

New Frontiers[®] natural marketplace

Summer Savings

Prices valid June 26-July 9, 2013
While supplies last



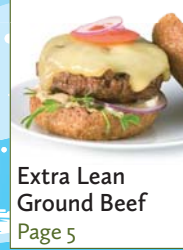
Annie's Naturals
Salad Dressing
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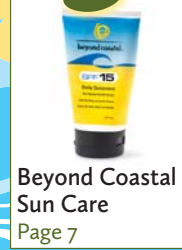
Talent Gelato
or Sorbetto
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Bulk
Almonds
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Extra Lean
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Seedless Watermelon

Incredibly sweet and juicy, cool and refreshing
Perfect for a picnic - Grown in the USA

29¢ lb.

Ciao Bella Frozen Dessert

Award winning
Handmade Gelato,
Sorbetto or
Adonia Greek Frozen Yogurt
Selected varieties & sizes



\$3.99

Rudi's Organic Bakery Organic Hotdog Rolls

Select varieties - Six pack - 12 oz.
Organic Burger Buns - Eight pack - 18 oz.
or Organic Potato Slider Rolls
Twelve pack - 18 oz., \$3.29



\$2.69



Made fresh in our deli

Southwestern Quinoa

Sweet corn, black beans, cucumber and
vegetables tossed with quinoa and
a light lemon dressing

\$1.00 lb. off



Hair Doc/Bass

Entire Product Line

Finest quality, hair, body and
skin care brushes and accessories

Save 25% on all Hair Doc/Bass products

25% off -shelf price tag reflects discount

Builder's Protein Bar

The entirely natural protein bar
Selected varieties - 2.4 oz.

Also: Kit's Organic Fruit & Nut Bar
Selected varieties - 1.62-1.76 oz.



4 for \$5

groceries



Kind Healthy Snacks

Kind Bar

Whole nut and fruit bars - Dairy free
Selected varieties - 1.4-1.6 oz.

\$1.19

Annie's Naturals

Salad Dressing

Organic ingredients
High quality, real value and great taste
Selected varieties - 8 fl. oz.

2 for \$5



Wild Poppy makes their drinks in small batches with California organic fruit. Wild Poppy is bottled in Sonoma County and delivered in single-serve, 10 oz. bottles. Enjoy Wild Poppy straight from the bottle, poured over ice or as a mixer.

Wild Poppy

Organic Fruit Drink

Made with organic fruit - No concentrates
Mixed with organic agave and organic spices
Selected varieties - 10 fl. oz.

\$2.29



Let's Do Organic

Ice Cream Cones

Organic or gluten-free options
Selected varieties
1.2 oz.

Additional organic or gluten-free varieties
4.6 oz., \$3.29

2 for \$5



Organic Honest Fizz

Zero calorie soda - No GMOs
Selected varieties - Six 12 fl. oz. cans

\$4.39



Angie's

Kettle Corn

No trans fat
Always delightfully different
Selected varieties - 4.5-7 oz.

2 for \$5



Wholesome Sweeteners

Organic Blue Agave

Selected varieties
35 individual packets

\$4.99



Cabo Chips

Gourmet corn tortilla chips
Selected varieties - 9 oz.

\$2.29



Cadia

Organic Salsa

With vine-ripened tomatoes
Selected varieties - 16 oz.

\$2.99



Frontera Salsa

Celebrate the flavors of Mexico
Selected varieties - 16 oz.

2 for \$7



St. Dalfour

Organic Dessert Sauce

Selected varieties - 10.6 fl. oz.

\$3.69



Ultra Green

Paper Goods

Tableware, napkins
bath or face tissue
Selected varieties & sizes

40% off



-shelf price tag reflects discount

fresh produce

Raspberry Fool

2 cups raspberries
 1/4 cup plus 2 tablespoons sugar
 Pinch of salt
 1/2 teaspoon grated lemon zest
 1 1/2 teaspoons lemon juice (preferably fresh)
 1 cup heavy cream
 1 5-6 oz. pkg. plain Greek yogurt (about 2/3 cup)

Heat 1 1/2 cups raspberries, 1/4 cup sugar, salt, lemon zest and juice in a small saucepan over medium heat until bubbling. Reduce heat to low and cook about 5 minutes to soften raspberries. Stir in the remaining raspberries and allow mixture to cool.

