

You're Someone Special

Over \$200 in Savings!

Offers Good <u>Feb. 24 t</u>o Mar. 9, 2021

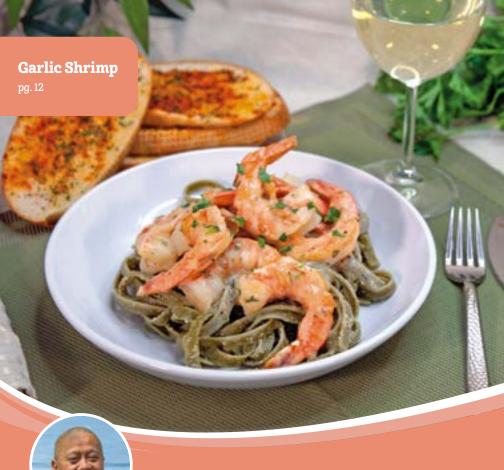
Garlie Shrimp

pg. 12



www.ktasuperstores.com

Salmon & Caper Melt Panini pg. 46



Jeff Ganzagan

KTA Downtown, Hilo Store Director

Aloha KTA 'ohana,

Here at KTA Super Stores, we are a big fan of supporting local. After all, we are a family-owned business that started out as a modest grocery and dry goods store in 1916 by Koichi and Taniyo Taniguchi. Thanks to the love and patronage of families, friends and neighbors, we are now a supermarket chain with seven stores on the island!

Supporting a local business not only strengthens our economy but provides employment opportunities and promotes environmental sustainability. There are many ways to start! You can start small by buying just one locally grown produce or good when you go shopping for groceries. Support farmers by signing up for a CSA or stopping by a farmer's market. If you're buying a gift for a friend or family member, consider a gift card to a local restaurant or small business.

Share how you support local with us on Facebook, Twitter and Instagram. You're someone special every day at KTA since 1916.



Coupons

Grocery	4
Perishables	40
Health & Beauty	48
Household	52
Wines & Spirits	60
Coupon Index	63



Michi Holland

to-prepare, flavored packed dishes.

In Tomato Sauce Van Camp's Pork and Beans 28 oz.





Popping & Topping
Orville
Redenbacher's
Buttery Oil
Flavored 16 oz.

399



Regular, Hot or Vegetarian

Hormel Chili with Beans 15 oz.

729



In Water Hormel Chicken Breast 10 oz.

288



Premium Select

Bumble Bee Chub Mackerel

188



Wild Alaska **Bumble**

Bumble Bee Pink Salmon

397



Black, Garbanzo, Pinto or Kidney

Bush's Best Organic Beans

139



Black, Kidney, Pinto or Red

Bush's Best Chili Beans 15.5 to 16 oz.

2:53



Cooked Libby's **Corned Beef**

12 oz.

Without coupon 4.99, limit 5 per coupon







Corned or Roast

Hormel Mary Kitchen Beef Hash 14 oz.

ea. set

Without coupon 2 for 5.50, limit 3 sets per coupon Coupon price good on set purchase only.





1319-50

In Water or Oil

Coral Chunk Light Tuna

5 oz.





Without coupon 5 for 6.00, limit 2 sets per coupon Coupon price good on set purchase only.

Reg. or Reduced Sodium

Bush's Best Beans

Black, Garbanzo, Cannellini, Kidney, Great Northern, Pinto or Blackeve Peas 15 to 16 oz.

ea. set

Without coupon 4 for 5.00. limit 2 sets per coupon Coupon price good on set purchase only.









1306-100



Excludes Organic & Chili

Café Style Beverage Mix

Maxwell House International

229



Traditional
Yuban
Decaf
Coffee
Ground 11 oz.

319



Black Pitted or Sliced

Lindsay Snack and Go! Olives

369



Chopped or Sliced **Bell's Ripe**

Olives 2.25 to 4.25 oz.

2:\$3



Barilla Whole Grain Pasta

Elbows, Penne, Spaghetti or Linguine 16 oz.





Barilla Gluten Free

Fettuccine, Rotini, Elbows, Penne, Spaghetti 12 oz.,

Legume Pasta Chickpea or Red Lentil 8.8 oz.

199



Family Size

Campbell's Condensed Soup

22.4 to 23.2 oz.

2;\$5



Home Meat Cure

Morton Tender Quick



Original or Fat Free

Taco Bell **Refried Beans** 16 oz.

Without coupon 1.39, limit 5 per coupon







Pitted

Bell's Small Ripe Olives

6 oz.

ea. set

Without coupon 2 for 3.50, limit 5 sets per coupon Coupon price good on set purchase only.







Regional Collection

Barilla Premium Pasta Sauce

24 oz.

Without coupon 2 for 5.00, limit 4 sets per coupon Coupon price good on set purchase only.







Regular

Essential Everyday Tomato Sauce 8 oz.

Without coupon 57¢, limit 10 per coupon





1307-10





Great tasting meals from vine to dine.

Butter or Kettle Corn

Act II Microwave Popcorn 3 count

188



Enjoy on a cold day!

Healthy Choice Soup

2:\$4



Roasted Garlic or Basil, Garlic & Oregano

Hunt's Tomato Sauce

77¢



Reg., No Salt Added or Basil, Garlic & Oregano

Hunt's Tomato Paste

6 oz.

99¢



Made from vine-ripened tomatoes and a special blend of herbs and spices, Hunt's Pasta Sauce is carefully simmered into a thick, rich, flavorful sauce that's sure to make your meals special.







For these recipes and more visit www.hunts.com

Proudly Grown Hunt's Pasta Sauce 24 oz.

