Pasture Perfect
American Style Kobe
2 x 8 Burger Patties
(16 oz pkg)
$7.99/ea
Reg $8.99/ea

Andrew & Everett
Sliced Cheese
All Varieties
7 oz
$3.99/ea
Reg $5.49/ea

Garden of Eatin’
Tortilla Chips
All Varieties
16 OZ
2/$7
Reg $6.39 ea

Woodstock
Organic Ketchup
15 OZ
$1.99
Reg $3.49

Seven Rivers
Salsa
All Varieties
8 OZ
2/$7
Reg $3.99 ea

Woodstock
Organic Mustard
All Varieties
8 OZ
2/$5
Reg $3.79 ea

Sonoma Flatbreads
Gluten-Free Pizza
All Varieties
17.17 OZ
BOGO
Reg $12.99 ea

Woodstock
Organic BBQ Sauce
All Varieties
18 OZ
2/$7
Reg $5.99 ea

Hope
Organic Hummus
All Varieties
8 OZ
$3.99
Reg $5.29

Woodstock
Organic Pickles
Sliced Kosher Dill
24 OZ
$3.99
Reg $6.99

Woodstock
All Natural Charcoal
Lump Hardwood
8.8 LB
$9.49
Reg $13.59

Good April 30 - May 31, 2018. Some sales & items may not be available at both locations.
ICED MEXICAN COFFEE
Try something new this month... cayenne in your morning cup! Plus chocolate & cinnamon... what more could you want?!

CARNE ASADA WRAP
Muy caliente! Roast beef, gooey 3 pepper colby jack cheese, roasted red pepper & onions & chipotle Vegenaise hot pressed in a wrap of your choosing.

SPICY SHERBERT SMOOTHIE
A kick of cayenne spices up this smoothie. Smooth yogurt blended with fresh mango, peaches & raspberries, and orange & pineapple juices.

accompaniments & garnishes not included
MEAT & SEAFOOD

St. Louis Style Pork Spare Ribs
$5.99/lb
Reg $6.99/lb

100% Grassfed & Local Outside Skirt Steak
$9.99/lb
Reg $12.99/lb

Made In House Mild or Hot Italian Sausage
$4.99/lb
Reg $5.99/lb

Organic Whole Chickens
$3.49/lb
Reg $4.49/lb

Organic Beef Hot Dogs 14 oz pkg
$7.99/ea
Reg $9.99/ea

WINE & BEER

Eppa Red Sangria
$9.99
Reg $10.99

Grayson Cellars Chardonnay
$10.49
Reg $11.49

Cigar City Jai Alai IPA
$9.59
Reg $10.59

*shown prepared with some items not included
**BULK SALES**

- Organic Raw Pumpkin Seeds ............... $2.99
- Organic Red Flame Raisins ............... $2.99
- Almond Butter (Freshly Ground In House) ... $6.49
- Carob Krinkles .................................. $7.99
- Organic Dried Pineapple .................... $9.29

All bulk prices by the pound.

**CHEESE BOARD**

- Mt. Sterling Co-Op Raw Goat Milk Cheese 8 oz
  - Reg $7.99/ea
  - Sharp Cheddar
  - $6.49/ea

