



# \$ DOLLAR StRETCHer

Pay Less, Get More



Certified Angus Beef  
Flat Iron Steak

**44<sup>91</sup>** Per Lb  
99.00/kg  
**\$ave 10.00**

Iceberg Lettuce 1ct

**12<sup>00</sup>**

**\$ave  
2.00**



Arawak Ready To Cook  
BBQ Chicken Parts

**14<sup>63</sup>** Per Lb  
32.25/kg



**\$ave 5.00**

Pork Loin Chops

**22<sup>66</sup>** Per Lb  
49.95/kg



**\$ave 7.00**

Local Cauliflower

**20<sup>40</sup>** Per Lb  
45.00/kg



**Great  
DEAL!**

Flavoured Porkloin  
Asst'd 1kg

**68<sup>00</sup>** Per Pk

- CHIPOLTE
- HONEY MUSTARD
- ITALIAN
- ORIGINAL
- SUNDRIED TOMATOES



**\$ave 10.00**

Panamei Swai Fillet

**66<sup>99</sup>** Per Pk  
907g



**\$ave 6.95**

Foreign Green Peppers

**15<sup>42</sup>** Per Lb  
34.00/kg



**Great  
OFFER!**



# Fruits

Red Apples 88 &  
Gala Apples 88

**6<sup>00</sup>** Each

**Great OFFER!**



Red Seedless  
Grapes

**31<sup>73</sup>** Per Lb  
69.95/kg

**Great DEAL!**



Roman Brand Sausages  
Asst'd 1lb

**49<sup>95</sup>**

**SAVE  
\$6.05**



## Try our Monthly Recipe Today!

### Trini Cow Heel Soup

#### Ingredients:

**2 lbs Cow Heel @ \$17.95/kg Save \$5.00**

- 1 Cuisine teaspoon salt
- 2 carrots (cut in big pieces)
- 3 potatoes
- 1 cup Cuisine yellow split peas
- 4 sprigs thyme
- 2 chives
- 1 tablespoon Cuisine soyabean oil
- Okra (about 8-10)

1/2 teaspoon black pepper

1 large onion

2 cloves garlic

12-16 cups water

1 cup diced pumpkin

4 pimento (optional)

1 hot pepper( optional)

#### Dumplings

- 1 cup Cuisine flour (all purpose)

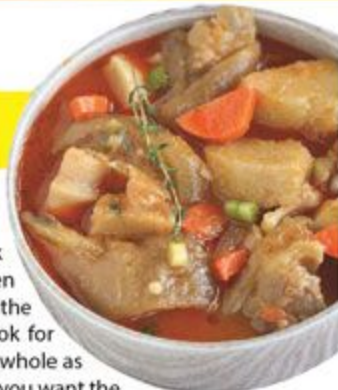
- pinch salt & water

#### Preparation:

Make sure the cow heel is clean and cut into small pieces for easier cooking. Heat the vegetable oil in a deep pot on medium heat, add the diced onion, garlic, pimento berries, thyme, black pepper for 3-5 minutes and then add the cow heel. Stir well, then add the yellow split peas, salt, carrots and cover with water. raise the heat to high and bring to a boil, then reduce to a simmer. Cook for about 2 hrs or 1/2 hr if using a pressure cooker. Drop the pepper whole as it simmers. Keep the hot pepper whole or burst open at the end if you want the kick from the heat it possesses. As it simmers you'll notice stuff gather at the top of the pot, skim and discard. After 2 hours the peas should be tender to the point where it will melt away and start thickening the soup. The pieces of cow heel will now be tender (and go gelatinous) , so it's time to start adding the other ingredients. You can certainly add yams, dasheen, eddoes, green bananas etc. After adding the okra, potato, chopped chives and pumpkin, it will take about 30 minutes to finish. In a small bowl prepare the dumplings.. the flour, pinch of salt and enough water to form a soft but firm (to touch) dough. Let that rest for 15 minutes (cover with plastic wrap). Then the last 10 minutes of cooking, pinch small pieces of dough and roll between your hands to form a small cigar. Add to the pot and let cook for the final 10 minutes. Taste for salt the last 4 minutes and adjust accordingly.

