HOLIDAYS at NATURE'S FOOD PATCH

HOLIDAY MENU à la carte
Prepared with love & ready to heat
Grab it ‘n go December 17th or pre-order today!
Gluten-Free* 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
Mac ‘n Cheese
Deviled Eggs

Made Fresh from scratch at The Patch

New KETO FRIENDLY options available!
See store for details.

*see website for terms & conditions
Sales good November 30th - December 31st, 2018
Speicals & Catering

Check out our full catering menu in-store or online.
11 platters to choose from!

Decadent Desserts
Our homemade Ultimate Brownie & Magic Bar, accompanied by chocolate chip, oatmeal & peanut butter cookies, seasonal cheesecake bites, strawberry cupcakes and raspberry & vanilla mini yogurt pretzels.

Organic Vegetables
A colorful, fresh selection of your favorite organic veggies including: crisp carrots, juicy grape tomatoes, celery, cucumbers, red & yellow bell peppers, lightly blanched broccoli and asparagus. Served with homemade garlic ranch or balsamic vinaigrette dressing.

Fig’n Brie Sandwich
Sliced oven-roasted chicken breast with sweet fig spread, prosciutto, creamy brie, organic spinach & organic green apple pressed on ciabatta bread.

Peppermint Patty
Move over, pumpkin. It’s peppermint time! Bananas & chocolate chips blended with peppermint & organic milk of your choice make this one festive smoothie.

Hot Apple Chai Cider
Organic spicy chai tea & sweet apple juice make this a perfect drink for chilly days!
Bulk Sales

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
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<tbody>
<tr>
<td>Cinnamon Powder.</td>
<td>$.49*</td>
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<tr>
<td>Organic Rosemary.</td>
<td>$.69*</td>
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<tr>
<td>Organic Sage.</td>
<td>$1.19*</td>
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<tr>
<td>Organic Thyme.</td>
<td>$1.49*</td>
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<tr>
<td>Pitted Dates.</td>
<td>$3.29</td>
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<tr>
<td>Jumbo Organic Thompson Raisins</td>
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<td>Jumbo Organic Turkish Figs.</td>
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<td>Dark Chocolate Walnut Clusters</td>
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<tr>
<td>Chocolate Covered Cherries.</td>
<td>$10.39</td>
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<tr>
<td>Organic Sprouted Walnuts.</td>
<td>$13.59</td>
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<tr>
<td>Raw Macadamia Nuts.</td>
<td>$17.59</td>
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*Priced per OZ. All other bulk items priced by the pound.

Bakery

Delicious Holiday Pies

Assorted pies available in full, half, or slices!

Seasonally Decorated Cupcakes

CHOCOLATE & VANILLA
Vegan & Gluten-Free
made w/ all-natural food coloring!

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.

See our website for more details & a full list of foods needed.

Made Fresh from scratch at The Patch

**our deli facilities are not gluten-free, therefore gluten content cannot be verified.**
Wine & Beer

Cameleon Chardonnay or Cabernet Sauvignon
$6.99 (Reg $10.99)

Meomi Pinot Noir
$17.99 (Reg $21.99)

Tavernello Bianco or Rosso Sparkling Wine
2/$7 (Reg $6.99 ea)

Sam Smith's Beer
4 pk
All Varieties (Perry, Pale Ale, or Chocolate Stout)
$9.69 (Reg $10.69)

Git's Kombucha
3% ABV (Heavenly Hops or New World Noir)
$3.99 (Reg $4.99)

Artisan Cheese Board
Made Fresh from scratch at The Patch
WE MAKE, YOU BAKE Brie

Andrew & Everett Cheese Ball
Port Wine & Sharp Cheddar
Limited holiday edition!

Westminster Holiday Cheddar
7 oz
BOGO (Buy one, get one free!)
Reg $6.99 ea

Holiday Floral Arrangements
at The Patch!
HOLIDAY FEASTS

**Beef Rib Roast**
Regular Price: $15.99 lb
Discounted Price: $11.99

**Fresh Whole Turkeys**
- **Organic, Non-GMO**
  - Regular Price: $3.69 lb
  - Discounted Price: $2.49 lb
- **Bone-In Turkey Breast**
  - **Organic**
    - Regular Price: $6.99 lb
    - Discounted Price: $4.99 lb

Our natural & organic turkeys have NO antibiotics, added hormones, preservatives & animal by-products.