- Van Kaas Special Reserve Aged Gouda
  - Reg $13.69/lb
  - $10.69/lb

- Mt. Vikos Organic Feta
  - Reg $6.99/ea
  - $5.99/ea

**accompaniments & garnishes not included**
### Siggi’s
**Icelandic Style Yogurt**
All Varieties
5.3 OZ

2/$3
Reg $2.29 ea

### Green Valley
**Organic Yogurt**
All Varieties
24 OZ

$4.49
Reg $6.69

### Liberté
**Organic Yogurt**
All Varieties
5.5 OZ

$1.79
Reg $2.59

### So Delicious
**Dairy-Free Yogurt**
All Varieties
5.3 OZ

$1.79
Reg $2.79

### Greek Gods
**Greek Yogurt**
All Varieties
24 OZ

$3.99
Reg $5.59

### Sunshine Burger Company
**Organic Veggie Burgers**
All Varieties
3/2.67 OZ

$3.99
Reg $5.99

### Ling Ling
**Potstickers**
Chicken & Vegetable Dumplings
13 OZ

$4.49
Reg. $6.69

### Maria and Ricardo’s
**Tortillas**
Soft Taco Size
All Varieties
8 CT

$2.99
Reg $4.29

### Natural Choice
**Organic Fruit Bars**
All Varieties
4/2.75 FL OZ

2/$7
Reg $5.19 ea

### Rudi’s
**Organic Bread**
All Varieties
22 OZ
excl. multigrain & cinnamon raisin

$3.99
Reg $6.19

### Jolly Llama
**Coconut Cream Pops**
All Varieties
4/3 OZ

$3.99
Reg $5.59

### Julie’s
**Organic Ice Cream Bar**
Fudge
4/2.5 FL OZ

$4.49
Reg $6.39

### Sorbabes
**Gourmet Sorbet**
All Varieties
1 PINT

$4.49
Reg $6.09

### Woodstock
**Organic Tofu**
Extra Firm
14 OZ

2/$5
Reg $3.39 ea

### Tofutti
**Better Than Cream Cheese**
Non-Hydrogenated
Plain
8 OZ

$3.49
Reg $4.69
Kettle Potato Chips
All Varieties
5 OZ excl organic
2/$5
Reg $3.49 ea

Vermints
Organic Mints
All Varieties
1.41 OZ
2/$5
Reg $3.49 ea

Bark Thins
Snacking Chocolate
All Varieties
4.7 OZ
$3.99
Reg $5.39

Chocolove Xoxox
Chocolate Bar
All Varieties
3.2 OZ
2/$5
Reg $3.59 ea

Cocomel
Organic Bites
All Varieties
3.5 OZ
2/$7
Reg $5.49 ea

Raw Food Central
Organic Kale Chips
All Varieties
1.5 OZ
$4.99
Reg $6.79

Green & Black’s
Organic Chocolate Bar
All Varieties
3.5 OZ
2/$7
Reg $4.59 ea

Justin’s
Organic Nut Butter Cups
All Varieties
1.4 OZ
2/$3
Reg $2.29 ea

That’s It
Fruit Bar
All Varieties
1.2 OZ
2/$3
Reg $1.89 ea

Happy Tot
Organic Super Foods
Pears, Mangos & Spinach
4.22 OZ
4/$5
Reg $2.29 ea

Smashmallow
Marshmallow Rice Treats
All Varieties
6/1.15 OZ
$3.79
Reg $5.29

Absolutely Gluten Free
Flatbread
All Varieties
5.29 OZ
$3.99
Reg $5.59

Milton’s Baked Crackers
All Varieties
4.5 OZ
$2.99
Reg $4.39

Theo
Organic Chocolate Bar
All Varieties
3 OZ
$2.99
Reg $4.39

Taza
Organic Stone Ground Chocolate Bar
All Varieties
2.5 OZ
2/$7
Reg $4.59 ea
**Nature's Path Organic Cereal**
All Varieties
10.6 - 13.25 OZ
$3.99
Reg $5.99

**Riley's Organic Dog Treats**
All Varieties
5 OZ
2/$7
Reg $5.49 ea

**Van's Organic Waffles**
All Varieties
8.5 OZ
2/$6
Reg $3.99 ea

**Halo Spot’s Stew Canned Dog Food**
Chicken Recipe
5.5 OZ
$1.79
Reg $2.59

**Erewhon Organic Cereal**
All Varieties
10 - 11 OZ
$3.79
Reg $5.99

**KIND Breakfast Bar**
All Varieties
4/1.8 OZ
$2.99
Reg $4.59

**KIND Clusters**
All Varieties
11 OZ
$4.49
Reg $6.69

**Barbara’s Bakery Cereal**
Original Multigrain Spoonfuls
14 OZ
2/$6
Reg $5.89 ea

**PetGuard Premium Lifespan Dry Dog Food**
Wholesome Chicken
8 LB
$17.99
Reg $26.29

**Wellness Indoor Dry Cat Food**
Salmon & Herring
2.25 LB
$11.99
Reg $15.79
Cappello’s Grain-Free Pasta
All Varieties 9 OZ
in our freezer
$8.99
Reg $12.49 - $15.99

