

**New**  
**Frontiers**  
natural  
marketplace

# SPRING SAVINGS



## Organic Gala Apples

Crisp and sweet

**2 lbs. for \$3**

Garden of Life

## Raw Organic Perfect Food

Select varieties & sizes

**30% off**



Smart Chicken

## Whole Legs

Air chilled for freshness and flavor

**\$2.29 lb.**



Deli fresh

## Potatoes au Gratin with Goat Cheese

Rich, creamy and delicious

**\$1.00 off lb.**



Smart Flour

## Gluten Free Pizza

Select varieties - 10.1-10.3 oz.

**\$6.99**

Rebel Kitchen

## Organic Mylk

Coconut milk drink - Dairy free

Select varieties - 11 fl. oz.

**\$2.79**





## Organic Peaches

Juicy and delicious

**\$2.99 lb.**

Back to Nature

## Cookies

Select varieties

4.5-12 oz.

**\$4.99**



Hilary's Eat Well

## Veggie Burger

Organic - Select varieties - 6.4 oz.

**2 for \$6**

Seventh Generation

## Dish Liquid

Select varieties - 22-25 fl. oz.

**\$3.39**



## Miso & Pistachio Kale Salad

Bright, nutty and fresh

**\$2.00 off lb.**



GoodBelly

## Probiotic

Select varieties - 32 fl. oz.

**\$3.29**



Applegate Organics

## Organic Sunday Bacon

Uncured - 8 oz.

**\$7.99 ea**



Cascadian Farm Organic

## Oven Potatoes

Select varieties - 16 oz.

**2 for \$5**



## Organic Chard

Red or Rainbow

**2 for \$3**



Miyoko's Creamery

## Nut Cheese

Dairy free - Organic

Select varieties - 6.5 oz.

**\$7.99**



Half Pops

## Popcorn

Select varieties

1.4 oz.

**99¢**



Daiya

## Yogurt Alternative

Select varieties - 5.3 oz.

**\$1.29**



Nordic Naturals

## Omega-3 or DHA

Select varieties & sizes

**20% off**



Lightlife

## Plant Protein Foods

Select varieties & sizes

**45% off**



Bulk

## Organic Popcorn

The perfect movie snack

**\$1.49 lb.**

Xlear

## Oral Care

Select varieties & sizes

**30% off**

Wildbrine

## Sauerkraut

Select varieties - 18 oz.

**\$5.79**

Organic Valley

## Organic Cheese

Select varieties - 4-6 oz.

**\$4.29**

Bulk

## Organic Rolled Oats

For breakfast or baking

**\$1.49 lb.**



New Frontiers Natural Beef

## Beef Ribs

Hormone and antibiotic free

**\$2.99 lb.**



Fresh from our deli

## Strawberry Lemonade

Zesty Summer goodness

**50¢ off 16 fl. oz.**



RW Knudsen

## Simply Nutritious

Select varieties - 32 fl. oz.

**\$3.39**



## Baby Peeled Carrots

Organic - 1 lb. bag

**2 for \$3**



Fresh frozen

## Wild White Shrimp

From Mexico

**\$9.99 lb.**



## Garlic Butter Shrimp

8 Tbl (1 stick) unsalted butter, divided

1 1/2 pounds medium shrimp, peeled and deveined

Kosher salt and freshly ground black pepper, to taste

5 cloves garlic, minced

1/4 cup chicken stock

Juice of 1 lemon, or more, to taste

2 tablespoons chopped fresh parsley leaves

Melt 2 tablespoons butter in a large skillet over medium high heat.

Add shrimp, salt and pepper, to taste. Cook, stirring occasionally, until pink, about 2-3 minutes; set aside.

Add garlic to the skillet, and cook, stirring frequently, until fragrant, about 1 minute. Stir in chicken stock and lemon juice.

Bring to a boil; reduce heat and simmer until reduced by half, about 1-2 minutes.

Stir in remaining 6 tablespoons butter, 1 tablespoon at a time, until melted and smooth.

Stir in shrimp and gently toss to combine. Serve immediately, garnished with parsley leaves, if desired.

Serves 4

Yogi

## Tea

Select varieties - 16 count

**\$3.59**



Brew Dr.

## Kombucha

Select varieties - 14 fl. oz.

**\$2.99**



Hyland's

## Remedies

Select varieties & sizes

**35% off**



MegaFood

## Vitamins

Select varieties & sizes

**30% off**



Bulk

## Yogurt Pretzels

Salty, sweet and delicious

**\$6.59 lb.**

Pacific

## Nut Milks

Select varieties - 32 fl. oz.

**\$2.79**

Cascadian Farm

## Organic Frozen Fruit

Select varieties - 8-10 oz.

**\$3.29**

Starlite Cuisine

## Taquito's or Tacos

Select varieties - 12-14 oz.

**\$5.59**

Nature's Path

## Eco-Pak Cereal

Select varieties & sizes

**\$7.99**

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April 2017

			26	27	28	29
30	1	2	3	4	5	6
7	8	9	May			



Alacer

**Emergen-C**

Select varieties & sizes

**30% off**



Alba Botanica

**Sun Care**

Select varieties & sizes

**30% off**



Fresh from our bakery

**Blueberry Crème  
Fraîche Cheesecake**

Bursting with flavor

**\$1.00 off slice**

Verday

**Water**

Select varieties - 16.9 fl. oz.

**\$3.39**



Lundberg Family Farms

**Organic  
Rice Mixes**

Select varieties - 6 oz.

**2 for \$5**



Love Grown

**Super  
Oats**

Select varieties - 6 oz.

**\$3.89**

So Delicious

**Coconut  
Creamer**

Select varieties

16 fl. oz.

**\$1.99**



New Frontiers  
Fresh Roasted

**Organic  
Coffee**

Moonshot Espresso

**\$11.99 lb.**



Caliwater

**Cactus  
Water**

Select varieties

11.2 fl. oz.

**2 for \$4**



Noosa

**Yoghurt**

Select varieties - 8 oz.

**2 for \$4**



Chloe's

**Fruit Pops**

Select varieties - 4 pack

**\$3.79**



Boiron

**Arnicare**

Select varieties & sizes

**25% off**