**Remember you can personalize this soup with the addition of yams, sweet potato, cassava, dasheen and cooking bananas, so get creative.** If you want to add additional flavor you can always add an instant soup mix (optional) to the pot the final 30 minutes of cooking, but this is really not necessary. At the end don't forget to get the pepper out or you can burst it in the soup and enjoy the explosive flavor. But proceed with caution as it will be live like the Trini Carnival Sunshine Experience **IMPORTANT - Do not add flour dumplings if doing this recipe gluten free as it will not meet with your gluten free dietary needs.**

**Cow Heel 8<sup>14</sup>** Per Lb  
**SAVE \$5.** 17.95/kg





# MASSY STORES | Deli READY 2 GO

Massy Stores  
Daily Lunches  
1ct

**27<sup>99</sup>**

**Can't Be  
Beat!**



Massy Stores  
Pasta Meals  
1ct

**29<sup>99</sup>**



- Marinara Sauce
- White Sauce

Massy Stores  
Muffins Asst'd  
6ct

**26<sup>50</sup>**  
**\$ave \$2.**



Massy Stores  
Creme Cake Asst'd  
1ct

**35<sup>00</sup>**  
**\$ave \$3.**

- VANILLA
- MARBLE
- APPLE CRUMB
- CINNAMON CRUMB
- TUTTI FRUITI
- RASPBERRY



Massy Stores Rotisserie  
Whole Chicken

**47<sup>00</sup>**



Massy Stores  
Chicken Wings 6ct

**29<sup>50</sup>**



Massy Stores  
Popcorn Chicken **27<sup>50</sup>**

Massy Stores  
Croissant Shells Large  
6ct

**23<sup>00</sup>**  
**\$ave \$1.**



There's Something **Delightful** at Massy Stores Bakery for everyone!



Kool Kidz 100%  
Apple Juice 24x200ml

**66<sup>00</sup>**



**24**

**SAVE  
\$9.**

Fruta Juice  
1lit (Asst')

**8<sup>50</sup>**



**SAVE  
\$3.50**

Gatorade 2x600ml  
(Asst'd)

**2 for 14<sup>50</sup>**



**BUY 2 &  
SAVE \$1.50**

Vina Maipo Wine  
750ml (Asst'd)

**107<sup>95</sup>**



**SAVE  
\$21.50**

Trivento Sweet  
Wine 750ml

**113<sup>00</sup>**



\* Malbec  
\* Rose  
\* White

**SAVE  
\$14.50**

Hennessy VS  
Cognac 700ml

**298<sup>00</sup>**



**SAVE  
\$22.**

**Mango Basil Lemonade**

Ingredients

- \* 1.5 oz Hennessy V.S
- \* 1 oz fresh lemon juice
- \* .5 oz mango puree
- \* .5 oz simple syrup
- \* Top with soda
- \* Garnish with basil leaf and lemon wheel

Directions

Shake all liquid except soda water, and strain into a collins glass with fresh ice. Top with Soda water and garnish with a Basil leaf and a lemon wheel.

Enjoy!

Absolut Vodka  
700ml

**159<sup>00</sup>**



**SAVE  
\$10.**

Jose Cuervo Tequila  
750ml

**128<sup>50</sup>**



**Jose  
Cuervo**

\* Classico White  
\* Especial Gold

**SAVE  
\$21.50**

Diamond Reserve D'andrade  
White Rum 750ml

**56<sup>95</sup>**



**SAVE  
\$10.**

Kool Kidz 100%  
Apple Juice 24x200ml

**66<sup>00</sup>**



**24**

**SAVE  
\$9.**

Fruta Juice  
1lit (Asst')

**8<sup>50</sup>**



**SAVE  
\$3.50**

Gatorade 2x600ml  
(Asst'd)

**2 for 14<sup>50</sup>**



**BUY 2 &  
SAVE \$1.50**

Vina Maipo Wine  
750ml (Asst'd)

**107<sup>95</sup>**



VINA MAIPO



**SAVE  
\$21.50**

Trivento Sweet  
Wine 750ml

**113<sup>00</sup>**



\* Malbec  
\* Rose  
\* White

**SAVE  
\$14.50**

Hennessy VS  
Cognac 700ml

**298<sup>00</sup>**



**Mango Basil Lemonade**

Ingredients

- \* 1.5 oz Hennessy V.S
- \* 1 oz fresh lemon juice
- \* .5 oz mango puree
- \* .5 oz simple syrup
- \* Top with soda
- \* Garnish with basil leaf and lemon wheel

Directions

Shake all liquid except soda water, and strain into a collins glass with fresh ice. Top with Soda water and garnish with a Basil leaf and a lemon wheel.

