

New Frontiers
natural marketplace

**GREAT FOOD
BIG SAVINGS**



Organic Hass Avocados

Perfect for guacamole

\$1.49 ea



New Chapter

Selected Vitamins

Select varieties & sizes

30% off



Smart Chicken

Whole Legs

Air chilled for flavor and freshness

\$2.29 lb.



Made fresh to order

Chai Latte

Black tea infused with warming spices

\$1.00 off 16 fl. oz..



Califia Farms

Almondmilk

Select varieties - 48 fl. oz.

\$3.59



Boulder Canyon

Chips

Select varieties

5-7 oz.

\$2.79



Organic Pink Lady Apples

Crisp and delicious

\$1.49 lb.

Harmless Harvest

Coconut Water

100% raw - 16 fl. oz.

\$3.69



Emerald Valley

Organic Salsa

Select varieties - 14 oz.

\$2.99

Coombs Family Farm

Organic Maple Syrup

Select varieties - 8-32 fl. oz.

35% off



Classic Beef Meatballs

The taste of mama's cooking

\$1.00 off lb.



Brew Dr.

Kombucha

Organic & raw

Select varieties - 14 fl. oz.

\$2.99



New Frontiers Natural Beef

Chuck Roast

Hormone & antibiotic free

\$5.99 lb.



MediNatura

Remedies

Select varieties & sizes

35% off



Roma Tomatoes

Organic

\$1.49 lb.

Organic Valley

Stringles

Select varieties - 6 oz.

\$4.99



Nordic Naturals

Vitamin D3 Formulas

Select varieties & sizes

20% off



Annie's Naturals

Dressing

Select varieties - 8 fl. oz.

2 for \$6



Traditional Medicinals

Organic Tea

Select varieties - 16 bags

\$3.99



Annie's Homegrown

Organic Crackers

Select varieties - 7-7.5 oz.

2 for \$5



Bulk

Organic Popcorn

A fun snack

\$1.49 lb.

Imagine

Soup

Select varieties - 32 fl. oz.

\$3.29

Steaz

Cactus Water

Select varieties - 12 fl. oz.

\$1.19

Nature's Plus

Vitamins

Select varieties & sizes

20% off

Bulk

Coconut Date Rolls

Organic

\$5.29 lb.

Fresh frozen

Alaskan Cod

A delicious white, flaky fish

\$6.99 lb.



Ginger Cake with Apples

Richly spiced cake adorned with apples

50¢ off slice



Organic Romaine Lettuce

A favorite in Caesar salads

\$1.49 bunch



Kite Hill

Almond Milk Yogurt

Traditionally cultured
Select varieties - 5.3 oz.

\$1.99



Epic

Bars

Select flavors - 1.5 oz.

\$1.99 ea



Baked Cod & Chorizo

- 2 tablespoons olive oil
- 4 ounces Spanish chorizo, thinly sliced
- 1 lb. Yukon gold potatoes, sliced 1/4 inch thick
- 2 leeks (white and light green parts), cut into thin half-moons
- 1/4 teaspoon crumbled saffron threads
- Kosher salt and black pepper
- 1 1/2-pound piece cod fillet
- 1/4 cup fresh flat-leaf parsley, roughly chopped

Heat oven to 400° F. Heat 1 tablespoon of the oil in a large oven-proof skillet over medium-high heat. Add the sausage and cook, tossing occasionally, until browned, 2 to 3 minutes.

Add the potatoes and cook, stirring occasionally, for 10 minutes. Add the leeks, saffron, 1/2 cup water, 3/4 teaspoon salt, and 1/8 teaspoon pepper. Bring to a boil.

Season the cod with 1/2 teaspoon salt and 1/8 teaspoon pepper. Place it on top of the potatoes and drizzle with the remaining tablespoon of oil.

Transfer the skillet to oven and bake until the cod is opaque throughout, 15 to 20 minutes. Sprinkle with the parsley before serving. Serves 4

Coco Libre

Coconut Water

Organic

Select varieties - 33.8 fl. oz.

\$4.59



Hilary's Eat Well

Organic Burgers

Select varieties - 6.4 oz.

2 for \$6



Udi's

Gluten Free Bread

Select varieties - 12-14.3 oz.

\$4.39



Hyland's

Cold Remedies

Select varieties & sizes

30% off



Bulk

Whole Raw Cashews

Sweet, delicate flavor

\$8.99 lb.

Stahlbush Island Farms

Frozen Fruit

Select varieties - 10 oz.

\$4.59

Lightlife

Organic Tempeh

Select varieties - 8 oz.

\$2.29

Barbara's

Cereal

Select varieties - 8-14 oz.

\$3.29

Annie Chun's

Potstickers

Select varieties - 7.6 oz.

\$3.29

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January 2017

			18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4
5	6	7	February			



Dee Bee's
Tea Pops
Select varieties - 7 oz.
\$3.39



Vega One
**Shakes
or Bars**

Plant-based
Select varieties & sizes

30% off



Fresh from our deli
**Broccoli Currant
Salad**

Tender broccoli with sunseeds and currants

\$2.00 off lb.

Hope

**Organic
Hummus**

Select varieties - 8 oz.

\$3.99



Pukka

**Organic
Herbal Tea**

Select varieties - 20 bags

\$4.99

Beanfields

Chips

Select varieties
5.5-6 oz.

2 for \$5



Boiron

**Cold & Flu
Remedies**

Select varieties & sizes

30% off



New Frontiers
Fresh Roasted

**Organic
Coffee**

Dark Side of the Moon

\$11.99 lb.



Iconic

**Protein
Drink**

Select varieties - 11.5 oz.

\$2.39



Alaffia

**Body
Care**

Select varieties & sizes

30% off



Tandoor
Chef

Naan Pizza

Select varieties - 7.4-8.8 oz.

\$2.59



Renew Life

**Ultimate
Flora**

Select varieties & sizes

20% off

