

You're Someone Special

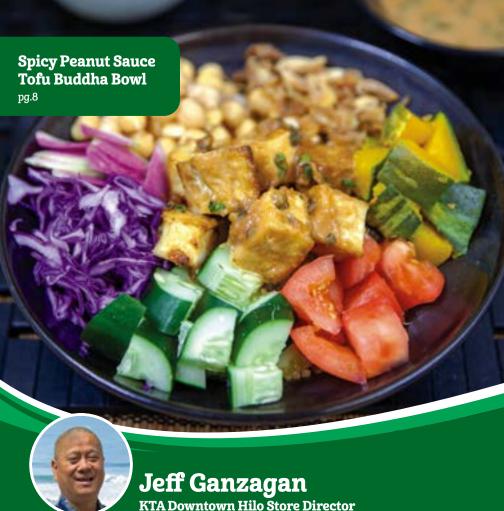
Over \$150 in Savings!

Offers Good Nov. 25 to Dec. 6, 2022

Spicy Peanut Sauce Tofu Buddha Bowl



Chef Michi's Stuffing with Vegan Gravy pg.16 Tofu Musubi pg.40



Aloha KTA 'Ohana,

As we get ready for the holiday season, it's often a challenge to keep to a healthy diet when your calendar is full of family potlucks, company parties and friend gettogethers. For many of us, this can make it tricky to staying on track—especially if eating healthy is a priority. Even if keeping to a certain weight or losing weight isn't your goal, it's important to know your eating habits can affect your health. Here are a few tips to stay healthy this holiday season.

One of the easiest ways to stay on track is to have a buddy system. Enlist support from family, friends or even co-workers to help keep you on track at gatherings and events. Plan ahead by bringing a healthier dessert option to a potluck or eating healthy and hearty breakfasts prior to big holiday feasts. Stick to low calorie cocktails and drinks like champagne or light beer. And don't forget to keep active or even consider increasing your physical activity during this time.

However you choose to practice healthy eating habits this month, always remember, you're someone special at KTA since 1916.



Coupons

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Wines & Spirits	60
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Featured Chef

Michi Ho<u>lland</u>

Chef Michi Holland founded Cooking Fresh for You in 2008, focusing on made-from-scratch, healthy yet easy-to-prepare, flavored packed dishes. Eating healthy doesn't need to be tasteless! She now serves over 700 healthy meals a day.



Sign up to receive our Coupon Book with Quick & 'Ono recipes and \$150 in savings at ktasuperstores.com/stay-in-touch or scan the code!

The recipes within are provided as suggestions only as part of our service to customers and are intended for use by persons having appropriate technical skill, at their own discretion and risk. KTA Super Stores cannot guarantee that favorable results will be obtained from their use, and assumes no obligation or liability and makes no warranties with respect to these recipes.

No Preservatives

Dinty Moore Beef Stew 20 oz.



In Water **Hormel** Chicken **Breast** 10 07.

749



Sesame, Stir Fry or Chili

Family Brand Oil 6 oz.



Simple & Authentic

Quoc Viet auo2 Base 10 oz.

/49



Whole Chicken of the Sea **Baby Clams** 10 07



Fancy Crabmeat or Whole Cove Oysters

Chicken of the Sea **Pacific Pearl** 6 to 8 oz.



Butter or Kettle Corn

Act II **Microwave** Popcorn 3 count



Healthy Choice auo2

15 07.



Corned or Roast Beef

Hormel Mary Kitchen Homestyle Hash

14 oz.

249

Without coupon 2.79, limit 5 per coupon







Classic or Reduced Sodium

Tulip Luncheon Meat Sale!

12 oz.

219 ea.

TULIP

Luncheon Meat := Luncheon Meat :=

KTA SUPER STORES

1346-20



Without coupon 2.39, limit 5 per coupon

In Oil, Water or 50% Less Sodium

Chicken of the Sea Chunk Light Tuna

5 oz.

3:\$3.

ea. set

Chicken Court Lien Chicken Chicken

KTA SUPER STORES

1351-75



ec. 6, 2022

Without coupon 3 for 3.75, limit 3 sets per coupon Coupon price good on set purchase only.







Made with corn & rice! Barilla **Gluten Free Pasta** 10 to 12 oz.



All Natural Salt, Organic Pepper or Garlic

Drogheria & Alimentari Grinders .72 to 3.18 oz.





All Natural **McCormick Pure Vanilla** Extract 107.



Chicken, Vegetable or Beef

Knorr Bouillon Cubes 6 count



Cooks in minutes! **Knorr Pasta**, Italian or **Rice Sides** 4 to 5.7 oz.



Hamburger or Tuna Betty Crocker Helper Meals 5 to 6.9 oz.



Progresso Traditional auo2 18.5 to 19 oz.



Regional Collection

Barilla **Pasta Sauce**

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







Au Jus, Chili, Spaghetti Sauce, Beef Stew or Fajita Mix

Lawry's Gravy or **Spices & Seasonings** 1 to 1.5 oz.

ea. set

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





1349-100



Soup or Soup & Dip Mix **Lipton Recipe**

or Soup Secrets 2 count

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





1350-50







Black, Garbanzo, Pinto or Kidney

Bush's Best Organic Beans

15 oz.

179



High in fiber!

