Healthy Valentine’s Day!

All Natural Filet Mignon
$24.99
Reg $31.99/lb

cut the way you like it!

Taste why our all-natural filet mignon is better.

Sales good February 1 - February 28, 2019. Some items may not be available at both locations.
**MEAT & SEAFOOD**

- **Large Peeled & De-veined Cooked Shrimp**
  - $11.99
  - Reg $15.99 lb

- **All Natural Boneless Chicken Thighs**
  - $3.49
  - Reg $4.99 lb

- **100% Grass-fed & Local Bottom Round Roast**
  - $6.99
  - Reg $8.99 lb

- **100% Grass-fed & Local New York Strip Steaks**
  - $14.99
  - Reg $19.99 lb

**WINE & BEER**

- **Tilia Malbec**
  - $7.99
  - Reg $9.99
  - Pair with New York strip steak & bottom round roast

- **Oko Pinot Grigio**
  - $9.99
  - Reg $11.99
  - Pair with shrimp & boneless chicken thighs

- **Coppertail Night Swim Porter**
  - 6 PK
  - $7.79
  - Reg $8.79
  - Pair with bottom round roast

*Shown prepared with some items not included.*
Organic Bulk Sales

- Organic Coconut Date Rolls ........ $4.39
- Organic Cha Cha Chia Bites .......... $6.79
- Organic Dark Chocolate Raisins ...... $8.69
- Organic Dark Chocolate Almonds ....... $12.49

All bulk prices by the pound.

Wijngaard Kaas
Gouda
All varieties (Rosemary, Mustard Seed, Ginger)
5.1 oz
$7.99
Reg $9.99 ea

pair Mustard Seed
Gouda with
Oko Pinot Brigio

Truly Grass-fed
Sharp Cheddar
7 oz
$4.99
Reg $5.99 ea

pair with
Tilia Malbec

accompaniments & garnishes not included
DELI SPECIALS

Sweetheart Smoothie
This smoothie tastes like an indulgent milkshake, but you don’t have to feel guilty drinking it. Organic chocolate syrup blended with strawberries & bananas with your choice of organic milk, all topped with organic whipped cream.

Organic Celery Juice
Drinking celery juice every day is all the rage, but taking the time to juice & clean up can be quite a task. That’s why we make it easy (& organic!). Grab a cup of freshly juiced keto-friendly celery at our Juice Bar during the month of February.

Pesto Chicken Salad Sammy
The Patch homemade chicken salad topped with homemade basil pesto spread, walnuts, organic spinach, roasted onions & balsamic reduction drizzle, all piled high & pressed on delicious ciabatta bread.

Accompaniments & garnishes not included
Endangered Species Chocolate Bites
All varieties
4.2 OZ
$3.79
Reg $5.59

Vita Coco Coconut Water
All varieties
500 ML
2/$4
Reg $2.99 ea

LaRabar Fruit & Nut Bar
All varieties
1.6 OZ - 1.7 OZ
5/$5
Reg $2.09 ea

Larabar
Fruit & Nut Bar
All varieties
1.6 OZ - 1.7 OZ
5/$5
Reg $2.09 ea

Lundberg Family Farms Rice Chips
All varieties
6 OZ
2/$5
Reg $3.79 ea

Seven Rivers Salsa
All varieties
8 OZ
$2.99
Reg $3.99

R.W. Knudsen Organic Orange Carrot Juice
32 FL OZ
$3.79
Reg $5.49

Amy’s Snacks All pizza & nacho varieties
6 OZ
$3.99
Reg $4.49

Guru Organic Energy Drink
12 FL OZ
2/$5
Reg $3.59 ea

Stretch Island Fruit Leather Strip
All varieties
.5 OZ
2/$1
Reg 69¢ ea

So Delicious Organic Coconut Milk
All varieties
64 FL OZ
2/$7
Reg $4.99 ea

Good Karma Flax Milk
All varieties
64 FL OZ
$3.79
Reg $5.49
Good Culture
Organic
Cottage Cheese
Whole Milk Classic
16 OZ
$4.29
Reg $6.79

