Groceries by W. Millar & Co.

PRODUCE

Apples	1.28/each
Avocado	1.53/each
Bananas	1.00/each
Blueberries	4.25/1/2 pint
Broccoli	2.17/lb
Cabbage (Red or Green)	7.24/each
Cantaloupe	3.64/each
Carrots-whole	0.81/lb
Celery	4.15/bunch
Cucumber	1.67/each
Garlic	.99/head
Ginger	.75/oz
Grapes	3.16/lb
Green leaf lettuce	1.55/head
Green Onion	2.85/bunch
Honey Dew Melon	5.46/each
Lemons	.79/each
Mesclun	6.95/lb
Mushrooms - Domestic	2.88/lb
Onions - Red	1.30/lb
Onions - Yellow	1.45/lb
Orange	0.56/each
Peppers - Green	2.65/lb
Peppers - Red	3.04/lb
Peppers - Yellow	3.51/lb
Peppers -Jalapeno	.60/oz
Pineapple	3.71/each
Plum Tomato	2.49/lb
Potatoes - Idaho	.43/each
Potatoes - Red	2.20/lb
Romaine lettuce (3)	4.75/bag
Shallot	.75/oz
Squash - Green	2.86/lb
Strawberries	5.97/pint
Sundried Tomato	.50/oz
Sweet Potatoes	3.80/lb
Tomatoes	2.99/lb

PROTEINS

Chicken Breast (frozen)	6.50/lb
Salmon (frozen)	12.75/lb
Beef Tenderloin (frozen)	12.50/lb
Flank Steak	11.99/lb
Chicken Thigh	5.25/lb
Snapper (frozen)	7.75/6 oz
Chorizo Links (frozen)	8.50/1lb
Lump Crab Meat	19.75/lb
Deli Ham	7.99/lb
Deli Turkey	9.25/lb
Deli Roast Beef	11.49/lb
Tofu	4.50/12 oz
Bacon	7.99/lb
Tuna (frozen)	8.50/8oz
Pork Tenderloin (frozen)	19.99/2.5lb
Pork Sausage Patty (frozen)	4.88/lb

**weight may vary depending on cut*

CHEESES

Provolone cheese	6.50/lb
Cream cheese	4.15/lb
Pepper jack cheese	6.50/lb
Cheddar cheese	7.25/lb
Swiss cheese	7.25/lb
American Cheese	6.50/lb
Shredded Mozzarella	4.99/half lb
Shredded Parmesan	5.99/half lb

OTHER

Allegro Coffee Beans	14.00/lb
Pomace Oil	24.00/gallon
Orange juice	6.75/1/2 gallon
Cranberry juice	6.25/1/2 gallon
Heavy cream	6.05/quart
½ & ½	3.99/quart
2% milk	5.25/1/2 gallon
Box of Tea (choice of type)	4.99/box
Salted butter	4.15/lb
Unsalted butter	4.15/lb
Margarine	1.25/lb
Sour Cream	10.64/5 lb tub
Eggs	3.99/dozen
Assorted Chobani	2.10/each
Plain Low Fat Yogurt	6.86/32oz
Vanilla Low Fat Yogurt	6.86/32 oz
Italian pasta – assorted	4.25/lb
Rice	1.75/lb
Garbanzo Beans (can)	6.47/6 lb
Black Beans (can)	12.02/6 lb
Confectioner Sugar	6.75/2 lb bag
Brown Sugar	2.00/1 lb box
Plum Tomato (can)	6.15/6 lb
Pita Bread	4.07/10 pack
Flour Tortilla 8” in	2.99/12 pack
Flour Tortilla 10” in	4.99/12 pack
Lemon Juice	4.75/qt
Yeast	5.00/lb
Flour	1.00/lb
Wheat Bread sliced	6.95/loaf
White Bread sliced	6.95/loaf
Potato Chips (individual bag)	1.75/each
French’s Mustard	2.99/bottle
Ketchup	2.99/bottle
Crackers	2.25/sleeve
Granola	7.50/lb
English Muffin (frozen)	5.47/12 pack
Cheese Ravioli (frozen)	4.25/lb
White Sugar	1.90/lb

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