

# KEEPIN' IT FRESH



## CHICKEN THIGHS

**ROCKY** – 100% All natural, bone-in, chicken thighs are affordable, full of flavor, foolproof, and always end up juicy! Keep things simple by baking a few chicken thighs and serving them with a side of fruit or fresh cut veggies. That's what we call a chicken-win!



**\$3.98**  
pound



## FRESH PREMIUM STRAWBERRIES

Sweet, juicy, and bursting with brightness, these luscious strawberries are perfect for snacking, baking, or adding a touch of sweetness to any dish. Grab a clamshell and savor the freshness!

1 Pound

**\$3.48**  
each



## PINEAPPLES

Bring a taste of the tropics home with fresh, golden pineapples. Perfect for snacking, grilling, or adding a refreshing twist to your favorite beverages.

**\$3.78**  
each



DIATOM®  
Chardonnay  
750 ML +CRV

**\$17.98**

SAVE  
**\$3**

**NEW!**  
AT UNITED

## MINI CROCCANTINI

**LA PANZANELLA** – Your very own crispy, crunchy, flavor-inspired crackers! Our recommendation: try them all at this great price. Choose from several varieties and have them for lunches, snacks, and dinners all week long. **6oz Package**



**\$4.98**  
each



**United**  
Home Grown In Marin.

**SAN RAFAEL**  
515 Third Street | (415) 454-8912  
**SAN ANSELMO**  
100 Redhill Avenue | (415) 456-1271  
Store Hours: Everyday 7:00am – 8:00pm  
Visit us at [www.unitedmarkets.com](http://www.unitedmarkets.com)



**UnitedToGo.com**  
Delivery or Pick-Up



SCAN HERE  
TAKE THE DEALS WITH  
YOU WHILE YOU SHOP!





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## ORGANIC CHARD

Bright, leafy, and packed with nutrients, our organic chard adds vibrant color and wholesome goodness to any dish. Sauté, steam, or toss it into salads for a hearty, nutritious boost! Choose from Red, Green or Rainbow varieties. **Bunch**

**\$2<sup>78</sup>**  
each



## ROMAINE LETTUCE HEARTS

Perfect for salads, wraps, or grilling, our three-pack of Romaine hearts brings garden-fresh goodness to every meal. Stock up and keep the crunch coming! **3 Pack**

**\$1<sup>98</sup>**  
each



## ORGANIC BROCCOLI

Add a burst of green to your plate with our organic broccoli. Steam, roast, or stir-fry for a wholesome side dish that's as nourishing as it is versatile! **Bunch**

**\$1<sup>98</sup>**  
each



## FRESH MANGOES

Brighten up your day with the vibrant taste of fresh mangoes. Slice them up for a snack, blend into smoothies, or make a fresh salsa for dipping!

**98¢**  
each

**United**  
Home Grown In Marin.

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# TILAPIA FILLET

Freshwater white fish that is one of the most popular as it is easy to prepare. If you are looking for a weeknight dinner that comes together quickly — we have you covered. Pan-seared Tilapia couldn't be simpler to make in 15 minutes.

**\$5.98**  
pound

**SAVE \$2**



**SAVE \$3**

## NEW YORK STEAK

**USDA CHOICE** – New York steak is tender, juicy, flavorful, and super easy. Just add a favorite herb butter, and cook for about 8 to 10 minutes per side on the hot spot of the grill. This leaves some amazing grill marks and cooks your steak to a perfect medium rare.

**\$18.98**  
pound



**SAVE \$2.50**

## BONELESS RIBEYE STEAK

**ROCKY** – Boneless rib steak will forever be a mouth-watering steak choice, filled with tenderness and flavor. This amazing cut of beef is definitely one of the most flavorful out there. There is no need for special or fancy ingredients, just steaks, seasonings, a brush of oil, and a pat of butter for perfection.