8-20+ lb turkeys available*
*We will reserve as close to the requested weight as possible. Size availability may vary. Sorry, no additional discounts on turkeys or turkey breast. While supplies last.

**Spence Nova Lox Smoked Salmon**
Regular Price: $8.99 ea
Discounted Price: $7.99

**Applegate All-Natural Bacon**
Regular Price: $6.49 ea
Discounted Price: $4.99

**Niman Ranch Charcuterie**
Regular Price: $4.99 ea
Discounted Price: $3.99

**All-Natural Spiral Ham**
Regular Price: $6.99 lb
Discounted Price: $4.99
Arrowhead Mills
Organic Pie Crust
Graham Cracker
6 OZ
2/$6
Reg $4.49 ea

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

Wholly Wholesome
Organic Pie Shell
2 Pack Traditional
14 OZ
$3.99
Reg. $5.99

Organic Valley
Organic Eggnog
32 FL OZ
$4.99
Reg $5.99

Annie's
Organic Honey Grahams
17.5 OZ
$3.99
Reg $6.49

Immaculate Baking
Organic Cinnamon Rolls
12 OZ
$3.99
Reg $5.99

Imagine Foods
Almond Dream Pumpkin Spice Drink
32 FL OZ
2/$5
Reg $2.99 ea

Wholesome!
Organic Candy Canes
5 OZ
2/$6
Reg $4.59 ea

Daiya
Dairy-Free "Cheezecake"
All Varieties
14.1 OZ
$6.49
Reg $9.49

Lily's
Baking Chips
Dark Chocolate
9 OZ
$5.49
Reg $7.99

Silk Almond Creamer
Pumpkin Spice
32 FL OZ
2/$7
Reg $3.99 ea
Road's End Organics
Organic Gravy Mix
All Varieties
1 FL OZ
99¢
Reg $1.49

Tofurky Veggie Roast & Wild Rice Stuffing
26 OZ
$11.99
Reg $13.99

Tofurky Holiday Vegetarian Feast
3.8 LB
$26.99
Reg $29.99

Tofurky Plant-Based Savory Gravy
14 OZ
$4.49
Reg $4.99

Arrowhead Mills Organic Savory Herb Stuffing Mix
10 OZ
2/$6
Reg $4.59 ea

Aleia's Gluten-Free Stuffing Mix
10 OZ
$4.99
Reg $6.49

Dr. Praeger's Veggie Burgers
All Varieties
10 OZ
$3.69
Reg $5.59

Field Roast Vegan Celebration Roast
1 LB
$6.99
Reg $8.69

Q Mixers for your holiday drinks
Shouldn't the mixer be as great as the spirit?

Q Drinks
Spectacular Tonic Water or Ginger Beer
16.9 FL OZ
$2.29
Reg $2.99 ea
<table>
<thead>
<tr>
<th>Product</th>
<th>Price</th>
<th>Original Price</th>
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<tbody>
<tr>
<td>Kettle &amp; Fire Chicken Bone Broth</td>
<td>$5.79</td>
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<tr>
<td>Imagine Foods Organic Broth All Varieties</td>
<td>2/$6</td>
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<td>Lundberg Organic Sprouted Rice All Varieties</td>
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<td>Woodstock Organic Cranberry Sauce Jellied or Whole</td>
<td>2/$5</td>
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<td>Field Day Pitted Olives Green or Black</td>
<td>2/$5</td>
<td>Reg $3.39-3.79 ea</td>
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<td>Westbrae Natural Organic Sweet Golden Corn</td>
<td>2/$4</td>
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<td>Daiya Dairy-Free Cream Cheese Style Spread</td>
<td>$3.99</td>
<td>Reg $5.99</td>
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<td>Woodstock Organic Mayonnaise</td>
<td>$2.99</td>
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<td>Westbrae Natural Organic Canned Green Beans</td>
<td>2/$4</td>
<td>Reg $3.29 ea</td>
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<tr>
<td>Simply Organic Organic Garlic Powder</td>
<td>$5.79</td>
<td>Reg $8.49</td>
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<tr>
<td>Daiya Dairy-Free Dressing All Varieties</td>
<td>$3.79</td>
<td>Reg $5.99</td>
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<tr>
<td>Emerald Cove Sea Vegetables Wakame</td>
<td>$3.99</td>
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Buried Treasure Acute Cold and Flu Formula (ACF) 16 OZ
$19.99 Reg $27.49