Beat the heavy cream, yogurt, and remaining 2 tablespoons sugar until soft peaks form. Gently fold all but 1/4 cup of raspberry sauce into cream mixture, leaving some streaks of sauce in the cream. Divide among 4 glasses and top with reserved raspberry sauce.

Serves 4.



Grown on Our Own Farm

Organic Red, Green or Romaine Lettuce

Crisp, tender leaves
 Wonderful in salads or sandwiches

4 for \$5



Organic Tomatoes on the Vine

With stem attached for best flavor

\$2.99 lb.



Organic Green Seedless Grapes

Plump and juicy globes of sweetness

\$1.99 lb.



Organic Raspberries

Irresistibly sweet and delicious - 6 oz. clamshell

\$2.99 ea.



frozen foods

Double Rainbow Frozen Dessert

Selected varieties - Pint
 Additional pint or quart varieties, \$2.99-\$5.99

\$3.49



Talenti Gelato or Sorbetto

All-natural frozen dessert - Tastes amazing
 Selected varieties & sizes
 Additional varieties - Pint, \$4.99

\$4.59



So Delicious Coconut Milk Frozen Dessert

Dairy free - Selected varieties - Pint
 Also: Almond Milk dessert - Pint, \$4.59

\$4.99



Jolly Llama Sorbet

Dairy- and gluten-free
 Selected varieties
 Four 3 oz. Squeezups

2 for \$7



Lower Prices in Our Flyer

At New Frontiers, our goal has always been to provide you with the freshest, tastiest, highest-quality natural and specialty foods. At the same time, we realize that we all have to pay attention to our budget, so we are aggressively seeking lower costs, so we can offer lower prices, starting with many items featured in our sales flyer. To help identify items with reduced prices, look for red Everyday Value, orange Hot Deals, and yellow Sale signs throughout our stores.

We're constantly striving to bring you better value, while always continuing to embrace opportunities to improve the quality of life in our communities and our world.

So check out the lower prices in the flyer; it's just one more way of showing that **We Care.**

At New Frontiers, We're all About Your Quality of Life.

Hot DEALS

Everyday VALUE



dairy case

Nancy's

Nancy's Kefir is a delicious, organic, probiotic drink made with fresh organic milk and billions of live probiotics per serving. Often called "drinkable yogurt," Nancy's Kefir makes an excellent start to the morning. It is sweetened with organic agave and made without thickeners or colorings. Gluten free and kosher certified.

Nancy's

Organic Lowfat Kefir

Fresh cultured milk with billions of probiotic cultures
Selected varieties - 8 oz.

\$1.19



Also: Greek Yogurt - 6 oz. varieties, \$1.39
or 24 oz. varieties, \$4.59



Daiya

Cheese Alternative

Deliciously dairy free
Wedge or shredded varieties - 7.1-8 oz.

\$3.69

Lightlife

Smart Dogs or Tofu Pups

Meatless gourmet - Rich in soy
Selected varieties - 12-13.5 oz.

Also: Smart Sausage - Selected varieties - 12 oz.

2 for \$6



Galaxy Nutritional Foods/ Wholesome Valley Organics

Organic Cheese or Cheese Alternative

Dairy or vegan varieties - 8 oz.

\$2.79



Odwalla

Juice or Juice Smoothies

No GMOs
Selected varieties
12 fl. oz.

\$1.79



Reed's

Culture Club Kombucha

Live, raw and organic
Selected varieties - 13.5 fl. oz.

2 for \$4



Good Belly

Probiotic Fruit Drink

Promotes digestive health
Selected varieties - 32 fl. oz.

\$2.69



Organic Valley

Organic Brown Eggs

Extra Large or Large - One dozen

\$3.89



bulk foods

Organic Quinoa

An ancient grain with a mild flavor and delightful, slightly crunchy texture

\$3.69 lb.

Organic Monukka Raisins

A great snack or addition to many recipes

\$2.59 lb.

Raw Almonds

Eat them by the handful - Rich in healthy oils

\$5.99 lb.

meat & seafood

Baked Chicken Garlic Bites

These bite-sized chicken pieces are a flavorful and healthy spin on the beloved chicken nugget. Serve with a tangy mustard sauce for added flavor.

