



Healthy Savings!

Prices effective December 4 - 17

Organic Cauliflower.....	\$1.99/lb
Organic Broccoli.....	\$2.49/lb
Miller Poultry Cut-up Chickens.....	\$1.79/lb
Grass-fed Beef Rib-eye Steaks <small>bone-in.</small>	\$13.99/lb
Organic Blueberries, <small>6 oz. pkg</small>.....	\$3.99
Organic Navel Oranges, <small>large 48-count size</small>.....	2/\$3
Organic Zucchini <small>and Yellow Squash</small>.....	\$1.99/lb
Organic Russet Potatoes, <small>5# bag</small>.....	\$4.99
Organic Cluster Tomatoes, <small>on-the-vine</small>.....	\$2.99/lb
Organic Satsuma Mandarins.....	\$2.99/lb
Organic Cucumbers, <small>each</small>.....	\$.99
Cooked Cocktail Shrimp, <small>preservative-free/farm-raised, India.</small>	\$13.99/lb
Pork Sirloin Roasts, <small>Premium, all-natural</small>.....	\$3.49/lb
Garrett Valley Pork Bacon, <small>8 oz.</small>.....	\$6.99
Greek Olive Mix, <small>assorted w/ pits, in Gourmet Cheese</small>.....	\$6.99/lb
Idyll Farms Spreadable Cheese, <small>Northport MI, asstd. 5 oz.</small>.....	\$4.99
Vegetable Lasagna, <small>home-made in our Kitchen</small>.....	\$6.99/lb
Butternut-Gorgonzola Soup, <small>home-made, in our Takeaway</small>.....	\$4.49/lb
Marques de Caceres Rioja Crianza, <small>750 ml.</small>.....	\$10.99
Bell's Winter White Ale. <small>& assorted 6/12 oz.</small>.....	\$8.99

fresh. local. organic.

Open 7A-9P daily.



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Organic Valley Butter , Regular or Unsalted, 16 oz.....	\$5.99
Back to Nature Crackers , select varieties, 8-8.5 oz.....	\$3.49
Napa Valley Organic Olive Oil & Avocado Oil, 25 oz.	\$10.99
King Arthur Flour , 5-lb. All-Purpose.....	\$4.99
Wholly Wholesome Organic Sugar , select 16- 24 oz.....	\$4.99
Pacific Organic Broths , select varieties, 32 oz.....	2/\$7
Dagoba Organic Chocolate Bars , assorted 2 oz.....	2/\$4
Twining's Teas , select 20-count bags.....	2/\$6
Ghirardelli Baking Chips , assorted 10-12 oz.....	\$4.99
Knudsen's Sparkling Juices , select 32 oz.....	2/\$7
Uncle Matt's Organic Orange Juice , assorted 59 oz.....	\$5.99
Cadia Organic Vegetables , select Frozen 16 oz.....	\$2.29
Katz Gluten-free Fruit Pies , assorted Frozen 11.5 oz.....	\$5.99
Vegan Rob's Chips & Puffs , assorted 3.5 oz.....	2/\$4
Good Health Avocado Oil Potato Chips , assorted varieties, 5 oz....	2/\$5
Bio-Kleen Laundry Powder , 5 lb.....	\$8.99
Green Forest Bath Tissue , 12-pack/ Double Roll.....	\$9.99
Desert Essence Body Care , entire line.....	20% off
Herbatint Hair Color , entire line.....	20% off
Quantum Throat Lozenges , entire line.....	20% off
Yerba Prima Fibers , entire line.....	20% off
Enzymedica Digestive Enzymes , entire line.....	20% off
Source Naturals Dietary Supplements , entire line.....	20% off
Arbor Farms Brand Vitamins & Herbs , entire line.....	20% off

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