

# Manager Specials

Offers Valid 03/16/23 – 03/31/23

*ECO Membership Required*



## Produce

Organic Green Cabbage	\$1.29/lb (Reg. \$1.79/lb)
Organic Roma Tomatoes	\$1.49/lb (Reg. \$1.99/lb)
Organic Red Potatoes	\$4.99/lb (Reg. \$5.69/lb)
Earthbound Farm Peeled Organic Baby Carrots 1lb bag	\$1.99/ea (Reg. \$2.99/ea)
Organic Girl 50/50 Blend 10oz	\$5.49/ea (Reg. \$6.99/ea)
Organic Girl Baby Spinach 10oz	\$5.49/ea (Reg. \$6.99/ea)



## Wellness

New Chapter One Daily Every Women Multi 48ct	\$27.19 (Reg \$33.89)
New Chapter One Daily Every Women 40+ Multi 48ct	\$33.99 (Reg \$42.39)
New Chapter One Daily Every Mans Multi 48ct	\$27.19 (Reg. \$33.89)
New Chapter One Daily Every Mans 55+ Multi 48ct	\$42.29 (Reg. \$52.79)
Carlson Cod Liver Oil Gem 1000mg 250ct	\$33.99 (Reg. \$39.99)
Carlson Super Omega 3 + Bonus Pack	\$37.39 (Reg. \$43.99)
Carlson Norwegian Cod Liver Oil 8.4oz	\$35.69 (Reg. \$41.99)
Carlson Norwegian Cod Liver Oil Lemon 8.4oz	\$35.69 (Reg. \$41.99)
Megafood Digestive Health Water Enhancer Pineapple Mango 10ct	\$19.19 (Reg. \$23.99)
Megafood Digestive Health Water Enhancer Guava Passion Fruit 10ct	\$19.19 (Reg. \$23.99)
Megafood Digestive Health Water Enhancer Lemon Ginger 10ct	\$19.19 (Reg. \$23.99)
Nuleaf Delta 8THC 450mg Dropper 1oz	\$23.19 (Reg. \$28.99)



## Meat & Seafood

Wild Mahi Mahi (Product of Ecuador)	\$17.99/lb (Reg. \$18.99/lb)
Irish Bangers	\$5.99/lb (Reg. \$6.99/lb)
Bone-In Pork Chop	\$4.49/lb (Reg. \$5.49/lb)
Pasture Fed Beef Tenderloin	\$27.99/lb (Reg. \$28.99/lb)
Organic Smart Chicken Drumsticks	\$3.99/lb (Reg. \$4.99/lb)



## Grocery

Forager Project Cashewmilk Vanilla Bean	2 fro \$3 (Reg. \$1.99)
Perfect Bar Snack Size Peanut Butter 8pk	\$6.79 (Reg. \$8.79)
Cosmic Bliss Grass Fed Bars Dark Choc 4ct	\$4.99 (Reg. \$7.49)
Bob's Red Mill Oatmeal Sachet 8ct	\$3.79 (Reg. \$5.39)
Epic Bites Venison 2.5oz	\$4.79 (Reg. \$8.09)
Guru OG Energy Drink 12oz	\$2.49 (Reg. \$3.49)
Pamela's Biscuit & Scone Mix 13oz	\$4.79 (Reg. \$6.99)



## Hop Harvest & Vine

Sauteed Butternut Squash Ravioli	\$9.99
Mussels in Wine Sauce	\$14.99
Organic Balsamic Beet Salad	\$5.99/lb (Reg.\$6.99/lb)
Classic Macaroni Salad	\$6.99/lb (Reg.\$7.99/lb)
Rotisserie Chicken Salad	\$10.99/lb (Reg.\$11.99/lb)
Public Brewing Amber Sunrise 4pk	\$9.99 (Reg.\$10.99/ea)
The Kids are Finally Sleeping Chardonnay	\$12.99/ea (Reg.\$13.99/ea)



## Double Point Items

We have over 300 items each month that will earn double points for (2 points for \$1 spent). These items can be found by looking for our **orange signs**. Here are a few of those items (scan QR Code for complete list).

- Siggis Yogurt-Black Cherry
- Melt Buttery Spread Sticks
- Chloe's Raspberry Pops
- Organicville OG Ketchup
- ParmCrisps Everything
- Garden of Life Sport Protein Choc.
- Nixie Sparkling Water Grapefruit
- Garden of Life Dr. Fom Probiotics Mood+
- Little Secrets Crispy Wafers Dark Chocolate w/  
Peanut Butter
- Harmless Harvest Coconut Water




## Point Redemption Items

Save your points for a semi-annual gift card ranging from \$20-\$500 or use accumulated points to purchase items for **just \$.99** each! These items can be found by looking for our **orange signs**. Here are a few select items and points needed to redeem for \$.99 (scan QR Code for complete list).

- Annies Frozen Poppers-Pep 300
- Beyond Meat Meatballs 350
- Blakes Pot Pie Ckn W/ Veg 300
- Lightlife Burger 350
- Kite Hill Spinach & Ricotta Ravioli 450
- Andalou Naturals Hand Cream  
Lime Blossom 450
- Tea Tree Therapy Whitening Toothpaste 250
- JonnyPops Red, White & Boom 8pk 300
- Grandpa Soap Co. Epsom Salt Soap Bar 250
- Chameleon Cold-Brew Concentrate Espresso  
200

