

Cermak

FRESH MARKET

CERMAK 19
950 W. Winston Plaza • Melrose Park, IL 60160
PH: 708 938-4055
OPEN 7 DAYS A WEEK 8:00 AM - 9:00 PM

US Gov't. Insp.
**BONE-IN
ASSORTED
BEEF SHANK**
*Chamorro De Res
Con Hueso Surtido*



3⁹⁹
lb.

Golden Goodness
**BONE-IN
CHICKEN BREAST**
*Pechuaa De Pollo
Con Hueso*



1⁹⁹
lb.

SUPREME TENDER
PORK
**BONE-IN
ASSORTED
PORK CHOPS**
*Chuletas De Puerco
Con Hueso Surtidas*



1⁹⁹
lb.

SUPREME TENDER
PORK
**BONE-IN PORK
SHOULDER ROAST**
*Carne De Puerco
Para Tamales*



1⁹⁹
lb.

CERTIFIED ANGUS BEEF
Cleaned & Trimmed
INNER SKIRT STEAK
*Arrachera Sin Cuero
LIMPIA & ABIERTA*



9⁹⁹
lb.

PRODUCE DELIVERED *Fresh* DAILY

**California
JUMBO
GREEN GRAPES**



2⁹⁹
lb.

**Washington
GALA
APPLES**



99¢
lb.

**NAVEL
ORANGES**
3 lb. bag



2⁹⁹
ea.

**Imported
CLEMENTINES**
3 lb. bag



4⁹⁹
ea.

GROCERY *Savings* EVERYDAY

DORITOS
9-10.7 oz.
FRITOS
9.25-10 oz.
Assorted Varieties



• COCA-COLA
• FRESCA
• SPRITE
2 Ltr.
3/\$5
for



Goya PINTO BEANS
29 oz.



**El Mexicano
WHOLE
HOMINY**
108 oz.



**V&V Supremo
SHREDDED
CHEESE**
• Chihuahua
• Three Cheese Blend
2 lb.



**El Viajero
QUESO
FRESCO**
10 oz.



**V&V Supremo
CHIHUAHUA
CHEESE**
• Original
• Jalapeño



**FUD
TURKEY
HAM**



SALES DATES EFFECTIVE: OCTOBER 7 - OCTOBER 13

VISIT US AT CERMAKFRESHMARKET.COM

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY
7	8	9	10	11	12	13



We reserve the right to limit quantities and correct printing errors. No rainchecks.
All sales while supplies last. | Reservamos el derecho de limitar las cantidades y corregir errores de imprenta.



**La Morena
WHOLE
JALAPEÑO
PEPPERS**
28.2 oz.

2⁴⁹
ea.



**Goya
PINTO
BEANS**
29 oz.

1⁹⁹
ea.



**Nestlé
PURE LIFE
WATER**
24 pk.

3⁹⁹
ea.



**Rico
MEDIUM
GRAIN RICE**
20 lb.

17⁹⁹
ea.



**Los Pericos
TOSTADAS**
•Casera
•Square
12.5 oz.

2⁴⁹
ea.

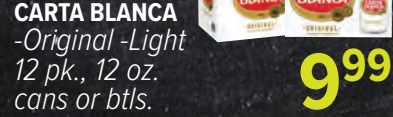
Liquor CORNER



•MILLER LITE
•MGD
•COORS LIGHT
•COORS BANQUET
12 pk., 12 oz.
cans or btl.



TECATE
-Original -Light
12 pk., 12 oz.
cans or btl.



CARTA BLANCA
-Original -Light
12 pk., 12 oz.
cans or btl.

9⁹⁹



•MODELO
•CORONA
•PACIFICO
18 pk., 12 oz.
cans or btl.

24⁹⁹

GROCERY Savings EVERYDAY



DORITOS
9-10.7 oz.
FRITOS
9.25-10 oz.
Assorted Varieties

3⁹⁹
ea.



**El Mexicano
WHOLE
HOMINY**
108 oz.

3⁹⁹
ea.



•COCA-COLA
•FRESCA
•SPRITE
2 Ltr.

3/\$5
for



Post
CEREAL
•Cocoa
Pebbles
•Fruity
Pebbles
11 oz.

2⁹⁹



Lawry's
MARINADES
SEASONING
12 oz.

