

SANDWICHES OF THE MONTH



\$12.99 ea. **Thai Chicken Meatball Banh Mi**
Delicious hand rolled Thai chicken meatballs are stuffed in our French roll with sriracha mayo, cilantro, crunchy bean sprouts, and our house pickled veggies.



\$12.99 ea. **Grilled Portobello**
This Vegan Sandwich is stacked with Roasted Portobello Mushrooms, Roasted Red Pepper, Onions, fresh tomatoes topped with a spring mix and Balsamic reduction.



\$12.99 ea. **Spring Chicken Sandwich**
A fresh kaiser roll topped with thinly sliced Chicken Breast, provolone cheese, red onion, tomato, avocado, green leaf lettuce, sprouts, Italian dressing, mayo and mustard.



Frazier Farms
Shots & Tonics
20% OFF

THE MONTHLY GRIND



Sunny Protein Nut Butter \$ **4.99** lb.

WHOLE BEAN SPECIAL



Breakfast Blend \$ **9.99** ea. (12 oz.)

NEW YEAR, FRESH START
with

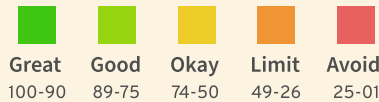
GreenChoice

Choose the right foods for your health, dietary needs and the planet!

Look for GreenScore® Labels while you shop!



GreenScore® Scale



Scan any tag to see if it meets YOUR dietary needs!



Available in on items in our Grocery and Dairy department.



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

WELLNESS & NATURAL LIVING



Ancient Nutrition Whey Protein **30% OFF**



Four Sigmatic Coffee **\$17.49** SRP: \$21.99



Primal Kitchen Collagen **30% OFF**



Charlotte's Web Gummies **25% OFF**



True Grace Line Drive **25% OFF**



Nordic Naturals Line Drive **25% OFF**



Country Life Line Drive **25% OFF**



Organic India Line Drive **25% OFF**



Nature's Answer All Products **30% OFF**



OM Mushroom Mushroom & Adaptogen Formulas **25% OFF**



EveryOne 3 in 1 Lotion and Soap **30% OFF**



Herbatint Hair Color **\$16.99** SRP: \$19.99

BAKERY - BULK - CHEESE

MUFFIN OF THE MONTH



Fruit & Flax Bran Muffins 4 pk. **\$6** ea.

Sweetened with Honey



HOUSE-MADE Frazier Farms Sun Bars **\$6** lb.



Organic Chia Seeds **\$4.99** lb.



Cypress Grove Goat Cheese Disks 4 oz. **\$4.99** ea.

DELI - BEER & WINE



True Story Sliced Meat 4-6 oz. **\$7.99**



Little Sesame Hummus 8 oz. **\$4.99**



RationAle Non-Alcoholic Beer 6 pk. **\$10.99** + tax + CRV



The NA Beverage Company Non-Alcoholic Tea Seltzers 2 for **\$5** 8.4 oz. + tax + CRV

MEAT & SEAFOOD



Smart Chicken Organic Sausages 12 oz. **\$6.99** ea.
 Chicken Drumsticks +\$3.49/lb.



Smart Chicken Organic Dino or Breaded Nuggets 16 oz. **\$8.99** ea.



Wild, Domestic Texas Shrimp 2/25 CT. **\$8.99** lb.



Big Glory King Salmon **\$22.99** lb.

DAIRY - GROCERY



Forager Cashew Coconut Yogurt 5.3 oz. **2 for \$3**



Bizzy Cold Brew Coffee 48 oz. +CRV **\$4.99**



Primal Kitchen Line Drive 4.7-24 oz. **25% OFF**



Guru Energy Drinks 12 oz. +CRV +tax **2 for \$5**



Lundberg Line Drive 5-32 oz. **25% OFF**

GROCERY



Nixie Zero Sugar Soda 12 oz. +CRV +tax **3 for \$5**
 Sparkling Water 8pk. +CRV +tax. \$5.99



Jackson's Sweet Potato Chips 5 oz. **2 for \$7**



Hop Wtr Sparkling Hop Water 6 pk. +CRV +tax **\$6.99**
 Hop Wtr Tall Boys 16 oz. +CRV +tax. 2 for \$3



Lesser Evil Organic Popcorn 4.4-6.4 oz. **2 for \$6**



Poppi Prebiotic Soda 4pk. +CRV +tax. **3 for \$6**
 12 oz. +CRV +tax. \$7.99

GROCERY



Local Hive Honey 16 oz. **\$6.49**



Catalina Crunch Keto Cereal 16 oz. **\$6.99**



Bragg Apple Cider Vinegar 32 oz. **\$4.99**



Yogi Tea 16 ct. **2 for \$7**
 Yogi Chai Tea Latte 32oz. \$3.99



Mezcla Puff-Crispy Bars 1.4 oz. **2 for \$4**