

New
Frontiers
natural
marketplace

**SAVINGS
FOR YOU**



**ORGANIC
GRANNY SMITH APPLES**

\$1.69

Great for baking or snacking



Andalou Naturals

BODY CARE

30% off

Selected varieties and sizes



Smart Chicken

ORGANIC CHICKEN LEGS

\$3.69 lb.

Air chilled for freshness and flavor



Fresh from our Deli

ORZO, ARUGULA & FETA SALAD

\$1.00 off lb.



Luna & Larry's

**COCONUT
BLISS**

\$4.99

Selected varieties - Pint



Kettle Brand

POTATO CHIPS

2 for \$5

Selected varieties - 5 oz.



ORGANIC BLUEBERRIES

\$2.99

6 oz. basket

Aura Cacia BODY CARE

30% off

Selected varieties & sizes



Udi's GLUTEN FREE PIZZA

\$7.39

Selected varieties - 10-10.1 oz.

Daiya CHEESECAKE

\$5.99

Selected varieties - 14.1 oz.



SPICY CHICKEN SOUP

\$1.00 off qt.

Available in our Grab 'n Go



Amy's FROZEN SNACKS

\$4.69

Selected varieties - 6-7.3 oz.



Niman Ranch Kids

FEARLESS BEEF FRANKS

\$6.49

No nitrites or nitrates



Garden of Life PROTEIN

30% off

Selected varieties & sizes



ORGANIC ASPARAGUS

\$3.99 lb.

Califia Farms DAIRY FREE CREAMER

\$2.39

Selected varieties - 16.9 fl. oz.



Life Seasons

HEALTH SUPPORT

30% off

Selected varieties & sizes



Annie Chun's

NOODLE BOWLS

\$3.29

Selected varieties - 7.8-8.7 oz.



Blue Diamond

NUT THINS

\$2.79

Gluten free

Selected varieties - 4.25 oz.



Chocolove CHOCOLATE

2 for \$5

Selected varieties - 2.9-3.2 oz.



Bulk

ORGANIC ROASTED & SALTED CASHEWS

\$14.99 lb.

Muir Glen

ORGANIC TOMATOES

\$2.49

Selected varieties - 28 oz.

Yogi

TEA

\$3.59

Selected varieties - 16 ct.

House Foods

ORGANIC TOFU

\$1.79

Selected varieties

10-14 oz.

IndianLife

NAAN

\$3.99

Selected varieties

17.6 oz.

New Frontiers Natural Beef

CHUCK STEAKS AND ROASTS

\$5.99 lb.

No hormones or antibiotics



Made fresh in our Deli

TURKEY LASAGNA

\$1.00 off lb.



ORGANIC MANGOES

4 for \$5



Organic Valley

ORGANIC CHEESE

\$5.29

Selected varieties - 8 oz.



Wild, local

FRESH OPAH STEAKS

\$11.99 lb.



GRILLED OPAH AND ASPARAGUS

2 8-oz. opah steaks

2 tablespoons olive oil

1 lb. asparagus

1/8 tsp garlic powder

salt and pepper to taste

1 tablespoon extra virgin olive oil

Half of a fresh lemon

Preheat a grill or grill pan (if you want to cook indoors) and oil the grates.

Lightly rub 1/2 tsp. olive oil over both sides of the opah and season with salt and pepper.

Drizzle asparagus with 2 teaspoons olive oil; season with garlic powder, salt and pepper, and toss to coat.

Place asparagus directly on the grill over medium heat. Cook for 4 minutes then turn to cook the other side.

Raise heat to medium-high, place the opah on the grill and cook for 2-3 minutes, or until it easily releases from the grill. Turn and cook the other side for 2-3 minutes.

Remove both opah and asparagus from the grill. Drizzle with a squeeze of lemon, remaining olive oil and a sprinkle of salt, and enjoy.

Serves 2.

Brown Cow YOGURT

\$3.29

Selected varieties - 32 oz.



Giovanni HAIR CARE

30% off

Selected varieties & sizes



Annie's Homegrown

ORGANIC MAC & CHEESE

2 for \$5

Selected varieties - 6 oz.



Endangered Species CHOCOLATE

2 for \$5

Selected varieties - 3 oz.



Bulk ORGANIC ROLLED OATS

\$1.29 lb.

Boiron HOMEOPATHIC REMEDIES

25% off

Selected varieties & sizes

Starlite Cuisine VEGAN TAQUITOS

\$5.99

Selected varieties - 9-14 oz.

Simple Mills CRACKERS

\$4.29

Selected varieties - 4.25 oz.

Bulk ORGANIC FLAX SEEDS

\$2.59 lb.

New Frontiers
natural marketplace

February 2019

			13	14	15	16
17	18	19	20	21	22	23
24	25	26				



Blue Sky
SODA

\$3.49

Selected varieties - Six pack, 12 fl. oz.



MegaFood

DAILY VITAMINS

30% off

Selected varieties & sizes



Baked fresh in our
Gourmet Bakery

CUPCAKES

50¢ off ea.

Selected varieties

Health-Ade

**ORGANIC
KOMBUCHA**

2 for \$5

Selected varieties

16 fl. oz.



Grandy Oats

GRANOLA

\$6.99

Selected varieties

9 oz.



Beyond Meat

THE BEYOND BURGER

\$4.79

8 oz.



Ripple

**PLANT-BASED
MILK**

\$4.49

Selected varieties - 48 fl. oz.

Blue Bottle Coffee

**ORGANIC
COFFEE BEANS**

\$10.99

Select varieties - 6 oz.



Pop Chips

**NUTTER
PUFFS**

\$3.39

Selected varieties - 4 oz.



Nature's Way
COLD CARE

20% off

Selected varieties & sizes



Good Food Made Simple
BURRITO

\$2.29

Selected varieties - 5 oz.



The Greek Gods

**GREEK
YOGURT**

\$3.49

Selected varieties - 24 oz.

