



Online Shopping
Partner
instacart

Local Family
Owned & Operated

Now Accepting!
Cornell Dining's City Bucks Program
Only At Our Ithaca Location

DOUBLE COUPONS UP TO 99¢

See store for details.

Visit us online at: pandcfresh.com

Ad Prices Effective: Sunday, Sept. 6th – Saturday, Sept. 12th, 2026



1893 Premium
All Natural
**Bone-In
Split Chicken
Breasts**
\$1.99
Lb.



All Natural
Pasture Raised
Product Of Brazil
**Boneless
New York
Strip Steak**
\$7.99
Lb.



1893 Premium
All Natural Pork
**Bone-In
Butt Steaks or
Western Style
Ribs**
\$2.99
Lb.



Western Grown
**Broccoli
Crowns**
\$1.79
Lb.



US #1, Sold in Tote Bag
Select Varieties
**Early
NY State Grown
Fresh Apples**
\$1.29
Lb.



Fresh
Cauliflower
\$3.99
Ea.



Sweet
Cantaloupe
\$3.99
Ea.



9-10.5 Oz.
D'Vines or Cherubs
**NatureSweet
Tomatoes**
\$3.49
Ea.



Half Gallon
**Beak & Skiff
Apple Cider**
\$3.99
Ea.



**Boar's Head
Ovengold
Turkey Breast**
\$14.99
Lb.



6 Ct.
Club Rolls
\$2.99
Ea.



Additional
Quantities
\$4.99 Ea.
\$3.99
Ea.
3 Lb. Bag
Imported
Navel Oranges
Limit 2 Coupons Per Customer With A \$30
Additional Purchase. **Excludes Online Orders.**
OFFER VALID 09/06/26 - 09/12/26 PLU#659



Additional
Quantities
\$4.99 Ea.
\$3.99
Ea.
12 Pk./12 Oz.
Select Varieties
Plus Dep. In NY
Polar Seltzer
Limit 2 Coupons Per Customer With A \$30
Additional Purchase. **Excludes Online Orders.**
OFFER VALID 09/06/26 - 09/12/26 PLU#660



Additional
Quantities
2/\$4
\$1.49
Ea.
6-8 Oz.
Select Varieties
**Best Yet Shredded
or Chunk Cheese**
Limit 2 Coupons Per Customer With A \$30
Additional Purchase. **Excludes Online Orders.**
OFFER VALID 09/06/26 - 09/12/26 PLU#661



6 Pk./16.9 Oz.
Select Varieties
Plus Dep. in NY
**Pepsi
Products**

2/\$10



24 Pk./16.9 Oz.
Plus Dep. In NY
**Best Yet
Spring Water**

4/\$12



16 Oz.
Select Varieties
**Best Yet
Bacon**

\$4.99
Ea.



12-16 Oz.
Select Varieties
**Best Yet
Pasta**

5/\$5



12 Ct.
Select Varieties
**Best Yet
K-Cup Coffee**

\$3.99
Ea.



5 Lb.
Select Varieties
**Gold Medal
Flour**

\$2.99
Ea.



7.75-9 Oz.
Select Varieties
**Utz
Potato Chips**

**BUY 1 GET 1
FREE**



1893 Premium
All Natural
**Boneless
Chicken Thighs**
\$2⁹⁹
Lb.



1893 Premium Beef
**Boneless
Top Round
London Broil**
\$5⁹⁹
Lb.



1893 Premium
All Natural
**Pork
Tenderloins**
\$3⁹⁹
Lb.



North Carolina
**Sweet
Potatoes**
\$1²⁹
Lb.



9.7-10.5 Oz.
Select Varieties
**Fresh Express
Caesar Salad Kits**
\$3⁹⁹
Ea.



Seedless
**English
Cucumbers**
\$1⁷⁹
Ea.



**Green
Zucchini
or Yellow
Squash**
\$1⁹⁹
Lb.



8 Oz.
Whole or Sliced
**Giorgio White
Mushrooms**
2/\$5



28 Oz.
Select Varieties
**Furmano's
Canned
Tomatoes**
3/\$7



40 Oz.
Select Varieties
**Best Yet
Oil**
\$3⁹⁹
Ea.



32-64 Oz.
Select Varieties
**Lactaid
Milk or Creamer**
\$3⁹⁹
Ea.



8.37-12.87 Oz.
Select Varieties
**Stouffer's
Classic or
Simple Entrees**
3/\$10



12 Oz.
Select Varieties
**Light 'n Fluffy
Egg Noodles**
2/\$5



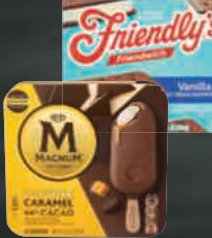
5 Oz.
Select Varieties
**StarKist
Solid White
Tuna**
2/\$3



15-20 Ct.
Select Varieties
**Frito Lay
Family Sacks**
\$10⁹⁹
Ea.



2 Ltrs.
Select Varieties
Plus Dep. In NY
**Adirondack
Soda or Seltzer**
4/\$5



9.12-24 Oz.
Select Varieties
**Friendly's
or Magnum
Novelties**
\$4⁹⁹
Ea.



5.3 Oz.
Select Varieties
**Chobani
Creations or
Greek Yogurt**
5/\$5



15-24 Oz.
Select Varieties
**Classico
Pasta Sauce**
2/\$7



4-5.7 Oz.
Select Varieties
**Knorr
Pasta or
Rice Sides**
2/\$3



9-11.5 Oz.
Select Varieties
**Birds Eye
Vegetables**
2/\$5



12-14 Oz.
Select Varieties
**General Mills
Chex Cereal**
2/\$6



52 Oz.
Select Varieties
**Best Yet
Orange Juice**
\$4⁹⁹
Ea.



16 Oz.
Brownies
\$5⁹⁹
Ea.