



Harris Teeter

# Discovery

*Inspiring your Culinary Journey*



- Easter and Springtime Recipes inside!
- Long Term Savings on everyday items
- Organic produce savings
- Kids' activity and more ways to save

March 25 - April 21, 2026



Order Ahead for  
your special  
celebrations or  
for watching  
gameday  
favorites!

# Celebrate The Season's Freshest Dishes



## Glow Bowl with Salmon



### INGREDIENTS:

#### For the salad

- 2 sweet potatoes, cleaned and diced
- 2 Tbsp. avocado oil, divided
- 2 center cut salmon fillets
- Salt and pepper, to taste
- 2 cups quinoa, cooked
- 2 clementines or mandarins, peeled and sliced
- 1 avocado, sliced
- 3 cups mixed greens
- ¼ cup roasted pepitas

#### For the dressing

- ¼ cup avocado oil
- 2 Tbsp. orange juice
- 2 Tbsp. red miso
- 1 Tbsp. rice vinegar
- 1 Tbsp. honey
- 1 tsp. soy sauce
- 1 clove garlic
- Salt and pepper, to taste
- Sriracha, to taste

### DIRECTIONS:

1. Preheat oven to 400°F. Toss sweet potato with 1 Tbsp. oil, salt, and pepper on a baking sheet. Bake 20 minutes.
2. Flip potatoes, move to one side. Add salmon to other side, drizzle with remaining oil, and season. Bake 15 minutes.
3. Whisk dressing ingredients until smooth.
4. Divide all ingredients between two bowls. Drizzle with dressing and enjoy!

Orange used in  
the dressing!

## Tasty inspiration for your next gathering

### Air Fryer Lemon Garlic Chicken



### Easy Roasted Parmesan Carrots



Perfect  
for  
Easter



Scan to discover more of  
Spring's freshest recipes and savings.

# Discover Inspiration

Check out what's  
**NEW**



Zero g Added Sugar.  
Zero Parent Worries.



Pantene Abundant & Strong  
Daily Anti-Hair Loss\*  
Shampoo & Conditioner



Rapid hydration that  
works as hard as you do



No Dairy  
No Gluten  
No Carrageenan



Great packaging  
and longer shelf life!



Dole Whip®. Your New  
Creamy Obsession.



The Gold Standard  
of Tuna



Crisp & Lime-kissed  
Enjoy for a limited time.



Incredibly sweet,  
seedless, and  
easy-to-peel,  
Sumo Citrus®

# Discover Fresh and Organic

Prices good March 25, - April 21, 2026



12 oz.  
Amy Lu Organic  
Chicken Sausage

**7.99**

each



5 oz. Simple Truth Organic  
Baby Spinach, Arugula  
and Spring Mix

**3.99**

each



8 oz. Simple Truth Organic  
Baby Bella  
Mushrooms

**2 for \$7**



14 oz.  
Simple Truth Organic Firm,  
Extra Firm or Silken Tofu

**2 for \$6**



1 lb. bag  
Simple Truth Organic  
Baby Carrots

**2 for \$4**



Organic  
Envy Apples

**2.99**

per lb.



3 lb. bag Simple Truth Organic  
Red, Gold, Russet or Sweet  
Potatoes

**4.99**

each



Organic  
Fuji or Pink Lady Apples

**3.49**

per lb.



Organic  
Broccoli

**3.49**

each



1 lb.  
Organic  
Ginger Root

**4.99**

each



Organic Hot House  
Bunch Tomatoes

**2.99**

per lb.



12 oz.  
Suja Organic  
Juices

**3 for \$10**



16 oz.  
221BC Organic  
Kombucha

**2 for \$6**

.5 oz.  
Simple Truth Organic  
Rosemary,  
Thyme, Sage,  
Mint and Basil

**2 for \$4**



4 oz.  
Italia Garden Organic  
Lemon or Lime Juice

**1.49**

each



2 oz.  
Vive Organic  
Immunity Shots

**2 for \$6**

# Ask the Pharmacist

## “When should I see a doctor instead of treating seasonal allergies with over-the-counter remedies?”

You should see a doctor for seasonal allergies if over-the-counter treatments are ineffective, symptoms interfere with your quality of life (such as moderate to severe wheezing, chest tightness, or severe congestion), or if you suspect complications like a sinus or respiratory infection. Medical care is also important if you develop severe reactions such as hives or swelling, or if you have asthma. A doctor can help identify your specific triggers through allergy testing, prescribe stronger or targeted therapies, and discuss long-term options such as allergy shots (immunotherapy).