**\$19.98**  
pound



# COOKED PRAWNS

Who feels like a big pile of juicy prawns laced with lemon garlic butter? Hands down, United's favorite way to cook prawns! Quick and easy, never fails to impress. The secret ingredient? A splash of white wine. It makes all the difference. **21/25 Count**

**\$10.98**  
pound

**SAVE \$2**

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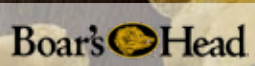


## TOSCANO SALAMI

**FRA'MANI** – Inspired by Tuscan tradition, this salami is made with lean cuts of pork and seasoned with red wine, black pepper, garlic, and sea salt. Humanely raised with no antibiotics. Sliced to the perfect thickness for optimum enjoyment. All you have to do is sit back , relax and savor the moment!



**\$10<sup>98</sup>**  
pound



### MAPLE HONEY TURKEY BREAST

**BOAR'S HEAD** – Flavored with honey and maple syrup. Grab some of this fresh turkey breast at the deli counter. Nothing beats a simple deli turkey sandwich. Sliced fresh to order!

**\$13<sup>98</sup>**  
pound



### LOW SODIUM DELUXE HAM

**BOAR'S HEAD** – American Heart Association certified. Reduced sodium ham has nearly half the sodium, but maintains all of its great flavor. A yummy Ham sandwich packed with delicious fillings is perfect for lunches. However you make it, this Ham won't last long. Order freshly sliced from the deli.

**\$12<sup>98</sup>**  
pound



### SERIOUSLY SHARP CHEDDAR

**CABOT VERMONT** – Cheddar is great but when it's Seriously Sharp Cheddar, OMG! Seriously Sharp Cheddar cheese has a bold flavor with a creamy texture, and makes a perfect grilled cheese.

**\$11<sup>98</sup>**  
pound



### BELLA CAPRA GOAT MOZZARELLA

**SIERRA NEVADA CHEESE CO** – Locally produced – certified kosher. A delicious tangy fresh flavor of goat cheese from our neighbor's farm. The happy marriage of toasted tomatoes on top of melted Bella Capra mozzarella on top of pizza or a baguette is a piece of heaven in your mouth! **6oz Package**

**\$7<sup>98</sup>**  
each

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## BAR CAKES

Tall and decadent cakes made in a variety of flavors and topped with frosting and luscious fruits for added sweetness. A popular choice for events and gatherings, as they can be easily served to a large number of people. They are also a great option for those who prefer a more indulgent dessert.

**\$21<sup>98</sup>**  
each

SAVE  
**\$4**



## HAND BRAIDED BRIOCHE

**BAKERLY** – This bread is the perfect way to bring a taste of France to your table. This buttery traditional French style brioche bread is flavorful and ideal for any family gathering. Its soft fluffy texture, and delicious flavor make it the perfect choice for sandwiches or the best ever French toast. **14.11 oz**

**\$7<sup>98</sup>**  
each

SAVE  
**\$2**



**bakerly**

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# WINE & SPIRITS



**CARMEL ROAD®**  
Sauvignon Blanc  
Chardonnay,  
Pinot Noir, or  
Cabernet Sauvignon  
750 ML +CRV

**\$10<sup>98</sup>**

**SAVE  
\$2**



**HARTFORD COURT®**  
Pinot Noir  
750 ML +CRV

**\$34<sup>98</sup>**

**SAVE  
\$4**

**HARTFORD COURT®**  
Chardonnay  
750 ML +CRV

**\$27<sup>98</sup>**

**SAVE  
\$4**



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YOU WHILE YOU SHOP!



# WINE & SPIRITS

CHEERS!