2⁹⁹



**Cholula
HOT
SAUCE**
Assorted
Varieties
5 oz.

2⁹⁹



**Ragu
PASTA
SAUCE**
Assorted
Varieties
24 oz.

2⁹⁹



Starkist
**CHUNK LIGHT
TUNA**
•Oil •Water
5 oz.

99¢



Nabisco
**PREMIUM
SALTINES**
Assorted
Varieties
9-16 oz.

3⁴⁹



Kellogg's
**RICE
KRISPIES
TREATS**
Assorted
Varieties
8 ct.

3⁴⁹



French's
**YELLOW
MUSTARD**
14 oz.

1⁹⁹



McCormick
**GRAVY
MIXES**
.75-1 oz.

1²⁹



Ragu
**ALFREDO
SAUCE**
Assorted
Varieties
16 oz.

2⁹⁹



Essential
Everyday
**BREAD
CRUMBS**
15 oz.

1⁹⁹



Pringles
**POTATO
CRISPS**
Assorted
Varieties
4.9-5.5 oz.

2⁴⁹



Essential
Everyday
**ALL PURPOSE
FLOUR**
5 lb.

2⁹⁹



Frank's
**RED HOT
SAUCE**
12 oz.

2⁹⁹



Maruchan
**RAMEN
NOODLE SOUP**
Assorted
Varieties
6 ct.

1⁶⁹



Campbell's
**CONDENSED
SOUP**
Assorted
Varieties
10.5-11.25 oz.

1⁶⁹



Essential
Everyday
**TOMATO
SAUCE**
Assorted
Varieties
8 oz.

5/\$3



Capri-Sun
DRINKS
Assorted
Varieties
64 oz.

2⁹⁹



Isadora
**WHOLE
BEANS**
•Pinto •Black
•Mayocoba
15.2 oz.

1⁴⁹



Verde Valle
**LONG
GRAIN RICE**
4 lb.

5⁹⁹



Amorcorito
SEA SALT
24.69 oz.
Bag

2⁴⁹



La Preferida
**BLACK
BEANS**
50 oz.

3⁴⁹



La Preferida
**CHIPOTLE
SAUCE**
7 oz.

99¢



La Costeña
**CHIPOTLE
PEPPERS**
7 oz.

1⁹⁹



Isadora
**MEXICAN
RICE**
•With Corn
•With Tomato
8.8 oz.

2⁴⁹



La Preferida
**REFRIED
BEANS**
•Pinto
16 oz.

1³⁹



Tajín
**FRUIT
SEASONING**
5.64 oz.

3⁴⁹



Goya
**GANDULES
VERDES**
15 oz.

1⁶⁹



Ducal
**REFRIED
BEANS**
•Red •Black
15 oz.

2⁴⁹



Clemente
Jacques
**SLICED
JALAPEÑO
PEPPERS**
26 oz.

2⁴⁹



Goya
SAZÓN
6.33 oz.

4⁹⁹



Don Victor
**CHICKEN
BOUILLON**
32 oz.

6⁹⁹



Butcher Boy
COOKING OIL
•Corn
•Vegetable
96 oz.

9⁹⁹



Violi
**EXTRA VIRGIN
OLIVE OIL**
1 Ltr.

5⁹⁹



Valentina
**SALSA
HOT SAUCE**
•Black
•Original
1 Ltr.

2⁴⁹



Puka
•PLANTAIN
CHIPS
•CASSAVA
CHIPS
12 oz.

6⁹⁹



Cafe Legal
**INSTANT
COFFEE**
Original
6.3 oz.

7⁹⁹



Los Portales
**CANELA
COFFEE**
6 oz.

4⁹⁹



P.A.N.
**HARINA
CORN MEAL**
•Yellow
•White
5 lb.

5⁹⁹



Riceland
**LONG GRAIN
RICE**
5 lb.

4⁴⁹



Green Elephant
**JASMINE
RICE**
5 lb.

4⁹⁹



Samyang
NOODLES
Assorted
Varieties
5 pk.

6⁹⁹



Tampico
DRINKS
Assorted
Varieties
20 oz.

5/\$3



VisVita
**ALOE VERA
DRINK**
Assorted
Varieties
1.5 Ltr.

2/\$4



•CRUSH
•MOUNTAIN DEW
•MANZANITA SOL
•STARRY
•PEPSI
12 pk.