Nasoya Foods
Organic
Tofu Plus
Extra Firm
12 OZ
2/$5
Reg $2.99 ea

Tasty Bite
Organic
Heat & Eat Pouch
All varieties
8.80 OZ
$1.79
Reg $2.49 - $2.79

Annie Chun's
Organic
Noodle or Soup Bowl
All varieties
5.9 OZ
2/$6
Reg. $3.79 ea

Woodstock
Organic
Frozen Whole Pod Edamame
10 OZ
2/$5
Reg $2.99 ea

Tinkyada
Organic
Brown Rice Pasta
Spaghetti Style
16 OZ
$2.99
Reg $4.49

Sweet Leaf
Organic
Liquid Stevia
All varieties
2 FL OZ
$8.99

Bragg
Organic
Liquid Aminos
16 FL OZ
$3.79
Reg $5.99

Ginger People
Organic
Gin - Gins
All varieties
3 OZ
2/$4
Reg $2.79 ea

Panda
Organic
All-Natural Licorice
All varieties
7 OZ
2/$6
Reg $3.99 ea

Organic Valley
Organic
Balance Protein Shake
Chocolate or Vanilla
11 FL OZ
2/$5
Reg $2.99 ea

Brown Cow
Organic
Yogurt
All varieties
32 OZ
$3.79
Reg $5.49
<table>
<thead>
<tr>
<th>Product</th>
<th>Price</th>
<th>Reg Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Irwin Naturals Men's Steel-Libido Red</td>
<td>$21.99</td>
<td>$29.99</td>
</tr>
<tr>
<td>Irwin Naturals Women’s Steel-Libido Pink</td>
<td>$21.99</td>
<td>$29.99</td>
</tr>
<tr>
<td>Jarrow Red Yeast Rice + CoQ10</td>
<td>$20.99</td>
<td>$29.95</td>
</tr>
<tr>
<td>Jarrow QH-absorb™ 100 mg</td>
<td>$29.99</td>
<td>$49.95</td>
</tr>
<tr>
<td>Lakewood Organic Pure Aloe Juice 32 FL OZ</td>
<td>$6.99</td>
<td>$8.99</td>
</tr>
<tr>
<td>Terry Naturally Healthy Arteries 30 caps</td>
<td>$20.99</td>
<td>$29.99</td>
</tr>
<tr>
<td>Nordic Naturals Omega-3 1,000 mg 60 softgels</td>
<td>$11.99</td>
<td>$17.99</td>
</tr>
<tr>
<td>Solgar Calcium Magnesium With Vitamin D3</td>
<td>$9.99</td>
<td>$14.99</td>
</tr>
<tr>
<td>Country Life Men's Core 1 Daily 60 tabs</td>
<td>$15.99</td>
<td>$21.99</td>
</tr>
<tr>
<td>Country Life Women's Core 1 Daily 60 tabs</td>
<td>$15.99</td>
<td>$21.99</td>
</tr>
<tr>
<td>Giovanni 2Chic Ultra Repair Shampoo or Conditioner</td>
<td>$6.49</td>
<td>$8.99</td>
</tr>
<tr>
<td>Ecos Liquid Hand Soap All varieties 17 FL OZ</td>
<td>$2.99</td>
<td>$4.19</td>
</tr>
<tr>
<td>Weleda Salt Toothpaste All varieties 2.5 OZ</td>
<td>$5.99</td>
<td>$7.99</td>
</tr>
<tr>
<td>Shikai Borage Therapy Cleansing Bar 4.5 OZ</td>
<td>$3.99</td>
<td>$5.99</td>
</tr>
<tr>
<td>Andalou CannaCell Shower Gel All varieties 8 FL OZ</td>
<td>$6.49</td>
<td>$9.99</td>
</tr>
<tr>
<td>EO Products Deodorant Spray All varieties 4 FL OZ</td>
<td>$4.99</td>
<td>$6.99</td>
</tr>
<tr>
<td>Aura Cacia Skin Care Oil Nurturing Sweet Almond 4 FL OZ</td>
<td>$3.99</td>
<td>$5.99</td>
</tr>
<tr>
<td>Thayers Witch Hazel All varieties 12 FL OZ</td>
<td>$7.49</td>
<td>$10.99</td>
</tr>
<tr>
<td>Andalou CannaCell Happy Day Cream 1.7 OZ</td>
<td>$12.99</td>
<td>$19.99</td>
</tr>
</tbody>
</table>

All Aura Cacia Skin Care Oils 25% off and up!