Bush's Best Baked Beans



Spicy Peanut Sauce Tofu Buddha Bowl

½ cup peanut butter

1 tsp. sriracha sauce

1/4 cup sweet chili sauce

½ cup unsweetened coconut milk

2 tbsp. dried or fresh chives

1 tsp. black pepper pg.6

2 tbsp. water pg.21

1 block firm tofu or 3 pieces yakidofu fried tofu, cut into 1" cubes

2 cups cooked quinoa

11/2 cups red cabbage, shredded

1 Japanese cucumber, diced

1 tomato, diced

15 to 16 oz. chickpeas (garbanzo beans), drained pg.8,9

½ cup watermelon or red radish, thinly sliced

2 cups cooked kabocha squash, cubed

1/3 cup prepared fried shallots

1/3 cup roasted peanuts

sliced green onion for sauce garnish

Preheat oven to 350°F. Make the sauce by combining peanut butter, sriracha, sweet chili sauce, coconut milk, chives, black pepper and water. Stir well. If the sauce is too thick to pour, add a little water. Place the cubed tofu on a rimmed pan lined with parchment paper, drizzle with sauce and toss gently. Bake for 10 minutes. Remove and set aside to cool.

To assemble your Buddha bowls, start with four wide, shallow bowls. Divide the quinoa evenly, then divide the red cabbage, cucumber, tomato, chickpeas, watermelon or red radish, kabocha, fried shallots and roasted peanuts evenly into each bowl, making a small pile of each. Circle around the bowl, leaving a space in the middle for the tofu. Drizzle with more of the spicy peanut sauce and sprinkle with green onions for a flavorful garnish.

Servings:

Serves 4

Total Time:

40 minutes

Pair With:

Matua Sauvignon Blanc pg.62

Regular or Reduced Sodium

Bush's Best Beans

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

99¢

Without coupon 1.19, limit 8 per coupon



Excludes Organic & Chili



1308-20



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.

Add to salads!

Green Giant

Cut Spears

Asparagus

10.5 oz.





Easy side dish!

Green Giant

Three Bean

Salad

15 oz.

259



Marshmallow Madness or Lovers

Swiss Miss Hot Cocoa Mix 6 count

379



Rosarita Enchilada Sauce

269





Taco Bell Crunchy
Taco Shells
6.75 oz., 18 count

279



Crunchy, Soft or Crunchy & Soft Taco Bell Taco
Dinner Kit 8.85 to 14.6 oz.

In Adobo Sauce

Embasa Chipotle Peppers

7 oz.

219



Ancho Badia Chili Pods



Green Beans. Sweet Corn or Peas

Green Giant Vegetables

14.5 to 15.25 oz.

ea. set



1321-50



Without coupon 3 for 5.50, limit 4 sets per coupon Coupon price good on set purchase only.

Traditional, Vegetarian or No Fat

Rosarita **Refried Beans**

30 oz.

Without coupon 3.39, limit 5 per coupon





1331-20

Mild or Medium

Taco Bell Thick & Chunky Salsa 16 oz.

Without coupon 2.19, limit 3 per coupon





1330-20





Sliced
Early
California
Olives
3.8 oz.

3!\$5



Manzanilla
Early California
Pimiento
Stuffed Olives
5.75 oz.

229



Marinated Mezzetta Artichoke Hearts 14.5 oz.

369



Mezzetta Chili Peppers 32 oz.

449



100% Natural

Heinz Yellow Mustard

169



Add to hot dogs!

Heinz Sweet Relish

199



Original Gourmet

Mr. Yoshida's Marinade & Cooking Sauce Sweet Teriyaki 17 oz.

799



The Original
Lea & Perrins
Worcestershire
Sauce

10 oz.



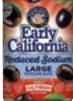
Regular or Reduced Sodium

Early California Large Pitted Ripe Olives

6 oz.

Without coupon 1.79, limit 5 per coupon









Deli-Sliced

Mezzetta Peppers or Peperoncini

16 oz.

Without coupon 2.39, limit 5 per coupon









Grown Not Made

Heinz Tomato Ketchup

20 oz. squeeze

Without coupon 2.69, limit 5 per coupon





1307-40



Slow-Simmered

Kraft Barbecue Sauce & Dip

17.5 to 18 oz.



Real or Light

Best

Foods

Mayonnaise
20 oz. squeeze

579 ea.



Made with organic free-range eggs!

Best Foods Organic Mayonnaise 15 oz.

649



Grey
Poupon
Mustard

10 oz. squeeze

339



For Steak, Pork & Chicken A.1.
Original
Sauce

519



Crushed with Basil, Diced or Whole

Hunt's 100% Natural Tomatoes

289





Hunt's Tomato Sauce

14⁹⁹

Salad Dressing & Recipe Mix

Hidden Valley Ranch Seasoning

549



Seasoning & Salad Dressing

Hidden Valley Original Ranch Mix

8 oz. canister



Real or Light

Best Foods Mayonnaise

30 oz.

499

Without coupon 5.49, limit 5 per coupon







Distilled

Heinz Apple Cider Flavored Vinegar

64 oz.

349 ea.

Without coupon 3.79, limit 5 per coupon





25 to Dec. ≡



Drizzle over salad!

Wish-Bone Dressing

15 oz.

