

Refrigerated Foods

YOGURT SHAKES



BERRY-PEACH SHAKE:

- 1 can (20 oz.) sliced peaches, in lite syrup, drained
- 2 containers (6 oz. each) raspberry low fat yogurt
- 1 c. skim milk
- 6 ice cubes
- Raspberries for garnish

Reserve 4 peach slices for garnish. In blender, in batches if necessary, blend all ingredients. Pour into tall glasses; garnish.

BERRY-ORANGE SHAKE:

- 1 lg. orange
- 1 pt. strawberries, hulled
- 2 containers (6 oz. each) vanilla low fat yogurt
- 1 c. skim milk
- 6 ice cubes

Cut 4 slices from orange; reserve with 4 strawberries for garnish. In blender, blend all ingredients. Pour into glasses; garnish.

BROWN COW Low Fat Yogurt

All Varieties

\$89¢

6 oz. Sugg. Retail: \$1.19



BUBBIE'S Pickles

Bread & Butter Chips or Pure Kosher Dills

\$379

16 oz. Sugg. Retail: \$5.39
33 oz. Sugg. Retail: \$7.19



BUBBIE'S Dill Relish

\$259

16.9 oz. Sugg. Retail: \$3.69



BUBBIE'S Sauerkraut

\$459

25 oz. Sugg. Retail: \$6.49



REDWOOD HILL FARM

Goat Milk Kefir

Blueberry Pomegranate or Mango Orange

\$649

32 oz. Sugg. Retail: \$9.29
Traditional Plain..... **\$599**
32 oz. Sugg. Retail: \$8.49



WHOLESOY & CO.

Organic Soy Yogurt

All Varieties

99¢

6 oz. Sugg. Retail: \$1.39
24 oz. Plain or Vanilla..... **\$269**
Sugg. Retail: \$3.79



NANCY'S

Plain Yogurt

Low Fat or Nonfat

\$269

32 oz. Sugg. Retail: \$3.79



NANCY'S

Organic Cottage Cheese

Low Fat

\$389

16 oz. Sugg. Retail: \$5.39



NASOYA

Organic Tofu

Firm, Extra Firm, 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



GALAXY

Cheese Alternative

Cheddar Vegan Rice Block, Mozzarella Vegan Rice Block, Mozzarella Vegan Block or Cheddar Vegan Chunks

\$299

8 oz. Sugg. Retail: \$4.19
Cheddar Rice Block or Mozzarella Rice Chunks..... **\$319**
8 oz. Sugg. Retail: \$4.59



NOW SELLING HOOK'N LINE CAUGHT FRESH FISH IN OUR REFRIGERATED CASE

STONYFIELD FARM

Organic Smoothie

All Varieties

\$169

10 oz. Sugg. Retail: \$2.39



SO DELICIOUS

Coconut Milk

Plain, Vanilla or Unsweetened

\$399

64 oz. Sugg. Retail: \$5.69



TOFURKY

Franks or Breakfast Links

\$279

8 oz. Sugg. Retail: \$3.89



TOFURKY

Sausage

Beer Brats, Kielbasa or Sweet Italian

\$389

14 oz. Sugg. Retail: \$5.39



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