



DIRECT TO YOU MARKET

SPECIAL OFFERS AVAILABLE  
OCTOBER 27 - NOVEMBER 2, 2024

# Flavors of the Week

IN-STORE TASTINGS EVERY FRIDAY & SATURDAY AT 11 AM

FRIDAY BACON-WRAPPED SCALLOPS

SATURDAY TERIYAKI-MARINATED CHICKEN PIECES

## PALMER'S Best Value



Premium, boneless  
**PORK TENDERLOINS** \$2<sup>99</sup>/LB  
2 PER PACKAGE



Bone-in, fresh  
**CHICKEN LEG QUARTERS** \$0<sup>99</sup>/LB  
2 PER PACKAGE



Flash frozen  
**CHICKEN WINGS** \$12<sup>99</sup>/PKG  
5 LB PACKAGE



Mild, link-style, frozen  
**CHICKEN SAUSAGE** \$4<sup>99</sup>/LB  
1 LB AVG PACKAGE



Wild caught, frozen  
**COD LOINS** \$7<sup>49</sup>/LB  
4 PER PACKAGE

\$15.99  
PER LB

Boneless, center cut, fresh  
**FILET-STYLE  
SIRLOIN STEAKS**  
2 PER PACKAGE

\$19.99  
PER LB

Boneless, fresh, Delmonico  
**RIBEYE STEAK  
PARTY PACKS**  
3 PER PACKAGE

## - PALMER'S EXCLUSIVE - DRY AGED STEAKS

Our 30/30 dry aging process - 30 days wet aged and 30 days dry aged - create extraordinary flavor unlike any other.



Boneless, fresh  
**DRY AGED  
STRIP STEAKS**  
12 OZ AVG

\$34<sup>99</sup>/LB



House-marinated, fresh  
**CHICKEN  
TERIYAKI PIECES**  
2 LB AVG PKG

**\$6<sup>99</sup>/LB**



**ALL NEW  
AT PALMER'S  
MARKET**

**\$2.99  
PER LB**

Skinless and boneless, fresh  
**CHICKEN BREASTS**  
10 LB BAG



**\$3.99  
PER LB**

Jumbo cut, fresh  
**CHICKEN WINGS**  
10 LB BAG



**TRICK OR TREAT  
THE PALMER WAY**

Fresh, housemade  
**CANDIED  
BACON**  
1 LB AVG PACKAGE

**\$10<sup>99</sup>/LB**

Fresh Jones Dairy cherrywood-smoked, dry aged  
bacon, seasoned with brown sugar and cracked  
black pepper for a sweet & savory bite



**\$8.99  
PER LB**

Premium, fresh  
**FRENCHED PORK CHOPS**  
12 OZ AVG PORTIONS



**\$3.99  
PER LB**

Hot or mild, link-style, fresh  
**ITALIAN SAUSAGE**  
1 LB AVG PACKAGE



**\$2.99  
PER LB**

St. Louis-style, flash frozen  
**BONE-IN PORK RIBS**  
3.5 LB AVG PKG



**\$21.99  
PER LB**

Flash frozen  
**GROUND OSTRICH**  
1 LB PACKAGE





FRESH SEAFOOD DELIVERED DAILY TUESDAY THROUGH SATURDAY

**\$14.99**  
PER LB



Farm raised, product of Faroe Isle, fresh  
**ATLANTIC SALMON**  
*CUT TO YOUR SPECIFICATIONS*

**\$16.99**  
PER LB



Farm raised, fresh  
**STEELHEAD TROUT**  
*CUT TO YOUR SPECIFICATIONS*

**\$8.99**  
PER BAG



Farm raised, product of P.E. Isle, fresh  
**ORGANIC MUSSELS**  
2 LB BAG

**\$28.99**  
PER BAG



Wild caught, cleaned, flash frozen  
**16/20 FRESH WATER  
JUMBO SHRIMP**  
2 LB BAG

**\$19.99**  
PER LB



Flash frozen  
**BACON-WRAPPED  
SEA SCALLOPS**  
1 LB AVG PACKAGE

**\$6.99**  
PER PKG



Flash frozen in juice  
**BABY CLAM MEAT**  
1 LB PACKAGE

*Perfect for soups  
and chowders.*

**\$9.99**  
PER LB



Farm raised, skinless, ind. quick frozen  
**CATFISH FILLETS**  
8-10 OZ PORTIONS

# FEATURED RECIPE



## COD LOINS *with Tomato Basil Sauce*

### INGREDIENTS

- 1½ lb Icelandic Cod
  - 1 pint Cherry Tomatoes, halved
  - ½ cup Fresh Basil, chopped
  - ¼ cup Dry White Wine
  - 2 Garlic Cloves, minced
  - 2 Tbsp Lemon Juice
  - ½ tsp Fresh Lemon Zest
  - ½ tsp Red Pepper Flakes
  - 4 tbsp EV Olive Oil, divided
  - ¼ tsp Salt
  - ¼ tsp Pepper
- Additional Salt and Pepper to taste

### PREPARATION

1. Preheat the oven to 375°F.
2. Heat 2 tablespoons of olive oil in a large non-stick sauté pan over medium heat. Add red pepper flakes and garlic, sauté for one minute until fragrant.
3. Add the cherry tomatoes and cook, stirring occasionally, for about 12 minutes until they start to break down. Add the white wine, stir, and bring the mixture to a light simmer.
4. Stir in the basil, lemon juice, lemon zest, salt, and pepper. Cook for an additional two minutes. Transfer the sauce into a bowl and set aside.
5. Heat the remaining 2 tablespoons of olive oil in another large non-stick sauté pan over medium heat. Season both sides of the cod fillets with salt and pepper. Place the cod in the pan and cook until golden brown, approximately five minutes.
6. Carefully flip the cod over and place the pan in the preheated oven. Continue cooking until the cod is cooked through and reaches an internal temperature of 145°F, about 5-7 minutes.
7. Pour the tomato basil sauce over the cod fillets and serve immediately.

## PALMER'S KITCHEN WEEKLY SPECIALS

SERVED TUESDAY - SATURDAY



### CURRIED SALMON

\$16<sup>99</sup>

Fresh Atlantic salmon with a red curry sauce over a bed of white rice with bell peppers, broccoli, and finished with sesame seeds.



### AUTUMN TENDERLOIN SALAD

\$13<sup>99</sup>

Fresh grilled *Certified Angus Beef*® tenderloin on a bed of mixed greens with butternut squash, pecans, Craisins, red onions, and goat cheese with an apple cider vinaigrette.

ORDER  
ONLINE



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