Wild Planet Wild Salmon Sockeye
6 OZ
$5.49
Reg $9.99

Annie Chun’s Brown Rice Noodles
Maifun
8 OZ
2/$5
Reg $4.29 ea

Mediterranean Organic Preserves
All Varieties 13 OZ
$4.49
Reg $6.49

Ener-G Foods Tapioca Bread Loaf
16 OZ
$4.99
Reg $7.39

Mediterranean Organic Balsamic Vinegar
16.9 FL OZ
$5.99
Reg $8.49

Cholula Hot Sauce
All Varieties 5 FL OZ
2/$5
Reg $3.99 ea

Nutiva Organic Coconut Oil
Virgin
23 OZ
$15.49
Reg $21.09

San-J Stir-Fry & Marinade
All Varieties 10 FL OZ excl. tamari
$2.99
Reg $4.39

Drew’s Organic Dressing
All Varieties 12 FL OZ
2/$7
Reg $4.69 ea

Thai Kitchen Organic Coconut Milk
Unsweetened
13.66 FL OZ
$2.49
Reg $3.99

Tasty Bite Organic Heat & Eat Rice Pouch
All Varieties 8.8 OZ
$1.79
Reg $2.79
1907 Artesian Water
67.6 FL OZ
2/$7
Reg $4.89 ea

Live Organic Kombucha
All Varieties
12 FL OZ
2/$4
Reg $3.19 ea

Pacific Cashew Milk
All Varieties
32 FL OZ
$2.99
Reg $4.99

Izze Sparkling Beverage
All Varieties
4/12 FL OZ
2/$8
Reg $7.29 ea

New Barn Organic Almond Milk
All Varieties
28 FL OZ
$4.99
Reg $7.39

Eternal Artesian Water
Silica Rich
1 LTR
2/$3
Reg $2.09 ea

Farmhouse Culture Organic Gut Shot
All Varieties
16 FL OZ
$5.99
Reg $7.59

Reed's Extra Ginger Brew
Ginger Beer
4/12 FL OZ
$5.49
Reg $8.39

Harmless Harvest Organic Coconut Water
16 FL OZ
$3.99
Reg $6.59

Califia Almond Milk
All Varieties
48 OZ
$4.79
Reg $6.09

Santa Cruz Organic Lemonade
All Varieties
32 FL OZ
2/$5
Reg $3.59 ea

Teas' Tea Organic Tea
All Varieties
16.9 FL OZ
2/$3
Reg $2.39 ea
Andalou Naturals
1000 Roses Beautiful Day Cream Sensitive
1.7 FL OZ
$16.49
Reg $24.99

Kiss My Face
Bar Soap All Varieties
8 OZ
$2.69
Reg $3.99

EO
Deodorant Spray All Varieties
4 FL OZ
$4.79
Reg $6.99

Weleda
Body Wash Sea Buckthorn or Wild Rose Creamy
6.8 FL OZ
$6.99
Reg $9.99

Aura Cacia
Calming Lavender Essential Oil
.5 FL OZ
$7.99
Reg $13.19

All Terrain
Herbal Armor Insect Repellent Deet-Free Pump Spray
4 FL OZ
$5.99
Reg $9.99

Alba Botanica
Sunscreen All Varieties
4 OZ
$8.99
Reg $11.99

Nature’s Gate
Shampoo or Conditioner All Varieties
18 FL OZ
$5.79
Reg $8.69

Alaffia
Hand Soap All Varieties
12 OZ
$3.99
Reg $5.99

My Magic Mud
Activated Charcoal Toothpaste All Varieties
4 OZ
$6.79
Reg $9.99
## May 2018 Calendar of Free Events

Clearwater location only. Come early. Seating is limited! See Summary of Events at Customer Care for more information.