7⁹⁹



7 UP
•SQUIRT
12 oz. glass

2/\$3



Topo Chico
**COLLECTION
SABORES**
Assorted
Varieties
8 pk., 12 oz.

7⁹⁹



Cardinal
**BATH
TISSUE**
12 roll

5⁹⁹



BTS Hybrev
**CLASSIC
COFFEE DRINK**
Assorted
Varieties
11.8 oz.

1⁶⁹



•JARRITOS
•MINERAGUA
•SANGRIA
•SEÑORIAL
•SIDRAL
•MUNDET
•JARRITOS
MANDARINA
4 pk.

4⁹⁹



Foco
**COCONUT
WATER**
Assorted
Varieties
17 oz.

1²⁹



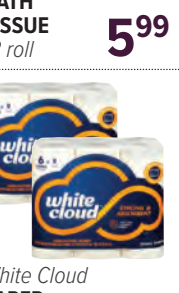
Klass
ATOLE
Assorted
Varieties
1.58 oz.

39¢



Polar
**FLAVORED
SELTZERS**
Assorted
Varieties
8 pk., 12 Cans

2⁹⁹



White Cloud
**PAPER
TOWELS**
6 roll

6⁹⁹

STELLA WINE
750 ml.

BAREFOOT WINE
1.5 Ltr.

9⁹⁹

BUZZ BALLS COCKTAIL DRINK
1.75 Ltr.

1800 MARGARITA
1.75 Ltr.

16⁹⁹

23⁹⁹

GRAN CENTENARIO TEQUILA
•Reposado
•Plata
750 ml.

JOHNNIE WALKER RED LABEL WHISKEY
750 ml.

GREY GOOSE VODKA
750 ml.

CROWN ROYAL WHISKEY
750 ml.

1800 TEQUILA
•Reposado
•Silver
750 ml.

23⁹⁹

Dairy Department



V&V Supremo
SHREDDED CHEESE
•Chihuahua
•Three Cheese Blend
2 lb.

9⁹⁹
ea.



Cacique
CREMA
•Agria
•Mexicana
•Salvadoreña
15 oz.

3⁴⁹
ea.



El Viajero
QUESO FRESCO
10 oz.

2⁴⁹
ea.



Cermak Fresh Mkt.
FLAN
5 oz.

1⁴⁹
ea.



V&V Supremo
CHORIZO
•Hot •Mild •Bolita
14 oz.

3⁹⁹



El Mexicano
PANELA CHEESE
10 oz.

3⁴⁹



LALA
OAXACA CHEESE
10 oz.

4⁴⁹



FUD
SPICY GRILL SAUSAGE
12 oz.

2⁴⁹



FUD
FRANKS
•Chicken
•Turkey
7 oz.

1³⁹



La Chona
ENCHILADO CHEESE
12 oz.

2⁹⁹



El Mexicano
REQUESON CHEESE
14 oz.

4⁹⁹



Mucho Gusto
PARA FREIR CHEESE
12 oz.

3⁹⁹



Mucho Gusto
CREMA
•Guatemalteca
•Hondureña
•Salvadoreña
14 oz.

3⁹⁹



Tropical
AREPAS
16 oz.

2⁹⁹



Essential Everyday
SHREDDED CHEESE
Assorted Varieties
6-8 oz.

1⁹⁹



Lactaid
MILK
Assorted Varieties
64 oz.

4⁴⁹



Coffeemate
COFFEE CREAMER
Assorted Varieties
28-32 oz.

3⁴⁹



Coffeemate
ICED COFFEE
Assorted Varieties
50 oz.

3⁴⁹



Essential Everyday
MARGARINE SPREAD
15 oz.

1⁹⁹



Dannon
RE-MIX GREEK YOGURT
Assorted Varieties
4.5 oz.

1²⁹



Chobani
FLIP YOGURT
Assorted Varieties
6 oz.

1⁹⁹



Dannon
OIKOS YOGURT
Assorted Varieties
5.3 oz.

1²⁹



Yakult
PROBIOTIC DRINK
Assorted Varieties
5 ct.

3⁴⁹



Johnsonville
•BRATWURST
•ITALIAN SAUSAGE
Assorted Varieties
19 oz.

5⁹⁹



LALA
DRINKABLE YOGURT
Assorted Varieties
4 pk.

