

# FROZEN FOODS



**SO DELICIOUS**  
**Minis Fruit Bar**  
 Agave Sweetened: Raspberry, Strawberry or Original  
 4 pack Sugg. Retail: \$5.19  
 Organic Coconut Fudge Bar..... **\$369**  
 6 pack Sugg. Retail: \$5.19



**CASCADIAN FARM**  
**Organic Crinkle French Fries**  
 16 oz. Sugg. Retail: \$3.99



**CASCADIAN FARM**  
**Organic Country Style Potatoes**  
 16 oz. Sugg. Retail: \$3.99



**MORNINGSTAR FARMS**  
**Meatless Organic Breakfast Patties**  
 8 oz. Sugg. Retail: \$5.99



**HENRY & LISA**  
**Wild Alaskan Salmon Burgers**  
 12.8 oz. Sugg. Retail: \$8.29



**NATURAL SEA**  
**Salmon Fillet**  
 6 oz. Sugg. Retail: \$6.99  
 12 oz..... **\$979**  
 Sugg. Retail: \$13.99

**LUNA & LARRY'S**  
**Organic Coconut Bliss**  
 Assorted Varieties  
**\$469**  
 1 pint Sugg. Retail: \$6.59



**TOFUTTI**  
**Premium Dessert**  
 Better Pecan, Chocolate, Vanilla Almond, Vanilla or Wildberry  
**\$319**  
 16 oz. Sugg. Retail: \$4.39

**CIAO BELLA**  
**Gelato**  
 Assorted Varieties  
**\$389**  
 16 oz. Sugg. Retail: \$5.59

**ALMOND DREAM**  
**Almond Dream**  
 Cappuccino Swirl, Chocolate, Praline Crunch or Vanilla  
**\$319**  
 16 oz. Sugg. Retail: \$4.39  
 Vanilla Almond Bites..... **\$349**  
 6.6 oz. Sugg. Retail: \$4.99  
 Vanilla Almond Lil' Dreamers..... **\$379**  
 8/1.5 oz. Sugg. Retail: \$5.39

**RICE DREAM**  
**Organic Rice Dream**  
 Assorted Varieties  
**\$319**  
 1 pint Sugg. Retail: \$4.39  
**Novelty Bar**  
 Carob Coated Vanilla, Nut & Chocolate Coated Chocolate or Nut & Chocolate Coated Vanilla or Chocolate Pie  
**\$119**  
 3.2-3.7 oz. Sugg. Retail: \$1.49-\$1.59 ea.

# GROCERY ITEMS • SNACKS

**A. VOGEL**  
**Organic Herbamare Seasonings**  
 Assorted Varieties Including Spicy Tocomare  
**\$439**  
 4.4 oz. Sugg. Retail: \$6.49  
 Herbamare or Tocomare Seasoning Salt..... **\$599**  
 8.8 oz. Sugg. Retail: \$8.99

**LUNDBERG FARMS**  
**Organic Brown Rice Couscous**  
 Original, Garlic, Herb or Curry  
**\$219**  
 6.8-10 oz. Sugg. Retail: \$2.99

