

LING & SONS

IGA

Super Center

*Groceries Like Home!*

CHECKOUT OUR  
SPECIALITIES

Easter Magazine

WIN BIG THIS EASTER! FIND OUT MORE ABOUT OUR EASTER CAMPAIGN!

THE #1  
SUPERMARKET  
IN ARUBA

For more information please call (297) 583-2370

Open Monday to Saturday from 8am to 9pm. Sunday from 9am to 6pm

[www.lingandsons.com](http://www.lingandsons.com)







## Easter Opening Hours

GOOD FRIDAY MARCH 25th • *CLOSED*

MARCH 26th • *OPEN 8am - 9pm*

EASTER SUNDAY MARCH 27th • *CLOSED*

EASTER MONDAY MARCH 28th • *OPEN 9am - 3pm*



# EASTER FOOD

## SHOW

On Monday March 21, 2016  
from 6pm to 9pm

Free Tasting and Incredible Specials

Kids Activities and live DJ



*Groceries Like Home!*

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# EASTER

## Coloring Contest!

Ages 4 to 8 • Color according to your own imagination and creativity.  
Turn it in at the customer service and get a chance to

Win an  
Easter Basket  
full of treats!



Name: \_\_\_\_\_ Age: \_\_\_\_\_

Telephone: \_\_\_\_\_

Deadline is March 24th  
Winner will be announced March 26th



• Produce •

Try our  
**FRUIT kebobs**  
& **VEGGIE kebobs**  
perfect for your Easter celebration!



**NEW! RUBY tango mandarin**  
exciting new red-fleshed variety of mandarin"-  
Did you know....

*Ruby tango mandarins are a unique and new hybrid of Clementine and blood orange! Ruby tangos are slightly larger than common mandarins. However like most mandarins, they are easy to peel, virtually seedless and very sweet and juice, once opened, Ruby tango reveals a beautiful vibrant red-flesh*



3-PACK  
FOR ONLY  
**6.95**  
Avg.



PER PIECE  
FOR ONLY  
**4.99**  
Avg.

Easter specials valid till March 28th while supplies last. All prices are in aruban florins excluding taxes.



• Coffee & Juice Corner •



New For  
Easter  
7.99  
Avg.

Deluxe egg sandwich  
& O.J juice or carrot juice

NOW ONLY

10.50  
Avg.

Deluxe crab or tuna wrap  
& O.J or carrot juice

NOW ONLY

10.99  
Avg.



MAKE IT A COMBO  
SAVE up to 2 AWG!

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# EASTER Eggstravaganza CAMPAIGN

GET CHANCE TO WIN BIG THIS EASTER

1<sup>ST</sup> PRIZE

ALL-INCLUSIVE TRIP TO

Punta Cana

2<sup>ND</sup> PRIZE

WEEKEND STAY AT  
MARRIOTT

3<sup>RD</sup> PRIZE

TICKETS FOR 4  
PALM ISLAND

Receive a Raffle Ticket with every purchase  
of 50 awg spend at Ling and Sons!

RAFFLE TAKES PLACE MARCH 29

Groceries Like Home!

THE #1  
SUPERMARKET  
IN ARUBA

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Sunday from 9am to 6pm • [www.lingandsons.com](http://www.lingandsons.com)

WiFi IN STORE!

LIKE US ON  
Facebook





## • Cheese & Deli •

**Paisa Cheese**  
per 100 gr



**FRESH DEAL**  
FROM 2.39 afl.  
TO: **1.99** Avg.

**Chicken Breast**  
per 100 gr



**FRESH DEAL**  
FROM 3.14 afl.  
TO: **2.79** Avg.

**Great variety of Landana cheeses**  
available in store



## Great variety of cheese platters



**AVAILABLE ALL EASTER SEASON LONG!**  
Want personalized platter? Order at our deli dpt.

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## • Olives & Tapas corner •



**ENJOY OUR  
Special  
Olive & Tapas  
platters**



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• Meat Corner •

Find everything  
you need to make  
your BBQ party  
a success!

Try our  
different sorts of  
roulades, beef, veal,  
porkcollar, chicken  
and much more!

Carpaccio  
Beef roulade *per 500 gr*

FROM 15.99 Avg.  
TO: **13.99** Avg.



*Beef roulade stuffed with green pesto, old cheese, capers, pine nuts and a touch of caribbean herbs!*

Baseball steak  
*per 500 gr*

FROM 27.49 Avg.  
TO: **24.99** Avg.



*Even soft as tenderloin with free garlic butter*

BBQ loinribs  
*per 500 gr*

FROM 8.14 Avg.  
TO: **6.99** Avg.



BBQ chicken  
sate *per 500 gr*

FROM 7.14 Avg.  
TO: **4.99** Avg.



French chicken  
roulade *per 500 gr*

NOW ONLY  
TO: **6.99** Avg.



*Roulade made from chicken breast stuffed with ham di parma and garlic*

Cordon blue  
roulade *per 500 gr*

FROM 10.49 Avg.  
TO: **7.95** Avg.