2⁹⁹



Dannon
DANIMALS
Assorted Varieties
4 ct., 14 oz.

3⁹⁹



Reina
KIDDIE GELS
Assorted Varieties
16.9 oz.

1²⁹



El Mexicano
CUERTITOS
Assorted Varieties
15 oz.

3⁹⁹



Smithfield
SLICED BACON
Assorted Varieties
12 oz.

4⁹⁹

Frozen Department



Dean's
ICE CREAM
Assorted Varieties
48 oz.

4⁹⁹



New York
TEXAS TOAST
Assorted Varieties
7.3-13.5 oz.

3⁴⁹



DiGiorno
PIZZA
Assorted Varieties
20.9-26.4 oz.

6⁹⁹



Sara Lee
POUND CAKE
Assorted Varieties
16 oz.

2⁹⁹



Mama Lycha
PUPUSAS
Assorted Varieties
18 oz.

6⁹⁹

Service Deli



V&V Supremo
CHIHUAHUA CHEESE
•Original
•Jalapeño

4⁹⁹
lb.



Old Tyme
PROVOLONE CHEESE

3⁹⁹
lb.



FUD
POLACO HAM

3⁹⁹
lb.



El Caporal
TRADITIONAL HAM

3⁹⁹
lb.



El Gallito
MUENSTER CHEESE

3⁹⁹
lb.



La Chona
OAXACA CHEESE

4⁹⁹
lb.



Nuestro Queso
QUESADILLA CHEESE

3⁹⁹
lb.



FUD
TURKEY HAM

4⁹⁹
lb.

Bakery



Homemade
CHOCOLATE CHIP CAKE
8 inch

21⁹⁹



Homemade
TRES LECHES CAKE
10 inch

26⁹⁹



Homemade
STRAWBERRY CHEESECAKE
8 inch

26⁹⁹



Homemade
SWEET BREAD MIX
12 ct.

8⁹⁹



Panaderia Refugio
PAN ESTILO ACAMBARO
17 oz.

2/\$7



Brother's Donuts
DONUTS
All Varieties
10 oz.

2/\$6



Homemade
SLICE CAKE
All Varieties

2/\$7



Homemade
MINI CROISSANTS
24 ct.

5⁹⁹



Leonard's
COOKIES
All Varieties
16 oz.

5⁹⁹



La Molienda
GORDITAS DE NATA
10 oz.

3⁹⁹

fresh meat



What is **Certified Angus Beef®** brand? It's on an entirely different level. It defines the standard by which all beef is measured. No shortcuts and with a virtual obsession with flavor and juiciness.



US. GOV'T. INSP. **HOMEMADE PRE-CUT BEEF TACO MEAT CARNE DE RES PICADA PARA TACOS** **5.99** lb.



US Gov't. Insp. **BONE-IN ASSORTED BEEF SHANK**
Chamorro De Res Con Hueso Surtido **3.99** lb.



Golden Goodness **BONE-IN CHICKEN BREAST**
Pechuga De Pollo Con Hueso **1.99** lb.



Supreme Tender **BONE-IN ASSORTED PORK CHOPS**
Chuletas De Puerco Con Hueso Surtidas **1.99** lb.



Supreme Tender **BONE-IN PORK SHOULDER ROAST**
Carne De Puerco Para Tamales **1.99** lb.



Supreme Tender **WHOLE PORK SPARERIBS**
Costillas De Puerco **2.99** lb.



Supreme Tender **FRESHLY PREPARED PORK AL PASTOR**
Carne De Puerco Al Pastor **3.99** lb.



Supreme Tender **BONE-IN PORK SHOULDER STEAK**
Bistec De Espaldilla De Puerco Con Hueso **2.99** lb.



Supreme Tender **FRESHLY PREPARED PORK CHORIZO**
Chorizo De Puerco **3.99** lb.



Supreme Tender **BONE-IN PORK SPINE**
Espinazo De Puerco Con Hueso **1.99** lb.



Perdue All Natural No Antibiotics **WHOLE CHICKEN LEG QUARTERS**
Pierna De Pollo Con Cadera **1.99** lb.



Perdue All Natural No Antibiotics **WHOLE CHICKEN WINGS**
Alas De Pollo **2.99** lb.



