

WE'RE OPEN
7 DAYS A WEEK
8 A.M. - 10 P.M.

Prices Effective
June 26th - July 2nd

Cashion's

FOOD MART

DOUBLE COUPONS

DOUBLE MANUFACTURER'S COUPONS

Fri. - Sat. June 28th & June 29th

- ✕ A manufacturer's cents - off coupon is worth twice as much
- ✕ We will double the first coupon on each item up to 50¢ face value and added value not to exceed the retail price of the item
- ✕ Coupon for additional packages of the same item will be redeemed for face value only.
- ✕ Coupons 51¢ and over will be redeemed for face value only.
- ✕ Customers must purchase coupon product in specified size.

One coupon per item. Please no duplicate coupons.

GREAT AMERICAN BIRTHDAY BARGAINS

Whole
Ribeye

3.38
lb.

Fresh
Breast
Quarters

98¢
lb.

Large
Shrimp

5.88
lb.
31 to 35 count

Fresh
Ground
Chuck

1.58
lb.
5 lbs. or more

Flounder
Filet

1.88
lb.

We Cater To You
in our Deli
Dept.

Luncheon
Special

Roast Beef & Gravy,
2 Vegetables,
Roll, or Cornbread

2.88

Louis Rich
Turkey
Breast

4.88
lb.

Baked
Fresh
100% Whole
Wheat Bread

88¢
loaf

Deli Sliced
Alpine Lace
Swiss Cheese

4.88
lb.

Baked Fresh
Onion Rolls

1.18
6 count

Deli Fresh
Macaroni
Salad

88¢
lb.

Cream Horns
4 count

1.88

Assorted
Flavors

Gatorade

78¢
32 oz

Assorted Flavors
Breyers
Ice Cream

2.98

1/2 gallon

Say Cheese ...

Kraft
Singles
12 oz pkg.
16 - slices

1.78

Velveeta
Light
2 lb box

3.49

California
Red
Plums

48¢
lb.

Sweet
Yellow Corn

4/88¢
ears

Del Monte
Pineapple
Sliced, Crushed or Chunks

48¢
15 oz can

Coke
All Flavors

1.24

6-pack
12 oz cans

Tidbits on Food

Marinade

Marinating began thousands of years ago as simple brines for preserving fish. To marinate food means to soak it, before or after cooking. For meats, fowl, fish or vegetables, the word marinade is used. For fruits, it is called macerate.

Never underestimate the power of a good marinade. Marinating can transform an inexpensive cut of meat into a tender, elegant family dish. Marinating, as we know it today, is the process of treating meats or vegetables in a seasoned liquid.

Marinades can be used for flavor reasons alone, for the many foods that have no need of tenderizing. Some of the grainier less flavorful meat cuts will gain in appetite appeal if they are marinated.

There are many marinating mixtures, which generally consist of three basic ingredients ... vinegar, lemon juice or wine. These liquids break down the tissues in the meat, which makes it more tender and they also add flavor. Salad dressing, such as French, make a fine marinade for various types of meat, especially lamb and poultry. Marinating too long or overly seasoned marinades may ruin the food's natural taste. Used properly, however, marinades are flavor-enhancers, which promise to bring out the best in foods.

Here at Cashion's we promise to sell you only the best in foods, and we won't soak you for it.



ROBERT CASHION

CASHION'S TOTAL SATISFACTION GUARANTEE

Everything you buy at Cashion's is guaranteed for your total satisfaction regardless of manufacturer. If you are not satisfied, Cashion's will replace your item with the same brand or a comparable brand or refund your purchase price.

21500 Catawba Ave.

CORNELIUS

892-8801

OUR POLICY

Please note: We reserve the right to limit quantities and correct typographical or printing errors. Artwork in this ad is for illustration purposes only and may vary slightly from actual product packaging. Thank you