

460 Montauk Hwy,
West Islip NY 11795
631-620-3744

Southdownmarketplace.com



Please visit
southdownmarketplace.com
for our full catering menu

Eat Better.

MEAT

Choice Beef
Bone In
Rib Eye
Steak

\$16⁹⁹
LB

Chairman's Reserve
Center Cut Boneless
Pork
Chop

\$3⁹⁹
LB

Grade A
Boneless
Chicken
Breast

\$2⁹⁹
LB



Choice Beef
Bottom Round Steaks

\$7⁹⁹
LB

Choice Beef
Boneless
Rib Eye
Steaks

\$17⁹⁹
LB

Chairman's Reserve
Center Cut Boneless
Pork
Roast

\$2⁹⁹
LB

Grade A
Bone In
Chicken
Thighs

\$2⁴⁹
LB



USDA Prime Beef
Boneless
NY Strip
Steaks

\$26⁹⁹
LB

USDA Prime Beef
Top Sirloin
Steaks

\$13⁹⁹
LB



Tilapia Fillet

\$5⁹⁹
LB



Smithfield
Bacon
All Varieties

\$5⁹⁹
16 OZ



Stuffed Boneless
Chicken Breast
With Apple Stuffing

\$6⁹⁹
LB

OPEN 7 DAYS • 8AM-8PM

NOT TO BE COMBINED WITH ANY OTHER OFFERS. WE RESERVE THE RIGHT TO LIMIT QUANTITIES.
PICTURES ARE FOR ILLUSTRATION PURPOSES ONLY. NOT RESPONSIBLE FOR TYPOGRAPHICAL ERRORS.
WHILE SUPPLIES LAST. ONE OFFER PER HOUSEHOLD ON SALE ITEMS WITH LIMITS.

SALE DATES: OCTOBER 9-15, 2026

FRI
9

SAT
10

SUN
11

MON
12

TUES
13

WED
14

THUR
15

DELI



Boar's Head
Deluxe
Ham
(1/2 Lb Min)

\$9⁹⁹_{LB}



GRAB & GO
Honey Glazed
Chicken Bites

\$11⁹⁹_{LB}



Boar's Head Combo
Genoa Salami &
Domestic Provolone
Cheese
(1/2 Lb Ea)

\$7⁹⁹_{LB}



GRAB & GO
Cheese Ravioli
With Marinara
Sauce

\$8⁹⁹_{LB}



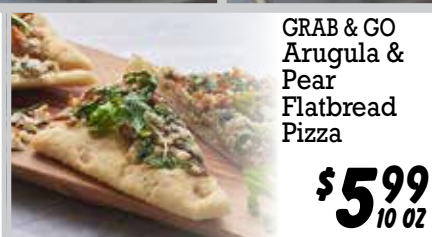
Southdown Marketplace
Double Roasted
Turkey
Breast
(1/2 Lb Min)

\$10⁹⁹_{LB}



GRAB & GO
Penne Ala
Vodka

\$7⁹⁹_{LB}



GRAB & GO
Arugula &
Pear
Flatbread
Pizza

\$5⁹⁹_{10 OZ}



GRAB & GO
Crunchy
Chili Chicken
Salad Wrap

\$8⁴⁹_{8 OZ}
+ TAX



Southdown Marketplace Combo
Roast Beef &
Cheddar Cheese
(1/2 Lb Of Ea)

\$12⁹⁹_{LB}



Italian
Pecorino
Romano Cheese

\$13⁹⁹_{LB}



Italian
Ricota
Salata

\$6⁹⁹_{LB}



Baby
Swiss Cheese

\$5⁹⁹_{LB}



37th Street
Danish
Strip

\$6⁹⁹_{14 OZ}

PREP FOODS

We love food and we know you will love our food.
Everyday you will discover appetizing and delicious,
freshly prepared foods.

EAT BETTER

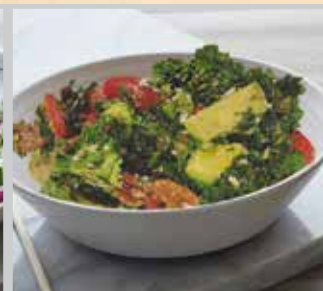
Available at the Counter

Balsamic Grilled Chicken
Cutlets**\$12.99**_{1LB}

Crunchy Chili Chicken
Salad**\$10.99**_{1LB}

Cucumber
Salad**\$5.99**_{1LB}

Kale Avocado
Salad**\$9.99**_{1LB}




GRAB & GO
Health
Bean Salad

\$5⁹⁹_{LB}



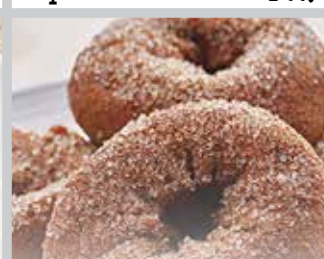
GRAB & GO
Orzo Florentine
Salad With
Spinach & Feta

