

# Morton Williams Supermarkets On-Line MANHATTAN SALES - TEXT VERSION

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

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## TRIVIA QUESTION:

 Which leafy green contains the most vitamin C per serving?

- A) Iceberg lettuce
- B) Romaine
- C) Kale
- D) Spinach

## TRIVIA ANSWER:

C) Kale 

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Here are the Manhattan specials for Friday, August 14, 2026 - Thursday, August 20, 2026.

Please also visit [www.mortonwilliams.com](http://www.mortonwilliams.com) for many additional specials available online.

## MIDWEEK SPECIALS - WEDNESDAY & THURSDAY

Certified angus beef hanger steak \$12.99lb  
Poland Spring water, 24 pack, 16.9oz bottles \$4.99

## GROCERY (Part 1)

Kashi cereal, 12.3-18oz box, select varieties \$6.99  
Kellogg's Raisin Bran Crunch cereal, 15.4oz box \$5.99  
Ocean Spray grapefruit juice, 60-64oz bottle, select varieties \$4.99  
bowl & basket pasta, 12-16oz package, select varieties (excludes lasagna & egg noodles) 2/\$3  
Hoboken Farms sauce, 25oz jar, all varieties \$5.99  
French's crispy fried onions, 6oz package, original only \$6.49  
Heinz ketchup, 38oz bottle \$6.99  
Gulden's mustard, 12oz squeeze bottle, all varieties 3/\$5  
Frank's Red Hot sauce, 12oz bottle, all varieties \$5.49  
Tostitos salsa, 15.5oz jar, all varieties \$4.49  
bowl & basket solid white tuna in water or oil, 5oz can 2/\$4  
bowl & basket real mayonnaise, 30oz jar, all varieties \$4.99  
Manwich sloppy joe sauce, 15-16oz can, all varieties 2/\$5  
Kraft mac & cheese, 5.5-7.3oz package, select varieties 2/\$4  
Minute ready to serve rice, 8.8oz package, 2 pack, excludes organic 2/\$5  
Wishbone salad dressing, 15oz bottle, all varieties 2/\$7  
Filippo Berio extra virgin olive oil, 25.3oz bottle \$11.99  
bowl & basket salt, 26oz package 4/\$5  
Saratoga spring water, 28oz bottle, still or sparkling 2/\$7  
Muscle Milk PRO protein shake, 40 grams, 14oz bottle, all varieties \$3.99  
Hint fruit-infused water, 16oz bottle, all varieties 3/\$5  
Gold Peak iced tea, 18.5oz bottles, all varieties 3/\$5  
Powerade sports drink, 28oz bottle, all varieties 3/\$5  
Evian water, 1.5 liter bottle 2/\$6  
bai antioxidant infusions (warm only), 18oz bottle, all varieties 2/\$4

## **SNACKS & BEVERAGES**

Coor's Light beer, 12 pack, 12oz cans \$15.99  
Angry Orchard hard cider, 6 pack, 12oz bottles, select varieties \$11.99  
Michelob Ultra or Ultra Zero, 12 pack, 12oz cans \$18.99  
Blue Point Beer, 6 pack, 12oz bottles or cans, all varieties \$13.99  
Montauk Brewing Company beer, 6 pack, 12oz cans, all varieties \$11.99  
Athletic Brewing Co non-alcoholic beer, 6 pack, 12oz cans \$11.99  
Coca-Cola Classic, diet Coke, Sprite or Seagram's ginger ale, 12 pack, 12oz cans \$8.99  
Pepsi, diet Pepsi, Starry, Schweppes, Crush or Mountain Dew, 6 pack, 7.5oz cans \$5.49  
Canada Dry, 7-Up, Sunkist or A&W, 1.25 liter bottle 2/\$3  
Canada Dry mixers, 1 liter bottle, all varieties 2/\$4  
Snapple iced tea, 64oz bottle 2/\$5  
Pretzelized pretzel crackers or pita chips, 6.5-7oz bag, all varieties \$3.99  
Tostitos tortilla chips, 9-13oz bag \$3.99  
Nabisco Honey Maid graham crackers, 12.2-14.4oz package \$4.99