Without coupon 1.59, limit 8 per coupon





1302-30



Diced or Stewed **Hunt's 100% Natural Tomatoes** 14.5 oz.





1303-100



Without coupon 4 for 6.00, limit 2 sets per coupon Coupon price good on set purchase only.

Sun-Ripened Mezzetta **Dried Tomatoes** 8 oz.

779



Martini, Castelvetrano or Stuffed **Olives** 6 oz.

199



Original or Chunky Dennison's Chili with Beans

15 oz.



Original Sloppy Joe Hunt's Manwich Sauce

24 oz.



100% Pure **Planters Peanut** 0il 24 07.



Regular or Romano Blend

Kraft Grated Parmesan Cheese 8 07.



Real or Light Best Foods Mayonnaise 20 07.



Plant Based Best Foods Vegan Dressing & Spread 24 07.



Mezzetta Peppers, Peperoncini or Vegetables 16 oz.

Excludes Deli-Sliced

227 ea.

Without coupon 2.47, limit 6 per coupon







Classic Hunt's Tomato Ketchup 32 oz.

199

Without coupon 2.29, limit 5 per coupon





1312-30

Slow-Simmered

Kraft Barbecue Sauce & Dip

17.5 to 18 oz.

177 ea.

Without coupon 1.97, limit 5 per coupon





1315-20



o Mar. 9, 202

Real or Light

Best Foods

Mayonnaise

30 oz.

479

Without coupon 5.99, limit 6 per coupon





. 24 to

1323-120

Mar. 9, 20



All Natural Salt, Organic Pepper or Garlic

Drogheria & Alimentari Grinders .72 to 3.18 oz.

2:\$4



With Parsley Lawry's Garlic Salt 11 oz.



Garlic Shrimp

1 cup fresh, peeled garlic cloves, minced fine in a processor

1 tbsp. canola oil

1 tbsp. black pepper pg.12

3 cups chicken or vegetable stock, divided pg.13

1/4 cup apple cider vinegar

1/4 cup unsalted butter pg.45

2 lbs. 16 to 24 shrimp, deveined, shelled, tail on pg.47

3 tbsp. cornstarch

¼ cup crème fraiche or sour cream

juice from one lemon

1 tsp. garlic salt pg.12

1 tsp. dried or fresh parsley

To make the garlic base, process the garlic cloves in a food processor until fully minced. You can use a regular blender instead, but you may have to add some water to really get the garlic minced into a chunky paste. Next, heat a medium frying pan on medium heat, add the oil and the garlic and cook for 2 to 3 minutes, stir consistently. Add the black pepper and stir for one more minute to release the oils. Then add $2\frac{1}{3}$ cups stock and vinegar, gently simmering until the liquid has disappeared. At this point, the garlic should be a rich, light brown. Remove from heat and cool.

Heat a medium saucepan on the stovetop at medium heat and add butter and the garlic base. When the butter is melted, add the shrimp. Add the cornstarch to the reserved \(^2\) cup stock and continue to sauté the shrimp. When the shrimp are slightly pink, add the stock mixture. Turn the heat to medium high and the sauce will start to thicken—when it does, add the crème fraiche or sour cream, lemon juice and season to taste with garlic salt. Finish with a sprinkle of parsley for color and serve with the side that you most desire!

Chef's Note: The secret to this garlic shrimp is the garlic base—which is cooked ahead of time and imparts a garlicky goodness that is not bitey or overwhelming. You can serve this on its own, or over pasta, with rice or bread or on polenta—the options are endless.

Servings:

Serves 6

Total Time:

1 hour

Pair With:

Kirin Ichiban Beer pg.60

Beef, Chicken or Vegetable Kitchen Basics Stock for Cooking

32 oz.

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Without coupon 2.39. limit 6 per coupon





1308-40



4 to Mar. 9, 202

Drizzle over salad! Newman's **Own Organics Dressing** 12 07.

49



Avocado Oil & Extra Virgin Olive Oil

Newman's Own **Dairy Free Dressing** 8 oz.

69



White or Red Star Wine Vinegar 12 oz.



Premium Star Grapeseed Oil 33.8 oz.



Boost of energy!

Rockstar **Energy Drinks** 15 to 16 oz.

64 oz. or Menehune Water 1 gallon



Peace Tea 23 oz. or

Diamond Head Water

1.5 liter





Dasani Purified Water 8 btls. - 12 oz.

No artificial flavors!

Newman's **Own Dressing**

16 oz., Excludes Organic

Without coupon 3.99, limit 6 per coupon









Extra Virgin Star Olive Oil 750 ml.

Without coupon 9.99, limit 5 per coupon







Pure Water, Perfect Taste Aquafina Purified Drinking Water 24 bottles - 16.9 oz.



1329-100



Without coupon 7.79, limit 6 per coupon

Glacéau Vitamin Water

20 oz. bottle or

BodyArmor Drinks

16 oz. bottle

ea. set

Without coupon 2 for 3.50, limit 4 sets per coupon Coupon price good on set purchase only.





1330-50



All Natural Stash **Organics** Tea 18 bags



Reed's **Ginger Brew** 4 btls. - 12 oz.



Mild

Rosarita **Enchilada** Sauce 20 oz.



Marshmallow Super Value Pack

Swiss Miss Hot Cocoa Mix 41.4 oz., 30 ct.



Unsweetened

Native Forest Organic Coconut Milk 13.5 07.



Lightly Filtered Eden Selected Ume Plum Vinegar 10 07.



Coffee & Milk Beverage

Dunkin' **Donuts Iced Coffee** 13.7 07.



