HOLIDAYS at NATURE’S FOOD PATCH

HOLIDAY MENU à la carte

Prepared with love & ready to heat
Grab it ‘n go
November 19th
or pre-order today!

Mac ‘n Cheese
Deviled Eggs
Cranberry Pecan Stuffing
Apple Walnut Stuffing
Roasted Turkey Breast
Turkey Gravy
Butternut Bisque
Smashed Potatoes
NEW - Cauliflower Mash
Mushroom Gravy
Sweet Potato Casserole
Green Bean Almondine
Roasted Sweet Potatoes
Roasted Brussel Sprouts
Roasted Root Vegetables
Cranberry Pineapple Relish

New KETO FRIENDLY options available!
See store for details.

FEED a family in need this season

The Patch donates to local charities all year long. This season, we have partnered with the Homeless Empowerment Program (HEP) and Dunedin Cares Food Bank to help veterans, children & families in need. Donate food at our Clearwater & Dunedin locations.

November 1st - November 30th, 2018
Some items and sales may not be available at both locations.
Place your turkey order now or grab one beginning Nov. 13th

8 - 20+ LB turkeys available*

Fresh Whole Turkeys

- ORGANIC $3.69/LB
- NON-GMO $2.49/LB

Bone-In Turkey Breast

- ORGANIC $6.99/LB
- ALL-NATURAL $4.99/LB

100% Grass-fed & Local Beef Shoulder Roast

- $6.99/LB
- REG $8.99/LB

The Patch Homemade Hot or Mild Italian Sausage

- $2.99/LB
- REG $5.99/LB

for your Holiday Breakfast

- Applegate Breakfast Sausages $3.99/EA
- REG $5.99/EA (7 OZ PKG)

- Garrett Valley Sugar-Free Bacon $5.99/EA
- REG $6.99/EA (8 OZ PKG)

*We will reserve as close to the requested weight as possible. Size availability may vary. Sorry, no additional discounts on turkeys or turkey breast.
Pumpkin Spice Latte

We love this healthier version of the PSL! Organic, local espresso & your choice of organic milk blended with pumpkin syrup topped with organic whipped cream, cinnamon & nutmeg.

Catering, Cakes & Pies

We’ve got homemade pies, cakes & catering trays to make the holidays easy (& delicious!) Check out our full catering & bakery menu in-store or online.

Thanksgiving Turkey Feast

Delicious oven-roasted turkey breast & Havarti cheese topped with homemade balsamic cranberry reduction & organic spinach pressed on ciabatta bread.

Pumpkin Cheesecake

Slices or whole cakes available

Pumpkin Muffins

Made Fresh from scratch at The Patch
**RED WINES**

- Domaine Bousquet Pinot Noir Reserve $12.99 (Reg $14.99)
- Bonterra Cabernet Sauvignon

**WHITE WINES**

- Badger Mountain Riesling $9.99 (Reg $11.99)
- Pacific Redwood Chardonnay $11.99 (Reg $13.99)

**SPECIALTY BEER**

- Glutenberg American Pale Ale, Blonde Ale, IPA or Red Ale $9.99 (Reg $10.99 (4 PK))
- Sam Smith’s Perry, Pale Ale or Chocolate Stout $9.69 (Reg $10.69 (4 PK))
- Eel River IPA $10.49 (Reg $11.49 (6 PK))

**SPARKLING WINES**

- Tiamo Prosecco $12.99 (Reg $14.99)
- Miami Cocktail Blood Orange Mimosa $10.99 (Reg $12.99)
- Canletto Ricco Dolce Sparkling Red Wine $7.99 (Reg $9.99)
- Stellar Organics Extra Dry Sparkling Wine $11.99 (Reg $13.99)
SPECIALTY CHEESE BOARD

**Castello Havarti**
$4.49/EA
Reg $6.49 (8 OZ)
All Varieties

**Van Kaas Special Reserve Aged Gouda**
$10.99/LB
Reg $13.69/LB

**Creminelli Tartufo Salame**
$13.49/EA
Reg $16.49/EA

FREE SPECIAL EVENT
How to Make a Charcuterie Board:
Sunday, November 11th @ 1 p.m.
in our Clearwater Patchwork Community Room!

