

Manager Specials!



Prices Good 1/13-1/19



Organic Grapefruit
- 4 lb bag

\$4.89/ea
Reg. \$6.89/ea



Organic Mangoes

2 for \$3
Reg. \$1.99/ea



Fresh Wild Caught Cod
(Iceland)

\$14.99/lb
Reg. \$16.99/lb



Organic Prairie St. Louis
Style Spare Ribs

\$4.99/lb
Reg. \$5.99/lb



Organic Gala Apples
- 2 lb bag

\$2.99/ea
Reg. \$3.99/ea



Boar's Head® Simplicity® All
Natural* Uncured Ham - deli

\$10.49/lb
Reg. \$10.99/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.

Specialty | Cafe/Deli | Meat/Seafood | Organic Produce



Organic Avocados

4 for \$3 Reg. \$0.99/ea



Organic Romaine Hearts
- 3 ct pkg

\$3.89/ea Reg. \$4.89/ea



Organic Cauliflower

\$2.89/ea Reg. \$5.89/ea



Organic Clementine
Mandarins - 2 lb bag

\$4.99/ea Reg. \$5.99/ea



Organic Sesame Sweet
Potato Salad - deli

\$8.99/lb Reg. \$9.99/lb



Gluten Free Raspberry
Lemon Muffins

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



Quantum Health Elderberry
Immune Liquid Extract - 2 oz

\$9.99/ea Reg. \$14.99/ea



Organic Lemon Dill Pasta
Salad - deli

\$8.99/lb Reg. \$9.99/lb



Quantum Health Elderberry
Immune Capsules - 60 ct

\$9.99/ea Reg. \$11.79/ea



Botticelli Marinara

\$4.99/ea Reg. \$7.49/ea



Essential Baking Co. Take
& Bake Garlic Bread

\$5.29/ea Reg. \$5.79/ea



Vintage Brewing Scaredy
Cat Oatmeal Stout - 6 pk

\$10.49/ea Reg. \$10.99/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.