Coca-Cola, Fanta Orange, Sprite or Seagram's **Ginger Ale** 6 cans - 7.5 oz.



Original or Vanilla

Pacific Foods Organic Almond Beverage

32 oz.

Without coupon 3.39, limit 5 per coupon







Milk Chocolate, Marshmallow, Dark Chocolate or Variety Pack

Swiss Miss Hot Cocoa Mix

8 count

Without coupon 2.49, limit 5 per coupon







Instant Beverage

Prince of Peace Ginger Honey Crystals

10 count

Without coupon 3.19, limit 5 per coupon





1369-30



Soda savings!

Coca-Cola, Sprite or Dr. Pepper 24 cans - 12 oz.

Without coupon 12.89, limit 2 per coupon







Propel
Water
Beverage
Flavored 24 oz.

119



Quick 1-Minute or Old Fashioned

Quaker Whole Grain Oats

599



Premium Royal Mills Coffee Drink 11 oz.





100% All Natural Alō Aloe Vera Pulp Juice 16.9 oz.

2:\$4



Just add water!

Hawaiian Sun Powder Drink Mix 3.23 to 4.52 oz.

2:55



Flavored Hawaiian Sun Luau Syrup 128 oz.

999



From Concentrate
ReaLemon
or ReaLime
100% Juice

2.5 oz. squeeze

2;\$1



Original or Picante
Clamato
Tomato
Cocktail
32 oz.



Thirst Quencher **Gatorade Sports Drinks**

32 oz.

Without coupon 1.47, limit 6 per coupon







Organic

Big Island Booch Kombucha

16.9 oz.

ea. set

Without coupon 2 for 8.00, limit 4 sets per coupon Coupon price good on set purchase only.





1332-100

Fruit or Tea

Hawaiian Sun Natural Drinks

6 cans - 11.5 oz.

Without coupon 3.49, limit 12 (3 cases) per coupon





1339-60



Apple, Apple White Grape or Fruit Punch

Mott's **100% Juice** 8 boxes - 6.75 oz.

Without coupon 3.19, limit 5 per coupon





1326-31





Fruit or Tea Crystal Light On The Go Drink Mix 10 count

279



Kool-Aid or Tang Drink Mix 19 to 20 oz.



55%LessSugar

Than leading regular sodas and 100% Daily Value of Vitamin C in each pouch!

Convenient ready to drink pouches in an easy-open fridge pack to store neatly in your refrigerator.



www.KoolAid.com FOR RECIPES & MORE >

Regular, Sour or Zero Sugar

Kool-Aid Jammers Flavored Drinks

10 pouches

Without coupon 2 for 4.50, limit 3 sets per coupon Coupon price good on set purchase only.



Melts in baby's mouth!

Gerber Puffs or
Lil' Crunchies

Snacks 1.48 oz.

199 ea.



Gerber Baby Cereal 8 oz. or Yogurt Melts Snacks

2:\$5



Toasted Rice Flakes
Kellogg's
Special K
Cereal

449

11.6 to 13 oz.



Frosted
Kellogg's
Mini Wheats
Cereal
14.3 to 18 oz.

469



Baked fresh in Hawaii!

Love's Kids White Bread 24 oz. loaf

139



White or Wheat Love S

Jumbo

Bread 32 oz. loaf

5²⁹



Burger or Hot Dog

Ball Park Buns

2¦\$6



Organic
Dave's Killer
Bread
Bagels
5 count



Assorted

Gerber 2nd Foods Baby Food

2 count - 4 oz.

Without coupon 1.67, limit 10 per coupon





1310-30





Assorted Kellogg's Raisin **Bran Cereal** 14 to 16.6 oz.

Without coupon 4.99, limit 5 per coupon







Made with whole grains!

Roman Meal Bread

24 oz. loaf

Without coupon 5.39, limit 3 per coupon





1301-40



Regular or Thin-Sliced

Dave's Killer **Organic Bread**

18 to 27 oz. loaf

Without coupon 6.99. limit 3 per coupon





1309-50



For a sweet treat!
Essential
Everyday
Sugar Cones
5 oz.

2¹⁹



Concord Grape
Essential
Everyday
Jelly
18 oz.

229



Wild Harvest Organic Fruit Spread

^{9 oz.} **Z49**



Strawberry
Wild Harvest
Organic
Fruit Spread
9 oz.

359



Chopped or Pitted **Dole**

California
Dates
8 oz.

299



California
Dole
Golden
Raisins
12 oz.

469



All Natural Libby's 100% Pure Pumpkin 15 oz.

229



Sweetened
Nestlé Carnation
Condensed
Milk

14 oz.

2:55



Fill with ice cream!

Essential Everyday Jumbo Cups

2.75 oz.

Without coupon 1.89, limit 3 per coupon







Wildflower

Wild Harvest Organic Honey 12 oz.

Without coupon 4.39, limit 3 per coupon





100% Natural

Dole California Seedless Raisins

12 oz.

Without coupon 3.59, limit 3 per coupon







Vitamin D added!

Nestlé Carnation Evaporated Milk 12 oz.

ea. set

Without coupon 2 for 3.50, limit 3 sets per coupon Coupon price good on set purchase only.







Enjoy for breakfast! Krusteaz **Belgian Waffle** or Pancake Mix 25.2 to 32 oz.



100% Whole Grain Flour

Krusteaz **Protein Pancake Mix** 20 07.



Apple Pie Filling & Topping

Duncan Hines Comstock **More Fruit** 21 oz.



Creamy Duncan Hines **Frosting** 16 oz.



Pancake or Cornbread

King Arthur Flour Gluten **Free Mix** 14 to 15 oz.