*Pork roulade made from the loin stuffed with cooked ham and with cheese*

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• Ling's famous salads •

Deluxe crab salad  
per 100 gr

FROM 2.49 afl.  
TO: **1.99**  
Avg.



Egg salad



Tuna salad



Salmon salad

Try our top picks  
for this season  
and much more  
available in store!



Neptune salad





ROTARACT CLUB OF ARUBA TA ORGANISA

# UN P'AMI UN P'E



Bin yuda nos di **Rotaract Club of Aruba** collecta articulo pa nos grandi nan di **S.A.B.A.**

Cumpra un di e productonan aki pa bo y un pa nos grandinan.

Nos lo tey presente dia 19 di maart, 23 y 29 di april, y 1 di mei na **Ling & Sons** pa collecta diferente articulo cu nos grandi nan na S.A.B.A. lo aprecia.

**Rotaract**  
Rotary Club Partner  
Rotaract Club of Aruba



• Bakery •



**Easter Whipped cream cake**  
Great variety of easter whipped cream cakes available this easter...made fresh in our very own bakery!



**Easter bread "Paasstol"**  
Great variety of easter breads available in store!



**Easter Tompouce**

3-PACK

9.<sup>99</sup>  
Avg.



**"Tulband" Easter Cake**  
Small and large tulband cakes available in store!

Easter specials valid till March 28th while supplies last. All prices are in aruban florins excluding taxes.



• Seafood Market •



Salmon in  
argentine sauce  
per 100 gr

**FRESH DEALS**  
FROM 4.87 afl.  
TO: **3.99**  
Avg.

Enjoy our top  
picks for Easter!

Crab tempera/in vinegar  
per 100 gr

TOP PICK

**2.41**  
Avg.



Cocktail shrimps tail on per 100 gr

TOP PICK

**4.50**  
Avg.







• Seafood Recipe •



Serving: 6



Preparation time: 15 minutes  
Cooking time: 30 minutes

Ingredients

- 1 lb uncooked shrimp
- 1 cup quinoa, rinsed
- 1 large yellow onion, finely chopped
- 2 medium-large sized zucchini, chopped
- 2 1/2 cups fat free chicken broth
- 1 cup peas, fresh or frozen
- 1 large bell pepper, cut into strips
- 1/2 cup sun-dried tomatoes (not packed in oil)
- 3 garlic cloves, mined
- 1 tbsp olive oil
- 1 tsp smoked paprika
- Generous pinch of saffron threads
- 1 bay leaf
- 1 tsp crushed red pepper flakes
- Zest from 1 lemon
- Salt & pepper to taste

Directions

1. Heat oil in a large skillet over medium high heat. Add in onions and garlic, and sauté until just tender, about 2 minutes.
2. Stir in bell pepper strips and cook for another 3-4 minutes.
3. Add in quinoa, chicken broth, saffron (make sure to rub saffron threads together with fingertips to release the flavor when adding in), bay leaf, paprika, red pepper flakes, lemon zest, salt & pepper. Cover and bring to a boil.
4. Reduce heat to a simmer (medium-low), and continue to cook until most of the liquid is absorbed, about 12-15 minutes.
5. Add in shrimp, peas, zucchini, and sun-dried tomatoes. Cover and cook until shrimp is no longer pink, about 5-8 minutes. Season with additional salt and pepper as desired.

• Chococolates & Candies •



Great variety of chocolates & candies

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# New & exciting products available in store!

## Gluten free Jennies macaroons

Assorted flavors available

The Original Gluten Free Non Gmo All Natural Macaroon. They have been manufactured in the USA since 1973. These Gourmet Macaroons are all natural, kosher, gluten free, non gmo and taste delectable.



## Gluten free Gratify pretzel sticks



- Delicious, crunchy pretzel sprinkled with sea salt
- Perfect for dipping and entertaining
- Wheat free, milk free, casein free, egg free, lactose free, gluten free
- Non-GMO ingredient, no preservatives, no food coloring
- Kosher parve

## ORGANIC Cascade ICE sparkling water

Assorted flavors available  
Cascade Ice is available in different varieties. Cascade Ice water is a sodium free, caffeine free, gluten free flavored sparkling water with a clean crisp, delicious taste. Cascade Ice water eliminates all the unnecessary, unhealthy "extras" found in other flavored waters like sugar, sodium, carbs, caffeine and gluten – giving you pure, refreshing taste.



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## NATIERRA CHIA CRUNCH

Available in blueberry, strawberry, mango, kale , coco & beets flavor

Just as the Andeans traditionally vertically stack stones to mark trails or to honor "Pachamamma" (Mother Earth), Chia Crunch is a tribute to the ancient Incan culture and the treasures that farmers share with us. Combining Organic & Fair Trade Chia Seed with nutritious fruit or vegetable ingredients, creates a delicious and an oh-so satisfying crunchy healthy Snack! This recipe undergoes a unique freeze drying method; an ancient Incan process refined over hundreds of years. Natierra Chia Crunch are healthy and delicious and perfect as an office snack or lunchbox treat. Free Of Gluten and GMO.

