

New
Frontiers[®]
 natural
 marketplace

MAKE AUTUMN DELICIOUS



**ORGANIC GREEN
 SEEDLESS GRAPES**

\$1.99 lb.



Garden of Life
VITAMINS

40% off

Selected varieties and sizes



Smart Chicken

WHOLE BODY CHICKEN

\$2.49 lb.

Air chilled for freshness and flavor

**Does not include Rotisserie chickens*



Deli fresh

WINTER PAPPARDELLE SALAD

\$1.00 off lb.



Julian's Recipe

BELGIAN STYLE WAFFLES

\$4.59

No syrup needed!

Selected varieties - 8-9 oz.



Lundberg
 Family Farms

TORTILLA CHIPS

\$2.49

Selected varieties - 5.5 oz.

**ORGANIC
RED PEARS**

\$1.99 lb.



**Alba Botanica
BODY CARE**

30% off

Selected varieties and sizes



**Green Valley
ORGANIC YOGURT
LACTOSE FREE**

\$1.29

Selected varieties - 6 oz.

**Rudi's Organic Bakery
ORGANIC BREAD**

\$3.99

Selected varieties - 20-22 oz.



**Grab 'n go
CHICKEN
POSOLE**

\$1.00 off

Available in quarts



**Coyo
COCONUT
YOGURT**

\$2.59

Selected varieties - 5.3 oz.



**ORGANIC
CAULIFLOWER**

99¢ lb.

**Applegate Farms
BREAKFAST SAUSAGE**

\$3.49

Select varieties - 7 oz.



**Silk
ALMONDMILK**

\$3.49

Selected varieties
64 fl. oz.



**Organic Valley
ORGANIC
SLICED CHEESE**

\$4.29

Selected varieties - 6-8 oz.



**Let's Do
Organic
ORGANIC
COCONUT**

30% off

Selected varieties and sizes



**Wallaby
ORGANIC
AUSSIE
YOGURT**

89¢

Selected varieties - 6 oz.



**Sonoma
Creamery
CHEESE
CRISPS**

\$3.79

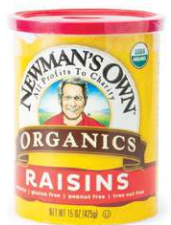
Selected varieties - 2.25 oz.



**Newman's
Own
ORGANIC
RAISINS**

30% off

Selected varieties



**Bulk
ORGANIC
PECAN HALVES**

\$15.99 lb.

**Organic Valley
ORGANIC LARGE EGGS**

\$4.89

Dozen

**Imagine
ORGANIC BROTH**

2 for \$4

Selected varieties
32 fl. oz.

**Cascadian Farm
ORGANIC FROZEN FRUIT**

\$3.39

Selected varieties
8-10 oz.

**Jeff's Naturals
OLIVES OR PEPPERS**

25% off

Selected varieties and sizes

New Frontiers Natural Beef

BONE-IN RIBEYE STEAK

\$10.99 lb.

No hormones or antibiotics



Fresh in our Deli case

TURKEY MEATLOAF

\$1.00 off lb.

ORGANIC RUSSET POTATOES

99¢ lb.



Annie's Homegrown

MAC & CHEESE

4 for \$5

Selected varieties

5.25-6 oz.



Wild caught

LARGE WHITE MEXICAN SHRIMP

\$9.99 lb.

Fresh frozen

WHOLE ROASTED CAULIFLOWER

with Lemon and Parmesan

- 1 large head cauliflower
- 1/4 cup olive oil
- 2 cloves garlic, minced
- 2 teaspoons lemon zest
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/4 cup fresh parsley leaves, chopped
- 1/4 cup grated Parmesan

Preheat oven to 400 degrees F. Line a baking sheet with parchment or foil.

Remove the leaves from the cauliflower. Use a small sharp knife to cut out the bottom of the core, and place on the prepared baking sheet.

In a small mixing bowl, whisk together the olive oil, garlic, lemon zest, salt and pepper.

Brush the entire cauliflower (inside and outside) with the oil mixture. Place in oven and roast until fork tender and browned all over with some charred spots and tender (test by inserting a long skewer. It should pass through easily), about an hour.

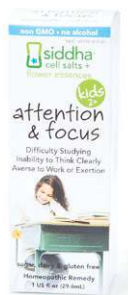
Cut the cauliflower into thick wedges and serve with a generous sprinkling of parsley and Parmesan. Serves 4-6.

Siddha Flower Essences

CELL SALTS

30% off

Selected varieties - 1 oz.



Cadia

ORGANIC PIZZA

\$5.49

Selected varieties - 12-13 oz.



Near East

RICE MIXES

\$2.29

Selected varieties

5.25-10 oz.



Herbatint

HAIR COLOR

\$12.99

Selected varieties & sizes



Bulk DRIED CRANBERRIES

\$5.69 lb.

Apple juice sweetened

Gaia Herbs SELECTED FORMULAS

35% off

Selected varieties and sizes

Amy's ENTRÉES

\$3.59

With organic ingredients

Selected varieties - 8-9 oz.

Choice ORGANIC TEA

\$3.99

Selected varieties - 16 ct

Bulk ORGANIC SUGAR

\$2.49 lb.

Evaporated cane sugar

New Frontiers
natural marketplace

October/November 2018

			31	1	2	3
4	5	6	7	8	9	10
11	12	13				



Royal Hawaiian
MACADAMIA NUTS
\$6.59
Selected varieties
5 oz.



Goddess Garden
FACIAL CARE
25% off
Selected varieties and sizes



Bakery fresh
PUMPKIN PIE
50¢ off slice

Mineral Fusion
FACIAL & BODY CARE
30% off
Selected varieties and sizes



Alden's
ORGANIC ICE CREAM
\$6.99
Selected varieties - 48 oz.

GT's
ORGANIC KOMBUCHA
\$2.59
Selected varieties
16 fl. oz.



Bubbie's
PICKLES
40% off
Selected varieties
and sizes

Hershey's
SIMPLY 5
\$3.49
Chocolate syrup
Non GMO - 21.8 oz.



New Frontiers
Fresh Roasted
ORGANIC COFFEE
Aztec Dark
\$11.99 lb.



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



New Chapter
WHOLEMEGA
30% off
Selected varieties and sizes



Back to Nature
CRACKERS
\$3.29
Selected varieties & sizes

