

New
Frontiers[®]
 natural
 marketplace

**COME IN
 AND SAVE**



**805
 LOCAL
 GROWN**

Locally grown
**PESTICIDE FREE
 NAVEL ORANGES**

99¢ lb.



Vega
**SPORT PROTEIN
 & RECOVERY DRINKS**

25% off

Selected varieties and sizes



Smart Chicken
ORGANIC DRUMSTICKS

\$2.99 lb.

Air chilled for freshness and flavor



Deli fresh

SEVEN VEIL CHICKEN SALAD

\$1.00 off lb.

Chicken with exotic sweet-spicy flavors



GT's

**ORGANIC
 KOMBUCHA**

\$2.69

Selected varieties

16 fl. oz.



Lundberg
 Family Farms

RICE CHIPS

\$2.49

Selected varieties

6 oz.



805 LOCAL GROWN

Locally grown
ORGANIC FUJI APPLES
\$1.99 lb.

Mineral Fusion
MINERAL MAKE UP
25% off
Only the purest ingredients
Selected varieties & sizes



Beeler's Pure Pork
PORK SHOULDER ROAST
\$4.99 lb.
No hormones or antibiotics, ever



Silk
ALMONDMILK
\$3.29
Selected varieties - 64 fl. oz.



CAULIFLOWER SPINACH PIE
50¢ off lb.
Cauliflower, fresh spinach and creamy sauce topped with mashed potatoes



Muir Glen
PASTA SAUCE
\$2.99
Selected varieties
25.5 fl. oz.



Back to Nature
COOKIES
\$4.29
Selected varieties - 8-12 oz.

Lundberg Family Farms
RICE
30% off
Selected varieties & sizes



California grown
ORGANIC SPINACH
2 bu. for \$3



Montebello
ORGANIC PASTA
\$3.29
Selected varieties - 1 lb.



Wolfgang Puck
ORGANIC SOUP
\$2.29
Selected varieties - 14.5 oz.



C2O
COCONUT WATER
\$1.79
Selected varieties - 17.5 fl. oz.



Ladybug Jane
BODY CARE
20% off
Selected varieties & sizes



Amy's
PIZZA
\$7.99
Selected varieties - 12-15 oz.



Bulk
ORGANIC PINTO BEANS
\$2.29 lb.

Choice
ORGANIC TEA
\$3.99
Selected varieties - 16 ct.

Organic Valley
ORGANIC OMEGA-3 EGGS
\$5.49
Dozen

New Frontiers
SELECT VITAMINS
30% off
Selected varieties & sizes

Glutino
GLUTEN FREE BREAD
\$5.49
Selected varieties - 14.1 oz.

New Frontiers
Natural Beef
TRIMMED TRI TIP

\$6.99 lb.

No hormones or antibiotics
USDA Choice grade



CAFE MOCHA

50¢ off ea.

16 fl. oz.

Daiya
**DAIRY-FREE
DESSERT BARS**

\$4.29

Selected varieties - 7.8 oz.



Locally grown
**ORGANIC GREEN
& BLACK KALE**
2 bu. for \$3



Applegate Naturals
**SLICED
DELI MEATS**

\$4.29

No antibiotics ever
Humanely raised
Select varieties - 7 oz. pkg.



CHICKEN SMOTHERED WITH ONIONS

- 1 1/2 tablespoons olive oil
- 3 - 4 lbs. bone-in chicken pieces: thighs, drumsticks or breasts
- Salt, ground black pepper, and paprika
- 2 large yellow onions, sliced lengthwise
- 2 bay leaves
- 2 1/2 cups chicken broth
- 3 tablespoons all-purpose flour mixed with 3 tablespoons water
- 1/4 cup whipping cream

Sprinkle both sides of chicken with salt, pepper and a generous amount of paprika. Heat oil in large skillet, add chicken and cook until beginning to color, turning occasionally, about 10 minutes. Set chicken aside. Add onions to skillet. Reduce heat, cover and cook until tender, stirring occasionally, about 15 minutes. Set chicken on top of onions. Add broth and bay leaves to skillet. Cover and simmer until chicken is cooked through, 20-30 minutes. Transfer chicken to platter and tent with foil. Add flour/water mixture to broth in skillet and whisk until smooth. Add cream. Simmer until thickened, stirring occasionally, 5-8 minutes. Return chicken to pan and simmer until heated through. Serve with mashed potatoes

Clover
**ORGANIC
HALF & HALF**

\$1.99

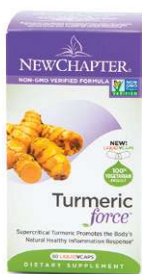
16 fl. oz.



New Chapter
**WHOLE
BODY CARE**

30% off

Selected varieties



Fage
GREEK YOGURT

\$3.29

Selected varieties - 17.6 oz.



Natural Factors
**SELECT
PRODUCTS**

30% off

Selected varieties & sizes



Bulk
**ORGANIC SHORT GRAIN
BROWN RICE**
\$1.99 lb

Daiya
**GREEK YOGURT
ALTERNATIVE**
\$1.29

Selected varieties -5.3 oz.

Ling Ling
SPRING ROLLS
\$5.39

Selected varieties - 11 oz.

ECOS
DISHMATE
\$3.29

Selected varieties
25 fl. oz.

Bulk
**ORGANIC
MEDJOO DATES**
\$7.99 lb.



January/February 2019

			30	31	1	2
3	4	5	6	7	8	9
10	11	12				



Talenti
GELATO
\$4.99
Selected varieties
16 oz.



Original Sprout
HAIR AND SKIN CARE
30% off
For children and adults
Selected varieties & sizes



Fresh from our Bakery
CARAMEL BREAD PUDDING
\$1.00 off lb.
Tender bread baked in custard topped with caramel sauce

Garden of Life

PROTEIN

30% off

Selected varieties

Organic and non-GMO verified ingredients

Six lines of protein, to suit every need.



Choice
ORGANIC TEA
\$3.99

Selected varieties - 16 ct.



Brown Cow
YOGURT
89¢
Selected varieties - 5.3 oz.



barkThins
SNACKING CHOCOLATE
\$3.99
Selected varieties - 4.7 oz.



Kicking Horse
ORGANIC COFFEE
\$8.99
Select varieties - 10 oz.



Evol
BURRITO
\$2.19
Selected varieties - 5 oz.



Organic Valley
ORGANIC MILK
\$5.39
Selected varieties - 64 fl. oz.

Alter Eco

ORGANIC CHOCOLATE
\$2.99

Selected varieties
2.65-2.82 oz.



Hope
ORGANIC HUMMUS
\$2.99
Selected varieties - 8 oz.