



# Cupboard

**NATURAL FOODS & CAFE**

*Promoting a Healthy Community*

200 W. Congress Street  
Denton, TX 76201  
940-387-5388

[www.cupboardnaturalfoods.com](http://www.cupboardnaturalfoods.com)



Food For Life Baking Co.  
**Organic Ezekiel  
4:9 Bread**  
Sprouted  
24 OZ.

**\$2.99**  
Every Day Low Price

Wholesome and hearty sprouted grain breads.



Woodstock Farms  
**Organic Wild  
Blueberries**  
Frozen  
18 OZ.

**\$4.99**

Fresh frozen blueberries, plump and juicy, grown without artificial pesticides.



Organic Valley  
**Organic  
Orange Juice**  
With Pulp  
64 OZ.

**\$5.99**

As fresh as biting into a ripe orange.



58 Leagues  
**Local Grass  
Fed Beef**  
**\$6.99**  
per pound

Locally produced in Decatur, Texas.



MaraNatha Natural Foods  
**No-Stir  
Almond  
Butter**  
Creamy or Crunchy  
12 OZ.

**\$4.89**

Spread the great taste of almonds with MaraNatha No Stir Almond Butter.



Dagoba Organic Chocolate  
**Organic Dark  
or Milk  
Chocolate Bars**  
All Varieties  
2 OZ.

**\$2.19**

An exceptional semisweet chocolate offering balanced notes of cacao and subtle floral tones that linger on the palate.



Ethnic Gourmet  
**Chicken  
Tikka Masala**  
18 OZ.  
**\$3.99**

Chicken Biryani, Chicken Korma, Palak Paneer, Shahi Paneer, and Vegetable Korma also \$3.99.



Clif Bar  
**Luna Bars**  
All Varieties  
1.69 OZ.

**\$1.19**

LUNA Sunrise - the blissfully good morning nutrition bar for women.



Kettle Foods  
**Lightly Salted  
Potato Chips**  
5 OZ.

**\$2.19**

All 5 oz Kettle Potato Chips included.



Westsoy  
**Traditional  
Seasoned  
Seitan**  
8 OZ.  
**\$3.49**

Traditional Seitan is softer and juicier when thoroughly simmered in gravy or water.



R.W. Knudsen  
**Organic  
Unfiltered  
Apple Juice**  
96 OZ.  
**\$7.99**  
Every Day Low Price

A classic juice made better than ever.



Barbara's Bakery  
**Puffins  
Cereal**  
Cinnamon, Honey Rice  
or Peanut Butter  
12 OZ.  
**\$3.59**

High fiber, low fat, wheat free, no hydrogenated oils. Great nutrition with a delicious cinnamon taste.

Good From: 02/01/2010 Thru: 02/28/2010



**Emergen-C Multi Vitamin Plus**  
Cherry Pomegranate or Apricot Mango  
30 PKT

**\$13.69**

It's a tasty, fizzy drink that has all the vitamins and mineral you want, plus it's not a pill.



**Spectrum Essentials Organic Ground Flax with Berries**  
12 OZ

**\$6.29**

Ground Flaxseed with Mixed Berries is particularly delicious sprinkled on cereal, yogurt or used in baking.



**Kyolic Formula 100 Garlic Extract**  
100 CAP  
12 OZ

**\$9.99**

Help maintain healthy cholesterol levels, enhance circulation, stimulate immune functions.



**Yerba Prima Colon Care Formula**  
12 OZ

**\$8.99**

Dietary fiber is essential for proper digestion, regularity, eliminating toxins, maintaining healthy cholesterol levels and supporting heart health.



**Aloa Botanica Very Emollient Body Lotion**  
12 OZ

**\$8.39**

Blends certified aloe vera, green tea and chamomile extracts for optimum moisture balance.



**Natures Organic Tampons With Applicator**  
Regular or Super  
16 CT

**\$6.29**

Certified organic 100% cotton tampons. Totally Chlorine-Free (TCF). No perfumes, plastics, or synthetics.



**Spectrum Essentials Organic Whole Flaxseed**  
15 OZ

**\$4.59**

Rich in ALA, an omega-3 essential fatty acid that supports healthy cardiovascular, circulatory, and immune system functioning.



**Emerita Progest Cream**  
Paraben Free  
2 OZ

**\$19.99**

It absorbs quickly through the skin, and you're on your way back to a natural balance.



**Desert Essence 100% Pure Jojoba Oil**  
2 OZ

**\$5.69**

A natural plant extract that quickly penetrates and moisturizes without an oily residue.



**Emergen-C Kids Multivitamin**  
Orange Pineapple or Strawberry Banana  
30 PKT

**\$13.69**

Packed with 500 mg of Vitamin C and 32 different mineral complexes.



**Nature's Gate Cool Mint Gel Natural Toothpaste**  
5 OZ

**\$3.79**

Creme de Peppermint, Creme de Anise and Creme de Mint flavors also \$3.79.



**Fedis Soft Record V Toothbrush**  
PCS

**\$1.99**

Specifically designed to clean between teeth better than flat bristle brushes. Economical.



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