Four Roses



BOURBON

Kentucky Straight Bourbon Whiskey

Best of the West

FOUR ROSES®  
Bourbon  
750 ML +CRV

\$23.98

SAVE

\$5

NEW!  
AT UNITED

CELLARMAKER®  
Dank of the West IPA  
4 Pack/16 oz Cans +CRV

\$20.98

SAVE

\$2

CELLARMAKER®  
Pretty Pretty Pils  
4 Pack/16 oz Cans  
+CRV

\$17.98

SAVE

\$2

CELLARMAKER®  
The Glow Hazy IPA  
4 Pack/16 oz Cans +CRV

\$16.98

SAVE

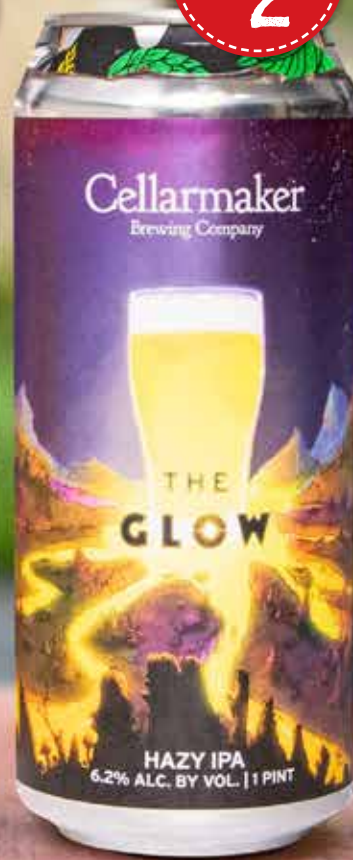
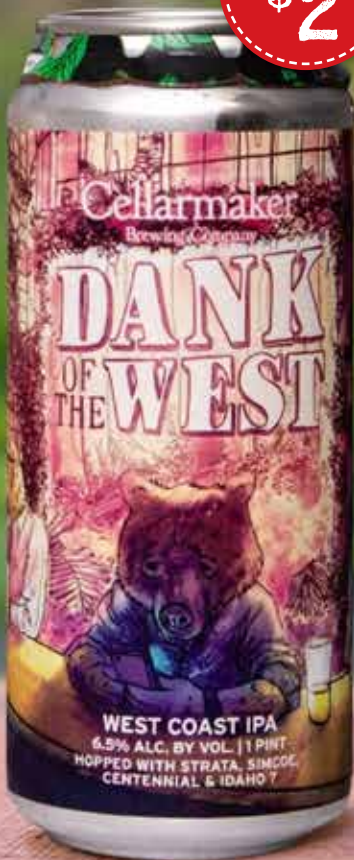
\$2

