

Frozen Foods



EVOL
Organic Burrito.....
Selected Varieties
8 oz. Sugg. Retail: \$3.59
Basic Beans & Rice, Veggie Fajita,
Tofu Spinach or Cilantro Lime.....
6 oz. Sugg. Retail: \$3.49

\$2.59
\$2.29



APPLEGATE FARMS
Chicken Pot Pie
Antibiotic Free
\$3.19
9 oz. Sugg. Retail: \$4.39
Organic Chicken Strips.....
8 oz. Sugg. Retail: \$8.29



Chicken Patties
\$5.89
12 oz. Sugg. Retail: \$8.19
Gluten Free Chicken Nuggets.....
8 oz. Sugg. Retail: \$6.79

\$4.99



MOOSEWOOD
Organic Mac & 3 Cheese Entree.....
10 oz. Sugg. Retail: \$3.99

\$2.79



FRENCH MEADOW
Organic Bread
Yeast Free & Dairy Free:
Sunflower & Flax or Summer Round
\$5.29
20-24 oz. Sugg. Retail: \$7.39
16 Grain & Seed.....
24 oz. Sugg. Retail: \$5.79

\$4.19



FRENCH MEADOW CAFE
Dinner Entrees
Chicken Curry,
Cuban Sweet & Spicy,
Garlic Ginger Chicken,
Roasted Chicken & Lentils
or Dal Makhani
\$4.99
12 oz. Sugg. Retail: \$6.99



TOFUTTI
Cuties
All Varieties
\$3.49
8 pk. Sugg. Retail: \$4.99

FOODS BY GEORGE
Gluten-Free Cheese Pizza
Thin Crust
\$5.19
6.5 oz. Sugg. Retail: \$7.19



RISING MOON ORGANICS
Organic Pizza
Margherita, 4 Cheese, Grilled
Veggie or Pesto 7 Buffalo
\$5.79
11 oz. Sugg. Retail: \$7.99



RICE EXPRESSIONS
Microwave Organic Brown Rice
\$3.59
3/10 oz. Sugg. Retail: \$4.99




FOOD FOR LIFE
Organic Ezekiel 4:9 Burger Buns.....
16 oz. Sugg. Retail: \$4.99

\$3.59



FOOD FOR LIFE
Vegan-Vegetarian Patties.....
Cluckphrey Chic-A Roos Baked, Cluckphrey Baked Patties
or Moophrey Burgers
10-10.5 oz. Sugg. Retail: \$5.39

\$3.79

FOOD FOR LIFE
Vegan-Vegetarian Patties.....
Cluckphrey Chic-A Roos Baked, Cluckphrey Baked Patties
or Moophrey Burgers
10-10.5 oz. Sugg. Retail: \$5.39

\$3.79



AMY'S
Organic Burrito.....
Selected Varieties
5.5-6 oz. Sugg. Retail: \$3.19
Organic Gluten-Free:
Bean & Cheese or Bean & Rice.....
5.5 oz. Sugg. Retail: \$3.59

\$2.29
\$2.49

AMY'S
Organic Pocket Sandwich.....
All Varieties
4.5-5.5 oz. Sugg. Retail: \$3.19

\$2.29

AMY'S
Organic Wrap.....
Samosa, Indian Spinach Tofu, Breakfast Scrambler or Teriyaki
5-5.5 oz. Sugg. Retail: \$3.39

\$2.39



WOODSTOCK FARMS
Organic Vegetables.....
Green Peas, Green Beans, Tri-Color Peppers
or Shiitake Mushrooms
10-16 oz. Sugg. Retail: \$3.99
Green Peas, Spinach, Petite Peas or Broccoli Florets...
10 oz. Sugg. Retail: \$3.29
Edamame In Shells, Edamame Shelled,
Sugar Snap Peas or Baby French Beans.....
10 oz. Sugg. Retail: \$3.39
Lima Beans or Mixed Mushrooms.....
10 oz. Sugg. Retail: \$3.49
Asparagus.....
10 oz. Sugg. Retail: \$4.49

\$2.79
\$2.29
\$2.39
\$2.49
\$3.19



SEAPOINT FARMS
Organic Edamame
Shelled or In Shells
\$2.79
14 oz. Sugg. Retail: \$3.79



WYMAN'S
Berries
Red Raspberries
or Mixed Berries
\$3.29
12-15 oz. Sugg. Retail: \$4.49-\$4.59
Strawberries.....
15 oz. Sugg. Retail: \$3.69
Wild Blueberries.....
15 oz. Sugg. Retail: \$4.89

\$2.59
\$3.49



GLUTINO
Gluten Free Bagels
All Varieties
\$5.19
22.9-24.7 oz. Sugg. Retail: \$7.29



SHELTON'S
Chicken Franks
\$2.99
12 oz. Sugg. Retail: \$4.29
Free Range Ground Turkey.....
1 lb. Sugg. Retail: \$6.29

\$4.49



SUNSHINE BURGER
Organic Burger
Southwest, BBQ, Garden Veggie,
Falafel Patty or Breakfast Patty
\$3.79
3 pk.-8 oz. Sugg. Retail: \$4.99
Original Veggie.....
3 pk. Sugg. Retail: \$4.69

\$3.29

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www.westerlynaturalmarket.com