



Natural Frontier Market

just good things from the good earth

www.naturalfrontiermarket.net

325 Third Avenue
between 24th & 25th Street

New York, NY 10010

Phone: (212) 228-9133 • Fax: (212) 228-9711

Hours: Mon.-Fri: 8 am to 10 pm

Sat. & Sun: 9 am to 10 pm

1424 Third Avenue at 81st Street

New York, NY 10028

Phone: (212) 794-0922 • Fax: (212) 794-0814

Hours: Mon.-Fri: 8:30 am to 9:30 pm

Sat. & Sun: 9 am to 9:30 pm

1104 Cortelyou Road

Brooklyn, NY 11218

Phone: (718) 284-3593 • Fax: (718) 284-3595

Hours: Mon.-Sun: 8 am to 11 pm

We Accept:



SALAD BAR



Only at 325 Third Ave. Store

\$7.49 per lb.

After 8:30 pm 50% Off

INTERNATIONAL NATURAL FOOD TAKE OUT DELI



CERTIFIED ORGANIC FRESH FRUITS & VEGETABLES



JUICE BAR



FRESH BAKED GOODS



COME IN FOR EVERYDAY DISCOUNTS OF 25%-50% OFF VITAMINS

Free Delivery within 10 Blocks
*10% Off for Students & Seniors Citizens on non-sale items.

For more information, please call Natural Frontier
794-0922 or 228-9133

VIEW OUR MONTHLY FLYER ON OUR WEBSITE: WWW.NATURALFRONTIERMARKET.NET

SANTA CRUZ Organic Apple Sauce

Original, Apricot, Strawberry or Cinnamon

\$3.19

23 oz. Sugg. Retail: \$4.79

Snack Size: Original or Apricot **\$3.49**

6/4 oz. Sugg. Retail: \$5.19



SANTA CRUZ Organic Concord Grape Juice

\$3.59

32 oz. Sugg. Retail: \$5.29



CELESTIAL SEASONINGS Green Tea

Antioxidant, Authentic, Blueberry, Decaf, Goji Berry Pomegranate, Honey/Lemon/Ginseng, Decaf Mint, Mandarin Orchard or Raspberry Garden

White Tea

Antioxidant Plum, China Decaf, White Peach or Pear
20 bags Sugg. Retail: \$3.69

\$2.59

MARCH SAVINGS

O.N.E. Coco Splash Water

Guava, Mango, Passion Fruit or Pineapple

99¢

8.5 oz. Sugg. Retail: \$1.49



ORGANICVILLE Organic Vinaigrette

Assorted Varieties Including French Dressing

\$2.99

8 oz. Sugg. Retail: \$4.39



MUIR GLEN Canned Organic Tomatoes

Stewed, Diced, Basil & Garlic Diced, Garlic & Onion Diced, Italian Diced, No Salt Diced or Whole Peeled

\$1.59

14.5 oz. Sugg. Retail: \$2.29

Fire Roasted: Diced, Garlic Diced, Diced w/Chipotle, Diced Adobo, No Salt Diced or Diced w/Chili..... **\$1.69**

14.5 oz. Sugg. Retail: \$2.49



MIMIC Cream Substitute

Unsweetened

\$3.89

32 oz. Sugg. Retail: \$5.69



BARBARA'S Puffins Cereal

Cinnamon, Crunchy Corn, Honey Rice or Peanut Butter

\$3.49

11-12 oz. Sugg. Retail: \$5.19



POWERBAR PowerBar

Assorted Varieties

2.29 oz. Sugg. Retail: \$1.99

\$1.39

WOODSTOCK FARMS Dried Fruit

Apple Rings, Black Mission Figs or Unsweetened Papaya Spears

\$3.69

7-10 oz. Sugg. Retail: \$5.49



CHEESE OF THE MONTH



The primary reason Mt. Vikos® Cheeses taste great is the quality and freshness of their milk. All Mt. Vikos® Cheeses are made from a blend of sheep and goat's milk. The ratio used is determined by tradition, and the craft of the master cheese maker who adjusts the blend slightly during the year. Their dairies are family run by artisan cheese makers whose passion for cheese making gets passed down from generation to generation.

The herds are free-ranging, grazing on the hillsides, eating wild grasses, herbs, wildflowers, and local vegetation. Since the animals are outside, there is no reason to give the animals any antibiotics or hormones. The shepherds who tend the herds do the actual milking. The fresh milk is brought to the dairy where it is pasteurized and made into cheese the very next day. Mt. Vikos® does not use calcium chloride as a stabilizer or binder in their cheeses. The milk is fresh, herbal, and clean.

MT. VIKOS Feta Cheese

7 oz. Sugg. Retail: \$5.99

Aged Feta..... **\$4.99**

6 oz. Sugg. Retail: \$6.49

Manouri..... **\$4.19**

4 oz. Sugg. Retail: \$5.49

Fetiri w/Greek Herbs or Cracked Pepper..... **\$5.29**

7 oz. Sugg. Retail: \$6.99

Kasseri..... **\$5.59**

6 oz. Sugg. Retail: \$7.49



PERISHABLES



NATURE'S PATH Organic Waffles

Assorted Varieties
7.5 oz. Sugg. Retail: \$3.79

\$2.69



RISING MOON Classic Basil Organic Pesto

7 oz. Sugg. Retail: \$5.49

\$3.99

NATURAL SEA Chunk Light Tongol Tuna

Salted or No Salt
6 oz. Sugg. Retail: \$2.59

\$1.79

NATURAL SEA Salmon

Alaskan Pink: Salted or No Salt

7.5 oz. Sugg. Retail: \$3.99

Skinless/Boneless..... **\$2.99**

6 oz. Sugg. Retail: \$4.49

Red: Salted or No Salt..... **\$3.69**

7.5 oz. Sugg. Retail: \$5.49

