

**VALID MARCH 2009**  
 THU 05 FRI 06 SAT 07 SUN 08 MON 09 TUE 10 WED 11  
 Valid only at Seafood City Vallejo - Sacramento  
 Union City - San Jose



**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 Tuyò/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**

**THAITHAI 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¢**

**KIWI 5 for \$1.00**

**Fruiti-licious**

**GRAPE FRUIT 2 for \$1.00**

**ORANGE 2 lbs for \$1.00**

**SABA 2 lbs. 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**