CELLARMAKER®  
Smoked Coffee Porter  
16 oz Can +CRV

\$4.78

SAVE

\$1



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# WISE BUYS



**CLOVER SONOMA®**  
Organic Cottage Cheese  
Small Curd or Low Fat  
16oz

**\$4.68**



**PEET'S®**  
Coffee  
Whole Bean or Ground  
18 oz

**\$13.98**

**SAVE \$3**



**TILLAMOOK®**  
Sliced Cheese  
Assorted Varieties  
12oz

**\$6.48**



**TILLAMOOK®**  
Shredded Cheese  
Medium or Sharp Cheddar,  
or Mexican Blend  
8oz

**\$4.98**



**NuTRAIL®**  
Granola  
Assorted Flavors  
8oz

**\$7.98**

**SAVE \$2**



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# WISE BUYS



**DELLALLO®  
Pasta**  
Assorted  
Long Cuts  
16oz  
**\$2.88**  
**SAVE \$1**



**DELLALLO®  
Pasta**  
Assorted  
Shaped Pasta  
16oz  
**2/\$3**



**CLASSICO®  
Pasta Sauce**  
Assorted Varieties  
24oz  
**\$4.48**  
**SAVE \$1.50**



**DELLALLO®  
Pasta**  
Pappardelle  
8.8oz  
**\$2.98**



**REESE®  
Marinated  
Artichoke Hearts**  
7.5 oz  
**\$2.68**  
**SAVE \$1**

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# WISE BUYS





**SELECTED**  
JUST FOR YOU



**PLANTERS®**  
Dry Roasted Peanuts  
Assorted Varieties  
16 oz

**\$4.28**

**SAVE \$1.50**



**HEINZ®**  
Ketchup  
EZ Squeeze  
20 oz

**\$3.98**



**POPCHIPS®**  
Popped Snacks  
Assorted Flavors  
5 oz

**\$4.38**

**SAVE \$1**



**MAGGIE GIN'S®**  
Sauces & Dressings  
Assorted Varieties  
13 oz

**\$4.88**

**SAVE \$1.50**



**QUAKER®**  
Rice Cakes  
Assorted Flavors  
4-7.5 oz

**\$3.98**

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# WISE BUYS



**LANGERS®**  
**Juice & Juice**  
**Cocktails**  
Assorted  
Varieties  
64 oz +CRV

**\$3.98**

**SAVE**  
**\$1**



**HERSHEY'S®**  
**King Size Chocolate Bar**  
Hershey's, Hershey's with  
Almonds, Kit Kat, or Reese's  
2.6-3oz

**\$2.48**



**TIDE®**  
**Liquid Laundry**  
**Detergent**  
Assorted Varieties  
42oz

**\$9.48**

**SAVE**  
**\$2.50**



**TIDE®**  
**Laundry Detergent Pods**  
3-in-1  
20 Count

**\$7.98**



**CLEAR EYES®**  
**Eye Drops**  
Redness Relief,  
Triple Action Relief,  
Itchy Eye Relief, Max  
Redness Relief  
0.5 oz

**\$4.98**



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# WHERE DO YOUR NICKELS GO?

## CENTER FOR DOMESTIC PEACE®



Center for Domestic Peace (C4DP) leads a comprehensive community effort to end the number one violent crime in Marin County: domestic violence. They provide transformational services and programs that protect and enhance victim safety and ultimately engage the community in permanent change.

C4DP holds the vision of a world in which domestic violence, abuse, and intimidation is replaced with domestic peace. They believe that all women, youth, children, and men who are abused and at risk of abuse have a right to immediate and long-term safety. They strive to create greater safety, justice, and equality for all by building awareness and action toward changing the social norms that promote or enforce violence against women. They seek to make domestic violence a major community concern among all residents and social institutions (schools, hospitals, police departments, etc.).

They believe that change results from the action-oriented participation of large numbers of people, organizations, and institutions, inclusive of survivors. They see intergenerational leadership as essential in the multigenerational task of ending domestic violence and violence against women and girls.

**C4DP operates with three interlocking strategies:**

### 1. SAFETY AND EMPOWERMENT

Each year, C4DP's core services promote the safety and empowerment of thousands of individuals impacted by domestic violence through and emergency shelter, 24/7 hotlines, long-term transitional housing, support groups, legal advocacy and services, and a ManKind and WomanKind program for men and women who seek to end the violence in their relationships.

### 2. COORDINATED COMMUNITY RESPONSE

C4DP engages, trains, and coordinates professionals from various sectors to promote a coordinated community response to domestic violence within multiple systems – including legal services, law enforcement, criminal justice, health, mental health, and education.

**Celebrate a loved one this May with a \$1 "Purple Heart" donation. Your tribute will be displayed all month long—and proceeds support the Center for Domestic Peace.**



### 3. SOCIAL TRANSFORMATION

C4DP takes a leadership role in promoting social transformation through technical assistance, education, prevention (including teens and adults), and policy initiatives.

Since their founding in 1977, C4DP has responded to the needs of more than 210,000 individuals affected by domestic violence, as well as more than 30,000 men who have been violent.

The Center for Domestic Peace is committed to equal opportunity and equal consideration without regard to race, religion, ancestry, national origin, sexual orientation, color, creed, gender, age, size, disability, or any other protected class.

**Visit [centerfordomesticpeace.org](https://centerfordomesticpeace.org) for more information**

**EACH TIME YOU USE YOUR REUSABLE SHOPPING BAGS, YOU GET A NICKEL TO DONATE!**

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