Enjoy!

**SAVE  
\$22.**

Absolut Vodka  
700ml

**159<sup>00</sup>**



**SAVE  
\$10.**

Jose Cuervo Tequila  
750ml

**128<sup>50</sup>**



Jose  
Cuervo

\* Classico White  
\* Especial Gold



**SAVE  
\$21.50**

Diamond Reserve D'andrade  
White Rum 750ml

**56<sup>95</sup>**



**SAVE  
\$10.**





GNC Total Lean  
CLA 90ct

**266<sup>99</sup>**  
**SAVE \$12.**



GNC Total Lean  
Burn 60 60ct

**177<sup>85</sup>**  
**SAVE \$9.50**



GNC Total Lean  
Lean Shake 414ml (Asst'd)

**24<sup>50</sup>**  
**SAVE \$2.**



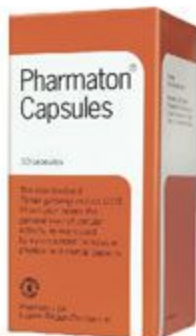
**GNC**



- \* Chocolate
- \* Snickerdoodle
- \* Strawberry
- \* Vanilla

Pharmaton Capsules  
30ct

**129<sup>60</sup>**



**SAVE \$9.**

Bisolvon Adult  
120ml

**88<sup>25</sup>**



**SAVE \$6.75**

Advil Cold & Sinus  
Caplets 20ct

**47<sup>90</sup>**



**SAVE \$9.**

Panadol Ultra  
16ct

**27<sup>75</sup>**



**SAVE \$2.25**

Use your Massy Card and

**EARN DOUBLE POINTS**

On Wednesdays at Massy Stores Pharmacy

**WELLNESS PAY\$**

TRINCITY	609-2021
ST. AUGUSTINE	662-2273
MOKA, MARAVAL	609-2301
ST. ANN'S	621-2273
WESTMOORINGS	633-2273
MARABELLA	658-2273
GULF VIEW	653-8495

**Pay for your prescriptions and other pharmacy items with your Massy Points.**

**Remember:**

- TTARP members and Massy employees enjoy a 3% discount when they present their Massy Reward Card
- Food Vouchers can be redeemed at our pharmacies



# LOVE **BULK** SAVINGS

Kool-Aid Jammers  
Pouches 10ct (Asst'd)

**18<sup>75</sup>**



**SAVE \$10.**

Kool-Aid Jammers  
Pouches 40ct  
Variety Box

**75<sup>00</sup>**



**SAVE \$10.**

Kool-Aid Tropical  
Punch 5lb

**73<sup>15</sup>**



**SAVE \$9.**

Member's Mark 100%  
Apple Juice 2x3.78lit

**60<sup>00</sup>**



**SAVE \$8.**

Wellsley 100% Apple  
Juice 4x1.89lit

**80<sup>00</sup>**



**SAVE \$5.**

4C Iced Tea Mix  
Lemon Flavor 2.49kg

**55<sup>00</sup>**



**SAVE \$5.**

4C Iced Tea Mix  
Raspberry Flavor 2.49kg

**55<sup>00</sup>**



**SAVE \$5.**

Tang Orange  
Drink Mix 4lb

**73<sup>00</sup>**



**SAVE \$8.**

Realemon 100% Lemon  
Juice 2x1.4lit

**75<sup>00</sup>**



**SAVE \$5.**

Kellogg's Frosted Flakes  
2 Bags 1.7kg

**85<sup>00</sup>**



**SAVE \$15.**

Orville Popcorn Kernels  
92oz

**99<sup>75</sup>**



**SAVE \$5.**



# LOVE **BULK** SAVINGS

Airwick Scented Oil  
6 Refills & Warmer (Asst'd)

