

Morton Williams Supermarkets On-Line MANHATTAN SALES - TEXT VERSION

<http://www.mortonwilliams.com/>

TRIVIA QUESTION:

Which common food gives you the most protein per calorie, making it one of the leanest protein sources you can eat?

- A) Salmon
- B) Chicken breast
- C) Egg whites
- D) Cheddar cheese

TRIVIA ANSWER:

C) Egg whites are one of the best “protein-per-calorie” foods on earth because they’re almost pure protein with virtually no fat and no carbs. A large egg white has roughly 3–4 grams of protein for only ~15–20 calories, so you can stack a lot of protein without stacking calories. Try our Bowl & Basket egg whites!

Here are the Manhattan specials for Friday, January 16, 2026 - Thursday, January 22, 2026.

MIDWEEK SPECIALS - WEDNESDAY & THURSDAY

Perdue grade 'A' oven stuffer roaster \$1.99/lb
San Pellegrino sparkling water, 25.3oz bottle 2/\$4

GROCERY (Part 1)

Silver Palate Grain Berry cereal, 12oz box, all varieties	\$4.99
bowl & basket apple juice or cider, 64oz bottle	2/\$7
Barilla Protein+ pasta, 12-14.5oz box, select varieties	2/\$6
Silver Palate pasta sauce, 24-25oz jar, all varieties	\$3.99
SMT crushed or whole peeled tomatoes, 28oz can	2/\$7
Del Monte vegetables, 13.5-15.25oz can, select varieties	2/\$4
Brad's Organic beans, 15-15.5oz can, all varieties	2/\$4
Idahoan mashed potatoes, 13.7oz box	2/\$7
bowl & basket broth, 32oz package, all varieties	2/\$4
Mike's Amazing mustard, 12.5oz bottle, all varieties	2/\$4
Chicken of the Sea solid white tuna, 4-5oz can, all varieties	2/\$4
Hellmann's mayonnaise, 24-30oz jar, all varieties	\$7.99
Vlasic pickles, 16-24oz jar, select varieties	\$3.99
bowl & basket Spanish stuffed manzanilla olives, 5.75oz jar	2/\$4
Carolina long grain rice, 1lb bag	\$1.79
Silver Palate salad splash, 12oz bottle, all varieties	\$4.49
De Cecco extra virgin olive oil, 16.9oz bottle, classico	\$9.99
Progresso Traditional soup, 18-19z can	2/\$7
Bragg organic raw unfiltered apple cider vinegar, 16oz bottle	\$5.49
Kraft grated cheese, 8oz package, select varieties	\$6.99
Ralph & Charlie's all natural juice drink, 18oz bottle (warm only)	\$1.99
Poppi prebiotic soda, 12oz can, all varieties	2/\$5

Glaceau Vitamin water, 20oz bottles, warm only 3/\$5
Glaceau Smart water, 1 liter bottle, all varieties 2/\$4
Original Stewart's fountain classic soda, 12oz bottles, 4 pack \$4.49

SNACKS & BEVERAGES

Corona Premier, Modelo Oro or Heineken Silver, 12 pack cans, select varieties \$20.99
Corona extra, light or premier, 6 pack, 12oz bottles or cans \$12.99
Michelob Ultra or Ultra Zero, 6 pack, 12oz bottles \$10.99
Blue Point Beer, 6 pack, 12oz bottles or cans, all varieties \$13.99
Montauk Brewing Company beer, 6 pack, 12oz cans, all varieties \$12.99
Lagunitas IPA, Pale Ale, Day Time or Pilsner beer, 6 pack, 12oz bottles or cans \$11.99
Coca-Cola Classic, diet Coke, Sprite or Seagram's ginger ale, 12 pack, 12oz cans \$8.99
Pepsi, Diet Pepsi, Schweppes, Mountain Dew, Crush or Lipton, 1.25 liter bottle 3/\$5
Canada Dry, 7-Up, Sunkist or A&W, 6 pack, 7.5oz cans \$4.49
Snapple iced tea, 6 pack only, 16oz bottles \$5.99
Pirate's Booty aged white cheddar or veggie and Smart Puffs, 4-4.5oz bag \$3.99
UTZ pretzels, 12-16oz bag, all varieties \$3.99
Lay's potato chips, 5-8oz bag \$3.99
Cheez-It baked snack crackers, 7oz box, all varieties \$3.99

