

New
Frontiers
natural
marketplace

SUMMERTIME SAVINGS

**805
LOCAL
GROWN**

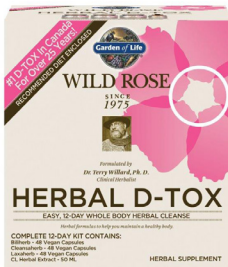


Locally grown

Bi-Colored Sweet Corn

So sweet and tasty

2 for \$1



Garden of Life

Herbal D-tox or RAW Fit

Select varieties & sizes

30% off



OBE

Organic Grass Fed Ground Beef

Naturally raised in Australia

\$6.99 lb.



Deli fresh

Sesame Kale Salad

Crisp greens in an Asian sesame dressing

\$2.00 off lb.



Ciao Bella

Gelato or Sorbetto

Select varieties - 16 oz.

\$4.59



Food Should
Taste Good

Tortilla Chips

Select varieties

5.5 oz.

2 for \$4



Seedless Grapes

Organic Red or Green

\$1.99 lb.

Lifeway

Organic ProBugs

Select varieties

4 pk, 6 oz.

\$4.29



Smart Chicken

Chicken Breast Tenders

Organic - Boneless & skinless

\$8.99 lb.



Seventh Generation

Laundry Detergent

Select varieties & sizes

\$12.99



Chicken Pozole

Available in our Grab 'n Go

\$1.00 off qt.

Wheat Montana

Buns

Select varieties

8-18 oz.

\$2.99



Jason

Toothpaste

Select varieties & sizes

20% off

Kind

Kind Bar

Select varieties

4 or 5 pk, 1.76-7.1 oz.

\$3.29



Bartlett Pears

Organic

\$1.99 lb.

Justin's

Peanut Butter

Select varieties - 16 oz.

\$4.99



Late July

Chips

Select varieties - 5.5 oz.

2 for \$5



Greek God

Greek Yogurt

Select varieties - 24 oz.

\$3.69



Derma e

Facial Care

Select varieties & sizes

25% off



Sweet Earth

Burrito

Select varieties - 7 oz.

\$2.79



Grind your own

Organic Peanut Butter

Available in our Bulk dept.

\$4.29 lb.

Sea Snax

Seaweed Snacks

Select varieties - 0.18 oz.

99¢

Crofter's

Organic Premium Spread

Select varieties - 10 oz.

2 for \$6

Organic Valley

Organic Cheese

Select varieties - 8 oz.

\$4.69

Bulk

Sunflower Seeds

Organic

\$3.29

Wild Caught

Mexican White Shrimp

Delicious grilled or sautéed

\$10.99 lb.



Garlic Butter Shrimp

8 tablespoons (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.

Deli fresh

Crabless Cakes

Flavor packed cakes

50¢ off lb.



Kevita

Organic Probiotic Drink

Select varieties - 15.2 fl. oz.

\$2.19



Diestel Turkey Ranch

Lunch Meat

Select varieties - 6 oz.

\$4.59 ea.



Organic Heirloom Tomatoes

Locally grown

\$2.99 lb.

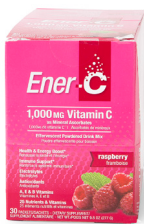


Ener-C

Drink Mix

Select varieties & sizes

\$12.99



Udi's

Bread

Gluten free

Select varieties - 12-16.3 oz.

\$4.59



Hail Merry

Bites or Tarts

Select varieties - 3-3.5 oz.

\$2.79



Smart Flour

Pizza

Select varieties - 10.1-10.3 oz.

\$6.99



Bulk

Organic Rolled Oats

A healthy breakfast option

\$1.39 lb.

Quantum

Elderberry

Select varieties & sizes

20% off

Nature's Path

Organic Cereal

Select varieties - 23-32 oz.

\$7.29

Siddha

Flower Essences

Select varieties - 1 oz.

20% off

Cadia

Organic Applesauce

Select varieties - 16 oz.

\$2.89

New Frontiers[®] natural marketplace

August 2017

20	21	22	23	24	25	26
27	28	29	30	31	1	2
3	4	5	September			



Noosa

Yoghurt

Select varieties - 4 pk., 16 oz.

\$4.29



Shikai

Lotion

Select varieties - 7 fl. oz.

\$7.59



Fresh from our bakery

Cannolis

A classic Italian treat

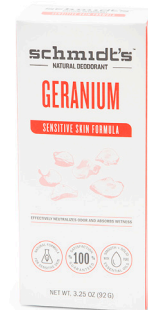
50¢ off ea

Don't Go Nuts

Organic Soy Spread

Select varieties - 16 oz.

\$4.99



Schmidt's

Deodorant

Select varieties & sizes

25% off



DeeBee's

Organic Tea Pops

Select varieties - 8 oz.

\$3.49



Newman's Own

Newman-O's

Select varieties - 13 oz.

\$4.59

New Frontiers
Fresh Roasted

Organic Coffee

Dark Side of the Moon

\$11.99 lb.



Simply

Juice

Select varieties

1.75 liter

\$4.99



Half Pops

Popcorn

Select varieties

4.5 oz.

2 for \$4



Julian's
Recipe

Waffles

Select varieties - 7.6-12 oz.

\$4.39



Rudi's
Organic Bakery

Organic Bread

Select varieties - 20-24 oz.

\$3.49