BULK HERBS & MORE

- Organic Cinnamon Powder.................. $0.49 *
- Organic Rosemary Leaf...................... $0.69 *
- Organic Sage Leaf.......................... $1.19 *
- Organic Thyme............................. $1.49
- Dried Cranberries (w/ Sugar)............. $2.69
- Organic Jumbo Turkish Figs.............. $6.39
- Organic Medjool Dates.................... $6.69
- Organic Hunza Gold Raisins.............. $7.29
- Chocolate Almond Clusters............... $9.59
- Organic Raw Cashews..................... $9.99
- Organic Raw Walnuts...................... $11.49

*priced by the OZ. All others priced by the LB.
North Coast Organic Apple Juice 1 GALLON $8.99 Reg $16.29

Wholly Wholesome Organic Pie Shell 9 Inch; 2 Pack Traditional $3.99 Reg. $5.99

Farmer’s Market Organic Canned Sweet Potato Puree 15 OZ 2/$5 Reg $3.39 ea

Farmer’s Market Organic Canned Pumpkin 15 OZ 2/$5 Reg $3.39 ea

WestSoy Chocolate Peppermint Stick Soy Beverage 32 OZ 2/$5 Reg $3.69 ea

Immaculate Baking Organic Cookie Dough Chocolate Chunk 12 OZ $2.99 Reg $5.89


Farmer’s Market Organic Canned Pumpkin Pie Mix 15 OZ 2/$5 Reg $3.79 ea

Rice Dream Rice Nog 32 OZ 2/$5 Reg $3.79 ea

Immaculate Baking Organic Cinnamon Rolls 17.5 OZ $3.99 Reg $6.49

Immaculate Baking Organic Crescent Rolls 8 OZ $2.49 Reg $5.49

Almond Dream Pumpkin Spice Drink 32 FL OZ 2/$5 Reg $3.79 ea

Arrowhead Mills Organic Graham Cracker Pie Crust 6 OZ 2/$7 Reg $4.49 ea


Field Roast
Vegan Celebration Roast
1 LB
$6.49
Reg $8.69

Field Roast
Hazelnut Cranberry Roast En Croute
2 LB
$13.99
Reg $21.99

Imagine Foods
Organic Gravy
Roasted Turkey Flavored
13.5 FL OZ
$1.99
Reg $2.99

Aleia’s
Gluten-Free Savory Stuffing Mix
10 OZ
$5.49
Reg $8.59

Quorn Foods
Vegetarian Turkey Roast Dinner
16 OZ
$6.99
Reg $8.99

Arrowhead Mills
Organic Savory Herb Stuffing Mix
10 OZ
2/$6
Reg $4.69 ea

Earth Balance
Buttery Spread Original
15 OZ
$2.99
Reg $5.99

Daiya
Cheezecake New York
14.1 OZ
$5.99
Reg $9.49

Lundberg
Gourmet Rice Blends Wild Blend
1 LB
$3.29
Reg $5.79

Against the Grain
Gluten-Free Baguette Original
15 OZ
$5.99
Reg $8.79
Birch Benders
Organic Pancake & Waffle Mix
Chocolate Chip or Classic
16 OZ
$3.99
Reg $5.69

Angie’s
Boomchickapop Popcorn
Hot Cocoa Marshmallow
4.5 OZ
$3.99
Reg $4.69

Theo
Organic Chocolate Bar
All Varieties
3 OZ
2/$5
Reg $3.39 ea

So Delicious
Dairy-Free Cocowhip!
All Varieties
9 OZ
$2.99
Reg $3.99

Angie’s
Boomchicacap Popcorn
Pumpkin Spice
4.5 OZ
$3.99
Reg $4.69

Alden’s
Organic Ice Cream
All Varieties
48 FL OZ
$6.99
Reg $8.99
Imagine Foods
Organic Broth
All Varieties Excluding Bone Broth
32 FL OZ
2/$5
Reg $4.79-$4.99 ea

Back to Nature
Crackers
Classic Round or Whole Wheat Harvest Cracker
8.5 OZ
2/$6
Reg $4.79 ea

Imagine Foods
Bone Broth
Chicken
32 FL OZ
2/$5
Reg $5.69 ea

Pacific
Organic Broth
Vegetable or Low Sodium
32 FL OZ
$2.99
Reg $3.99

Field Day
Pitted Olives
Green or Black
6 OZ
2/$5
Reg $3.39-$3.79 ea

Field Day
Organic Canned Vegetables
All Varieties
15 OZ
3/$5
Reg $3.79 ea

Woodstock
Organic Cranberry Sauce
Jellied
14 OZ
2/$5
Reg $4.99 ea

Woodstock
Organic Frozen Veggies
Super Sweet White Corn or Mixed Vegetables
10 OZ
2/$5
Reg $3.29 ea