## Traina Ketchup sundried Tomato

If you're looking to add a little spice to your life, then try Sriracha Sun Dried Tomato Ketchup. This new bold flavor-blend combines California Sun Dried Tomatoes with Sriracha Chili to offer your palate a spicy tangy flavor. It provides just the right amount of 'kick' to help spice up your favorite dishes. The versatility of this ketchup is amazing - it can be used as a dipping sauce for fries, or as a topping on your eggs, favorite wraps, grilled fish and meat dishes. It can also be used as a tasty ingredient when you're looking to add a little heat or depth-of-flavor to your recipes.



## GMO FREE multigrain crisps



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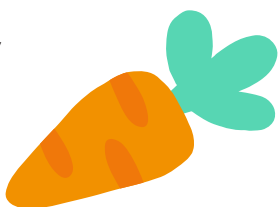


## Earthly choice quinoa

Great variety of flavors available in store in the rice aisle.

With Nature's Earthly Choice you never have to give up nutrition for convenience.

- 100% Whole Grain
- Complete Protein
- Gluten-Free
- Non-GMO



## POP veggie Chips! NON GMO CERTIFIED

- no fake flavors.
- no fluorescent orange fingertips
- no wiping your greasy chip hands
- on your jeans, no really.

## 101 snacks....the first baked popcorn



No Annoying Hulls!

*Baked Tender White Baby Corn  
that won't get stuck in your teeth or throat*

Made with Pure Coconut Oil

*Heart Healthy & may help lower cholesterol*

Only 29 Calories per cup

*in our Purely Good Salt Flavors*

100% Whole Grain, Kosher,  
Non-GMO, Gluten Free

*Naturally Delicious*



## Hatsu tea

Great variety of hatsu tea available in store!



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# TASTE WHAT'S GOTTEN INTO JÄGER

## JÄGERMEISTER SPICE. THE REMIX OF A CLASSIC.

MORE CINNAMON.  
MORE VANILLA.





## • Fun Rainbow Jello Eggs •



### Ingredients

7 packages of various colors of Jello  
You will also need:  
A jello egg mold  
A syringe  
7 bowls to dissolve jello

### Directions

1. Spray each mold with cooking spray.
2. Pour the contents of each package of colored jello into separate bowls. Put one cup boiling water into each bowl. Stir until dissolved.
3. Fill syringe completely with one flavor of jello, put into each mold. Layer each jello color into each mold until molds are filled. Place in the refrigerator about 2 hours to set.

AMERICA'S  
ORIGINAL  
CRAFT  
VODKA®



*Tito's*



*Handmade*

VODKA

AUSTIN ★ TEXAS

Wine Enthusiast RATINGS  
SCORE OUT OF 100 POINTS

**TITO'S**  
HANDMADE VODKA  
USA **95**  
PTS

MADE IN AMERICA



★ [TitosVodka.com](http://TitosVodka.com) ★ Handcrafted to be savored responsibly.

DISTILLED & BOTTLED BY FIFTH GENERATION, INC., 40% ALC./VOL. ©2015 TITO'S HANDMADE VODKA.  
DRINK RESPONSIBLY. Distributed by World Equity Brand Builders LLC.





GEORGES  
DUBœUF

PATCH  
BLOCK



OFFICIALLY DISTRIBUTED BY ARION WINE COMPANY N.V.

• Liquor shop •



Havana club  
añejo Rum  
70 cl

**SPECIAL**  
FROM 53.09 afl.  
TO: **46.99** Awg.

Cruzan rum  
coconut  
75 cl

Johnnie Walker  
Red label  
75 cl

Absolut vodka flavors  
75 cl



**SPECIAL**  
FROM 46.09 afl.  
TO: **41.99** Awg.



**SPECIAL**  
FROM 50.59 afl.  
TO: **45.99** Awg.



**SPECIAL**  
FROM 47.39 afl.  
TO: **44.99** Awg.

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I heart wines  
75 cl



**SPECIAL**  
FROM 11.99 afl.  
TO: **9.99** Awg.

Gato negro  
chardonnay  
75 cl



**SPECIAL**  
FROM 14.99 afl.  
TO: **12.99** Awg.

Primal roots  
red blend  
75 cl



**SPECIAL**  
FROM 24.59 afl.  
TO: **21.99** Awg.

Cooks brut  
piccolos  
18 cl



**NOW ONLY**  
**5.99** Awg.

Sperone chill & rose  
75 cl



**SPECIAL**  
FROM 19.99 afl.  
TO: **19.99** Awg.

Bokma jonge  
graanjenever  
1 l



**SPECIAL**  
FROM 58.09 afl.  
TO: **49.99** Awg.



Presidente  
Beer 12oz  
6-packs

**Buy 2-6 packs**  
And receive a free presidente cooler box

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**WIN YOUR ULTIMATE MATCH EXPERIENCE**

**HOME OR AWAY?**



**Heineken**  
open your world





# BEYOND BETTER

THE PURSUIT OF PERFECTION SINCE 1879



**ABSOLUT.**  
TRANSFORM TODAY