Gluten Free

King Arthur Flour Muffin Mix

16 07.



Organic Grain Free

King Arthur Coconut **Flour**

16 07.



King Arthur Grain Free Flour 16 07.



Made with real honey!

Krusteaz Honey Cornbread & Muffin Mix 15 07

Without coupon 1.99, limit 5 per coupon







Perfectly Moist

Duncan Hines Cake Mix 15.25 oz.

Without coupon 1.99, limit 6 per coupon







Yellow Cake or Brownie

King Arthur Flour Gluten Free Mix

17 to 22 oz.

Without coupon 5.49, limit 5 per coupon





1322-70



Unbleached

King Arthur Flour All-Purpose Flour 5 lbs.

Without coupon 4.99. limit 5 per coupon







Enjoy with ice cream!

Hershey's Syrup, Shell or Topping

7 to 24 oz.



Hershey's Sale! Baking Cocoa 8 oz., Simply 5 Chocolate Syrup 21.8 oz. or Reese's Creamy



Dove, M&M's **Chocolate Bar Combos Snacks** 6.3 oz.



Stand Up Pouch, Fun Size or Minis Bag

Mars or Dove Assorted Candies 6 to 11.5 oz.





Mentos 1.32 oz. or **Airheads Candy** 1.5 to 2.75 oz.

Haribo Gummi Candy 4 to 5 oz. or Iconic **Candy Bars** 1.48 to 1.7 oz.



Chocolate or Strawberry Cream Covered

Glico Pocky Biscuit Sticks 1.41 07.



Morinaga **Hi-Chew** Fruit Chews 3.17 to 3.53 oz.



Assorted

Hershey's Kitchens Baking Chips

8 to 12 oz.

Without coupon 2.49, limit 6 per coupon







Assorted Singles

Mars, Wrigley Candies or Combos Snacks

1.08 to 2.17 oz.

ea. set

Without coupon 7 for 6.00, limit 5 sets per coupon Coupon price good on set purchase only.





1337-100

Starburst, Skittles, Life Savers or Altoids

Wrigley **Candies** 1.2 to 7.2 oz.

Without coupon 1.89, limit 6 per coupon





1338-30



Melty Cocoa or Butter Caramel

Pocky Winter Biscuits 6 count







1362-30



Without coupon 3.99. limit 5 per coupon

Limited in supply. Sorry no rainchecks!

From Concentrate
Jumex
Fruit Nectar
Drinks
11.3 oz.

79¢



Ancho
Badia
Chili
Pods
3 oz.

289



Nabisco Premium Crackers 9 to 16 oz.,

Ritz Toasted Chips, Crisp & Thins, Cheese Crispers 7 to 8.1 oz., Fudge Covered Nutter Butter, Oreo 7.9 to 9.9 oz. or Selected Oreo Cookies 10.1 to 15.35 oz.





CHIP

Nabisco Snacks

Honey Maid Graham Crackers 12.2 to 14.4 oz., BelVita Breakfast Biscuits 8.8 oz. or Nilla Wafers 11 oz.

2:56



Diamond Bakery Sale!

Hawaiian Cookies, Biscuits, Bites or Animal Crackers 4 to 4.5 oz.

2:53





Diamond Bakery

Soda Crackers 13 oz. or Hawaiian Mac Nut Shortbread Cookies 4 oz. 2:\$7

Assorted

Maui Style Shrimp or Potato Chips

2:\$5



Assorted
Lay's Baked
Potato Chips
or Sun Chips
6.25 to 7 oz.

2;\$7



Enjoy at home or on-the-go!

Gamesa Marias Cookies

4.9 oz.

Without coupon 89¢, limit 4 per coupon







Nabisco Snack Crackers 3.5 to 9.1 oz. or

Chips Ahoy! Cookies 7 to 13 oz.

ea. set

Without coupon 2 for 6.00, limit 5 sets per coupon Coupon price good on set purchase only.





1352-100



Royal Creem, Saloon Pilot, Soda or Graham

Diamond Bakery Crackers

8 to 9.75 oz.

Without coupon 2 for 7.00, limit 5 sets per coupon Coupon price good on set purchase only.



1353-100



Snack Savings!

Ruffles Potato Chips 7.75 to 9 oz... Smartfood Popcorn 5 to 7.75 oz. or Tostitos Salsa or Dip 15 to 15.5 oz., Excludes Organic

ea. set

Without coupon 2 for 7.00. limit 5 sets per coupon Coupon price good on set purchase only.





1360-100







BEANITOS

The new Beanitos chips are the best yet!

Better tasting, crispier and more
nutritious.

The main ingredient is fresh whole beans, which we proudly source from American farmers. The chips in our bag are as close to the farm as chips can get.

HAPPY SNACKING!

Sticks or Twists
Glutino
Gluten Free
Pretzels
8 oz.

2:56



Newman's Own Crème Filled

Newman-0's Chocolate Cookies

569



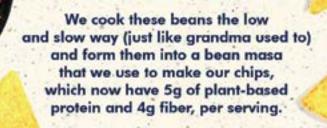
Pop Art Flavored Popcorn

2:\$7



Brownie or Fig Nature's Bakery Bars





IT'S GOOD BEAN' Delish



www.beanitos.com









Farm to Table
Beanitos
Bean Chips
4.5 to 5 oz.

269

Without coupon 2.99, limit 5 per coupon





1355-30



o Mar. 9, 202

Baked Corn Snacks
Barbara's
Cheese Puffs
5.5 to 7 oz.