## **DELI GOURMET CHEESES PREPARED MEALS**

Store baked smoked Virginia ham, sliced to order \$9.99lb  
Morton Williams American cheese, sliced to order \$6.99lb  
Boar's Head All American BBQ seasoned or EverRoast oven roasted chicken breast, sliced to order \$13.99lb  
BelGioioso burrata filled with mozzarella & cream or with truffles, 8oz package \$6.99 each  
Boar's Head bologna, sliced to order \$8.99lb  
Fresh made chicken or cheese quesadilla, 14oz package \$8.99 each  
Fresh store made guacamole \$8.99lb  
Fresh store made sausage & broccoli rabe with orecchiette pasta, 14oz portion \$8.99 each  
Boar's Head Ovengold turkey breast, sliced to order \$15.99lb  
Imported from Switzerland, gruyere cheese, by the piece \$21.99lb  
Fresh made chickpea & cucumber salad \$7.99lb  
President brie, by the piece \$11.99lb  
Fresh made crunchy vegetable salad \$7.99lb  
Prima Donna mature gouda cheese, by the piece \$15.99lb  
Wild Alaskan sockeye salmon, 3oz package \$11.99 each  
Mount Olive Italian style small plate, 2.5oz package, prosciutto or salami \$5.99 each  
Fresh store made tomato & mozzarella salad, 12oz portion \$8.99 each  
Fresh store made chicken salad with lettuce and tomato on whole wheat wrap \$7.99 each

## **SEAFOOD SPECIALS**

Fresh cut salmon fillet \$11.99lb  
Fresh cod fillet \$12.99lb  
Ready to cook, fully cleaned peeled & deveined large shrimp, 31-40 count \$9.99lb  
Fresh bay scallops \$11.99lb  
Fresh store made, ready to cook, cajun style catfish fillet \$10.99lb  
Previously frozen tuna steak \$11.99lb  
bowl & basket tail-on coconut breaded butterfly shrimp, 32oz bag \$21.99 each

## **GROCERY (Part 2)**

Peet's Coffee, 10.5oz bag, all varieties \$11.99  
Peet's coffee K-Cups, 10 count package, all varieties \$11.99  
Tetley classic blend tea, 100 count box \$3.99  
Sweet'n Low zero calorie sweetener, 100 count, 3.5oz package 2/\$6  
Arm & Hammer baking soda, 1lb box \$1.19  
Kellogg's Nutri-Grain bars, 10.4oz package, select varieties \$4.99  
Kellogg's Special K pastry crisps, 5.28oz box, all varieties \$3.99  
Bear Naked granola, 11-12oz package, all varieties \$4.99  
Nonni's biscotti, 5.52-6.88oz package, all varieties \$4.99