2^f\$5_{ea. s}

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





1302-100



ec. 6, 2022

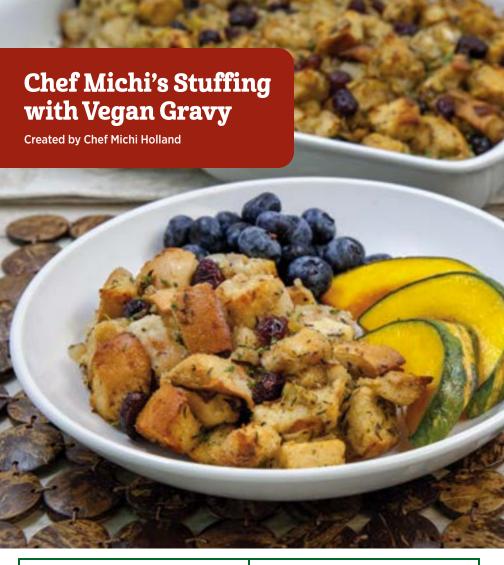
The Original

Hidden Valley Ranch Dressing

36 oz.

6⁹⁹









Premium
Star
Balsamic
Vinegar
12 oz.



Chef Michi's Stuffing with Vegan Gravy

1/4 cup extra virgin olive oil pg.17

1 medium white or yellow onion, diced

1 cup celery, sliced

½ cup craisins pg.27

garlic salt, to taste

2 tbsp. dried thyme, divided

black pepper, to taste pg.6

2 quarts vegetable stock, divided (check label for vegan stamp)

1 loaf sourdough bread, cut into 1" cubes (approximately 12 cups)

cooking spray pg.26

2 tbsp. granulated garlic

1 tbsp. dried parsley flakes

½ cup flour pg.29

¼ cup canola oil

On your stovetop, heat a wide pan on medium heat. Add the olive oil then the onion and sauté until the onions are just turning translucent. Add the celery, craisins and season with garlic salt, 1 tbsp. thyme and fresh ground black pepper. Continue to sauté for 2 to 3 minutes. Add 5 cups of vegetable stock and heat to a simmer.

Place the bread cubes in a large bowl and pour the pan contents over the bread, distributing it evenly. Toss with a large spoon to get all the cubed bread moist, then transfer stuffing to a baking pan that has been sprayed with cooking spray. Cover loosely with foil and bake for 20 minutes, uncover and bake for 10 more minutes to allow browning on the top.

Use a small saucepan to make the gravy. Heat the remaining stock in the pan until simmering, then season with remaining thyme, granulated garlic, parsley and black pepper. To thicken the gravy, whisk the flour and canola oil until smooth, then slowly drizzle into the stock, whisking continuously until it reaches your desired consistency. Serve the stuffing drizzled with the gravy for a delicious side dish during the holidays.

Servings:

Serves 6 to 8

Total Time:

50 minutes

Pair With:

Bogle Pinot Noir pg.62

Original or Extra Virgin

Star Olive Oil

279

Without coupon 2.99, limit 5 per coupon





1309-20



5 to Dec. 6, 202

Original Roast

Maxwell House Instant Coffee

539



Instant

Maxwell House Decaffeinated Coffee

589



Chocolate Flavor

Nestlé Nesquik Drink Mix 20.1 oz.

589



Nestlé French Vanilla or Hazelnut

Coffee mate Sugar Free Creamer Non-Dairy 10.2 oz.

519



Smooth Taste

Lipton Decaf Black Tea 50 bags

419



Tastes great hot or cold!

Lipton Organic Black Tea

159



Green Tea or Half & Half

Arizona Drink Mix 20.4 oz.

379



Good source of vitamin C!

Tang Orange Drink Mix Makes 18 quarts



Good to the last drop!

Maxwell House Ground Coffee

24.5 to 30.6 oz.

Without coupon 9.19, limit 3 per coupon







The Original

Nestlé Coffee mate Creamer

Non-Dairy 35.3 oz.

Without coupon 6.59, limit 3 per coupon





1332-20

100% Natural Lipton **Green Tea**

20 bags

Lipton GREENTEA Lipton

1333-20

Without coupon 2.69, limit 3 per coupon



Premium Drink Starbucks Cold Brew Coffee 11 oz.

69



Energy Coffee Beverage

Starbucks **Tripleshot Energy** 15 oz.

259



Old Fashioned or Quick 1-Minute

Quaker Whole **Grain Oats** 18 oz.

Z29



Original, Chocolate or Cinnamon

Quaker Life Cereal 13 07-





Original or Peppered

Oberto Thin Style **Beef Jerky** 1.2 07.



Smok A Roni or Cocktail Pep

Sausage **Sticks** 3 07-

69



Boost of energy!

Rockstar **Energy Drinks** 16 07-



Tea or Juice Lipton **Brisk Drinks** 1 liter



Pepsi, Mtn Dew, Sierra Mist, Crush Orange Soda or Lipton Brisk Iced Tea

24 cans - 12 oz.

949

Without coupon 9.99, limit 2 per coupon







Thirst Quencher **Gatorade Sports Drink**28 oz.

97¢

Without coupon 1.17, limit 12 per coupon





1717 20



Pure or Flavored
C20 Coconut
Water

17.5 oz.