2 boneless skinless chicken breasts,
diced into bite-size pieces

1/2 cup olive oil

4 garlic cloves, minced

1/4 teaspoon pepper

1/2 cup breadcrumbs

1 tablespoon Italian seasoning

1/4 teaspoon ground cumin

In a small bowl, stir together olive oil, garlic, and black pepper. Add chicken pieces and stir until each piece is well coated. Cover, place in the refrigerator to marinate for 30 minutes.

In a separate bowl, combine bread crumbs, Italian seasoning, and ground cumin. Remove the chicken from the marinade. Dredge each piece in bread crumb mixture and place in a single layer on a cookie sheet.

Preheat oven to 475°F. Place chicken in the oven and bake 10 to 15 minutes until light brown. Serve hot.

Compliments of www.cafetecumseh.com



Vintage Natural Beef

Extra Lean Ground Beef

USDA Choice grade - 85% lean - 15% fat

\$3.99 lb.

Vintage Natural Beef
Top Sirloin Steak

Boneless - USDA Choice

\$8.99 lb.



Smart Chicken

Chicken Breasts

Boneless - Skinless
Air chilled for freshness

\$5.99 lb.



Alaskan

Salmon Fillets

Fresh - Wild
Sustainably caught

\$15.99 lb.



Beeler's

St. Louis Style Ribs

Humanely raised
Hormone and antibiotic free

\$4.99 lb.



New Frontiers Fresh Made

Turkey Sausage Links

Choose from many varieties

\$5.99 lb.



gourmet deli & bakery

Fresh from our bakery

Raspberry Lemon Bars

Buttery shortbread crust topped with a silky raspberry-lemon curd

50¢ off ea.



Deli fresh

Summer Corn Soup

Organic sweet corn, potatoes and lots of vegetables in a light creamy broth
Prepackaged in our Grab n' Go case

50¢ off on all sizes



Tossed fresh in our deli

Chinese Coleslaw

Cabbage, carrots, spinach, cashews and currants tossed in a tasty Asian dressing

\$1.00 lb. off



Baked fresh in our oven

Summer Vegetable Tian

In the tradition of Provence
Layers of roasted summer veggies

\$1.00 lb. off



All deli sale items are made from scratch and may vary from store to store.

©2013 New Frontiers Natural Marketplace • Printed on recycled paper • Sale prices effective June 26 - July 9, 2013, while supplies last • Not all items available in all stores.

family favorites



Henry & Lisa's Natural Seafood Albacore Tuna

Selected varieties - 5 oz.

\$5.49



Bakery on Main Granola

Selected varieties 12 oz.
Also: 22 oz. varieties, \$6.99

\$3.99



Mediterranean Organic Condiments

Olives, capers, sun-dried tomatoes and more
Selected varieties - 3-16 oz.

35% off
-shelf price tag reflects discount



Ozery Pita Chips

Toasted, not fried
No trans fat
Vegan - Selected varieties - 6 oz.

2 for \$5

AZ/CA

Garden of Life

The Garden of Life health philosophy is this: "...there is a direct correlation between nutrition, exercise and health. Raw, whole food nutrition, from organically grown sources, is more beneficial for health than isolated nutrients. When coupled with exercise, a diet that includes the consumption of raw, live foods, particularly those containing probiotics, enzymes, and products of their fermentation, is the foundation for a healthy lifestyle."



Garden of Life Entire Product Line

Optimal whole food formulas
Vitamin and mineral supplements and more
Save 35% on all Garden of Life products

35% off
-shelf price tag reflects discount



Wholemega is naturally pure, 100% wild-caught Alaskan salmon oil sourced from clean, pristine Alaskan waters.

Wholemega is striking in color and transparency. By using only wild, sustainably caught Alaskan salmon, their extra-virgin process (think fine olive oil) is all that's needed to deliver all seventeen vital omega fatty acids. Wholemega is also a natural source of highly beneficial nutrients like vitamin D3, and gets its rich amber color from the powerful antioxidant Astaxanthin.

Wholemega Prenatal is an excellent source of whole DHA (220 mg per serving), which is important for fetal development.*

Wholemega Cardio delivers omega fatty acids known to benefit cardiovascular health.*

Wholemega Flex combines Wholemega whole fish oil with tonic herbs that target joint health support.*

Wholemega Focus combines Wholemega whole fish oil with tonic herbs that target brain, mood, and stress support.*



New Chapter Wholemega Supplements

Broad-spectrum omega fatty acids
Selected varieties - 30-180 softgels

35% off
-shelf price tag reflects discount

AZ/CA

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease. • Not all items available in all stores.



