

New
Frontiers[®]
 natural
 marketplace

MAKE IT FESTIVE



Locally Grown

ORGANIC PINK LADY APPLES

\$1.99 lb.

Crisp and sweet



Garden of Life

PROTEIN

40% off

Selected varieties and sizes

Sport not included



Smart Chicken

CHICKEN THIGHS

\$2.99 lb.

The safest, highest quality chicken



Made to order

MERRY BERRY TURKEY SANDWICH

\$1.00 off

A seasonal favorite!



Clover

ORGANIC MILK

\$7.99

Selected varieties - 128 oz.



Lundberg
 Family Farms

ORGANIC RICE MIXES

\$2.49

Selected varieties - 5.5-6 oz.



ORGANIC BROCCOLI

\$1.49 lb.

Versatile and packed with nutrition

Wholesome
Sweeteners

ORGANIC SUGAR

35% off

Selected varieties & sizes



New Frontiers

TURKEY SAUSAGE

\$4.99 lb.

Made fresh in-house

Maple Hill Creamery

ORGANIC KEFIR

\$4.99

Selected varieties - 32 fl. oz.



Daiya

GREEK YOGURT ALTERNATIVE

\$1.39

Selected varieties - 5.3 oz.



Deli fresh

RISOTTO SAGE CAKES

\$1.00 off ea.

Every Man Jack

BODY CARE

35% off

Selected varieties & sizes



Shady Maple

MAPLE SYRUP

30% off

Selected varieties - 8.5-16.9 fl. oz.

Organic Valley

ORGANIC RAW CHEESE

\$4.49

Selected varieties - 8 oz.



ORGANIC BARTLETT PEARS

\$1.49 lb.

Soft when ripe - Very juicy and sweet

Milkadamia

MACADAMIA MILK

\$3.79

Selected varieties - 32 fl. oz.



Bulk

ORGANIC DRIED CRANBERRIES

\$7.99 lb.

Fruit juice sweetened

Indian Life Foods

NAAN

\$4.79

Selected varieties - 17.6 oz.

Bonafide

FROZEN SOUP

\$5.99

Selected varieties

12 fl. oz.

Pamela's

COOKIES

\$3.79

Selected varieties

5.29-7.25 oz.

Quantum Health

IMMUNE SUPPORT

35% off

Selected varieties & sizes



New Frontiers Natural Beef
EXTRA LEAN GROUND BEEF

\$4.99 lb.

No antibiotics or added hormones



ROASTED PEARS, ARUGULA & BLUE CHEESE SALAD

\$1.00 off lb.



ORGANIC ASPARAGUS

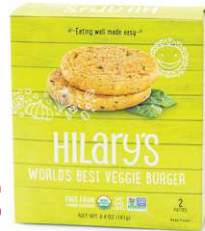
\$2.99 lb.

Enjoy steamed, roasted, grilled

Hilary's
ORGANIC VEGGIE BURGERS

\$2.49

Selected varieties - 6.4 oz.



Wild Alaskan
SOCKEYE SALMON

\$12.99 lb.

Fresh frozen

OVEN ROASTED BROCCOLI AND ASPARAGUS

- 1 bunch fresh broccoli
- 1 bunch fresh asparagus
- 1/4 cup olive or avocado oil
- 2 teaspoons salt
- 2 teaspoons garlic powder
- 2 teaspoons onion powder
- 1/2 teaspoon ground black pepper
- 1 lemon
- 1/4 cup freshly grated Parmesan

Preheat oven to 400°F.

Rinse asparagus and broccoli (if needed) and pat dry. Cut broccoli into florets. Trim fibrous stems off of asparagus and cut into 2-inch pieces.

Toss vegetables with oil and spices. Spread on parchment or foil lined baking sheet and bake for 20 minutes, or until tender.

Remove from oven, squeeze a wedge of lemon over, and sprinkle with Parmesan cheese.

Serves 4-6.

Yogi
TEA

\$3.49

Selected varieties - 16 tea bags



Blue Diamond
NUT THINS

\$2.99

Selected varieties - 4.25 oz.



Zand
HERBALOZENGE

40% off

Selected varieties & sizes



Brown Cow
YOGURT

79¢

Selected varieties 5-5.3 oz.



Bulk
ROASTED & SALTED PISTACHIOS

\$7.79 lb.

Hylands
DEFEND

30% off

Selected varieties & sizes

Boiron
REMEDIES

30% off

Selected varieties & sizes

Organic Valley
ORGANIC EXTRA LARGE EGGS

\$4.99

Dozen

Good Food Made Simple
BREAKFAST BURRITO

\$2.39

Selected varieties - 5 oz.

New Frontiers
natural marketplace

November/December 2018

			28	29	30	1
2	3	4	5	6	7	8
9	10	11				



Boulder Canyon
POTATO CHIPS

\$2.59

Selected varieties
5 oz.



Coolhaus
ICE CREAM SANDWICHES

\$4.79

Selected varieties - 5.8 oz.



Bakery fresh
CHOCOLATE MOUSSE ROLL

50¢ off per slice

Tender cake and rich chocolate mousse

Lucini Italia
DRESSING

\$3.39

Selected varieties
250ml



Daiya
VEGAN PIZZA

\$6.99

Dairy-free, gluten-free
Selected varieties - 15.7-19.4 oz.

MegaFood
DAILY VITAMINS

30% off

Selected varieties & sizes



Bob's Red Mill
FLOUR

30% off

Selected varieties
5 lb.

New Frontiers
Fresh Roasted
ORGANIC FRENCH ROAST COFFEE

\$11.99 lb.



Annemarie
Börlind
ENTIRE PRODUCT LINE

20% off

All products on sale



Clover
ORGANIC BUTTER

\$5.99

Selected varieties - 16 oz.



Chocolove
CHOCOLATE

\$2.39

Selected varieties - 2.9-3.2 oz.



GT's
ENLIGHTENED KUMBUCHA

\$6.29

Organic
Selected varieties - 48 fl. oz.

