDIVIDUAL PRE MADE BOXED MEALS (14.99 EACH)</u></b>	<b><u>PAPER PRODUCTS</u></b>
<p>Bubbly Baked Ziti - Red ziti baked with bubbly mozzarella &amp; Parmesan V (1/2 pan, serves 4) -\$35.00</p> <p>White ziti with rotisserie chicken &amp; provolone (1/2 pan, serves 4) -\$39.99</p> <p>Bubbly Mac N Cheese – (1/2 pan, serves 4) - \$29.99</p> <p>Ziti/Salad Kit Combo - \$45.00</p> <p>Spaghetti &amp; Meatballs (1/2 pan, series 4) \$35.00</p> <p>Red Beans &amp; Rice w/Andouille Sausage (1/2 pan, serves 4 ) \$29.99</p> <p>Meatloaf (1/2 pan,serves 4) \$39.99</p>	<p><b>KOREAN STIR FRY (BOXED MEAL)</b> Jasmine rice with broccoli, onion, red pepper and choice of bulgogi beef, crispy tofu, or chicken</p> <p><b>BALSAMIC CHICKEN (BOXED MEAL)</b> Balsamic Marinated Chicken Breast served over roasted root vegetables</p> <p><b>EARTH’S BEST QUINOA BOWL (BOXED MEAL)</b> Choice of herb-roasted chicken <i>or</i> crispy tofu with sweet potato and roasted broccoli served over our signature Earth’s best quinoa</p> <p><b>MILLAR COBB (BOXED SALAD)</b> A salad of romaine mesclun greens with tomato, bleu cheese, avocado, sliced egg &amp; bacon, Grilled Herb Chicken Breast AND/OR Lemon Parsley Salmon Filet</p>	<p>Individually Wrapped Toilet Paper Rolls .89/each</p> <p>Individually Wrapped Paper Towels 1.99/each</p>
<hr/> <p><b><u>MAKE-YOUR-OWN KITS</u></b></p> <p>Homemade Pizza Kit – Includes two balls of dough, mozzarella cheese, pizza sauce &amp; pepperoni (yields two medium pizzas) - \$19.99</p> <p>House Salad Kit – Assorted greens, veggies &amp; dressing - \$14.99 (serves 4)</p> <p>Guacamole Kit – with tortilla chips - \$15.95</p> <p>Nacho Kit – Includes chips, guacamole, tex mex salsa, green onion &amp; pico de gallo - \$19.95 (serves 4)</p>		