2°, \$5 ea. set

THEESE PUFFS
THEESE PUFFS
THEESE PUFFS



1354-100



ar. 9, 2021

Without coupon 2 for 6.00, limit 5 sets per coupon Coupon price good on set purchase only.

Chocolate Covered Macadamia Nuts

Hawaiian Sun Assorted Chocolates

2:59





Premium Chocolate Covered Hawaiian Sun Macadamia Nuts 16 oz.

Regular, Lightly Salted or Unsalted

Planters Mixed Nuts 10.3 oz.

459



Planters Regular or Lightly Salted

Cashews Halves & Pieces

519





Salted
Fisher In-Shell
Peanuts 12 oz.

2:\$5

Dry Roasted Fisher Sunflower Kernels 7.25 oz.

259



Snack Sale!

Meiji YanYan 2 oz., Hello Panda 2.1 oz. or Gem Gem Ginger Candy 1.25 oz.

99¢



King Crab, Labzter Lobster or Shrimp Tempura

Regent Flavored Snacks 3 to 3.5 oz.



Chocolate Covered

Hawaiian Sun Macadamia Nuts

Assorted 2 count

ea. set

Without coupon 5 for 6.00, limit 3 sets per coupon Coupon price good on set purchase only.







Regular or Lightly Salted

Planters Cocktail Peanuts 12 oz.

Without coupon 2.59, limit 3 per coupon







Dry Roasted Fisher

Peanuts

14 oz.

Without coupon 3.59, limit 5 per coupon









Grilled Seaweed Snacks

Tao Kae Noi **Big Roll**

.95 oz.

Without coupon 2 for 6.00, limit 5 sets per coupon Coupon price good on set purchase only.







Premixed
Ajinomoto
Cook-Do
Sauce
3.17 to 3.8 oz.

279





Med. Hot or Hot Curry Mix House Foods Kokumaro 4.93 oz.

289



Seasoning Mix for Sushi Rice
Nagatanien
Sushi Taro 6.98 oz.

469



Yamachan Nagasaki Sara Udon 7.97 oz.

499

Roasted Seaweed

Japan Food Yaki

Sushi Nori

Sugatami

299

10 sheets



ASMINE BOWL S

White or Brown

Dynasty Jasmine
Rice 5 lbs.

597

Instant
Mama
Noodles
Cup
2.47 oz.

89¢



Instant
Mama
Handi Rice
Fried Rice
2.82 oz.



Soft, Firm or Extra Firm

Morinaga Mori-Nu Silken Tofu

12 to 12.3 oz.

2f **\$ 3** ea. set

Without coupon 2 for 4.00, limit 5 sets per coupon Coupon price good on set purchase only.







Bean Thread

Mums Brand Long Rice

8 oz.

199

Without coupon 2.39, limit 5 per coupon





4 to Mar. 9

1365-40

Assorted

Kikkoman Instant Soup Mix

.33 to 1.34 oz.

239

Without coupon 2.69, limit 5 per coupon







1363-30



lar. 9, 202

Shrimp, Chicken, Chicken Curry or Duck

Thai Chef Ramen 70 grams

5:\$2

ea. set





eb. 24 to

1368-75



Mar. 9, 2021

Without coupon 5 for 2.75, limit 6 sets per coupon Coupon price good on set purchase only.



Authentic Flavors
Patak's
Simmer
Sauce
12.3 to 15 oz.

399



Pad Thai or Peanut Satay
Thai Kitchen
Gluten Free
Sauce
8 oz.



Thai Red Curry Coconut & Kale Soup

1½ tsp. extra virgin olive oil or vegetable oil pg.15

1 medium onion, minced very fine or pulsed in a processor

2 tbsp. Thai red curry paste pg.39

1 tsp. ground turmeric

1 tbsp. granulated garlic

1 tsp. garlic salt pg.12

2 tbsp. Thai or Vietnamese fish sauce

14 oz. can of unsweetened coconut milk pg.16

14 oz. can of diced tomatoes pg.9

4 cups vegetable or chicken stock pg.13

1 big bunch of fresh kale, thick spines removed, chopped

2-3 tbsp. instant mashed potato flakes to thicken (optional)

2 tbsp. chives, chopped or dried fresh cilantro, chopped, for garnish

Heat a large soup pot over medium heat, add the oil and sauté the onion for 2 to 3 minutes. Add the curry paste, turmeric, garlic and garlic salt; cook for an additional minute, constantly stirring to help release the essential oils in the spices. Add the fish sauce, coconut milk, diced tomatoes and stock. Bring to a gentle simmer and cook for about 10 minutes. Then add the kale, cooking just until it wilts. If the soup is thin, add instant mashed potato flakes to thicken as needed. To serve, ladle into bowls and top with chopped cilantro and chives.

Chef's note: You can easily make this a meal by adding your favorite protein such as cubed tofu, broccoli, mixed seafood or diced chicken.

Servings: Serves 4 to 6 Total Time: 30 minutes

Pair With: Cupcake Sauvignon Blanc pg.62

Thai Kitchen Curry Paste 4 oz. or Fish Sauce

349

Without coupon 3.79. limit 5 per coupon





1370-30



o Mar. 9, 202

Kikkoman Sauce Sale!

Kotteri Mirin, Ponzu, Tempura, Orange, Unagi or Wasabi 9.25 to 12.5 oz.



Udon, Somen or Soba J-Basket Japanese

Noodles 25.4 to 28.21 oz.



Lee Kum Kee Sauce

Hoisin 20 oz., Ovster 18 oz., Char Siu, Plum, Black Bean Garlic, Chili Garlic or Chili Bean 8 to 9.2 oz.