Sedona Labs

iFlora Supplements

Specialized, science-based probiotic, enzyme and natural supplements
Selected varieties - 60-90 capsules

30% off -shelf price tag reflects discount



NOW

Pure Coconut Oil

For skin, hair and scalp in need of a conditioning moisturizer - 7 oz.
Also: Pure Cocoa Butter - 7 oz., \$5.69

\$4.79

Boiron

Arnica 30C

Homeopathic medicine
Relief from muscle aches, stiffness and bruising
Three multi-dose tubes for the price of two
Also: Arnicare Gel Twin Pack
Two 2.5 oz. tubes, \$9.99

\$8.99



Jarrow Formulas

Organic Coconut Oil

Unrefined and expeller-pressed
Selected varieties & sizes
Also: Supplement varieties & sizes, 40% off

30% off -shelf price tag reflects discount



As a company and signatory of the Campaign for Safe Cosmetics, Beyond Coastal is committed to offering your family the cleanest, healthiest sun care products possible at a reasonable price. Their formulas offer true broad-spectrum protection and are packed with moisturizing botanical antioxidants that nourish, repair, and hydrate your skin.

Beyond Coastal sunscreens have been named as one of the Environmental Working Group's top sunscreens.



Beyond Coastal Sun Care

Free of oxybenzone, petroleum, vitamin A, and parabens
Non-greasy, water-resistant, and fragrance-free - Selected varieties - 2.5-4 oz.
Also: AfterSun Naturals Moisturizer - 2.5-4 oz.

40% off -shelf price tag reflects discount

Vibrant Health

Green Super Food or Nutritional Supplements

Delicious Living 2013 Supplement Award
Best Green Foods for Green Vibrance
Selected varieties & sizes

40% off -shelf price tag reflects discount



Mineral Fusion Nail Polish

Long lasting
Chip-resistant
No formaldehyde
Selected colors - .33 oz.
Also: Nail Polish Remover - 6 oz.

2 for \$9



Jason Toothpaste

Selected varieties
4.2-6 oz.
Additional varieties with CoQ10
4.2-6 oz., \$4.69

\$3.99



Aubrey Organics Facial Care

100% natural for your active lifestyle
Selected varieties & sizes

30% off



New Frontiers Selected Supplements

Formulas designed to deliver the best value with the highest quality standards

40% off





White Corn

Enjoy the best of summer
Crunchy and delightfully sweet

3 for \$1



Alden's Organic Ice Cream

All natural and decadently creamy
Selected varieties - 48 oz.

\$5.99

New Frontiers Fresh Roasted Organic Guatemalan Lake Atitlan Coffee

\$9.99 lb.



Made fresh in our deli

Watermelon Aqua Fresca

Cool off with this refreshing fresh watermelon drink

50¢ off 16 fl. oz.



Food Should Taste Good

Sweet Potato Chips

Gluten-Free - No trans fat
Selected varieties - 4.5 oz.

\$2.29

L&A

Fruit Juice

Great tasting
No sugar, sweeteners, preservatives or colors
Selected varieties - Quart

2 for \$5



POM Wonderful

Pomegranate Juice or Juice Blends

100% juice - Great source of antioxidants
Selected varieties - 16 fl. oz.

2 for \$6



Muir Glen Organic Tomatoes

Rated #1 canned tomato
Selected varieties - 14.5 oz.
Also: Tomato or Pizza Sauce - 15 oz.

\$1.39

One With Nature Entire Product Line

Organic ingredients
Head to heel personal care
Save 45% on all One With Nature products

45% off -shelf price tag reflects discount



June 2013

s	m	t	w	t	f	s
			26	27	28	29
30	1	2	3	4	5	6
7	8	9				

July 2013

Advertised sale prices valid June 26 - July 9, 2013

california

Solvang

1984 Old Mission Dr.
(corner of Alamo Pintado & Mission Dr.)
805.693.1746

San Luis Obispo

1531 Froom Ranch Way
(Los Osos Valley Rd. near Home Depot)
805.785.0194

www.NewFrontiersMarket.com

arizona

Flagstaff

320 So. Cambridge Ln. • corner of Butler & Sawmill
928.774.5747

Prescott

1112 Iron Springs Rd.
928.445.7370

Sedona

1420 West Hwy. 89A • in Old Marketplace
928.282.6311