

FROZEN

Cow Belle Ice Cream
48 Oz.
2/\$5

New York Garlic Knots, Toast, Bread or Bread Sticks
7.3 to 16 Oz.
2/\$4

Yoplait Greek Yogurt
4 or 5.3 Oz.
Whips!, Blends or 100 Calorie
88¢

Shurfine Cheese Shingles
6.84 to 8 Oz.
2/\$3

Yoplait Custard Yogurt
5.3 Oz.
88¢

SHURFINE SAVINGS
Shurfine Strawberries or Peaches
16 Oz. Bag
228

SHURFINE SAVINGS
Shurfine Hashbrown Potatoes
30 or 32 Oz.
198

SHURFINE SAVINGS
Shurfine Orange Juice
64 Oz.
198

SHURFINE SAVINGS
Shurfine Custard Yogurt
5.3 Oz.
88¢

SHURFINE SAVINGS
Shurfine English Muffins
12 Ct.
FREE
With Separate \$20 Purchase
With This Coupon

Capitol Centre Market
Serving Downtown Madison Since 1983
310 N. Brown St. Madison, Wisconsin 53703
Phone: 608-255-2616 Open 24 Hours Daily 7 Days a Week

fresh meat You'll find certified meat cutters on site! Special orders are welcome!

fresh produce We offer a large selection of fresh conventional and organic produce! You'll also find fresh local options!

U.S.D.A. Choice Boneless Top Round Roast
298 Lb.

Smithfield Prime Pork Tenderloin
298 Lb.

Smithfield Prime Pork Shoulder Roast
188 Lb.

SUMMER SAVINGS

Washington Red Cherries
348 Lb. Pt.

Blueberries
2/\$5

Shurfine Spring Water
28 Pk. - 16.9 Oz.
198

Look inside for more Shurfine Savings

This week at Capitol Centre Market! Download the FREE Fetch mobile APP and pick up these GREAT DEALS! See FREE demo at our website: www.capcentremarket.com or stop by and we will show you how easy it is! Don't have a smartphone? No Problem! We have loaner tablets at the service counter and we are happy to help!

Fetch

Crystal Farms Butter
1 Lb.
369 269
4 OFF Limit 1 per Transaction, Limit 1 per Customer, Fresh Deal Final Price \$2.69

Johnsonville Smoked Sausage
12-14 Oz.
298 198
4 OFF Limit One Car Transaction, Limit 1 Car Customer, Fresh Deal Final Price \$1.98

Shurfine Charcoal
15.4 Lb. Bag
398 298
4 OFF Limit 1 per Transaction, Limit 1 per Customer, Fresh Deal Final Price \$2.98

Pumpkin Blueberries
Pt.
2/\$5 2/\$4
4 OFF Limit 1 Offer per Customer, Max Bag 2, Fresh Deal Final Price 2/\$4

Prego Pasta Sauce
14.5-24 Oz.
188 98¢
4 OFF Limit One Car Transaction, Limit 1 Car Customer, Fresh Deal Final Price 98¢

Fetch features are extra weekly specials over and above our regular sale items. You still get our regular features with or without Fetch. The advantage of using Fetch is that you earn points on everything you purchase. These points can be converted to FREE product within your shopping cart.

MEAT

Smithfield Prime Pork Steak
198 Lb.

U.S.D.A. Choice Steak Sauce
10 Oz.
198

Breakstone's Sour Cream
16 Oz.
168

U.S.D.A. Choice Boneless Top Round Steak
328 Lb.

U.S.D.A. Choice Beef Carne Picada
Authentic Beef Fajita Meat
498 Lb.

Prego Pasta Alfredo Sauce
14.5 Oz.
188

Fresh!! Bulk Style Italian Sausage or Pork Breakfast Sausage
268 Lb.

Johnsonville Pork Sausage
10 or 12 Oz.
298

Farmland Bacon
12 or 16 Oz.
398

Jones Golden Brown Breakfast Sausage
5 to 7 Oz.
168

Redi-Serve Boneless Breaded Chicken
30 to 36 Oz.
398

SHURFINE SAVINGS

Shurfine Sliced Bacon
12 Oz.
2/\$7

Oscar Mayer Uploaded Lunchables
14.1 to 15.7 Oz.
2/\$5

P3 Portable Protein Pack
2 or 2.1 Oz.
2/\$3

Sheboygan Brats or Italian Sausage
16 Oz.
2/\$5

Shurfine Thin Meats
2.5 Oz.
48¢

Gold'n Plump Family Pack Chicken Thighs or Drumsticks
3.5 Lb.
398

Gold'n Plump Boneless Skinless Chicken Breast
16 Oz.
348

Gold'n Plump Wing Portions
48 Oz.
698

GROCERY

U.S.D.A. Choice Beef Carne Picada
Authentic Beef Fajita Meat
498 Lb.