Minced

Lee Kum Kee **Garlic** or **Ginger** 7.5 oz.

'49



Frozen Young Boneless

1916 Chicken **Tenderloins** 2.5 lbs.



Frozen Mid-Joint Sections

1916 Young Chicken Wings 2.5 lbs.





Frozen Vegetables

Flav•R•Pac Steam Z of the Crop 12 oz.



Flav • R • Pac Frozen Broccoli, Green Peas, Corn or Mixed Vegetables 28 oz.

Mild, Medium Hot, Hot or Extra Hot

S&B Golden **Curry Sauce Mix** 7.8 oz.

Z69

Without coupon 3.99, limit 5 per coupon





1364-30



Panda Brand Lee Kum Kee

Ready Sauce 8 oz.

Without coupon 2.69, limit 5 per coupon







1916 Chicken

Frozen Drumettes, Party Wings or Boneless & Skinless Thighs 2.5 lbs.

Without coupon 7.89, limit 3 per coupon





1524-40



Frozen In Shell

PanaPesca Mussels

1 lb.

Without coupon 3.49. limit 3 per coupon







Frozen
Smucker's
Uncrustables
Sandwiches
4 count

2:\$6



Chilled Nestlé Coffee-mate Creamer 32 oz.

479



Portuguese Brand Cocktail or Longanisa

Frank's Foods Sausage 12 oz.

479



Frank's Foods

Smoked Sausage, Sliced Mild Portuguese Brand Sausage 12 oz., Reg. or Skinless Portuguese Brand Hot Dogs 16 oz.

559



Chicken or Turkey **Foster**

Farms Franks

3;\$6



Variety Pack
Foster
Farms
Cold Cuts
9 to 12 oz.

2:\$5



Whipped Vegetable Oil Spread

Fleischmann's Move Over Butter 10.05 oz.

199



Frozen
Banquet
Pot
Pies
7 oz.

3:\$4



Mainland Shell Protected

Cherry Lane Medium Eggs

Grade A 1 dozen

ea. set



1531-100



Without coupon 3 for 6.00, limit 2 sets per coupon Coupon price good on set purchase only.

Frank's Foods

Reg. or Natural Smoked Franks 16 oz., Extra Mild, Mild, Hot **Portuguese Brand Sausage** or Blood Sausage 12 oz.

Without coupon 4.59, limit 3 per coupon





1528-40

Frozen Regular or Mini **Foster Farms Corn Dogs** 29.3 to 42.72 oz.

Without coupon 6.59, limit 3 per coupon





1527-30



Frozen Original or Southern

Banquet Crispy Fried Chicken

29 oz.

Without coupon 8.99. limit 3 per coupon







Deli Fresh or Carving Board

Oscar Mayer Meats 6 to 9 oz





Classic or Angus
Oscar Mayer
Beef
Franks

439



Kraft Original or $\frac{1}{3}$ Less Fat

Philadelphia

Cream Cheese 8 oz. brick

2:\$5



Assorted
Kraft Singles
or Velveeta
Slices
10.7 to 12 oz.

429



Salted or Unsalted Challenge Whipped Butter 8 oz.

299



With DHA Omega-3
Challenge
Spreadable
Butter
15 oz.

399



Yoplait Oui 5 oz. or Good Belly Probiotics Yogurt

5.3 oz.

3;\$5



Original or Low Fat Mountain High Yoghurt



Lunch Combinations

Oscar Mayer Lunchables

8.9 to 10.7 oz.

ea. set

Without coupon 2 for 6.00, limit 3 sets per coupon Coupon price good on set purchase only.







Chunk, Shredded or Crumbles

Kraft Natural Cheese

5 to 8 oz.

Without coupon 2 for 8.00, limit 3 sets per coupon

Mozzarella Coupon price good on set purchase only.



1530-100



Salted or Unsalted Challenge

Butter 1 lb. quarters





1533-30



Without coupon 4.89, limit 3 per coupon

Original or Light Yoplait

Flavored Yogurt

6 oz.

Without coupon 99¢, limit 12 per coupon











Chilled
Salmon Fillet
Or Frozen Hamachi Fillets

13⁹⁹



Frozen

Talley's Mussels
On the Half Shell 2 lbs.

14⁵⁹

Salmon & Caper Melt Panini

cooking spray

1½ lb. salmon fillet pg.46

2 tsp. dill, divided

1 tsp. garlic salt, divided pg.12

ground black pepper pg.12

½ cup fat free Greek yogurt pg.44

2 tbsp. mayonnaise pg.10, 11

¼ cup capers, rinsed and drained zest from one lemon

4 slices Swiss cheese, cut diagonally

4 slices Sourdough bread

Preheat oven to 350 degrees. Coat a flat baking pan with cooking spray, place salmon on the pan and season with 1 tsp. dill, ½ tsp. garlic salt and black pepper to taste. Bake the salmon until well done, approximately 20 minutes. The flesh should be firm. Let cool until it can be handled comfortably, then crumble with your fingers into a medium bowl. Add the yogurt, mayonnaise, remaining dill and garlic salt, capers and lemon zest. Gently fold the mixture until thoroughly blended. Do not over stir.

To assemble sandwiches, put two triangle slices of cheese on a piece of bread and spread a ½" thick layer of salmon mixture on the cheese. Place two more triangles of cheese over the mixture and top with a slice of bread. (Placing the cheese this way will prevent the contents of the sandwich from falling out when cutting the sandwich in half.) To cook, first spray each side of the sandwich with cooking spray. Press in a heated panini press or in an oiled pan on medium heat. When the cheese is melted and the outside of the bread is toasted and crunchy, remove from heat.