2⁵4_e

CONUT WATER PARCO CONUT WATER PARCO CONUT WATER PARCO CONUT WATER CONUT CONUT

KTA SUPER STORES

1318-100



ec. 6, 2022

Without coupon 2 for 5.00, limit 5 sets per coupon Coupon price good on set purchase only.



Natural Flavored
Hawaiian Sun
Pancake
Mix
6 oz.
299

Tropical Fruit Flavored Hawaiian Sun Premium Syrup 12.5 oz.

769



Cranberry or Cran-Grape

Ocean Spray Juice Drinks 6 btls. - 10 oz.





No Sugar Added
Ocean Spray
100% Cranberry
Juice
3 liters

R29



Strawberry Essential Everyday Preserve 18 oz.

329



Apricot
Essential
Everyday
Preserves
18 oz.

399



Heart Healthy
Kellogg's
Raisin Bran
Cereal
14 to 16.6 oz.

479





Kellogg's Rice Krispies Treats 31.2 oz., 40 count

13⁴⁹

Fruit or Tea

Hawaiian Sun Natural Drinks

6 cans - 11.5 oz.

319

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







Cranberry or Blends
Ocean Spray
Juice Drink 64 oz

Excludes 100% Juice

479 ea.

Without coupon 4.99, limit 5 per coupon





to Dec. ■



Fill with ice cream!

Essential Everyday Jumbo Cups

2.75 oz.

229 ea.

Without coupon 2.49, limit 3 per coupon





1340-20



Dec. 6, 2022





LIVE YOUR LIFE AND LOVE YOUR LOAF

Assorted
Oroweat
Sliced
Buns
8 count

497



Superior
Oroweat
Keto
Bread
20 oz. loaf

6²⁹





Thomas
English Muffins
Original or Light 6 count

499

Thomas Pre-Sliced Bagels Reg. 6 count or Mini 15 oz.





FLOUR



From Seed to Slice is our process and promise to source simple & real ingredients for our breads.

We are committed to eliminating artificial preservatives, colors, and flavors from our products because we believe that better choices lead to a healthy, happy life.



Recipes at www.oroweat.com/recipes









Oroweat Bread

100% Whole Wheat, Oatnut, Sweet Hawaiian, Buttermilk, Multi or 12 Grain 24 oz. loaf

549

Without coupon 5.99, limit 3 per coupon





1353-50



ec. 6, 2022

Hawaiian

Love Sweet Rolls
16 oz., 12 count

479

Without coupon 5.29. limit 3 per coupon





1354-50



ec. 6, 2022

Organic & Gluten Free Oregon Chai Original Chai Tea Latte Concentrate 32 oz.



Creamy Wild Harvest **Almond Butter** 12 oz.

79





Ocean Spray Dried Cranberries Original 6 count - 1 oz.

Original Ocean Spray Dried **Cranberries**



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



Original or Baking PAM No-Stick Cooking Spray



Rosemary Garlic Parmesan

Red Lobster Biscuit Mix 11.36 07.



Krusteaz Honey **Cornbread** 15 07.



Wildflower

Wild Harvest Organic Honey

4³⁹

Without coupon 4.59, limit 3 per coupon







Original or Cherry Flavor

Ocean Spray Craisins Dried Cranberries 6 oz.

239 ea.

Without coupon 2.59, limit 3 per coupon





/. 25 to Dec.



Regular or Sugar Free

Hunt's Snack Pack Pudding or Juicy Gels

13 oz., 4 cups

129

Without coupon 1.49, limit 5 per coupon





1303-20



Dec. 6, 2022

Quick & easy!

Krusteaz Pancake

or Waffle Mix
25.2 to 32 oz.



Chocolate
Ghirardelli
Premium
Baking Bar
4 oz.

269



Mix with milk!

Ghirardelli

Hot Cocoa

Mix

10.5 oz.

429



Creamy
Duncan
Hines
Frosting
16 oz.

219



Chewy Fudge or Dark Chocolate

Duncan Hines Brownie Mix 18.2 to 18.3 oz.

2²⁹



No Sugar Added
Mott's 100%
Apple
Juice
6 btls. - 8 oz.

379



Apple or Blends
Mott's
100% Juice
Drinks
64 oz.

429



Blueberry Sour Cream or Cranberry Orange

King Arthur Scone Mix

529



Cake, Muffin or Pizza Crust

King Arthur Keto Mix 9 to 10.25 oz.



Premium

Ghirardelli **Baking Chips** 10 to 12 oz.

Without coupon 4.29, limit 5 per coupon





1319-30



Perfectly Moist

Duncan Hines Cake Mix 15.25 oz.

ea.

Without coupon 2.19, limit 5 per coupon





1304-20



Granulated White

C&H Pure Cane Sugar

Premium 4 lbs.

Without coupon 3.49, limit 5 per coupon





1320-20



King Arthur Baking Company Flour

Unbleached Bread or Whole Wheat 5 lbs.





With LIBBY'S' 100% Pure Pumpkin, that's what you're getting: Pure pumpkin with nothing added.

ALL NATURAL • NO PRESERVATIVES



Recipes at www.verybestbaking.com/libbys

All Natural Libby's 100% Pure Pumpkin

379



Nestlé Carnation Condensed Milk 14 oz. 279



Perfect for baking, drizzling over fruit or ice cream, and sweetening beverages. Perfect for making creamy mac and cheese, velvety mashed potatoes, and your most decadent desserts.