Source Naturals Essential Enzymes 120 Caps
$14.99 Reg $20.99

Country Life Coenzyme B-Complex 120 V Caps
$17.99 Reg $29.99

Nature’s Food Patch Suprema Dophilus Probiotic 60 Count
$12.99 Reg $17.89

Solgar Calcium Magnesium with Vitamin D 150 Tabs

Emergen-C Lemon Lime Electro Mix 30 Packets
$9.99 Reg $11.99

Buried Treasure Coconut MCT Oil 16 FL OZ
$13.99 Reg $18.49

Garden of Life RAW One Women or Men 30 Veg Caps
$19.99 Reg $26.99

Natural Factors Suntheanine L-Theanine 60 Chew Tabs
$18.99 Reg $25.99

Dr. Axe Ancient Nutrition Collagen Protein 16.2 OZ
$36.99 Reg $48.95

Stocking Stuffers & Gifts!

Earth Therapeutics Aloe Infused Socks All Varieties 1 Pair
$7.49 Reg $9.99

Nature’s Gate Shampoo or Conditioner Herbal 18 FL OZ BOGO
Reg $8.69 ea

One with Nature Bath Salts All Varieties 2.5 OZ
$2.49 Reg $3.49

Dr. Bronner’s Liquid Soap Travel Pack 3 CT
$5.99 Reg $8.99

Zum Roll On Perfume All Varieties .33 FL OZ
$8.99 Reg $11.99

Andalou CannaCell Botanical Skin Care Starter Kit 5 CT
$13.99 Reg $19.99

Goddess Garden Lip Balm Gift Set 3 PK
$9.99 Reg $13.39

Aloha Bay Votive Candles All Varieties 2 OZ
$1.79 Reg $2.49

Dr. Bronner’s Organic Lip Balm All Varieties 15 OZ
$2.49 Reg $3.49

Zum Holiday Mini Soaps 3 pack
$7.49 Reg $9.99
## Nature's Food Patch December 2018 Calendar

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<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<th>Saturday</th>
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<tbody>
<tr>
<td>Hanukkah Begins</td>
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<td>Seniors Day</td>
<td>Holiday Fruit</td>
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<td>Punch + Vegan</td>
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<td>Michelle Osborne</td>
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<td>Plant-Based</td>
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<td>Chef &amp; Author</td>
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<tr>
<td>Special Holiday</td>
<td>Special Holiday</td>
<td>Special Holiday</td>
<td>Mr. Brad’s Music</td>
<td>Cooking with</td>
<td>Christmas</td>
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<td>Date 1</td>
<td>Date 2</td>
<td>Date 3</td>
<td>Fun Time</td>
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<td>Zucchini</td>
<td>Hanukkah Ends</td>
<td>Special Holiday</td>
<td>10 am &amp; 6:30 pm</td>
<td>11 am</td>
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<td>&quot;Lazagna&quot;*</td>
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<td>Holiday Kitchen*</td>
<td>Mr. Brad’s Music</td>
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<td>Deviled &quot;Eggs&quot;*</td>
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<td>4 pm</td>
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<td>6:30 pm</td>
<td>10 am &amp; 6:30 pm</td>
<td>For NFP</td>
<td>6:30 pm</td>
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<tr>
<td>Brad Myers</td>
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<td>Dr. Paul &amp;</td>
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<td>Demo Specialist</td>
<td>John van</td>
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<td>The Vegabond</td>
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<td>Cara Reynolds</td>
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<td>Chef</td>
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<td>Song Circle</td>
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<td>6:30 pm</td>
<td>Raw Holiday</td>
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<td>6:30 pm</td>
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<td>Stuffing +</td>
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<td>Free Jam Session</td>
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<td>Truffles*</td>
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<td>6:30 pm</td>
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<td>Kids Story</td>
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<td>Music + Craft</td>
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<td>Wellness Sales</td>
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<td>Row Jonah Duo</td>
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<td>Erika Davis</td>
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<td>Usborne Book</td>
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<td>18th &amp; 19th</td>
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<td>Clearwater</td>
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<td>12 pm - 3 pm</td>
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<td>Mr. Brad’s Music</td>
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<td>Row Jonah Duo</td>
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<td>Family!</td>
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Clearwater location only. Come early. Seating is limited!
See Summary of Events at Customer Care for more information.

**Healthy holidays from your Patch family!**

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**Notes:**
- Special events and discounts may vary and are subject to change.
- Always call ahead to confirm dates and times.
- Events are held in-store only, unless noted otherwise.

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**Disclaimer:**

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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**Statements:**

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.