



**\$2.99**  
LB.

**CHICKEN BREASTS**  
Boneless, skinless

Our recipe-ready chicken breasts are thoroughly trimmed and prepped, creating less waste and maximizing convenience for meal planning. They are also never frozen and contain no preservatives or fillers.



**15% OFF**

**HARMONS FRESH ORANGE JUICE**  
Made in-store daily



**Kodiak Power Cups**

When you buy 2 assorted  
2.12-2.29 oz., \$1.50 ea.  
before savings

**2 for \$2**



**Chomps Meat Sticks**  
Assorted 1.15 oz.

**3 for \$5**



**Simple Mills Crackers**

Assorted 4-4.25 oz.

**2 for \$7**



**\$5.49**  
EA.

**HARMONS GROUND BEEF**  
16 oz., 85% lean

Harmons' ground-fresh-in-house ground beef from Double R Ranch features vacuum-sealed packaging for optimal shelf life.



**15% OFF**

**HARMONS HATCH CHILE SALSA**  
Restaurant-style, mild or spicy



**Amin.O. Energy Drinks**

When you buy 4  
assorted 12 oz., \$1.49 ea.  
before savings

**4 for \$5**



**5 FOR \$5**

**AVOCADOS**  
Hass



**99¢**  
LB.

**PINEAPPLES**  
Golden



**\$7.49**  
LB.

**HARMONS GRANOLA**  
Made from scratch



**Hillshire Farm Lunch Meat**

When you buy 2  
assorted 7-9 oz., \$3.99  
ea. before savings

**2 for \$7**



**Baskin-Robbins Ice Cream**

When you buy 2 assorted 14  
oz., \$3.99 ea. before savings

**2 for \$7**





## FARM FRESH PRODUCE

## SPECIALTY FOOD



**49¢** LB.  
**IDAHO RUSSET POTATOES**



**5 FOR \$5**  
**GREEN BELL PEPPERS**



**\$1.99** LB.  
**TOMATOES**  
Red, on the vine



**\$13** LB.  
**CRACKED PEPPER MILL  
SMOKED TURKEY BREAST**  
Boar's Head



**\$11** LB.  
**BOLD BOURBONRIDGE  
SMOKED HAM**  
Boar's Head



**\$3.33** EA.  
**ORGANIC  
ROMAINE HEARTS**  
3 packs



**\$1.69** LB.  
**ORGANIC  
GALA APPLES**  
Large



**\$2.99** EA.  
**ORGANIC  
CELERY HEARTS**



**\$7.99** EA.  
**KERRYGOLD CHEESE STICKS**  
Dubliner or Aged Cheddar, 6 oz.

## BAKERY



**\$4.99** EA.  
**HARMONS ARTISAN  
7-GRAIN LOAVES**  
Made from scratch with organic flour



**2 FOR \$7**  
**HARMONS LOAF CAKES**



**\$5** EA.  
**HARMONS COCOA BOMBS**  
Dark chocolate or peppermint



## KITCHEN



**\$6** EA.  
**HARMONS BERRY  
AND SPRING MIX SALAD**

Made with fresh berries and  
our house-made dressing



**\$8** LB.  
**HARMONS CURRY CHICKEN SALAD**

Made fresh in store. Great on  
Harmons 7-grain artisan bread



**10% OFF**  
**ROTH BUTTERKASE CHEESE**  
Great melted on egg sandwiches

## FRESH MEAT AND SEAFOOD



**\$6.99** LB.  
**CHUCK ROASTS**  
Boneless



**\$3.99** LB.  
**CENTER-CUT PORK CHOPS**  
Boneless



**\$4.99** LB.  
**HARMONS BUFFALO  
CHICKEN SAUSAGE**



**\$9.99** EA.  
**HARMONS MEAT LOAF**  
32 oz., ready to cook,  
beef or chicken



**\$4.99** LB.  
**HARMONS FIESTA  
FAJITA CHICKEN**



**\$14.99** LB.  
**SNOW CRAB LEGS**

## MEAT DELI



**Cache Valley  
Sliced Cheese**  
Variety 5-6 oz.  
**2 for \$5**



**Oscar Mayer  
Bacon**  
Variety 12- 16 oz.  
**\$6.99 ea.**



**Violife Cheese  
Shreds or Slices**  
Assorted 5.3-8.1 oz.  
**\$4.49 ea.**



**The Laughing Cow  
Cheese**  
Variety 5.4 oz.  
**2 for \$6**



**Pulmuone Ramen**  
Variety 19.5-37.5 oz.  
**\$6.99 ea.**



**Cleveland  
Products**  
Assorted 16 oz.  
**\$4.99 ea.**



## DAIRY



**Almond Breeze  
Almondmilk**  
Variety 64 oz.  
**2 for \$7**



**Cocojune Yogurt**  
Variety 4 oz.  
**2 for \$4**



**Harmons  
Premium Brown  
Organic Eggs**  
Select 12 ct.  
**\$3<sup>99</sup> ea.**



**Mush  
Overnight Oats**  
Assorted 5 oz.  
**3 for \$5**



**La Colombe  
Cold Brew Coffee**  
Variety 42 oz.  
**\$4<sup>99</sup> ea.**



**Elmhurst Milk**  
Variety 32 oz.  
**\$4<sup>49</sup> ea.**

## FROZEN FOOD



**Freschetta Pizzas**  
Assorted 17.7-30.1 oz.  
**2 for \$9**



**Tyson Chicken  
Family Packs**  
Assorted 2.5-4.4 lb.  
**\$11<sup>49</sup> ea.**



**Yasso  
Greek Yogurt Bars**  