\$6⁹⁹_{LB}



Southdown Marketplace
Tiramisu
Squares

\$5⁹⁹_{2 PK}



Jericho Cider Mill
Apple Cider
Donuts

\$7⁹⁹_{5 PK}

BAKERY



Graza Drizzle
Extra Virgin
Olive Oil

\$12⁹⁹_{16.9 FL OZ}



Skippy
Peanut
Butter

2/\$6_{15-16.3 OZ}



From The
Ground Up
Veggie Chips

2/\$7_{3.5-4.5 OZ}



Magic Spoon
Protein
Cereal

\$6⁹⁹_{7 OZ}



Mountain Valley
Still Or Sparkling
Water

2/\$6_{+ TAX & DEP 33.8 FL OZ}

FROZEN



Haagen Dazs
Ice Cream

\$4⁹⁹_{14 FL OZ}



Eggo Waffles, Pancakes Or
Toaster Sticks
Excludes Thick & Fluffy
Waffles Or Protein

\$2⁹⁹_{8.4-14.8 OZ}



Colavita
Organic
Pasta Cuts

2/\$4_{16 OZ}



Vigo
Yellow
Rice

\$2⁹⁹_{16 OZ}



Popchips
Popped Potato
Snack

2/\$7_{5 OZ}



Made Good
Organic
Crispy Squares

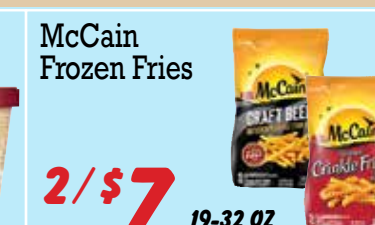
2/\$7_{4.68 OZ}



Once Upon
A Coconut
Premium Coconut
Water

\$3⁹⁹_{33.8 FL OZ}

DAIRY



McCain
Frozen Fries

2/\$7_{19-32 OZ}



Totinos
Pizza
Rolls

\$6⁹⁹_{24.8 OZ}



Vincent's
Pasta
Sauce

\$7⁹⁹_{25 OZ}



Annie's Organic
Star Pasta &
Chicken Soup

2/\$7_{14 OZ}



Snack Factory
Pretzels
Crisps
Excludes Pop'ums

2/\$7_{7.2 OZ}



Tate's
Bakeshop
Cookies

\$4⁹⁹_{7-8 OZ}



Poppi
Prebiotic
Soda

\$18⁹⁹_{12 PK-12 OZ + TAX & DEP}

DAIRY



La Colombe
Cold Brew Coffee

\$5⁹⁹_{48 FL OZ}



Plugra
European Butter

2/\$7_{8 OZ}



Daisy
Sour Cream

2/\$6_{16 OZ}



Redpack
Canned
Tomatoes

2/\$5_{28-29 OZ}



Brianna's
Salad Dressing
Excludes Avocado Oil
& Organic Varieties

2/\$7_{12 FL OZ}



Food Should
Taste Good
Tortilla Chips

2/\$6_{5.5 OZ}



Loacker
Quadratini
Wafers

\$3⁹⁹_{8.8 OZ}



Brooklyn
Lager Beer
Bottles

\$9⁹⁹_{6 PK + TAX & DEP}

DAIRY



Organic Valley
Milk

\$5⁹⁹_{64 FL OZ}



Hellmann's
Real
Mayonnaise
Original Only
Squeeze Bottle

\$5⁹⁹_{20 OZ}



Heinz
Tomato
Ketchup

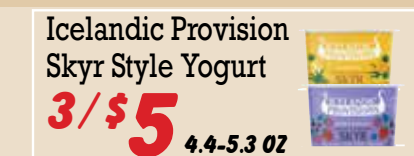
\$3⁹⁹_{38 OZ}



Stubb's
BBQ Sauce
Original, Spicy
Or Sticky Sweet

\$3⁹⁹_{18 OZ}

DAIRY



Icelandic Provision
Skyr Style Yogurt

3/\$5_{4.4-5.3 OZ}



Tropicana Premium
Orange Juice

\$3⁹⁹_{46 FL OZ}



Sunshine Farms
Large White Eggs
Limit 1 Offer

2/\$3_{1 OZ}

PRODUCE

**SWEET
LOOSE
TANGERINES**

5/\$3
EA

**SWEET
HONEYCRISP
APPLES**

\$1.99
LB

**ORGANIC
SWEET
STRAWBERRIES**



\$5.99
16 OZ

**FRESH DELICIOUS
RASPBERRIES
OR
BLACKBERRIES**

\$3.99
6 OZ

**MEXICAN
HASS
AVOCADOS**

5/\$5
EA

**STEM
TOMATOES
ON THE VINE**

\$1.99
LB

**ORGANIC
TROPICAL
RIPE
BANANA**



89¢
LB

**SEEDLESS
ENGLISH
CUCUMBERS**

2/\$4
EA

**JUICY
GREEN
LIMES**

6/\$1.98
EA

**CELLO
CARROTS**

99¢
2 LB BAG

**ORGANIC
EARTHBOUND
SALADS
ALL VARIETIES**



\$3.99
5 OZ

**LOOSE
ROMAINE
LETTUCE
EXCLUDES HEARTS**

2/\$4
EA

**FRESH
ITALIAN OR
CURLY
PARSLEY**

99¢
EA

**CELLO
YELLOW
ONIONS**

2/\$3
2 LB BAG

**SMALL
SUGAR
PUMPKINS**

\$4.99
+ TAX EA