|                                                                                       |        |        |
|---------------------------------------------------------------------------------------|--------|--------|
| Dole pineapple, 15.25-20oz can, chunks, crushed or slices                             | \$2.99 |        |
| bowl & basket maraschino cherries, 10oz jar                                           | 2/\$7  |        |
| Ocean Spray Craisins, 5-6oz package, all varieties                                    | 2/\$7  |        |
| Golden Blossom honey bears, 12oz squeeze bottle                                       | \$5.99 |        |
| bowl & basket oats, 18oz canister, old fashioned or quick                             | \$2.99 |        |
| Smucker's Magic Shell topping, 7.25oz package, all varieties                          | \$3.99 |        |
| Magnolia condensed milk, 14oz can                                                     | \$2.99 |        |
| bowl & basket peanut butter, 16-16.3oz jar, all varieties                             | 2/\$5  |        |
| Log Cabin syrup, 24oz bottle, all varieties                                           | \$4.49 |        |
| Brawny paper towels, 228 count, 2 pack                                                | \$8.99 |        |
| Charmin Essentials toilet paper, 6 roll, 1980-2574 count                              | \$6.99 |        |
| Paperbird everyday napkins, 250 count                                                 | 2/\$7  |        |
| Purex liquid laundry detergent, 40-50oz container, all varieties                      | \$5.99 |        |
| Dawn powerwash dish spray, 16oz bottle, select varieties                              | \$5.99 |        |
| Easy-Off heavy duty oven cleaner, 14.5oz package                                      | \$6.99 |        |
| Finish jet-dry rinse aid, 8.45oz package                                              | \$7.49 |        |
| Glade air freshener, 7.3oz spray bottle, all varieties                                | 2/\$4  |        |
| Listerine antiseptic mouthwash, 33.8oz bottle, original, fresh burst & cool mint only |        | \$8.99 |
| Purina Beneful dog food, 10oz package, all varieties                                  | \$3.99 |        |

### **FRESH BAKERY**

|                                                                    |         |         |
|--------------------------------------------------------------------|---------|---------|
| Jimmy's mini cookie tray, 21oz package                             | \$12.99 |         |
| Fresh store made 7 inch golden coconut cake                        | \$15.99 |         |
| Mini cream pies, 7oz, chocolate, coconut or banana                 | \$4.99  |         |
| two-bite mini vanilla & chocolate cupcakes, 24 count, 20oz package |         | \$11.99 |
| Arnold Country bread, 24oz loaf, select varieties                  | \$3.99  |         |
| Sara Lee Artesano bread, 20oz loaf, all varieties                  | \$3.99  |         |
| Stacy's pita chips, 7.33oz bag, all varieties                      | \$5.99  |         |

### **PACKAGED MEATS**

|                                                                   |        |         |
|-------------------------------------------------------------------|--------|---------|
| bowl & basket bacon, 16oz package, all varieties                  | \$7.99 |         |
| bowl & basket cold cuts, 9oz package, all varieties               | \$4.79 |         |
| Nathan's Famous angus beef franks, 11oz package                   | \$8.99 |         |
| Schaller & Weber cold cuts, 6oz package, select varieties         | \$8.99 |         |
| Bob Evans macaroni & cheese, 12oz package                         | \$5.99 |         |
| Perdue spicy chicken cutlets, 12oz package                        | \$6.99 |         |
| Oscar Mayer Lunchables, 2.25-4.4oz package, select varieties      | \$3.99 |         |
| In our frozen meat department, Bubba turkey burgers, 32oz package |        | \$14.99 |

### **DAIRY**

|                                                                          |        |  |
|--------------------------------------------------------------------------|--------|--|
| Florida's Natural premium orange juice, 52oz package                     | \$3.99 |  |
| Siggi's Icelandic style skyr yogurt, 4.4-5.3oz cup, select varieties     | 4/\$5  |  |
| Oikos PRO yogurt, 5.3oz cup, all varieties                               | 2/\$5  |  |
| Oui French style yogurt, 5oz glass jar, all varieties                    | \$1.99 |  |
| bowl & basket cottage cheese, 24oz, all varieties                        | \$3.99 |  |
| Friendship sour cream, 16oz container, select varieties                  | 2/\$5  |  |
| Philadelphia cream cheese, 8oz bar, all varieties                        | \$3.99 |  |
| Newman's Own lemonade, 59oz carton, all varieties                        | 2/\$6  |  |
| Gold Peak tea, 52oz bottle, all varieties                                | 2/\$6  |  |
| Breakstone's butter, 8oz package, all varieties                          | 2/\$7  |  |
| bowl & basket cheese bar, 6-8oz package, all varieties                   | 2/\$5  |  |
| Borden sliced cheese, 5-6oz package, all varieties                       | 2/\$6  |  |
| Bay's english muffins, 6 count, 12oz package, select varieties           | \$4.49 |  |
| Kozy Shack pudding, 6 pack, 24oz package, all varieties                  | \$5.99 |  |
| Vital Farms pasture-raised large eggs, 1 dozen carton (excludes organic) | \$7.99 |  |
| Eggland's Best organic hard-cooked peeled eggs, 9.3oz package            | \$5.99 |  |

