

Manager Specials

Offers Valid 1/16/23 - 1/31/23

ECO Membership Required



Produce

Green/Red Leaf Lettuce	\$3.49/lb (Reg. \$4.49/lb)
Green Onions	\$1.99/ea (Reg. \$2.29/ea)
Bagged 1lb Brussel Sprouts	\$4.19/ea (Reg. \$2.79/ea)
Romaine Hearts 3ct	\$4.99/ea (Reg. \$6.29/ea)
Cara Cara Oranges	\$0.89/lb (Reg. \$1.79/lb)
Gala Apples	\$1.39/ea (Reg. \$2.99/ea)
Gala 3lb Bagged Apples	\$4.99/ea (Reg. \$5.99/ea)



Meat & Seafood

In House Breaded Boneless Skinless Chicken Breast	\$9.99/lb (Reg. \$11.99/lb)
Smart Chicken Breaded Bagged Nuggets & Tenders	\$7.99/ea (Reg. \$8.99/ea)
Smart Chicken Organic Boneless Skinless Tighs	\$4.49/lb (Reg. \$5.99/lb)



Wellness

Natural Factors Bioactive Quercetin 60 vcap	\$25.49 (Reg \$33.99)
Charlottes Web 17mg Lemon Twist CBD 30ml	\$57.59 (Reg \$71.99)
Charlottes Web 17mg Orange Blossom CBD 60 gummies	\$57.59 (Reg. \$71.99)
Garden of Life Keto Weightloss Shake Vanilla 365g	\$46.69 (Reg. \$54.99)
Garden of Life Keto Weightloss Shake Chocolate 365g	\$46.69 (Reg. \$54.99)
Garden of Life OG Fit Protein Original 15.1oz	\$44.99 (Reg. \$52.99)
Garden of Life OG Fit Protein Chocolate 1 lb	\$44.99 (Reg. \$52.99)
Garden of Life Protein Coffee 16oz	\$44.99 (Reg. \$52.99)
Everyone Hand Soap Ruby Grapefruit 12.75oz	\$4.99 (Reg. \$6.29)
Everyone Hand Soap Meyer Lemon & Mandarin 12.75oz	\$4.99 (Reg. \$6.29)
Everyone Hand Soap Spearmint & Lemongrass 12.75oz	\$4.99 (Reg. \$6.29)
Everyone Hand Soap Lavender & Coconut 12.75oz	\$4.99 (Reg. \$6.29)

Grocery

Field Roast Choa Slices & Frankfurters Sausage	\$4.49 & \$5.49 (Reg. \$6.49 & \$7.99)
Cascadian Farm Vegetables & Fruit 8oz-24oz	\$2.99 – \$6.79 (Reg. \$4.79 - \$13.29)
Birch Benders Keto Frosting & Mix 10oz	\$5.49 & \$5.99 (Reg. \$8.79 & \$8.89)
Catalina Crunch Keto Friendly Cookie 6.8oz	\$5.49 (\$7.89)
One Degree Organics Hot Oatmeal 24oz	\$5.29 (Reg. \$8.49)
Vita Coco Coconut Water 500ml	\$2.29 (Reg. \$3.29)
Ecos Select Home Products	\$3.29 - \$15.49 (Reg. \$5.99 - \$14.99)

Hop Harvest & Wine

Pesto Pizza 8"	\$8.99
Chicken & Bacon Tempeh Alfredo with Farfalle	\$18.99
Organic Vegetable Lo Mein	\$5.99/lb (Reg.\$6.99/lb)
Organic Cranberry Almond Quinoa	\$9.49/lb (Reg.\$10.49/lb)
Driftless 6 pack	\$12.99/ea (Reg.\$13.99/ea)
FitVine Chardonnay 750ml	\$13.99/ea (Reg.\$14.99/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).



- Waterloo Sparkling Water Peach
- Siggis Icelandic Yogurt Van.
- Cosmic Bliss Dark Choc Bar
- Rishi Tea Matcha Sweet
- ETC Mushroom Jerky Habanero BBQ
- Charlotte's Web Daily Wellness Gummies
- Himalaya Boswellia - Joint Support
- Hilary's OG Veggie Burger
- Biokleen Spray & Wipe
- Smarty Pants OG Kids Complete

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).



- Hoplark Hop Tea 150
- Jolly Llama Cones 250
- Chomps Beef Snack Sticks 100
- EO Sanitizer Spray 200
- Teccino Herbal Tea 10 ct 300
- Himalaya Toothpaste 350
- Wedderspoon Manuka Honey Drops 550
- Tiger Balm Active Muscle Rub 350
- Bear Yoyo Fruit Rolls 3.5 oz 300
- EO Everyone Lotion 32 oz 750