## Higher Score, Healthier Choice



LEARN  
MORE

Harris Teeter Pharmacy | OptUP



Load up on these foods.



A great choice.



These foods fall somewhere in the middle.



Enjoy these foods mindfully and in smaller portions.

## Try some of our favorite brands to help you feel **Happier, Healthier**



50% More Electrolytes vs. Leading Sports Drink



Sunkist Cara Cara - sweet, lycopene, 100% of daily vitamin C



12-15 grams of protein!



Fall Asleep Fast, Sleep Soundly, WAKE REFRESHED.



Gently cleanses & removes 99% of makeup



Milton's Pizzas have up to 20g of protein per serving.



Tastes like butter! Lowers cholesterol!



Collagen is vital for overall wellbeing



Supplements that help you relax your body and mind



Rich 73% cocoa dark chocolate with crunchy caramel

# Celebration of Flavors

**World  
Flavors**  
Indian  
inspired

## Chicken Jalfrezi



### Ingredients:

- 1 tbsp. vegetable oil
- salt and pepper, to taste
- 1 ½ pounds chicken breast, diced
- 1 jar Private Selection Jalfrezi Coconut Curry Simmer Sauce
- ½ cup cherry tomatoes, halved (optional)
- Optional garnish: fresh cilantro and lime wedges
- Serve with: Simple Truth 90-Second Jasmine Rice

### Directions:

1. Heat oil in a large skillet over medium high heat. Sprinkle chicken with salt and pepper and add to the skillet. Cook, stirring often, for 5-7 minutes, or until lightly browned.
2. Pour in the Jalfrezi Coconut Curry Simmer Sauce and the tomatoes, if using. Continue cooking, another 10 minutes or until the chicken is cooked through.
3. Serve with Simple Truth 90-Second Jasmine Rice and garnish as desired.



Saffron Road  
Chicken Tikka  
Masala



A classic Indian favorite featuring tender chicken breast in a rich, creamy sauce infused with authentic spices.



Keeping prices  
lower, longer,  
on 1,000s of items  
you buy every day.



8 - 9 oz.

Harris Teeter Breaded & Sauced  
Shrimp

**4.99** each



52 - 59 oz.

Harris Teeter  
Lemonade

**2 for \$5**



13 oz.

Private Selection  
Preserves

**3.99** each



16 oz.

Simple Truth Organic  
Spaghetti Pasta

**3 for \$5**



12 - 16 oz.

Harris Teeter  
Lasagna

**1.79** each



14.5 - 15 oz.

Simple Truth Organic  
Diced Tomatoes

**2 for \$4**



64 oz.

Harris Teeter  
100% Juices

**3.99** each



12.9 - 16 oz.

Harris Teeter  
Snack Crackers

**2 for \$6**



9 - 11 oz.

HT Traders  
Granola

**4.49** each



6.5 - 8 oz.

Harris Teeter Kettle Cooked or  
Regular Potato Chips

**2 for \$5**



20 ct.

HT Traders  
Tea

**2 for \$5**



6 oz.

HT Traders  
Popcorn

**2.99** each



3.5 oz.

HT Traders  
Chocolate Bars

**3.49** each

# Discover Inspiration

## We are grill ready!

Look for your favorite grilling meats, seafood and vegetables at Harris Teeter. We have the freshest finds (and everything to go with them) whenever you are ready to fire up the season.