**125<sup>00</sup>**



**SAVE \$10.**

Lysol Neutra  
Air Refreshener 3x454g

**114<sup>80</sup>**



**SAVE \$15.**

Ajax Advanced Dishwashing  
Liquid 3lit

**75<sup>00</sup>**



**SAVE \$5.**

Berkley Jensen Ultra  
Dishwashing Liquid 2.95lit

**80<sup>00</sup>**



**SAVE \$15.**

Gain Dishwashing  
Detergent 90oz

**80<sup>00</sup>**



**SAVE \$10.**

Member's Mark  
Dryer Sheets 2x240ct

**47<sup>50</sup>**



**SAVE \$2.**

Berkley Jensen Liquid Fabric  
Softener 170oz

**104<sup>50</sup>**



**SAVE \$10.**

Ensueño Fabric Softener  
Spring Fresh 9lit

**104<sup>96</sup>**



**SAVE \$15.**

Member's Mark Liquid  
Laundry w. Stain Removal  
5.23lit

**210<sup>11</sup>**



**GREAT DEAL!**





Yoplait Greek 100 Yogurt  
3.5oz (Asst'd)

**9<sup>75</sup>**

**SAVE  
\$3.85**



- Vanilla
- Mixed Berry
- Strawberry
- Peach
- Raspberry
- Pineapple
- Mango

Vasha's Chilli Chicken Patties  
4x2oz

**18<sup>00</sup>**



**SAVE  
\$2.58**



Vasha's Chicken Nuggets  
234g

**19<sup>95</sup>**



**SAVE  
\$5.04**



IGA Green Peas  
454g

**18<sup>50</sup>**



**SAVE  
\$1.**

IGA Mixed Vegetables  
454g

**16<sup>00</sup>**



**SAVE  
\$1.**

Morning Fresh  
Corn On The Cob 6 Mini Ears 6ct

**26<sup>00</sup>**



**SAVE  
\$2.**

Cavendish  
Crinkle Cut Fries 1kg

**17<sup>00</sup>**



**SAVE  
\$1.50**



**Brunswick Flavoured Tuna 3x85g (Asst'd)**

**3 for 26<sup>00</sup>**

**BUY ANY 3 & SAVE \$2.50**



**Bumble Bee Chunk Tuna 142g**

**10<sup>95</sup>**

**SAVE \$1.85**



\* in Oil  
\* in Water

**Wishbone Salad Dressing (Asst'd) 15oz**

**28<sup>99</sup>**

**SAVE \$3.**



**Naturally Almond Milk 946ml**

**20<sup>50</sup>**

**SAVE \$3.50**



\* Original  
\* Vanilla

**Kellogg's Cereal**

**16<sup>00</sup>**

**SAVE \$2.**



\* Froot Loops 180g

\* Corn Pops 210g

**Kellogg's Special K Cereal 300g**

**30<sup>00</sup>**

**SAVE \$3.**



\* Red Berries  
\* Vanilla Almond

**Kellogg's Fun Pack 8ct**

**27<sup>00</sup>**

**SAVE \$20.**



**Nature Valley Granola Bars 6ct (Asst'd)**

**30<sup>35</sup>**

**SAVE \$5.**



\* Crunchy  
