

# Manager Specials!

No ECO Membership Required!

**Prices Good 8/10-8/16**



Organic Blueberries  
- 1 pint

**\$3.29/ea**

Reg. \$4.79/ea



Organic Avocados

**\$1.49/ea**

Reg. \$1.99/ea



Farm Raised Verlasso  
Salmon

**\$15.99/lb**

Reg. \$17.99/lb



Organic Green & Red  
Grapes

**\$2.99/lb**

Reg. \$5.49/lb



Organic Iceberg Lettuce

**\$2.29/ea**

Reg. \$2.79/ea



Smart Chicken Boneless  
Skinless Breasts

**\$6.49/lb**

Reg. \$7.99/lb

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

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

Specialty | Deli | Meat/Seafood | Organic Produce



Organic Celery Bunch

**\$1.49/ea** Reg \$1.99/ea



Organic Broccoli

**\$1.99/lb** Reg \$2.69/lb



Organic Cauliflower

**\$2.49/ea** Reg \$2.89/ea



Organic Green Onions

**\$0.99/ea** Reg \$1.49/ea



Organic Balsamic Beets - deli

**\$5.99/lb** Reg \$6.99/lb



Organic Curry Chicken Salad - deli

**\$10.99/lb** Reg \$11.99/lb



Boar's Head Simplicity  
Uncured Genoa Salame

**\$17.99/lb** Reg \$19.99/lb



MegaFood Elderberry Zinc  
Immune Support Syrup - 6 fl oz

**25% OFF** Reg \$38.19/ea



Four Elements Organic Herbal  
Bath Salts - all varieties, 16 oz

**25% OFF** Reg \$14.39/ea



Gluten Free Oatmeal Raisin  
Cookies

**\$1.99/ea** Reg \$2.99/ea



Meadowlark Mill Flours  
- all varieties

**15% OFF** Reg varies

**THIRSTY THURSDAY**  
EVERY THURSDAY  
11AM-9PM

**FREE**  
CORKING FEE ON ALL  
BOTTLES OF WINE\*

**\$2 OFF**  
ALL BEER FLIGHTS &  
TAPPED BEVERAGES

\*MUST BE PURCHASED AT HOP HARVEST & VINE

Store Hours:

Mon-Fri: 8am-9pm | Sat: 8am-7pm | Sun: 9am-7pm