Chef's Note: This is a take on a classic sandwich, the tuna melt, with a healthy twist. Instead of using canned tuna, I've substituted baked fresh salmon, which is one of the healthiest fish you can eat due to its omega-3 content.

Servings:

Serves 4

Total Time:

40 minutes

Pair With:

Smoking Loon Chardonnay pg.62

Frozen

White EZ
Peel Shrimp
2 lbs. - 16 to 20 ct.

1599

Without coupon 16.99, limit 2 per coupon





1522-100



1 to Mar. 9, 202

Bakery Sliced Western Bagel Extra Soft Bagels 18 oz., 6 ct.





Regular or No Sugar Added **Bakery Apple Pie** 24 oz., 8 inch

Fruit or Tea Meadow **Gold Drink** Savings! 64 oz.



Ice Cream Bars or Sandwiches

Meadow Gold Frozen **Treats** 6 count



All Natural Mikawaya Mochi **Ice Cream** 6 count



Refreshing treat! Popsicle or **Fudgsicle** Ice Pops 6 to 18 count





Zone Perfect Nutrition Bars 1.58 to 1.76 oz.

Ensure Max **Protein** 4 bottles



Old Fashioned, Blueberry or Chocolate

Bakery Cake Donuts

6 count - 6 oz.

499

Without coupon 5.49, limit 2 per coupon







Assorted
Meadow Gold
Ice Cream
1.5 quarts

4794.3

Without coupon 5.19, limit 3 per coupon







100% Grade A Milk & Cream

Breyers Ice Cream 1.5 quarts

499

Without coupon 5.39, limit 3 per coupon





1535-40



Mar. 9, 2021

Assorted
Ensure Plus
Nutrition Shake
6 bottles

10⁹⁹

Without coupon 11.99, limit 5 per coupon





1389-100



Mar. 9, 20

Nutrex Supplements
BioAstin Supreme Hawaiian
Astaxanthin 60 ct., Pure

ASTAXANTNIN 60 CT., Pure Hawaiian Spirulina 5 oz. powder or Spearmint Flavor 180 count

1499



Nutrex Supplements

BioAstin Hawaiian Astaxanthin 12mg - 50 ct., JointAstin 120 V-gels or Hawaiian Spirulina Vanilla Protein Shake 12.8 oz. powder

1799





Ricola Cough Drops Stick

99¢

Family Pack Ricola Cough Drops 45 to 50 ct.

429



Oil-Infused
Jergens
Moisturizing
Body Wash
22 oz.

499



Moisturizing
Jergens
Lotion
Sale!
21 to 26.5 oz.

629



Softsoap Hand Soap 7.5 oz.

129



Men's or Lady
Speed
Stick
Deodorant
2.3 to 3 oz.



Nutrex Supplements

BioAstin Hawaiian Astaxanthin 12mg - 25 ct., 4mg - 60 ct. or Pure Hawaiian Spirulina 200 ct.

Without coupon 11.99, limit 5 per coupon







All Natural Ricola **Cough Drops** 19 to 24 count

Without coupon 2.19, limit 5 per coupon





1394-40

Anticavity Fluoride

Pepsodent or **Aim Toothpaste**

Cavity Protection 5.5 oz.

Without coupon 1.27, limit 5 per coupon



Excludes other Aim flavors



1387-30



Colgate Toothpaste

Baking Soda & Peroxide Whitening, Triple Action, Sparkling White, Cavity or Tartar Protection 6 oz.

Without coupon 1.99. limit 5 per coupon





1388-50



Prices good in-store only. Not valid on online and KTA Delivery purchases. Actual coupon required to obtain coupon price. Limit 1 coupon per product, per visit, per customer. Descriptive, typographical and/or photographical errors are subject to correction. Beautiful Color Revion ColorSilk Hair Color 1 application

2:56



Permanent Hair Color Revion Total Color 1 application

499



5x more moisturizers!

Dove Foaming Hand Wash

279



White, Sensitive Skin or Cool Moisture

Dove Beauty Bar 2 bars

359



Banana Boat Aloe After Sun Care

499



Baby or Kids SPF 50

Banana Boat

Simply Protect

Sunscreen

Lotion or Spray 6 oz.

769



Clear

16 07.

Essential
Everyday
Mailing Tape
1 roll - 2"x800"

199



Disposable
Essential
Everyday
Lighters
6 count



Shampoo or Conditioner OGX **Hair Care**

13 oz.

12 oz.

Without coupon 5.99, limit 6 per coupon



Excludes Damage Remedy





Assorted **Dove Shampoo** or Conditioner

ea. set Without coupon 2 for 8.00, limit 5 sets per coupon Coupon price good on set purchase only.



1390-100



Sensitive or Sport SPF 50

Banana Boat Simply Protect Sunscreen Lotion or Spray 3 to 6 oz.

Without coupon 8.49, limit 5 per coupon





1391-50



Basket Style White Paper

Essential Everyday Coffee Filters

250 count

Without coupon 3.49. limit 6 per coupon









Reynolds Kitchens
Paper Baking Cups
Pastels 50 count

88¢



Great for baking!

Waxtex Waxed

Paper 75 square feet

157

Designer
Essential
Everyday
Paper Plates
24 to 45 count

299



Designer
Essential
Everyday
Paper Cups
54 count

329





Glad Clear Plastic Cling Wrap

167



Glad Press 'N Seal Sealing Wrap Multi-Purpose 70 sg. ft.

329

lvory Dish Liquid 24 oz.