Prego Pasta Alfredo Sauce
14.5 Oz.
188

Fresh!! Bulk Style Italian Sausage or Pork Breakfast Sausage
268 Lb.

Quaker Golden Home Pizza Crust
14.25 or 8.75 Oz.
348

Royal Kitchens Focaccia
12 Oz.
2/\$6

Royal Kitchens Rolls
8 Ct.
2/\$5

Superior Cookies
8 or 9 Oz.
298

Superior Mini Eclair
9.75 Oz.
298

Kellogg's Raisin Bran Cereal
10.6 to 18.7 Oz.
298

Kellogg's Kids Cereal
17 to 19 Oz.
298

V8 Splash
64 Oz.
2/\$4

Donut House or Eight O'Clock Keurig K-Cups
12 Ct.
598

SHURFINE SAVINGS

Shurfine Mayonnaise or Salad Dressing
22 or 30 Oz.
198

Shurfine Chunk Light Tuna
5 Oz.
58¢

Shurfine Canned Vegetables
14.5 to 15.25 Oz.
4/\$2

DELI

Mrs. Gerry's Traditional Potato Salad
198 Lb.

Mrs. Gerry's Spaghettini Salad
248 Lb.

Gold'n Plump Chicken Combo Pack
Includes 5 Thighs 5 Drums
498

StoneRidge Cheese Curds
12 Oz. Assorted Varieties
398

Sara Lee Chicken Breast
598 Lb.

Kellogg's Pop-Tarts
13.5 to 14.7 Oz.
228

Pringles
4.9 to 5.5 Oz.
2/\$3

SHURFINE SAVINGS

Shurfine Charcoal Briquets
15.4 Lb.
398

Shurfine Ketchup
24 Oz.
78¢

Shurfine Pasta & Cheese Dinner
7.25 Oz.
4/\$2

Shurfine Peanut Butter
16 Oz.
2/\$3

Chicken Fajitas

Turn up or turn down the "heat" of these fast'n'easy fajitas by adjusting the amount of jalapeno pepper you add.

Ingredients

- 1/4 cup fresh lime juice
- 2 teaspoons chili powder
- 2 cloves garlic, minced
- 1/2 teaspoon pepper
- 1/4 teaspoon ground cumin
- 1 pound Gold'n Plump® Boneless Skinless Chicken Breast Portions, cut into 1/2-inch by 1/4-inch strips
- 1 red bell pepper, cut into 2-inch by 1/4-inch strips
- 1 green bell pepper, cut into 2-inch by 1/4-inch strips
- 1 onion, thinly sliced
- 1 tablespoon minced jalapeno pepper, or to taste
- 12 (6 or 7-inch) flour tortillas

Instructions

Combine lime juice, chili powder, garlic, pepper, and ground cumin in medium bowl. Add chicken strips and toss; set aside for 5 to 10 minutes, stirring occasionally.

Heat oil in sauté pan over medium-high heat. Add bell peppers, onion, and jalapeno pepper; cook, stirring occasionally, for 4 minutes or until peppers are crisp-tender. Add chicken mixture with lime juice marinade; cook, stirring occasionally, for about 5 minutes or until chicken is thoroughly cooked and vegetables are softened. Taste and adjust seasoning.

Place tortillas between 2 paper towels. Microwave on high for 15 to 20 seconds, or until moist and warm. (Otherwise, wrap tortillas in aluminum foil; heat in a 350°F oven for 10 minutes.)

To serve, place warm tortillas on plate; cover to keep warm. Spoon chicken-vegetable mixture into bowl. Assemble fajitas as you eat by spooning some of chicken mixture into center third of each tortilla and rolling sides.

For More Recipes Go To www.goldnplump.com/recipes

Kraft BBQ Sauce
17.5 or 18 Oz.
88¢

Era Liquid Laundry Detergent
100 Oz.
498

WELLNESS

Prego Pasta Sauce
23 to 24 Oz.
188

Top Care Ibuprofen
50 Ct. Tablets or Caplets
2/\$3