DELI GOURMET CHEESES PREPARED MEALS

Morton Williams honey smoked turkey breast, sliced to order \$10.99lb
Morton Williams domestic swiss cheese, sliced to order \$7.99lb
Boar's Head All American BBQ seasoned or EverRoast oven roasted chicken breast, sliced to order \$13.99lb
Imported Fiorella di Tomino triple cream brie, by the piece \$10.99lb
Boar's Head london broil top round roast beef, sliced to order \$18.99lb
Fresh store made Italian style meatballs \$8.99lb
Fresh made crunchy vegetable salad \$7.99lb
Fresh store made, shrimp fried rice or lo mein, 16oz portion \$8.99 each
Boar's Head deluxe ham, sliced to order \$14.99lb
Imported from Switzerland, gruyere cheese, by the piece \$21.99lb
Fresh made quinoa, feta & spinach salad \$10.99lb
Imported Holland red gouda cheese, by the piece \$9.99lb
Fresh made sesame noodle salad \$7.99lb
bowl & baslet goat cheese, 4oz package, select varieties \$3.99 each
Morton Williams smoked nova salmon, 4oz package \$10.99 each
Locatelli grated pecorino cheese, 4oz package \$6.99 each
Fresh store made sauteed spinach with garlic & olive oil \$7.99lb
Fresh store made tuna, chicken or egg salad on a pretzel roll with lettuce & tomato \$8.99 each
Morton Williams Sandwich Club - buy 7 sandwiches and get the 8th one FREE...see deli manager for details

SEAFOOD SPECIALS

Fresh, ready to cook, whole Mediterranean sea bass (bronzini) \$10.99lb
Fresh cut flounder fillet \$10.99lb
Fully cooked, ready to eat large cocktail shrimp, 31-40 count \$9.99lb
Fresh littleneck clams, by the dozen \$8.99 dozen
Fresh cultivated black mussels, 2lb bag \$8.99 each
Fresh store made, ready to cook, lemon pepper tilapia fillet \$5.99lb
Kelchner cocktail sauce, 7oz jar \$3.99 each

GROCERY (Part 2)

LavAzza coffee, 12oz bag, all varieties \$8.99
Twinings earl grey, English or Irish breakfast tea, 20 count box \$3.99

bowl & basket all-purpose flour, 2lb bag, regular or unbleached 2/\$3
 Sweet'n Low zero calorie sweetener, 100 count, 3.5oz package \$2.99
 Davis baking powder, 8.1oz can \$4.99
 Pillsbury brownie mix, 18.4oz box, all varieties 2/\$5
 Nature Valley granola bars, 6.7-8.94oz box, select varieties 2/\$7
 bowl & basket apple sauce, 23-24oz jar, all varieties 2/\$5
 Golden Blossom honey, 16oz jar \$8.99
 Silver Palate oatmeal, 14oz box \$3.99
 Brad's Organic organic fruit spread, 12.35oz jar, all varieties \$5.99
 Pearl Milling Company pancake mix, 24-32oz package, all varieties \$5.49
 Brad's Naturals peanut butter, 18oz jar, smooth or crunchy (excludes organic) 2/\$7
 Pearl Milling Company syrup, 24oz bottle, all varieties \$4.99
 Purely Elizabeth granola, 8-12oz package, select varieties \$7.99
 Harvest Snaps veggie crisps, 2.5-3.3oz bag, select varieties 2/\$6
 Dare Breton crackers, 4.76-8.8oz package, select varieties 2/\$5
 David protein, 2.05oz bar, all varieties 2/\$7
 Brawny paper towels, 228 count, 2 pack \$8.99
 Scott bathroom tissue, single roll, 1,000 count 4/\$5
 Bounty napkins, 200 count package \$3.99
 Tide liquid laundry detergent, 73-84oz container, all varieties \$17.99
 Paperbird concentrated bleach, 43oz container 2/\$7
 Fantastik all purpose cleaner, 32oz bottle \$4.99
 Lysol toilet bowl cleaner, 24oz bottle, select varieties \$3.99
 Reynolds Wrap aluminum foil, 75 square foot roll \$6.99
 Pantene shampoo or conditioner, 10.4-12.6oz bottle, select varieties \$5.99
 9 Lives cat food, 4 pack, 22oz package \$3.99

FRESH BAKERY

Izzio focaccia with rosemary garlic, olive oil & sea salt, 11oz loaf, kosher & plant based \$5.99
 Fresh store made 7" black forest cake \$16.99
 Gala Bakery chocolate chip brownie, 4 count, 9.3oz package \$6.99
 Jimmy's Cookies chocolate chunk, 18oz package \$7.99
 Arnold brick oven white bread, 20oz loaf \$4.99
 Martin's potato sandwich or 12 sliced slider, 15oz package \$2.99
 Dave's Killer bread, 21 whole grain, good seed, power seed, white, rye, everything, 100% whole wheat or cinnamon raisin, 18-27oz loaf \$5.49
 Elephant pretzels, 9.58-10.58oz package, select varieties \$6.99

PACKAGED MEATS

Smithfield bacon, 16oz package, all varieties \$9.99
 Oscar Mayer Deli Fresh cold cuts, 8-9oz package, all varieties \$7.99
 Old Neighborhood beef shaved steak, 16oz package \$12.99
 Hormel Square Table meatloaf or pork roast, 15oz package \$10.99
 bowl & basket 93% fat free ground turkey, 20.8oz package \$6.99
 Hormel mashed potatoes, 20oz package, all varieties \$5.99
 bowl & basket sliced pepperoni, 8oz package \$4.99
 In our frozen meat department, Bubba turkey burgers, 32oz package \$13.99

