

VALID MARCH 2009
 THU 05 FRI 06 SAT 07 SUN 08 MON 09 TUE 10 WED 11
 Valid only at Seafood City West Covina • Carson
 Panorama • Vermont • Eagle Rock • Cerritos • North Hills



**Incredible
WAYS TO SAVE
for Lent**

**PINEAPPLE
\$1.99 each**



**PAMANA
TAMARIND MIX
5 for \$1.00**



**SEA BASS
(GOO)
2 lbs. for \$1.00**



**BEEF
SHORT RIB
\$1.99/lb**



**YOUNG
COCONUT
\$4.99/box**



“Wala ng Iba!”

Seafood Deals!

**WHITE SHRIMP
Head On
\$2.99/lb**



**WHITE SHRIMP
Headless
\$3.99/lb**



**KING CRAB
LEG
\$9.99/lb**



**PACIFIC SURF
COOKED SHRIMP
Deveined Tail-On
\$9.99 each**



It's Fish FRIDAY

**GOLDEN
PAMPANO
\$2.49/lb**



Special!

**TOMI
SARDINES
Reg/Chili
5.5 oz
3 for 99¢**



**RDEX
MARINATED
BANGUS
Adobo/BBQ
\$2.99/lb**



**TOMI
DRIED FISH
Tuyo/Hasa-hasa
\$1.99/pack**



Tasty and Convenient

**PAMANA
SHANGHAI
EGGROLL
Bite-Size
34oz
\$9.99/pack**



**MANCO
VIENNA
SAUSAGE
14oz
99¢ each**



**MP
HOTDOG
BITE SIZE
Reg/with cheese
16oz
2 for \$6.00**



**FISHERFARMS
RELLENONG
BANGUS
\$6.99 each**



**TURO-TURO
GOURMET UKOY
\$9.99 each**



**THAI THAI
SHRIMP
RED CURRY/
SWEET & SOUR
14.1 oz
2 for \$5**



MULA KAY LOLA...
 Pinakbet (Filipino Vegetable Stew)

Ingredients:
 1 tablespoon PAMANA Vegetable Oil
 1 medium onion, chopped
 1 small ginger, thumb-size, crushed
 2 cloves garlic, crushed
 1 eggplant, halved and cut into 1-inch slices
 1 cup green beans, halved
 14 pcs whole baby okra
 1 large carrot cut into 1/2-inch sticks

1 cup cooked pork cubes
 1 tablespoon shrimp paste
 Salt to taste
 1/2 cup water, or more as needed
 2 medium tomatoes, cut in quarters
 1/2 lb string, unpeeled
 1 small bittermelon, seeded and cut

Method:
 Sauté garlic, ginger and onion in oil or other liquid.
 Add the eggplant, green beans, okra, carrot, and pork cubes with shrimp paste and water.
 Stir briefly and cook for about 3 minutes.
 Add the tomatoes, shrimps and bitter melon and stir again briefly.
 Cover and simmer over low heat for about 5 minutes.
 Serve hot. Enjoy!

It's Veggie Fresh

**GREEN ONION
5 for \$1.00**



**BITTERMELON
79¢/lb**



**ONION
White/Red
3 lbs for 99¢**



**JICAMA (Singkamas)
2 lbs for \$1.00**



Fruiti-licious

**GRAPE FRUIT
2 for \$1.00**



**ORANGE
2 lbs for \$1.00**



**LEMONS
2 for \$1.00**



**CANTALOUPE
2 lbs for \$1.00**



SEAFOOD CITY SUPERMARKET
 Cerritos
Sarah Geronimo
 Special Appearance
 March 19, Thursday, 6 p.m.
 SEE YOU THERE!



**NEW! CRUNCHY AND DELICIOUS
No MSG Added**

**PAMANA
CHICHARON
Roasted Garlic/Salt & Vinegar/Regular
99¢ each**