### Sunday

<table>
<thead>
<tr>
<th>Date</th>
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</tr>
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<tbody>
<tr>
<td>6</td>
<td>Lyme Disease: The Silent Epidemic 6:30 pm Dr. David Minkoff MD LifeWorks Wellness Center</td>
</tr>
<tr>
<td>7</td>
<td>Song Circle 6:30 pm Free Jam Session in Patchworks Café</td>
</tr>
<tr>
<td>13</td>
<td>Mother's Day Vegan Cinnamon Rolls* 4 pm Brad Myers The Vegabond Chef</td>
</tr>
<tr>
<td>20</td>
<td>Kids Story Time with Music &amp; Craft 10 am Emma Davis Usborne Book Buddy</td>
</tr>
<tr>
<td>27</td>
<td>Intro to Kundalini Yoga 1 pm Carolyn Puckett PT Bliss Myofascial Release</td>
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### Monday

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<tr>
<td>1</td>
<td>Senior's Day 10% OFF* Everything for Seniors Every Wednesday Brad Myers Mr. Brad's Music</td>
</tr>
<tr>
<td>8</td>
<td>Mediterranean Cuisine* 6:30 pm Brad Myers The Vegabond Chef</td>
</tr>
<tr>
<td>15</td>
<td>Wellness Sale Days 20% OFF** Supplements &amp; Body Care 15th &amp; 16th</td>
</tr>
<tr>
<td>22</td>
<td>MR. BRAD @ 10 AM Song Circle 6:30 pm Free Jam Session in Patchworks Café</td>
</tr>
<tr>
<td>27</td>
<td>OPEN ALL DAY</td>
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### Tuesday

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<td>Mr. Brad's Music Fun Time 10 am &amp; 6:30 pm Brad Myers Mr. Brad's Music</td>
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<td>9</td>
<td>Fermented Foods* 6:30 pm John van Vlaardingen JV Health</td>
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<td>17</td>
<td>Green Chili Quinoa Falafel* 6:30 pm Venus DeMarco A Healthy Life Made Simple</td>
</tr>
<tr>
<td>24</td>
<td>Health Tailored to Your Genes 6:30 pm Dr. John Young MD Young Foundational Health Center</td>
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<tr>
<td>4</td>
<td>CINCO DE MAYO! Shredded Soy Curl Burritos* 11 am Michelle Chidore Whole Food Plant-Based Chef</td>
</tr>
<tr>
<td>5</td>
<td>Enjoy a FREE Cup of Joe On Us! Tomorrow Organic &amp; Fair Trade See store for details</td>
</tr>
<tr>
<td>11</td>
<td>WORLD FAIR TRADE DAY! Baba Ganoush + Dolmas* 11 am Demos to Di For NFP Demo Specialist</td>
</tr>
<tr>
<td>12</td>
<td>&quot;Vary&quot; Berry Blueberries* 11 am Debby DeGraaff Natural Foods Chef &amp; Author</td>
</tr>
<tr>
<td>18</td>
<td>Mental Health: A Natural Solution 11 am Dr. Brian Casswell DOM AP The Art of Acupuncture</td>
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### Saturday

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*FREE COOKING CLASS

The advice & informational content of our seminars do not necessarily represent the views of Nature's Food Patch. Please consult your health professional for your personal medical condition.

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**IMPORTANT: THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION. THESE PRODUCTS ARE NOT INTENDED TO DIAGNOSE, CURE OR TREAT ANY DISEASE. SOME ITEMS MAY NOT BE AVAILABLE. NOT RESPONSIBLE FOR TYPOGRAPHICAL ERRORS.**