All CannaCell Shower Gels & Creams 25% off and up!
# February 2019

## Patch Works

Clearwater location only. Come early. Seating is limited!
See Summary of Events at Customer Care for more information.

---

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Valentine’s Dinner Special* 1 pm</td>
<td>OneBlood Blood Drive 10 am - 3 pm Big Red Bus In the NFP Parking Lot</td>
<td>Song Circle 6:30 pm Free-Jam Session In PatchWorKs!</td>
<td>Wellness Sale Days 20% OFF** Supplements &amp; Body Care 10th &amp; 20th</td>
<td>Seniors Day</td>
<td>Seniors Day</td>
<td>Sensational Selections* 11 am</td>
</tr>
<tr>
<td>Sushi Sunday* 4 pm Brad Myers The Vegabond Chef</td>
<td>Wellness Sale Days 20% OFF** Supplements &amp; Body Care 10th &amp; 20th</td>
<td>Wellness Sale Days 20% OFF** Supplements &amp; Body Care 10th &amp; 20th</td>
<td>Seniors Day</td>
<td>Seniors Day</td>
<td>Sensational Selections* 11 am</td>
<td>Handling a Sluggish Thyroid 11 am</td>
</tr>
<tr>
<td>Under the Sea: Scottish Salmon* 1 pm</td>
<td>Seniors Day</td>
<td>Seniors Day</td>
<td>Wellness Sale Days 20% OFF** Supplements &amp; Body Care 10th &amp; 20th</td>
<td>Seniors Day</td>
<td>Seniors Day</td>
<td>Sensational Selections* 11 am</td>
</tr>
<tr>
<td>President’s Day</td>
<td>Kids Story Time with Music + Craft 10 am Erika Davis Usborne Book Buddy</td>
<td>Wellness Sale Days 20% OFF** Supplements &amp; Body Care 10th &amp; 20th</td>
<td>Wellness Sale Days 20% OFF** Supplements &amp; Body Care 10th &amp; 20th</td>
<td>Seniors Day</td>
<td>Seniors Day</td>
<td>Sensational Selections* 11 am</td>
</tr>
<tr>
<td>Happy Valentines Day</td>
<td>Easy Coconut Curry* Venus DeMarco A Healthy Life Made Simple</td>
<td>Wellness Sale Days 20% OFF** Supplements &amp; Body Care 10th &amp; 20th</td>
<td>Wellness Sale Days 20% OFF** Supplements &amp; Body Care 10th &amp; 20th</td>
<td>Seniors Day</td>
<td>Seniors Day</td>
<td>Sensational Selections* 11 am</td>
</tr>
<tr>
<td>Wholesome, Hearty Chili* 11 am Michelle Osterne Whole-Food Plant-Based Chef</td>
<td>Wholesome, Hearty Chili* 11 am Michelle Osterne Whole-Food Plant-Based Chef</td>
<td>Wholesome, Hearty Chili* 11 am Michelle Osterne Whole-Food Plant-Based Chef</td>
<td>Wholesome, Hearty Chili* 11 am Michelle Osterne Whole-Food Plant-Based Chef</td>
<td>Wholesome, Hearty Chili* 11 am Michelle Osterne Whole-Food Plant-Based Chef</td>
<td>Wholesome, Hearty Chili* 11 am Michelle Osterne Whole-Food Plant-Based Chef</td>
<td>Wholesome, Hearty Chili* 11 am Michelle Osterne Whole-Food Plant-Based Chef</td>
</tr>
<tr>
<td>Good Friday</td>
<td>Good Friday</td>
<td>Good Friday</td>
<td>Good Friday</td>
<td>Good Friday</td>
<td>Good Friday</td>
<td>Good Friday</td>
</tr>
</tbody>
</table>

---

*Free Cooking Class


---

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.

---

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.