Perdue All Natural No Antibiotics **FRESH WHOLE CHICKEN**
Pollo Entero **2.49** lb.



Perdue All Natural No Antibiotics **WHOLE CHICKEN DRUMSTICKS**
Pierinitas De Pollo **1.99** lb.



Perdue All Natural No Antibiotics **BONE-IN CHICKEN THIGHS**
Muslo De Pollo Con Hueso **2.99** lb.



Golden Goodness **WHOLE CHICKEN WINGS**
Alas De Pollo **2.99** lb.



Golden Goodness **BONE-IN CHICKEN THIGHS**
Muslo De Pollo Con Hueso **1.99** lb.



Golden Goodness **WHOLE CHICKEN**
Pollo Entero **1.99** lb.



Golden Goodness **JUMBO CHICKEN LEG QUARTERS**
Pierna De Pollo Con Cadera **1.99** lb.



Golden Goodness **CHICKEN DRUMSTICKS**
Pierinitas De Pollo **1.99** lb.



Certified Angus Beef **HOMEMADE MINI BREADED BEEF STEAK**
Milanesa De Res **7.99** lb.



Certified Angus Beef **EXTRA TENDER BEEF KABOBS WITH VEGETABLES**
Brochetas De Res Extra Suaves Con Vegetales **7.99** lb.



Certified Angus Beef **EXTRA TENDER BEEF STEW**
Trocitos De Res Extra Suaves **7.99** lb.



Certified Angus Beef **EXTRA TENDER RANCHERO STEAK**
Bistec Ranchero Extra Suave **7.99** lb.



Certified Angus Beef **EXTRA TENDER SEASONED RANCHERO STEAK**
Bistec Ranchero Sazonado Extra Suaves **7.99** lb.



US. Gov't Insp. **SHORT LOIN T-BONE STEAK**
Bistec T-Bone **6.99** lb.



Certified Angus Beef **THICK OR THIN CHUCK EYE STEAK**
Bistec De Diesmillo Regular ó Grueso **6.99** lb.



Certified Angus Beef **BEEF CHUCK SHORT RIBS**
Costilla De Cuatro Huesos Para Guisar **6.99** lb.



US. Gov't Insp. **RIBEYE STEAK CUBED OR SEASONED**
Bistec De Ribeye **9.99** lb.



Certified Angus Beef **HOMEMADE BEEF FAJITAS SEASONED OR REGULAR**
Fajitas De Res **8.99** lb.

Seafood



USDC **LARGE TILAPIA FILLETS**
Filete De Tilapia Grande **3.99** lb.



USDC **26/30 CT. PEELED & DEVEINED RAW SHRIMP**
Camarón Crudo Pelado & Desveinado **5.99** lb.



USDC **60/90 CT. COOKED SHRIMP PIECES**
Camarón Cocido Para Ensalada **5.99** lb.

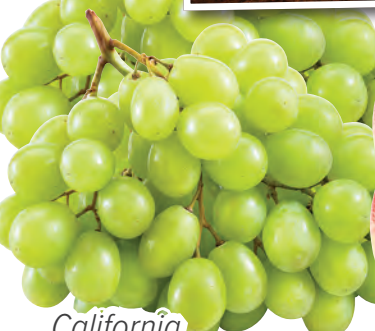


USDC **BREADED TILAPIA FILLET**
Filete De Tilapia Empanizado **4.99** lb.



USDC **CUT TILAPIA FILLETS FOR CEVICHE**
Tilapia Cortada Para Ceviche **4.99** lb.

PRODUCE DELIVERED Fresh DAILY



California **JUMBO GREEN GRAPES** **2.99** lb.



Washington **GALA APPLES** **99¢** lb.



NAVEL ORANGES 3 lb. bag **2.99** ea.



Imported **CLEMENTINES** 3 lb. bag **4.99** ea.



California **ROMAINE HEARTS** 3 ct. bag **1.99** ea.



JUMBO LOOSE CARROTS **49¢** lb.



Locally Grown **GREEN CABBAGE** **39¢** lb.



USA **CRISP CELERY** **99¢** ea.



BELL PEPPERS •Orange •Red •Yellow **99¢** lb.



Mexico **LARGE AVOCADOS** **99¢** ea.



IDAHO POTATOES 10 lb. bag **2.99** ea.



YELLOW ONIONS 3 lb. bag **1.99** ea.

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