Recipes at www.verybestbaking.com/carnation

Vitamin D added!

Nestlé Carnation Evaporated Milk 12 oz.

169

ea.

Without coupon 1.99, limit 5 per coupon





1315-30



5 to Dec. 6, 20

Assorted
Wrigley's
Gum
Sale!
14 to 18 ct.



Cracker or Pretzel
Combos
Flavored
Snacks
6.3 oz.



129 ea.

Candy savings!
Red Vines
or Haribo
Gummies
3.6 to 5 oz.





Sugar Free Russell Stover Candies 3 to 3.6 oz.





Nabisco Snack Sale!

Teddy Grahams 10 oz., Snak-Saks 8 oz. or Premium Crackers 9 to 16 oz.





Nabisco Snacks

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





Baked Snacks Cheez-it Puff'd or

Snap'd 5.75 to 7.5 oz.

399



Original or Snack Mix

Cheez-It Snack Caddy 12 count



Assorted

Mars or Wrigley Candy Singles

1.08 to 2.17 oz.

ea. set



1361-50



Without coupon 5 for 5.50, limit 3 sets per coupon Coupon price good on set purchase only.

Starburst, Skittles, Life Savers or Altoids

Wrigley Candies

1.2 to 7.2 oz.

ea.





Without coupon 2.29, limit 6 per coupon

Nabisco Nutter Butter Wafers 10.5 oz., Family Size Snack Crackers 11.5 to 14 oz., Nutter Butter Cookies 15.27 to 16 oz., Oreo Cookies 17 to 20 oz., Thins, Gluten Free or Limited Edition 12.2 to 15.25 oz.

Without coupon 2 for 9.00, limit 5 sets per coupon Coupon price good on set purchase only.

FABILY BUT



1363-100



Cheese or Peanut Butter Filling

Keebler Sandwich Crackers

11 oz., 8 count



Chocolate Dipped Shortbread

Big Island Delights Cookies 10 oz.

999



Cookies or Party Mix
Big Island
Delights
Jar
14 to 21 oz.

1459





Royal Creem, Saloon Pilot, Soda, Graham Crackers 7 to 9.5 oz. or Hawaiian Shortbread 4.4 oz.

2:\$7

Diamond Bakery
Royal Creem, Soda,
Graham, Saloon
Pilot Crackers or
Animal Cookies

799

30 to 32 oz.



Crunchy & Wholesome

PopCorners Popped Corn Snacks

399



Enjoy with chips!

Tostitos Salsa Sale!

450



Original or Caraway

Finn Crisp Sourdough Rye Thins

379





Dare Breton or Cabaret Crackers 6.1 to 7.3 oz.

Cookies or Party Mix

Big Island Delights

700

Without coupon 3.29, limit 10 per coupon







Baked fresh in Hawaii!

Diamond Bakery Soda Crackers

13 oz.

369 ea.

Without coupon 3.99, limit 5 per coupon





1364-30



Party Size! Snacks

Cheetos, Doritos, Maui Style, Tostitos, Lay's, Ruffles Chips or Smartfood Popcorn 9.75 to 17 oz.

499

Without coupon 5.39, limit 5 per coupon



While supplies last, Sorry no rainchecks.



1370-40



. 6, 2022

Kettle Brand
Potato Chips
5 oz.

2:56





Delicious new look! Same Amazingly Crafted Taste!

Plant Based Snacks
Back to
Nature
Crackers
4 to 8.5 oz.

439



Plant Based Snacks

Back to Nature Cookies 9.5 to 12 oz.

549



Instant Beverage

Prince of Peace Ginger Honey Crystals

10 count

379



Unpasteurized Soy Sauce Ohsawa Organic Nama Shoyu







These Restaurant Style Tortilla Chips uses real, authentic ingredients and rolled thin for the perfect crunch!

We care deeply about using organic and non-GMO ingredients and making chips for everyone at the party.











www.latejuly.com





Thin & Crispy

Late July Organic Tortilla Chips

10.1 oz.

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





1367-100



Organic Indian Cuisine

Maya Kaimal **Everyday Dal**

10 oz. pouch

Without coupon 4.99, limit 5 per coupon







King Crab, Labzter Lobster or Shrimp Tempura

Regent Flavored Snacks 3 to 3.5 oz.

199



Regular, Ube, Ensymada or Chocolate

Croley Butter Cream Crackers 8.8 oz., 10 ct.

219



Flavored Milkita Candy or Lollipops 4.06 to 4.23 oz.

269



Caplico

Ice Cream Flavored Snacks
Glico Caplico Mini
Wafer Cones 2.91 oz.

399

Sichuan Style

Lee Kum Kee Sauce for Mabo Tofu

119



Flavored Lee Kum Kee Kum Chun Oyster Sauce 17 oz.

149



Strips or Tips

Shirakiku Bamboo Shoots

15 oz.

2¦\$3



Enhances flavor! **Mizkan Rice**

Vinegar



Original, Tom Yum Goong or Hot & Spicy

Tao Kae Noi Crispy Seaweed

1.12 oz.

169

Without coupon 1.99, limit 5 per coupon







Chocolate or Strawberry Cream Covered

Glico Pocky Biscuit Sticks

1.41 oz.