Assorted 4 pack  
**\$4<sup>99</sup> ea.**



**Tillamook  
Ice Cream**  
Variety 3 oz.  
**\$4<sup>49</sup> ea.**



**Healthy Choice  
Meals**  
Assorted 9-13.75 oz.  
**2 for \$6**



**Pitaya Organic  
Smoothie Packs**  
Assorted 14 oz.  
**\$3<sup>99</sup> ea.**



**Eggo Waffles**  
Assorted 10.75-12.7 oz.  
or 10 ct.  
**2 for \$6**



**Jimmy Dean  
Breakfast Bowls  
or Egg Bites**  
Assorted 4-7 oz.  
**2 for \$5**



**Livemore  
Organics  
Smoothie Cups**  
Assorted 7.5-8 oz.  
**2 for \$7**



**Celentano Pasta**  
Variety 19-24 oz.  
**\$4<sup>49</sup> ea.**



**Green Giant  
Riced Veggies  
Cauliflower**  
Variety 10 oz.  
**2 for \$5**



**Daring  
Plant-Based  
Chicken Products**  
Assorted 8 oz.  
**\$4<sup>49</sup> ea.**



# STOCK UP YOUR PANTRY



**Hershey's  
Candy Party Bags**  
Assorted 35.36-35.80 oz.  
**\$10<sup>99</sup> ea.**



**Hatch  
Enchilada Sauce**  
Select 14-15 oz.  
**2 for \$6**



**Ghirardelli  
Chocolate Bars**  
Assorted 3.5 oz.  
**2 for \$5**



**Albanese  
Gummies**  
Select 25-36 oz.  
**\$6<sup>99</sup> ea.**



**Darrell Lea  
Licorice**  
Variety 5-8 oz.  
**2 for \$5**



**Olive Garden  
Dressings**  
Select 16 oz.  
**2 for \$7**



**Panda Express  
Sauce**  
Variety 18.75-20.75 oz.  
**2 for \$8**



**Red Lobster  
Cheddar Bay  
Biscuit Mixes**  
Select 11.36 oz.  
**2 for \$6**



**Cream of Wheat  
Products**  
When you buy 2 select  
12-12.3 oz., \$4.50 ea.  
before savings  
**2 for \$8**



**Bob's Red Mill  
Granola**  
Variety 11 oz.  
**2 for \$8**



**California Olive  
Ranch Extra  
Virgin Olive Oil**  
Select 16.9 oz.  
**\$10<sup>99</sup> ea.**



**Hapi  
Flavored Water**  
Variety 8 packs  
**2 for \$7**



**Lucini Italia  
Extra Virgin  
Olive Oil**  
Select 17 oz.  
**\$13<sup>99</sup> ea.**



**Mauna Loa  
Macadamia Nuts**  
Select 4 oz.  
**\$4<sup>99</sup> ea.**



**Tasty Bite Sides**  
Assorted 8.8-10 oz.  
**2 for \$6**



**La Croix  
Sparkling Water**  
Assorted 8 packs  
**\$3<sup>99</sup> ea.**



**Catalina Crunch  
Sandwich Cookies**  
Assorted 6.8 oz.  
**\$4<sup>99</sup> ea.**



**Genius Gourmet  
Keto Bars**  
Assorted .99-1.09 oz.  
**2 for \$3**



**Heywell  
Sparkling Water**  
Variety 12 oz.  
**2 for \$4**



**Zevia Soda**  
Variety 6 packs  
**2 for \$9**



**Probar Meal Bars**  
Assorted 3 oz.  
**2 for \$4**



## DRINKS AND SNACKS



**Quest Protein Tortilla Chips**  
Assorted 1.1 oz.  
**2 for \$4**



**Zapp's Potato Chips or Utz Pretzels**  
Select 8-16 oz.  
**2 for \$6**



**Slate Milk**  
Variety 11 oz.  
**2 for \$4**



**Munk Pack Nut and Seed Bars**  
Assorted 1.23 oz.  
**2 for \$3**



**Starbucks Coffee Drinks**  
When you buy 3  
assorted 13.7-15 oz.,  
\$3.99 ea. before savings  
**\$2<sup>99</sup> ea.**



**Lean Body Protein Shakes**  
Assorted 14 oz.  
**2 for \$6**

## HOME, HEALTH, AND BEAUTY



**Caboo Bath Tissues**  
Select 12 ct.  
**\$7<sup>99</sup> ea.**



**BrainJuice Shots**  
Assorted 2.5 oz.  
**2 for \$7**



**Designer Wellness Smoothies**  
Assorted 4.2 oz.  
**2 for \$6**



**Snuggle Dryer Sheets**  
Assorted 70-80 ct.  
**\$4<sup>99</sup> ea.**



**Ener-C or Ener-D Supplements**  
Assorted 30 ct.  
**\$10<sup>99</sup> ea.**



**Kekoa Foods Baby Food Pouches**  
Select 3.5 oz.  
**2 for \$5**



**Dixie Ultra Plates**  
Select 44 ct.  
**\$5<sup>99</sup> ea.**



**Kirk's 3-in-1 Head to Toe Wash**  
Select 32 oz.  
**\$7<sup>99</sup> ea.**

**PRICES EFFECTIVE TUESDAY, JANUARY 23 through MONDAY, JANUARY 29, 2024**

For store hours and locations, visit our website at [harmonsgrocery.com](https://www.harmonsgrocery.com)



Dietitians Choice applies only to certain varieties or flavors.

**HARMONS**  
NEIGHBORHOOD GROCER®

YOUR FOOD. OUR PASSION.

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