DAIRY

Tropicana pure premium orange juice, 46oz bottle \$3.99
 Stonyfield organic whole milk or nonfat yogurt, 32oz container, select varieties \$5.49
 Oikos triple zero yogurt, 5.3oz cup, all varieties 2/\$4
 Breakstone's cottage cheese, 16oz package, all varieties \$3.99
 Daisy sour cream, 8oz container, all varieties 2/\$4
 bowl & basket cream cheese, 8oz bar, all varieties 2/\$4
 Welch's fruit juice cocktail, 59oz carton, select varieties \$3.99

Turkey Hill iced tea or lemonade, 64oz container 2/\$5
 Breakstone's whipped butter, 8oz package (excludes organic) \$3.99
 bowl & basket cheese bar, 8oz package, all varieties 2/\$5
 Kraft shredded cheese, 7-8oz package, all varieties \$3.99
 The Laughing Cow mini Babybel cheese, 4.2oz package, all varieties \$4.79
 Wholesome Pantry organic, cage free, grade 'A' large brown eggs, 1 dozen carton \$4.99
 Galbani mozzarella, 16oz package, all varieties \$4.99
 Galbani ricotta, 15oz package, all varieties \$4.99
 I Can't Believe It's Not Butter! 8-16oz package, select varieties \$4.99
 bowl & basket half & half, 32oz carton 2/\$7
 Silk almond milk, 64oz carton, select varieties \$3.99
 Lactaid milk, 52-64oz carton, all varieties \$5.49
 Mush overnight oats, 5oz cup, select varieties 2/\$5
 Mountainside Farms UltraPure milk, half gallon, all varieties 2/\$6
 Noosa yoghurt, 8oz cup, all varieties 2/\$4

FROZEN

Breyers ice cream, 48oz package, all varieties \$4.99
 Nestle Drumstick dessert cones, 4 count package, all varieties \$5.49
 Magnum ice cream bars, 3 count, 8.62-9.13oz package, select varieties \$5.99
 Eggland's Best omelets, 7.8oz package, all varieties \$5.99
 Lean Cuisine meals, 8-12oz package, select varieties \$3.99
 bowl & basket egg rolls, 15oz package, all varieties \$6.99
 T.G.I. Friday's appetizers, 8-11oz package, select varieties \$4.99
 Amy's burrito, 5.5-6oz package, select varieties \$3.99
 Celeste pizza, 5-5.9oz package, all varieties 3/\$5
 McCain potatoes, 12-32oz package, all varieties \$4.99
 Green Giant Simply Steam vegetables, 7-8oz package, select varieties 2/\$3
 Gorton's crunchy fish sticks or fillets, 11-11.4oz package \$5.99

PRODUCE

Fresh strawberries, 1lb container \$4.99 each
 California sumo oranges, 25 size \$2.99 each
 Fresh cara cara oranges, 48 size 2/\$3
 Fresh Express salad, 5-11oz bag (excludes chopped or kits) \$3.99 each
 Washington state gala apples, 80 size \$1.99lb
 Fruitist blueberry cup, 4oz container 2/\$3
 Fresh green peppers \$1.99lb
 POM Wonderful pomegranate arils, 4oz package \$4.99 each
 Fresh turmeric, 6oz container \$4.99 each
 Imported sweet onions \$1.49lb
 Suja organic drink, 12oz bottle, select varieties \$3.99 each
 Wholesome Pantry organic salad, 5oz container \$3.99 each
 Organic Hass avocados, 48 size \$1.99 each
 Wholesome Pantry organic baby bella mushrooms, 8oz package \$4.99 each

GORMET MEAT

Morton Williams Premium Gold bone-in rib steak or roast \$19.99lb
 Fresh store made, ready to cook, boneless pork chops filled with apricot stuffing \$7.99lb
 Fresh Nature loin veal chops \$14.99lb
 Harvestland all natural antibiotic free boneless chicken breast or tenders \$7.99lb
 Morton Williams Premium Gold choice bottom round or rump roast beef \$6.99lb
 Fresh whole pork shoulder for roasting \$1.99lb
 Fresh half or sliced pork shoulder for roasting \$2.39lb
 Fresh Italian cheese & parsley sausage \$7.99lb
 Fresh grade 'A' skinless chicken drumsticks or thighs \$2.39lb

Fresh made beef, pork & veal meatloaf mix \$6.99lb
Fresh bone-in shank meat for soup \$5.99lb
Fresh American breast of lamb \$6.99lb
Strassburger prime ground beef, 16oz package \$11.99 each

(Not responsible for typographical errors)

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Thank you for shopping Morton Williams Supermarkets!