

Monthly Deals



April 2024

SANDWICHES OF THE MONTH



\$14.99 ea.
Verde Spring Lamb Wrap
 We slice the perfectly cooked lamb thin and load the wrap with pickled veg, fresh tomato, pea shoots, lettuce, tzatziki sauce, and our delicious parsley verde sauce. Get your lamb fix today!



\$13.99 ea.
Italian Meatball Sub
 This delicious italian meatball sub is served on a french roll, with house made meatballs, marinara sauce, mozzarella cheese, slice tomatoes, diced olives, parsley, mayo and parmesan cheese.



\$12.99 ea.
Southwestern Burger (Vegan)
 This vegan delight is topped with a black bean and quinoa patty, jalapeño cilantro hummus, pico de gallo, avocado, cilantro, and sprouts, on a vegan bun.

Frazier Farms
Matcha Lattes
\$1 OFF
 ea.



THE MONTHLY GRIND



Coconut Cashew Butter **\$5.99**
 lb.

WHOLE BEAN SPECIAL



Costa Rica Coffee **\$8.99**
 ea. (12 oz.)

We reserve the right to modify items & change prices. All items subject to availability.

WELLNESS & NATURAL LIVING



Natural Factors
 Whole Earth & Sea
 Multi Vitamins **30% OFF**

Refill your Dr. Bronner's 100% Post-Consumer-Recycled bottle, all-purpose spray bottle, foaming pump dispenser, and more with the NEW 32oz. Soap Refill Paper Carton! Uses 82% less plastic than one of our 32oz. recycled bottles! Sustainable made easy!



Dr. Bronner's
 Refill or 32 oz. Castile Soap

30% OFF



true grace
 True Grace
 Earth-Friendly
 Multivitamin
 Refill Pouches (90 ct.) **\$49.49**
 SRP: \$65.98



ORGANIC INDIA
 Organic India
 Herbal Formulas **30% OFF**



LIQUID IV
 Liquid IV
 Hydration Multiplier **30% OFF**

Featuring Magtein®, Magnesium L-Threonate
 Supports Brain Health, Memory & Function



Jarrow FORMULAS
 Jarrow
 MagMind **25% OFF**



Charlotte's Web
 Gummies **20% OFF**



everyone
 Everyone
 3 In 1 Soap (32 oz.) **\$8.99**
 SRP: \$12.99



Wishgarden
 Select Sinus &
 Allergy Formulas **25% OFF**



Orgain
 Orgain
 Protein Powders **30% OFF**



PRIMAL KITCHEN
 Primal Kitchen
 Collagen Fuel **\$29.99**
 SRP: \$44.99

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BAKERY - BULK - CHEESE

BAKED FRESH!
Frazier Farms Cookies (18 pk.) **\$5.99**

HOUSE-MADE
Frazier Farms Peanut Butter & Jelly Granola **\$5.99** lb.

Extra Roasted Pumpkin Seeds **\$6.99** lb.

Dalmatia Fruit Spreads (8.5 oz.) **\$5.99**

DELI - BEER & WINE

Blitzd Dips (8 oz.) **\$4.99**

Hummus Chick Hummus (8 oz.) **\$4.49**

Pizza Port Swami's IPA (12 pk.) **\$21.99** +tax +CRV

Summer Water Rosé **\$13.99** +tax (750 ml.)

MEAT & SEAFOOD

Fra'Mani Sausages (8.5-11 oz.) **\$6.99** ea.

Force of Nature Grass Fed Steaks, Hot Dogs, Sausages (6-14 oz.) **15% OFF**

Large, Wild Corvina Fillets **\$15.99** lb.

Extra Large Peeled & Deveined White Shrimp (16/20 CT.) **\$9.99** lb.

DAIRY - FROZEN

Grassland Non-GMO Butter (16 oz.) **\$4.99**

Elmhurst Plant Based Milks (32 oz.) **\$4.99**

Red's All Natural Burritos **2 for \$5** (4.5-5 oz.)

Laoban Soup Dumplings (8 oz.) **\$5.49**

GROCERY

Simply Organic Spices (1.4-8 oz.) **20% OFF**

Halfday Prebiotic Iced Tea (12 oz.) +CRV **2 for \$5**

From The Ground Up Line Drive (3.5-4.5 oz.) **2 for \$7**

Waterloo Sparkling Water (12 pk.) +CRV **2 for \$11**

Terra Granola (12 oz.) **\$8.99**

GROCERY

Guayaki Yerba Mate (15.5 oz.) +CRV **2 for \$5**

Chomps Meat Sticks (1.15 oz.) **\$1.99**

Lundberg Family Farms Select Varieties (5 oz. - 4lb.) **20% OFF**

Caboo Line Drive **20% OFF**

Sun Sip Prebiotic Soda (11.5 oz.) +CRV +tax **2 for \$3**