**FANTASTIC FOODS**  
**Dinner Mixes**  
 Assorted Varieties  
**\$219**  
 2.7-10 oz. Sugg. Retail: \$3.29

**ZOE**  
**Extra Virgin Olive Oil**  
**\$969**  
 1 Ltr. Sugg. Retail: \$13.29

**CASCADIAN FARM**  
**Organic Sweet Relish**  
**\$299**  
 10 oz. Sugg. Retail: \$4.49

**DR. MCDUGALL'S**  
**Light Sodium Soup Cup**  
 Assorted Varieties  
**\$119**  
 1.3-2.1 oz. Sugg. Retail: \$1.69

**NEWMAN'S OWN**  
**Dressing**  
 Assorted Varieties  
**\$419**  
 16 oz. Sugg. Retail: \$5.79



**ANNE'S NATURALS**  
**Dressing or Vinegarett**  
 Assorted Varieties  
**\$269**  
 8 oz. Sugg. Retail: \$3.99

# REFRIGERATED FOODS

**STONYFIELD FARM**  
**Organic Smoothie**  
 Assorted Varieties  
**\$169**  
 10 oz. Sugg. Retail: \$2.39

**WHOLESOY & CO.**  
**Organic Soy Yogurt**  
 Assorted Varieties  
**99¢**  
 6 oz. Sugg. Retail: \$1.39

**NANCY'S**  
**Plain Yogurt**  
 Low Fat or Nonfat  
**\$269**  
 32 oz. Sugg. Retail: \$3.79

**BROWN COW**  
**Yogurt**  
 Low Fat or Nonfat Assorted Varieties  
**89¢**  
 6 oz. Sugg. Retail: \$1.19

**NASOYA**  
**Silken Creations**  
 Dark Chocolate or Vanilla  
**\$259**  
 17 oz. Sugg. Retail: \$3.59

**NASOYA**  
**Organic Tofu**  
 Firm, Extra Firm, Silken Soft or Super Firm  
**\$229**  
 8-14 oz. Sugg. Retail: \$3.19  
 Lite Firm, Lite Silken, Firm Plus or Extra Firm Plus..... **\$259**  
 14-16 oz. Sugg. Retail: \$3.59

**NANCY'S**  
**Organic Cottage Cheese**  
 Low Fat  
**\$389**  
 16 oz. Sugg. Retail: \$5.39

**GALAXY**  
**Cheese Alternative**  
 Assorted Varieties  
**\$319**  
 8 oz. Sugg. Retail: \$4.19-\$4.59

# B E V E

**IMAGINE FOODS**  
**Rice Dream Beverage**  
 Assorted Varieties Including Heartwise  
**\$269**  
 32 oz. Sugg. Retail: \$3.99  
 64 oz. Enriched Vanilla or Organic Original..... **\$399**  
 Sugg. Retail: \$5.99

**IMAGINE FOODS**  
**Soy Dream Beverage**  
 Assorted Varieties  
**\$269**  
 32 oz. Sugg. Retail: \$3.99  
 64 oz. Enriched Vanilla or Organic Original..... **\$439**  
 Sugg. Retail: \$6.59  
 Almond Dream: Original or Unsweetened Original ..... **\$399**  
 64 oz. Sugg. Retail: \$5.99

**PERRIER**  
**Sparkling Water**  
 Original, Lemon or Lime  
**\$149**  
 750 ml. Sugg. Retail: \$2.19

**POLAND SPRING**  
**Sparkling Water**  
 Assorted Varieties  
**99¢**  
 33.8 oz. Sugg. Retail: \$1.39  
 Spring Water Original or Distilled..... **\$139**  
 1 gal. Sugg. Retail: \$1.99  
 12/.5 Ltr. Spring Water..... **\$379**  
 Sugg. Retail: \$5.69

**ICELAND SPRING**  
**Spring Water**  
**79¢**  
 16.9 oz. Sugg. Retail: \$1.19  
 33.8 oz..... **\$139**  
 Sugg. Retail: \$1.99  
 50.7 oz..... **\$159**  
 Sugg. Retail: \$2.39

**VOLVIC**  
**Spring Water**  
 Plastic Bottle  
**\$219**  
 50.7 oz. Sugg. Retail: \$2.99

**ZOLA**  
**Organic Acai Power Juice**  
 Original  
**\$469**  
 32 oz. Sugg. Retail: \$6.99

**METHOD**  
**Cleaning Products**  
**\$369**  
 Ylang Daily Shower Spray, Go Naked Spray Cleaner, Flushable Bath Cleaner Wipes or Ginger Yuzu Dish S  
 28 ct. & 25-28 oz. Sugg. Retail: \$5.39-\$5.49  
**Lavender Drier Cloths**..... **\$499**  
 40 ct. Sugg. Retail: \$7.19

# bulk foods



**Raw Shelled Sunflower Seeds**  
**\$149/lb.**



**Large Turkish Apricots**  
**\$329/lb.**



**Organic Hulled Millet**  
**99¢/lb.**