119 ea.

Without coupon 1.49, limit 5 per coupon







to Dec. 6

1372-30

Panda Brand Lee Kum Kee Ready Sauce

8 oz.

279

Without coupon 3.19, limit 5 per coupon





1345-40



.. 6, 2022



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Limit 1 coupon per product, per visit, per customer. Descriptive, typographical and/or photographical errors are subject to correction.

Tofu Musubi

Created by Chef Michi Holland







Kikkoman **Sauce Sale!**

Soy, Tempura, Teriyaki 10 oz., Wasabi 9.25 oz. or Unagi 11.8 oz.



Excludes Gluten Free

Tofu Musubi

1 cup shoyu pg.40

1 cup water pg.21

1/4 cup fresh garlic, finely minced

1" piece of fresh ginger, skin on, lightly pounded

1/4 cup white sugar pg.29

1/4 cup golden brown sugar

1 tsp. sesame oil pg.4

4 pieces of yakidofu fried tofu, sliced

cornstarch, mixed with water to make a thin, pourable slurry

cooked white rice

nori sheets, cut into thick strips pg.40

Combine the shoyu, water, garlic, ginger, white sugar, brown sugar and sesame oil, mix well to make the sauce (you will have extra—use it for more musubi or use wherever you need a pop of Asian flavors). Poke the white, unfried side of the tofu with a fork to allow the sauce to permeate the tofu. Place white side down in a rimmed pan or shallow container and add enough strained sauce to cover the entire bottom (sauce does not need to cover the top of the tofu). Ideally soak overnight in the refrigerator but if pressed for time, at least an hour.

Transfer the tofu and sauce into a medium size frying pan and set stove temperature to medium to allow the sauce to come to a medium simmer. Thicken the sauce with the cornstarch slurry (add a little at a time and let the sauce thicken slowly). Use a musubi maker to shape the rice. Top rice with a spoonful of sauce, place the tofu on top, and wrap with nori.

Servings:

Serves 8

Total Time:

1 hour 25 minutes

Pair With:

Lipton Green Tea pg.19

1342-30

Mild, Medium Hot, Hot or Extra Hot

S&B Golden Curry Sauce Mix

419

Without coupon 4.49, limit 5 per coupon



Seasoned Roasted Shirakiku Seaweed **Flakes** 1.05 oz.



In Brine Shirakiku **Cut Young** Corn 15 oz.



Party. Drumettes or Mid-Joint Sections

1916 Frozen Chicken Wings 2.5 lbs.

49



Young Boneless 1916 Frozen Chicken **Tenderloins**



Frozen

Hot Pockets Stuffed Sandwiches 4 oz.



Frozen with Meat & Sauce

Stouffer's Classics Lasagna Party Size 90 oz.





Agua Star Salmon Frozen Smoky Peppercorn or Wild Pacific Fillet 1.25 lbs. **Dried Seasoned Mountain Apple Brand** Scallops 3.5 07.



Flavored Shirakiku **Oyster Sauce** 18.69 oz.

Without coupon 1.99, limit 5 per coupon







Frozen Boneless & Skinless 1916 Chicken Thighs

2.5 lbs.



Without coupon 10.99, limit 3 per coupon



1529-50

Frozen Hand Breaded Fantail

Mrs. Friday's **Gold Pack Shrimp** 2.5 lbs. - 21 to 25 ct.

Shrimp



1530-40



Without coupon 26.99, limit 3 per coupon

Frozen Flavored

Next Wave Mussels with Shell 1 lb.

Without coupon 5.29. limit 2 per coupon







Portuguese Brand Cocktail or Longanisa

Frank's **Foods** Sausage 12 oz.

599



Frank's Foods

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



Original or Bun Length

Oscar Mayer **Turkey Franks** 16 07.

Z69



Fully Cooked

Oscar Mayer Smokies or

Wieners 14 to 16 oz.



Whipped Vegetable Oil Spread

Fleischmann's Move Over Butter 10.05 oz.



Chilled Original or Extra Creamy

Reddiwip **Whipped Topping** 6.5 07.



Frozen Shelled or In Pod

Wel•Pac **Edamame** Sovbeans 16 07.



Chicken or Pork J-Basket Mini Gvoza Frozen 24 oz.



Frank's Foods Franks 16 oz., **Portuguese Brand or Blood Sausage**

Without coupon 5.29, limit 3 per coupon









Oscar Mayer Bacon

Original, Lower Sodium, Thick Cut 16 oz., Natural or Center Cut 12 oz.

Without coupon 7.99, limit 3 per coupon





1526-30



Family Size

Banquet Frozen Meals 25 to 27 oz.

Without coupon 5.69, limit 3 per coupon





1528-40



Wel-Pac Vegetables

Frozen Burdock & Carrots. Mixed, Taro or Renkon Mizuni Lotus Root 16 oz.

Without coupon 3.59. limit 3 per coupon







Frozen Links or Patties

Jones
Dairy Farm
Sausage
5 to 7 oz.





4% Milk Fat
Daisy Cottage
Cheese with
Fruit
5.3 to 6 oz.





Sandwich maker!
Oscar Mayer
Cotto Salami
or Bologna
8 oz.

