

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

**FRESH  
SAVINGS**



**805  
LOCAL  
GROWN**

Locally grown

**ORGANIC STRAWBERRIES**

**\$2.99**

Sweet and juicy - 1 lb. basket



Garden of Life

**ENTIRE  
PRODUCT LINE**

**35% off**

Bars & Essential Oils: 20% off



Smart Chicken

**BONELESS SKINLESS  
CHICKEN BREAST**

**\$5.99 lb.**

Air chilled for flavor and freshness



**CHAI LATTE**

**50¢ off ea.**

12 fl. oz.



Alexia

**OVEN POTATOES**

**25% off**

Selected varieties - 15-32 oz.



La Croix

**SPARKLING WATER**

**\$3.99**

Select varieties - 8 pk.



## ORGANIC PEELED BABY CARROTS

**4 for \$5**

1 lb. bag

## Silk SOY CREAMER

**\$1.69**

Selected varieties  
16 fl. oz.



## Seventh Generation LAUNDRY LIQUID

**\$11.99**

Selected varieties  
45-112 fl. oz.

## Once Again NUT BUTTER

**40% off**

Selected varieties  
12-16 oz.



## Fresh from our kitchen RISOTTO ALMOND LOAF

**\$1.00 off lb.**

## Diestel Turkey Ranch GROUND TURKEY

**\$4.99 lb.**

Range grown, vegetarian fed



## Food Should Taste Good TORTILLA CHIPS

**2 for \$4**

Selected varieties - 5.5 oz.



## ORGANIC KALE

**4 for \$5**

Green or Black

## Kozy Shack PUDDING

**\$2.99**

Select varieties - 4 - 4 oz. cups



## Kite Hill YOGURT

**\$1.39**

Artisan almond milk yogurt  
Selected varieties - 5.3 oz.



## Tandoor Chef ENTRÉES

**\$3.39**

Selected varieties - 10 oz.



## Wolfgang Puck ORGANIC SOUP

**\$2.29**

Selected varieties  
14.5 oz.



## Ancient Harvest GLUTEN FREE PASTA

**30% off**

Selected varieties - 6.5-18 oz.



## Bulk ORGANIC CRANBERRIES

**\$6.99 lb.**

Fruit juice sweetened

## Blue Diamond ALMOND BREEZE

**\$2.29**

32 fl. oz.

## Nature's Path ECO-PACK CEREAL

**\$7.99**

Select varieties & sizes

## Alba Botanica BODY CARE

**30% off**

Selected varieties & sizes

## Fire Cider FIRE CIDER

**30% off**

Assorted varieties  
8-16 fl. oz.



New Frontiers Natural Beef

## T-BONE OR PORTERHOUSE STEAKS

**\$11.99**

Tender and juicy

No antibiotics or added hormones



Deli fresh

## RAINBOW CHARD & APPLE SALAD

**\$1.00 off lb.**



## Locally grown FUJI APPLES

**\$1.99 lb.**

Pesticide free



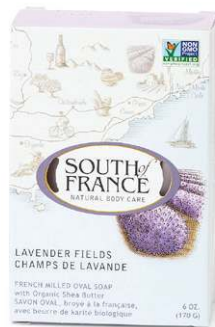
South of France

## SOAP

**30% off**

Selected varieties

6-8 oz.



Beeler's Pure Pork

## PORK CHOPS OR ROAST

**\$5.99 lb.**

Never ever any antibiotics

Pure heritage Duroc pork

## BAKED CHICKEN GARLIC BITES

2 boneless skinless Smart Chicken breasts, diced into bite-sized pieces

1/2 cup olive oil

4 cloves garlic, 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 bite size chicken pieces and stir until each piece is well coated. Cover, place in the refrigerator and marinate for 30 minutes.

In a separate bowl, combine bread crumbs, Italian seasoning, and ground cumin. Remove the chicken from 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.

Recipe courtesy cafetecumseh.com



Cadia

## ORGANIC PASTA SAUCE

**\$3.49**

Selected varieties

25 fl. oz.



Nature's Path

## ORGANIC WAFFLES

**\$2.99**

Selected varieties - 7.4 oz.

Julie's Organic

## ICE CREAM BARS

**\$3.79**

Organic

Selected varieties - 3-4 ct.



Alvarado St. Bakery

## BREAD

**30% off**

Select varieties - 16-24 oz.



Bulk

## ORGANIC BLACK BEANS

**\$1.49 lb.**

Earth Mama Angel Baby

## BABY PRODUCTS

**30% off**

Selected varieties & sizes

Bio-K

## ACIDOPHILUS

**25% off**

Selected varieties and sizes

Farmer's Hen House

## FREE RANGE EGGS

**\$3.59**

Large, brown

Bulk

## ORGANIC ROLLED OATS

**\$1.29 lb.**



October 2018

			3	4	5	6
7	8	9	10	11	12	13
14	15	16				



Wiley's Finest  
**WILD ALASKAN  
FISH OIL**

**30% off**

Selected varieties and sizes



Table 5

**PIZZA**

**\$4.99**

Assorted varieties - 12.5 oz.



**CHEESECAKE  
OF THE DAY**

**50¢ off slice**

Selection varies

GT's

**ORGANIC  
KOMBUCHA**

**\$6.49**

Assorted varieties

48 fl. oz.



Blue Diamond

**ALMOND BREEZE**

**\$2.99**

Almondmilk

Select varieties - 64 fl. oz.

Illy Caffe

**ITALIAN  
COFFEE**

**\$13.99**

Assorted varieties

8.8 oz.



New Frontiers  
Fresh Roasted

**ORGANIC  
COFFEE**

Moonshot Espresso

**\$11.99 lb.**



Life Seasons

**ENTIRE  
PRODUCT LINE**

**35% off**

Save 35% on all  
Life Seasons products



Tranquini  
**SPARKLING  
BEVERAGE**

**\$2.19**

Selected varieties - 12 fl. oz.



Hilary's

**ORGANIC  
VEGGIE BURGERS**

**\$2.49**

Selected varieties - 6.4 oz.



Clover

**ORGANIC  
MILK**

**\$4.39**

Selected varieties

Half gallon



Brown Cow

**YOGURT**

**6 for \$5**

Selected varieties - 5-5.3 oz.

