

New
Frontiers[®]
 natural
 marketplace

**MAKE IT
 DELICIOUS**



ORGANIC GRAPES

\$1.99 lb.

Red, Green or Black

Crunchy globes of sweetness



Garden of Life

PROTEIN

35% off

Made with only USDA Organic and non-GMO verified ingredients.

Selected varieties and sizes



Wild Caught

SOCKEYE SALMON STEAK

\$9.99 lb.

Fresh, not frozen



Fresh brewed
 and organic

FREE COFFEE OR TEA - 12 OZ.

with the purchase of
Hot Breakfast Bar

Hot Breakfast served 7am - 10am



Bubbie's

PICKLES

35% off

Naturally fermented

Selected varieties and sizes



Lundberg Family Farms

**RICE, RICE CAKES,
 RICE MIXES**

35% off

Celebrate National Rice Month

Assorted varieties and sizes



ORGANIC CELERY

69¢ lb.

Crisp and refreshing

Health-Ade ORGANIC KOMBUCHA

\$2.59

Selected varieties
16 fl. oz.



Smart Chicken WHOLE LEGS

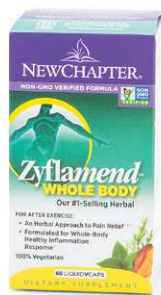
\$2.29 lb.

Air chilled for flavor and freshness

New Chapter SELECTED SUPPLEMENTS

30% off

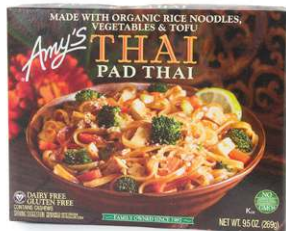
Multivitamins, antioxidants, and more
Selected varieties and sizes



Diestel Turkey Ranch TURKEY LUNCHEAT

\$3.00 lb. off

Sliced to order in our Deli



Amy's ENTRÉES

\$4.99

Selected varieties and sizes



Nature's Path ORGANIC CEREAL

\$4.29

Selected varieties
and sizes

Alden's ORGANIC ICE CREAM

\$6.99

Selected varieties - 48 oz.



ORGANIC YUKON GOLD POTATOES

99¢ lb.

Creamy buttery flavor



Guayaki YERBA MATE ICED TEA

\$2.39

Organic - 16 fl. oz.



Annie's Naturals DRESSING

\$2.79

Selected varieties and sizes



Cadia ALMOND MILK

\$2.79

Organic
Selected varieties - 32 fl. oz.



Wolfgang Puck ORGANIC SOUP

\$2.59

Selected varieties
14.5 oz.



Canyon Bakehouse GLUTEN FREE BREAD

\$4.29

Selected varieties
14-18 oz.



Bulk ORGANIC COCONUT DATE ROLLS

\$4.99 lb.

Popchips POPCHIPS

\$3.59

4-5 oz. bag

Organic Valley ORGANIC BUTTER

\$6.79

Salted or Unsalted - 1 lb.

MyChelle SKIN CARE

20% off

Clean, conscious, and
comprehensive skin care
Selected varieties & sizes

Hope ORGANIC HUMMUS

\$2.99

Asst. varieties
8 oz.

New Frontiers Natural Beef
RIBEYE STEAKS

\$12.99 lb.

USDA Choice grade - Tender and juicy
No hormones or antibiotics



CLASSIC PAN SEARED RIBEYE STEAK

- 1 thick ribeye steak, about 16 oz.
 - 1/2 teaspoon sea salt
 - 1/4 teaspoon freshly cracked black pepper
 - 2 garlic cloves, partially crushed
- Note: This technique uses a very hot skillet to create a mouth-watering charred steak, and emits a lot of smoke. Be prepared with proper ventilation and a spatter screen for your skillet.*

Place a cast iron skillet in oven and preheat oven to 450°F. Season both sides of steak with salt and pepper. When oven is heated, carefully remove pan and place on stovetop over medium heat.

Place steak in skillet and sear for 2 minutes on stove top. Flip steak and transfer pan to oven, uncovered. Roast until you see droplets of juices begin to rise on surface of steak and internal temperature is 120 degrees, 8 to 10 minutes. Remove steak from pan, tent with foil, and let rest for 5 to 10 minutes.

Serves 2.



Made fresh in our Deli

POTATO SALAD

\$2.00 lb. off



Van's
TOASTER WAFFLES

\$2.69

Selected varieties
8-12.4 oz.



ORGANIC GALA APPLES

\$1.99 lb.

Crisp and sweet

Applegate Farms
GREAT ORGANIC BEEF HOT DOG

\$5.99

Uncured - No nitrates or nitrites
10 oz. pkg.



Califia Farms
ALMONDMILK

\$3.29

Selected varieties
48 fl. oz.



Cadia
ORGANIC SLICED CHEESE

\$3.99

Selected varieties
6 oz.



Nordic
Naturals
FISH OILS

25% off

Selected varieties & sizes



Jarrow Formulas

ENTIRE PRODUCT LINE

30% off

Save 30% on all Jarrow Products



Lundberg
Family Farms
BULK RICE

25% off

Assorted varieties

Choice
ORGANIC TEA

\$3.69

Selected varieties
16 bags

Sovereign Silver
COLLOIDAL SILVER

25% off

Selected varieties
and sizes

Zevia
ZERO CALORIE SODA

\$3.99

Selected varieties
6 12-oz. cans

Bulk
ORGANIC WHOLE RAW CASHEWS

\$11.99 lb.

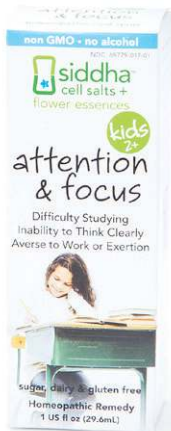


August/September 2018

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2	3	4	5	6	7	8
9	10	11				

Siddha
Flower Essences
**HOMEOPATHIC
REMEDIES**

35% off
Assorted varieties
1 fl. oz.



Fresh baked
APPLESAUCE CAKE SQUARES
\$1.00 off ea.
Moist tender cake with creamy icing

Jolly Llama
**SORBET OR
COCONUT POPS**
\$3.99

Selected varieties
4 3-oz. pops



Living Intentions
**PROBIOTIC
POPCORN**
\$3.99

Assorted varieties
4 oz.



Grain Trust
**ORGANIC
STEAMED RICE**
\$3.99
Selected varieties
30 oz.

Wallaby
ORGANIC YOGURT
89¢
Assorted varieties
6 oz.



Cascadian Farm
**ORGANIC
OVEN POTATOES**
\$2.79

Selected varieties - 16 oz.

New Frontiers
Fresh Roasted
**ORGANIC
COFFEE**

Dark Side
of the Moon

\$11.99 lb.



Back to
Nature
CRACKERS
\$3.29

Selected varieties and sizes



Mrs. Meyer's
Clean Day
**CLEANING
PRODUCTS**
30% off

Selected varieties & sizes



Clover
**ORGANIC
MILK**
\$4.29

Selected varieties
Half gallon



Renew Life
**ULTIMATE
FLORA**
25% off

Probiotics
Selected varieties & sizes