2:\$5



Cheddar, Swiss or Provolone

Kraft Natural Cheese Slices 7 to 8 oz.

439





Frozen Steam of the Crop Flav • R • Pac Vegetables 12 oz.

3:\$7

Frozen

PanaPesca In Shell Mussels

359



Bakery Original or Ube
Valerio's Tropical
Bake Shop

Pandesal

849





Mountain Apple Brand **Chiffon Cake**Bakery buy! 10.3 oz.

Frozen Eggo Waffles 11.6 to 12.3 oz.

ea. set









Without coupon 2 for 8.00, 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 4.19, limit 3 per coupon





1525-40



Salted or Unsalted

Challenge European Style Butter

8 oz.

Without coupon 3.79, limit 3 per coupon







1527-30



Potato

Bakery Dinner Rolls

14 oz., 12 ct.

Without coupon 5.19, limit 2 per coupon







Assorted Flavors Meadow Gold **Punch** 128 oz.



Original or Chocolate Meadow Gold Macadamia Milk 64 07.



Fresh

Meadow Gold Dairy Pure Half & Half 32 07.



Assorted Flavors **Meadow Gold Ice Cream** Cups 12 count



No sugar added! Keto Ice Cream 16 oz.

599



Binggrae Samanco Ice Cream

Sandwiches 4 ct. or Melona Bars 8 ct.



Hive Favorites or a Bit of Burt's Bees Beeswax

Burt's Bees Holiday Gift Set 2 count

While supplies last. Sorry, no rainchecks!

Hand Cream or Squeezy Tinted Balm

Burt's Bees Holiday Trio Gift Set 3 count



While supplies last. Sorry, no rainchecks!

From Concentrate

Meadow Gold 100% **Pure Orange Juice** 64 oz.

Without coupon 3.69, limit 3 per coupon







A variety of flavors!

Meadow Gold Ice Cream or Sherbet 1 gallon

Without coupon 9.29, limit 3 per coupon





Breyers Ice Cream

1.5 quarts or

Talenti Gelato Layers 10.2 to 11.6 oz.

Without coupon 6.79, limit 3 per coupon





1533-40



Burt's Bees Holiday Gift Set

Beeswax Bounty Classic, Fruit Mix 4 ct. or Merry Melon 3 ct.

While supplies last. Sorry, no rainchecks!



Nutrex Supplements

BioAstin Supreme Hawaiian Astaxanthin 60 ct., Pure Hawaiian Spirulina 5 oz. Powder or Spearmint Flavor 1000 mg - 180 ct.

1499



Nutrex BioAstin Supplements

Hawaiian Astaxanthin 12mg - 50 ct., EyeAstin 60 ct. or TurmericAstin 30 ct.

1899



MegaRed Krill Oil or Move Free Joint Health Supplements 30 to 120 count

40% OFF REGULAR PRICES



Mucinex

FastMax, SinusMax 16 to 20 count, 6 oz. liquid or Night Shift Cold & Flu 6 oz. liquid

40% OFF REGULAR PRICES





Ricola Cough
Drops Stick 9 count

99¢

Family Size Ricola Cough Drops 34 to 45 ct.

49



Invisible Solid

Suave Anti-Perspirant Deodorant

1.2 to 2.6 oz.

40% OFF REGULAR PRICES



Moisturizing
St. Ives
Body
Lotion
21 oz.



Nutrex Supplements

BioAstin Hawaiian Astaxanthin 12mg - 25 ct., 4mg - 60 ct. or Pure Hawaiian Spirulina 500mg - 200 ct.

Without coupon 11.99, limit 5 per coupon





1390-100



Gummies, Chewable, Effervescent Tablets or Powder Packets

Airborne Immune Support Supplements

10 to 32 count

ea.

Without coupon 6.49, limit 5 per coupon





1392-50



All Natural

Ricola **Cough Drops**

19 to 24 count

Without coupon 2.29, limit 5 per coupon





1389-30



All Natural St. Ives **Body Wash** 16 oz.



12 HR Protection Irish Spring Deodorant Bar Soap 3 count

319



Brushtastic!
Colgate Kids
Character
Gift Pack
1 count

Q49

ea. While supplies last. Sorry, no rainchecks!



Vagisil Wipes Anti-Itch 12 ct. or Cream 1 oz.



Odor Block or pH Balance
Vagisil Daily
Intimate
Wash
12 oz.

399



Boys or Girls Goodnites Nighttime Underwear 11 to 14 count

1199 ea.



Huggies

Baby Wipes
Natural Care, Refreshing
or Simply Clean 56 to 64 ct.

2;\$5

Essentials Select-A-Size

Bounty Paper Towels 6 big rolls



Manual Pot & Pan
Dawn
Professional
Dish Liquid
128 oz.

1699



Colgate Toothpaste

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





1391-40

Without coupon 2.39, limit 5 per coupon

Shampoo-In, Easy Comb-In or Mustache & Beard

Just for Men Hair Color

single application



1388-50

Without coupon 8.99, limit 5 per coupon

Size 1 to 6

Huggies Snug & Dry Diapers

19 to 38 count

Without coupon 9.99, limit 5 per coupon







Bundle Pack Kleenex Go Pack **Tissues** 8 count



A clean, fresh towel every time!

