

Rise & Shine

COOMBS
Organic Maple Syrup
Grade A Dark

\$9.99

12 oz. Sugg. Retail: \$14.39



FOOD FOR LIFE
Organic Ezekiel 4:9 Cereal
Golden Flax or Original

\$4.49

16 oz. Sugg. Retail: \$6.39

Cinnamon Raisin or Almond.....

16 oz. Sugg. Retail: \$6.99



\$4.99

GLUTEN FREEDA'S
Gluten Free Oatmeal w/Flax

Apple Cinnamon, Banana Maple, Maple Raisin or Variety Pack

\$4.29

10.5 oz. Sugg. Retail: \$5.79



BOB'S RED MILL
Oat Cereal
Scottish Oatmeal, Oat Bran or Steel Cut Oats

\$2.59

18-24 oz. Sugg. Retail: \$3.49-\$3.79

Thick Rolled Oats or Organic Steel Cut Oats.....

24-32 oz. Sugg. Retail: \$4.29-\$4.49

Organic Thick Rolled Oats or Organic Rolled Oats.....

32 oz. Sugg. Retail: \$5.39-\$5.49



\$2.99

\$3.79

UNCLE SAM
Uncle Sam Cereal
Original

\$2.59

10 oz. Sugg. Retail: \$3.79

w/Berries.....

10.5 oz. Sugg. Retail: \$4.69

\$3.19



BAKERY ON MAIN
Organic Granola

Cranberry Maple, Maple Raisin or Pecan Cranberry

\$4.19

12 oz. Sugg. Retail: \$5.99



NATURE'S PATH
Organic Instant Oatmeal
All Varieties

\$3.19

8 ct. Sugg. Retail: \$4.59

NATURE'S PATH
Organic Optimum Cereal

Cranberry, Power, Slim, Strawberry or Banana

\$3.69

10.6-14. Sugg. Retail: \$5.39



BARBARA'S
Puffins Cereal

Cinnamon, Crunchy Corn, Honey Rice or Peanut Butter

\$3.49

11-12 oz. Sugg. Retail: \$5.19



OLD WESSEX
Oatmeal

5 Grain, Instant, Irish Style or Scottish Porridge

\$2.39

16-18.5 oz. Sugg. Retail: \$3.49



OLD WESSEX
Instant Oatmeal

Original or Maple Brown Sugar

\$2.69

12.1-14.1 oz. Sugg. Retail: \$3.99

Organic Instant Oatmeal:

Original or Maple.....

7.9-11.3 oz. Sugg. Retail: \$4.49

Hot Oatbran Cereal.....

18.5 oz. Sugg. Retail: \$3.99



\$2.99

\$2.69

Woodstock Farms

Dried Fruit

Black Mission Figs or Unsweetened Papaya Spears

\$3.69

10 oz. Sugg. Retail: \$5.49

Organic Banana Chips....

6 oz. Sugg. Retail: \$3.49

Organic Medium Raw Coconut.....

8 oz. Sugg. Retail: \$3.99

Apple Rings.....

7 oz. Sugg. Retail: \$5.49

Deglet Dates w/Pits or Unsweetened Sliced Ginger.....

9.5-13 oz. Sugg. Retail: \$5.99

Organic Mango Slices or Unsweetened Pineapple Slices.....

5.5-13 oz. Sugg. Retail: \$6.49

Organic Unsweetened Turkish Apricots, Sour Tart Red Cherries or Sweetened Cranberries....

5.5-11.5 oz. Sugg. Retail: \$6.99

Organic Calmyrna Figs or Organic Sweetened Cranberries.....

10 oz. Sugg. Retail: \$7.49

Organic California Medjool Dates or Organic California Pitted Prunes.....

12-13 oz. Sugg. Retail: \$9.99

Organic Goji Berries.....

7 oz. Sugg. Retail: \$11.99



\$2.39

\$2.69

\$3.69

\$3.99

\$3.99

\$4.39

\$4.69

\$4.99

\$6.99

\$8.99

Bulk Foods

ORGANIC REGULAR ROLLED OATS

\$1.19
PER LB.

Sugg. Retail: \$1.39/lb.



ORGANIC WHITE SESAME SEEDS
HULLED

\$2.99
PER LB.

Sugg. Retail: \$3.29/lb.



ORGANIC THOMPSON RAISINS

\$2.79
PER LB.

Sugg. Retail: \$2.99/lb.

ORGANIC PITTED PRUNES

\$5.99
PER LB.

Sugg. Retail: \$6.99/lb.

ORGANIC CRYSTALLIZED GINGER
W/RAW SUGAR

\$4.99
PER LB.

Sugg. Retail: \$5.59/lb.



ORGANIC DRIED WILD BLUEBERRIES

\$19.99
PER LB.

Sugg. Retail: \$21.79/lb.



ORGANIC MACADAMIA NUTS

\$14.99
PER LB.

Raw, Kenya

Sugg. Retail: \$15.89/lb.

ORGANIC DICED ALMONDS

\$9.99
PER LB.

BUTTER STOCK

Sugg. Retail: \$11.49/lb.