Woodstock
Organic Frozen Steamables Vegetables
All Varieties
12 OZ
$2.99
Reg $3.99

Nutiva
Organic Coconut Oil
Virgin
23 OZ
$13.49
Reg $21.39

Field Day
Organic Dressing
All Varieties
8 FL OZ
$2.99
Reg $4.99

Mediterranean
Organic Olives
Pitted Kalamata
8.4 OZ
$3.99
Reg $5.79

Frontier
Organic Bac'uns
2.47 OZ
$3.99
Reg $4.99

Earth Balance
Mindful Mayo with Olive Oil
16 OZ
$2.99
Reg $4.79
Bob’s Red Mill Gluten-Free Almond Meal Flour
Super Fine
16 OZ
$8.99
Reg $14.69

Bob’s Red Mill Gluten-Free All-Purpose Baking Flour
44 OZ
$6.99
Reg $9.99

Arrowhead Mills Organic Stone Ground Flour
Whole Wheat
5 LB
$4.99
Reg. $8.59

Arrowhead Mills Organic Unbleached White Flour
5 LB
$4.99
Reg $7.59

Bob’s Red Mill Gluten-Free Baking Powder
No Added Aluminum
16 OZ
$2.99
Reg $4.79

Nutiva Organic Shortening
15 OZ
$5.99
Reg $7.49

Vital Farms Pasture-Raised Butter
Salted + Unsalted
8 OZ
$3.79
Reg $4.99

Organic Valley Organic Large Brown Eggs
Grade A
Dozen
$4.49
Reg $5.49

Earth Balance Buttery Sticks
Soy Free
16 OZ
$2.99
Reg $5.99
### November 2018 Events at Nature's Food Patch

**Clearwater Location Only**

*Come Early, Seating is Limited!*

See Summary of Events at Customer Care for More Information.

**Healthy Thanksgiving!**

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
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<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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<tbody>
<tr>
<td>🦃 Thanksgiving Dinner 🦃</td>
<td>🍄 Plant-Based Persian Cuisine*</td>
<td>🌻 Election Day</td>
<td>🎉 Seniors Day**</td>
<td>🍃 Mr. Brad’s Music Fun Time 10 am &amp; 6:30 pm</td>
<td>🍃 Mr. Brad’s Music</td>
<td>🎀 Special Saturday Date! 11 am Demonstrations for NFP Demo Specialist</td>
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<tr>
<td>SPECIAL SUNDAY DATE! Brad Myers The Vegabond Chef</td>
<td>4 pm</td>
<td>Gina Contti, Nat’l Science Educator Host Defense</td>
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<tr>
<td>How to Make a Charcuterie Board 1 pm</td>
<td>Lora Humphrey NFP Cheese Specialist</td>
<td>Song Circle Free Jam Session in Pa’Ch’iWorks!</td>
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<tr>
<td>VETERANS DAY HONORING ALL WHO SERVED</td>
<td>🌻 Seniors Day**</td>
<td>🎡 Vegan Thanksgiving* 6:30 pm</td>
<td>Brad Myers The Vegabond Chef</td>
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<td>Holiday Hot Bar!* 10 am Erika Davis Usborne Book Buddy</td>
<td>Holiday Hot Bar!* 20 Wellness Sale Days 20% OFF** Supplements &amp; Body Care 20th &amp; 21st</td>
<td>Holiday Hot Bar!* 21 Seniors Day 10% OFF** Everything for Seniors Every Wednesday</td>
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<tr>
<td>🍁 Thanksgiving Dinner 🍁</td>
<td>Seniors Day** Energetics of Food: Food as Medicine* 6:30 pm</td>
<td>Alzheimer’s + Dementia 6:30 pm Dr. John Young MD Young Foundation Health Center</td>
<td>Dr. Paul &amp; Cara Reynolds The Reynolds Kitchen</td>
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*Clearwater & Dunedin locations. Not including case priced items, items already on sale or beer & wine. No double discounts. In-store only.

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.