Kleenex Hand **Towels** 60 count



Premium

Green Forest Paper Towels 1 roll



Unscented **Green Forest Bathroom** Tissue 4 rolls





Glad Clear Plastic Cling Wrap 100 square feet

ea.



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



Ziploc Freezer or Storage Bags Gallon or Quart 14 to 24 ct.



Ziploc Jumbo Bags Freezer 10 count or Storage 12 count

Kleenex Facial Tissues Savings!

Trusted Care, Lotion or Ultra Soft 120 to 160 ct.

ea. set

Without coupon 3 for 7.00, limit 2 sets per coupon Coupon price good on set purchase only.



1379-100



Aluminum

Essential Everyday Foil

75 square feet



Without coupon 4.47, limit 4 per coupon

ForceFlexPlus Drawstring or Strong Quick-Tie

Glad Tall Kitchen or Large Trash Bags

25 to 80 count

Without coupon 9.99, limit 5 per coupon











Palmolive
Dishwasher
Detergent Gel

297



Suavitel Fabric Softener

349



Infusions
Downy
Fabric
Conditioner
32 oz. liquid

597



3in1 or 4in1 Tide PODS Laundry Detergent 15 to 16 count

699



With Bleach Clorox Toilet Bowl Cleaner 24 oz.

299



Multi-Surface
Clorox
Disinfecting
Mist Refill
10 oz.

399



Reusable Medium Cryopak Ice Pak Hot Pak

99¢



Keeps items hot or cold!

Premium Thermal Large Bag 1 count



Strips grease. Guaranteed!

Ajax Ultra Dish Liquid

14 oz.

109

Without coupon 1.49, limit 4 per coupon







Clean & Fresh or Free & Sensitive

Tide Simply Laundry Detergent

92 oz. liquid

769 ea.

Without coupon 7.99, limit 4 per coupon







lov. 25 to

1382-50

Pro-Strength

Liquid-Plumr Clog Destoyer

32 oz.

499

Without coupon 5.49, limit 6 per coupon





1399-50



Dec. 6, 2022

Disposable

Essential Everyday Lighters

6 count





Ultimate Alkaline AA or AAA

Essential Everyday Batteries 4 count



Long Lasting Essential Everyday Batteries C, D 4 ct. or 9V 2 ct



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

D99



Instant Briquets Kingsford Match Light Charcoal 8 lbs.



Assorted Designs Hawai'i

Porcelain Mugs 1 count



Double Wall Natural HI Insulated Flask 1 count - 40 oz.



Tanaka Rice Paddle, Bamboo Sushi Mat

1 count or Chopsticks





Triangle Rice Press Onigiri Mold or **Inomata Rice Washing Bowl** 1 count



AA or AAA

Essential Everyday Alkaline Batteries

20 count

Without coupon 10.99, limit 6 per coupon









The Original Kingsford **Charcoal Briquets**

Without coupon 15.99, limit 6 per coupon





1401-100

Assorted Designs

Eco Friendly Shopping Bag 1 count

Without coupon 2.99, limit 6 per coupon









American-Style
Natural
Ice or Light
Beer
15 cans

 10^{88}



Classic or Pure
Steinlager
Beer
Buy!
12 bottles

1399



Stella Artois Beer 12 btls./cans

15⁹⁷



Liquid Aloha
Kona Brewing
Company
Beer
12 btls./cans

1799 ea.



Craft Beer New Belgium Beer 6 btls./cans

997



Non-Alcoholic St. Pauli Malt Beverage 6 bottles

799



Hard Seltzer Variety Pack

Kona Spiked Island Seltzer

1799



Mix Pack
Truly
Hard
Seltzer

Sellze 12 cans

16⁹⁹



Regular or Essences Grey Goose Vodka 750 ml.

22⁹⁹



Pau Maui Vodka 750 ml.

15⁹⁹



Assorted
Bacardi
Rum
Savings!
1.75 liters

2199



Silver or Gold

Jose Cuervo

Especial

Tequila
750 ml.

1499



Original or Flavored Jim Beam Bourbon

Whiskey
750 ml.

1599



Original
Jameson
Irish
Whiskey
750 ml.

2197



Flavored
Baileys
Liqueur
Buy!

25⁹⁹



Perfect for at-home entertaining or gifting!

On the Rocks Premium Cocktails



Most awarded!
Barefoot
California
Wines
750 ml.

599



Pair with your meal!
Fetzer
California
Wines
750 ml.

6⁹⁹



California
Bogle
Vineyards
Wines
750 ml.

999



California Wines
Woodbridge
by Robert
Mondavi
1.5 liters

999



New Zealand Matua Rosé or Sauvignon Blanc Wines 750 ml.

10⁹⁹



California Kendall-Jackson Wines 750 ml.

10⁹⁹



Sonoma County
Decoy
California
Wines
750 ml.

1599



California
Bota
Box
Wine
3 liters



Grocery

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5:30am to 9pm

50 East Puainako St......959-9111 Pharmacy......959-8700

WAIMEA

6am to 7pm

KTA EXPRESS, KEALAKEKUA

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6am to 8pm

Waikoloa Highlands Center ... 883-1088 Pharmacy 883-8434

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7am to 8pm

Keauhou Shopping Center..... 322-2311 Pharmacy 322-2511

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9am to 8pm - in the Hilo area Order at delivery.ktasuperstores.com

