Manager Specials!



Prices Good 9/23-9/29





Organic Pomegranates

\$2.99/lb Reg. \$4.99/lb





Organic Bartlett Pears

\$1.99/lb
Reg. \$2.99/lb



Grass Fed Beef Eye of Round and Rump Roast

\$6.99/lb
Reg. \$7.99/lb





Fresh Wild Caught Cod (Iceland)

\$14.99/lb



Organic Lemons - 2 lb bag

\$2.99/ea



Boar's Head® Simplicity® All Natural* Smoked Turkey - deli

\$10.99/lb Reg. \$11.99/lb

All of our products are free from antibiotics, hormones, sodium nitrates, fillers, animal by-products, preservatives, trans fat, MSG, bleach, dyes, hydrogenated oils, high fructose corn syrup and artificial ingredients! Plus everything organic is GMO Free!

No GMO's. No Nitrates. No Antibiotics. No Hormones.



Organic Gala Apples (New Crop) - 3 lb bag

\$3.99/ea Reg. \$5.99/ea



Organic Valencia Oranges - 4 lb bag

\$5.49/ea Reg. \$8.49/ea



Organic Driscoll Raspberries - 6 oz

\$3.29/ea Reg. \$4.29/ea



Organic Red Russet & Yellow Russet Potatoes - 3 lb baa

\$2.99/ea Reg. \$4.89/ea



Curried Lentil Quinoa - deli

\$8.99/lb Reg. \$10.49/lb



Gluten-Free White Chocolate Cranberry Bar

\$1.99/ea Reg. \$2.99/ea



Stress-Relax Tranquil Sleep - 60 chewable tablets

\$24.99/ea Reg. \$31.99/ea \$6.49/lb Reg. \$7.49/lb



Organic Parmesan Squash Raw Organics Super Omega-3 - deli



Organic Chia Seeds - 12 oz

\$10.49/ea Reg. \$14.99/ea



Alden's Organic Pumpkin Spice Ice Cream

\$1.00 off Reg. \$4.99/ea

Beer Sale! 25% off

Deschutes Allagash **New Belgium** Bell's and other select brands



Firehook Flatbread Crackers - all varieties

10% off Reg. \$5.49/ea

Store Hours: Mon-Fri 8am-9pm | Sat 8am-7pm | Sun 9am-7pm Monday - Saturday we are open one hour early for those at the highest risk of complications from COVID-19.