Galbani mozzarella, 16oz package, all varieties \$4.99  
 Galbani ricotta, 28-32oz package, all varieties \$4.99  
 International Delight cold foam creamer, 14oz aerosol can \$5.99  
 Fairlife ultra filtered milk, 52oz bottle, all varieties \$5.99  
 Almond Breeze almond milk, 52-64oz carton, select varieties \$3.99  
 bowl & basket dairy whipped topping, 13oz package \$4.49

## **FROZEN**

Haagen Dazs ice cream, 28oz container \$7.99  
 Yasso Greek yogurt, 6.84-10.6oz package, select varieties \$7.99  
 Good Humor ice cream bars, 12-18oz package, select varieties \$6.99  
 Magnum ice cream bars, 3 count, 8.12-9.12oz package, select varieties \$5.99  
 bowl & basket waffles, 10.9oz package, all varieties \$3.99  
 Healthy Choice meals, 9-11oz package, select varieties \$3.99  
 bowl & basket mini pizza bagels, 7oz package, all varieties 2/\$6  
 Celentano ravioli, 12oz bag, select varieties 2/\$5  
 Dr. Praeger's veggie burgers, 10oz package, select varieties \$5.99  
 Celeste pizza, 5-5.9oz package, all varieties 3/\$5  
 Ore-Ida potatoes, 19-32oz package, all varieties \$4.99  
 Wholesome Pantry organic steam-in-bag vegetables, 12oz bag, all varieties 2/\$6

## **PRODUCE**

Tree Ripe peaches, plums or nectarines \$3.99lb  
 Driscoll's organic blackberries, 6oz package \$3.99 each  
 Fresh New Jersey blueberries, 1 pint \$3.99 each  
 Fresh Hass avocados, 40 size 2/\$5  
 Jumbo organic keitt mangos, 5 count \$5.99 each  
 Fresh green or yellow squash \$1.99lb  
 Hothouse bell peppers 2/\$3  
 Fresh Express salad blends, 9-12oz bag, select varieties \$3.99 each  
 Driscoll's organic strawberries, 1lb package \$6.99 each  
 Nature Sweet Twilights or Golden Cherubs tomatoes, 10oz package \$3.99 each  
 Fresh Express spinach, 8oz package \$3.99 each  
 Fresh broccoli crowns \$2.99lb  
 WTRMLN WTR cold pressed watermelon, 12oz bottle \$5.99 each  
 bowl & basket steak cut mushrooms, 8oz package \$3.99 each

## **GOURMET MEAT**

Certified angus beef boneless sirloin steak \$12.99lb  
 Fresh store made, ready to cook, chicken cordon bleu stuffed with ham & swiss cheese \$5.99lb  
 Fresh boneless center cut pork chops \$4.99lb  
 Fresh Nature shoulder veal chops \$10.99lb  
 Certified angus beef shoulder london broil \$8.99lb  
 Fresh, thin sliced, boneless center cut pork chops \$5.99lb  
 Certified angus beef boneless top chuck steak \$10.99lb  
 Fresh Italian cheese & parsley sausage \$7.99lb  
 Fresh Nature round bone veal chops \$11.49lb  
 Fresh American breast of lamb \$6.99lb  
 Fresh made lean ground beef sirloin \$8.99lb  
 Fresh grade 'A' chicken tenders \$3.99lb  
 Suzy Sirloin ground pork, 16oz package \$6.99 each

(Not responsible for typographical errors)

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Thank you for shopping Morton Williams Supermarkets!