**Save \$3**  
on any (1) ONE  
Blue Rhino  
propane tank\*  
eVIC Member Only Offer



\*Pickup available for both exchange tanks (bring your empty, swap for full) and spare tanks (no trade-in required). Delivery available for spare tanks only; exchange tanks are not eligible for delivery. Offer valid 4/15/26-4/21/26 with a valid VIC Card enrolled in eVIC. To enroll, visit [www.harristeeter.com/pr/e-vic-benefits](http://www.harristeeter.com/pr/e-vic-benefits) or ask a store associate. Limit one (1) discounted tank per loyalty account during the promotional period. Valid at all Harris Teeter locations. Not valid through third-party delivery vendors. Special pricing will not be reflected online; discount taken at register at time of purchase.

**Order Ahead** for all of your get-togethers this spring! Whether you're hosting a holiday or just watching your favorite game... basketball, baseball, soccer... take your pick... there are a lot of tasty apps, and treats to satisfy!

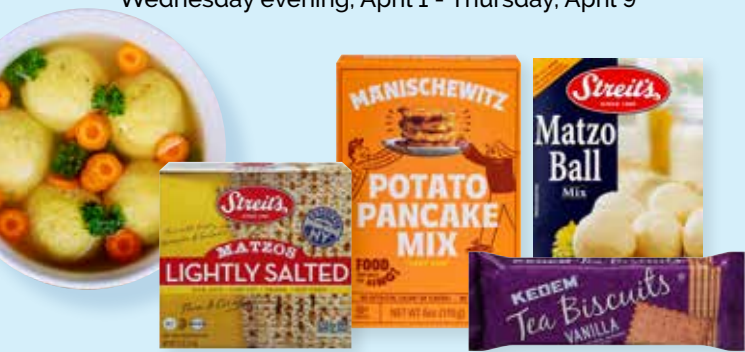


Light  
springtime  
picks

Don't  
forget  
these  
favorites!

**Celebrate Passover with these brands and more you'll find online and in store!**

Wednesday evening, April 1 - Thursday, April 9



**Earth Day is**  
Wednesday April 22  
**Check out some brands that give back!**

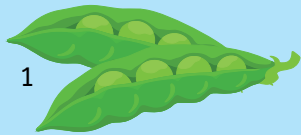




**Harris Teeter**  
YOUR NEIGHBORHOOD MARKET

# Discover fun!

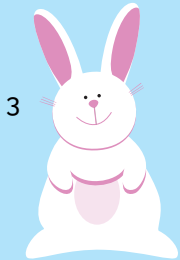
Fill in the puzzle and discover the secret word!



1



2



3

3

4

5

6

7



6



7

8



8

ANSWERS 1. PEAS 2. TULIP 3. BUNNY 4. NEST 5. CHERRY 6. RAIN 7. ROBIN 8. BERRIES SECRET WORD: SUNSHINE

What is your favorite thing about spring?

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**KIDS GET A  
FREE  
COOKIE  
IN THE  
BAKERY**

## HT Plus an *EASIER* way to save

Visit [harristeeter.com/htplus](http://harristeeter.com/htplus) to explore benefits and join today!

**2X** **FUEL POINTS**

Earn 2 Fuel Points for every \$1 spent on eligible groceries and general merchandise.\*

unlimited  
**FREE**  
delivery

Get unlimited FREE delivery\*\* on orders of \$35 or more.



Get Disney+, Hulu, or ESPN+ (All with Ads) on us with your Annual HT Plus membership.<sup>1</sup>

Exclusive access to over  
**\$100** in  
savings

Access to members-only exclusive savings offers and perks. \*\*\*

\* \$1 in spending - 1 Fuel Point + 1 bonus Fuel Point on qualifying purchases made in-store, curbside pickup, and delivery. Gift cards, adult beverages, tobacco products, pharmacy prescriptions, Ship, Vitacost, homechef.com, murrayscheese.com, Fuel purchases, are excluded from HT Plus Fuel Points benefits.

\*\* \$35 order minimum. Restrictions apply. Subject to availability. Delivery time not guaranteed.

\*\*\* Eligible subs only. Restrictions Apply. See retailer site for details.

\*\*\*\* HT Plus members get access to \$100 in Exclusive Savings over a 12-month period