297



Dishwashing Fresh Scent

Cascade Complete Detergent 18 ActionPacs



Genuine

Reynolds Kitchens Parchment Paper

45 square feet







Without coupon 3.49, limit 3 per coupon

Aluminum

Essential Everyday Foil

75 square feet





Without coupon 3.37, limit 3 per coupon

Force Flex, Dual Defense, Kitchen Pro or Quick-Tie

Glad Tall Kitchen or Large Trash Bags

25 to 80 count

Without coupon 8.59, limit 4 per coupon





1381-60



Original or Anti-Bacterial

Dawn Ultra Dish Liquid

19.4 oz.

Without coupon 2.99, limit 3 per coupon









Versatile or Dark Protect
OxiClean Powder
Stain Remover 3 lbs.

699



Clean Scentsations

Arm & Hammer Fabric Softener

297

Pro Strength
Drāno Max
Gel Clog
Remover
80 oz.

888



Raid

Seeks out roaches & fleas!

Raid Deep Reach Fogger **7**99

Pampered Meals Inspired by Small Dogs

Purina Bella Natural Bites Dog Food Dry 3 lbs.

557



With real beef!

Purina Moist & Meaty Dog Food 12 pouches

599



Tender Favorites or Classic Paté

Meow Mix Cat Food

5:\$3



Meaty or Beefy Classic

Gravy Train Dry Dog Food 14 lbs.



Arm & Hammer Laundry Detergent

Powder 3.47 lbs., Power Paks 24 ct. or Liquid 61.25 to 75 oz.

Without coupon 6.59, limit 4 per coupon









Kills on contact!

Raid Ant & Roach Killer Spray

17.5 oz.

Without coupon 4.49, limit 6 per coupon







Original or Indoor Formula

Purina Cat Chow Dry Cat Food 15 lbs.

Without coupon 15.59, limit 2 per coupon





1384-100



Assorted Flavors

Pup-Peroni **Dog Snacks** 25 oz.

Without coupon 8.99. limit 3 per coupon









7 or 8 inch Stainless Steel **Kitchen Helper** Tongs 1 count

Kitchen Helper Sink Strainer, Plastic Peeler or Rice Server 1 count



The Original **Kingsford** Charcoal **Briquets** 8 lbs.



Instant Briquets Kingsford Match Light Charcoal 8 lbs.



Ultimate

Energizer Lithium **Batteries** AA 2 count



C or D

Energizer Max Alkaline Batteries

4 count



Kitchen Helper Scour Pads 5 ct. or **Magic Mesh** Scrubber

Non-Scratch 1 ct.



Regular

Mrs. Miwako's Kitchen **Towel**

1 count



Keeps mosquitos away!

King Citronella Mosquito Coils

10 count

Without coupon 1.99, limit 6 per coupon





1400-20



The Original **Kingsford Charcoal Briquets** 16 lbs.

Without coupon 14.79, limit 6 per coupon







Power Seal

Energizer Max Alkaline Batteries

AA or AAA 8 count

Without coupon 8.49, limit 6 per coupon





1398-50



Assorted Strap Colors #1395L

Locals Neon Rubber Slippers

1 pair - Sizes 6.5 to 13

Without coupon 4.49. limit 6 per coupon





1401-52



Prices good in-store only. Not valid on online and KTA Delivery purchases. Actual coupon required to obtain coupon price. Limit 1 coupon per product, per visit, per customer. Descriptive, typographical and/or photographical errors are subject to correction. Premium
Kirin
Ichiban
Beer
12 btls./cans



Variety Pack BON V!V Spiked Seltzer 12 cans

1399



Variety Pack or Long Hammer IPA

Red Hook Beer



Island Brewed
Maui
Brewing
Co. Beer
6 cans

899 ea.



Deschutes Beer Buy!

6 btls./cans Excludes Fresh IPA

888 ea.



Belgian White or Mango Wheat

Blue Moon Beer 6 bottles

888



Omission
Brewing Co₋
Beer

6 bottles

888



Gluten Free

Wild Tonic Hard Jun Kombucha

12 oz. can

2:59



Ten Times Filtered
Smirnoff
Vodka
Savings!
1.75 liters

1888 ea.



Triple Distilled
Jameson
Irish
Whiskey
750 ml.

1999



Jose Cuervo Especial Tequila or Fireball Whisky

1399



Peanut Butter Skrewball Whiskey Sale! 750 ml.

22⁹⁹



Imported

Tanqueray London Dry Gin

20⁹⁷



80 Proof or Botanical **Ketel**

One Vodka 750 ml.

22⁹⁹



Black Label

Johnnie Walker Blended Scotch Whisky

29⁹⁹



Kentucky Straight
Maker's Mark
Bourbon
Whisky
750 ml.

25⁹⁹



Pinot Grigio or Chianti Cavaliere D'oro Wines 750 ml.

599



Regular or Unoaked Smoking Loon Chardonnay Wines 750 ml.

6⁹⁹



California Wine
Liberty Creek
Cabernet
Sauvignon
1.5 liters

799



Marlborough
Cupcake
Sauvignon
Blanc Wine
750 ml.

799



Lodi California Wine Cline Old Vine Zinfandel 750 ml.

999



Oregon Grown
Underwood
Pinot Noir
Wine
750 ml.

10⁹⁹



Sandstone
Wente
Merlot
Wine
750 ml.

1299



Cabernet Sauvignon
Coppola
Claret
Wine
750 ml.

14⁹⁹



Grocery

•
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Morinaga Silken Tofu
Mott's 100% Juice
Mums Long Rice
Nabisco Snack Crackers or Chips Ahov! Cookies
Newman's Own Dressing
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