\* Chewy  
\* Sweet & Salty

**Act II Popcorn (Asst'd) 3ct**

**15<sup>50</sup>**

**SAVE \$2.75**



**Frito Lay Doritos Nacho Cheese**

**19<sup>50</sup>**



**Chester's Hot Fries**

**19<sup>50</sup>**



**Frito Lay Honey BBQ Potato Chips**

**20<sup>50</sup>**



**Ers Tasty Peanuts 454g**

**32<sup>00</sup>**

**SAVE \$2.50**





Jergens Body Lotion  
Asst'd  
10oz

25<sup>25</sup>

Save 2.00



Colgate Total Toothpaste  
Asst'd 6oz

17<sup>75</sup>

• PLUS WHITENING  
• CLEAN MINT  
• FRESH STRIKE

Save 6.00



Gillette Cool Wave  
Clear Gel Power Beads  
2.85oz

29<sup>00</sup>

Save 4.00



Secret Clear Gel  
Asst'd 2.6oz

45<sup>75</sup>

• SO VERY SUMMER BERRY  
• COOL LA LAVENDER

Save 6.00



Irish Spring  
Bath Soaps Asst'd  
3x3.75g

25<sup>00</sup>

Save 5.25



Gillette Satin Care  
Sensitive Skin  
Shaving Gel 7oz

34<sup>00</sup>

Save 4.00



Gillette Daisy  
Disposable Razors  
5ct

30<sup>00</sup>

Save 5.50



Neutrogena Cool Dry Sport  
Sunscreen Lotion 147ml &  
Sunscreen Spray 155g

84<sup>00</sup>

Save 8.30



Playtex  
Gentle Glide 360  
Asst'd 18ct

28<sup>95</sup>

Save 6.00



Stayfree Ultra Thin  
Regular with Wings  
18ct

20<sup>50</sup>

Save 4.00



Carefree Body Shape  
Unscented Plantliners  
120ct

39<sup>80</sup>

Save 5.00



Carefree Thong  
Regular with Wings  
49ct

26<sup>50</sup>



Save 5.00



You've got the best  
pick-up line ever!



Have your groceries waiting for  
you with the Self Cash Option.

The newest addition to the Massy Stores App  
let's you just pick up and go.

Just open the app, scan up to five items, pay  
from your phone and you're on your way out!



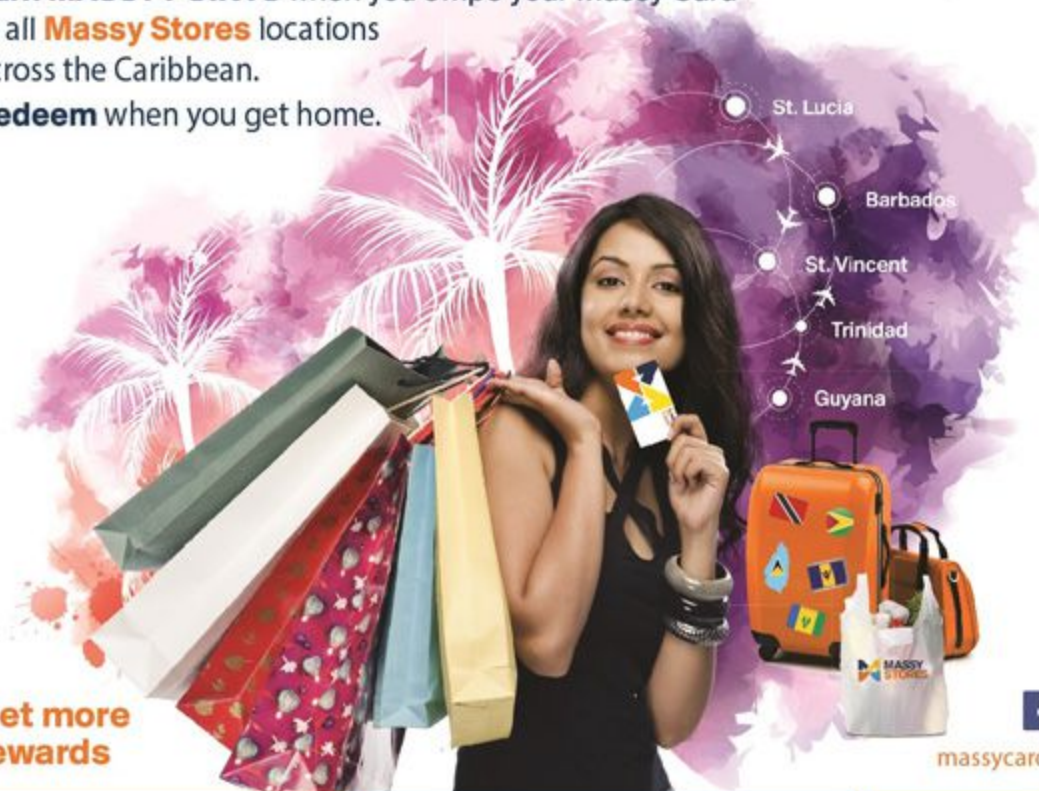




# EARN when you ROAM REDEEM at HOME

**Earn MASSY POINTS** when you swipe your Massy Card\*  
at all **Massy Stores** locations  
across the Caribbean.  
**Redeem** when you get home.

Special Conditions Apply



**Get more  
rewards**



[massycard.com](http://massycard.com)

