

# Rise & Shine

BAKERY ON MAIN

## Gluten Free Granola

Apple/Raisin/Walnut,  
Extra Fruit & Nut,  
Nutty Cranberry or Rainforest

**\$4.79**

12 oz. Sugg. Retail: \$6.99



NATURE'S PATH

## Organic Cereal

Corn Flakes,  
Honey'd Corn Flakes,  
Mesa Sunrise,  
Crispy Whole Grain or  
Gluten Free Whole O's

**\$3.59**

10-11.5 oz. Sugg. Retail: \$5.29

Crunch Maple or Crunchy Vanilla.....

10.6 oz. Sugg. Retail: \$5.39



**\$3.69**

CASCADIAN FARM

## Organic Cereal

All Varieties

**\$4.19**

10.4-15 oz. Sugg. Retail: \$5.99



ENVIRO-KIDZ

## Organic Cereal

Amazon Frosted Flakes  
or Leapin Lemur

**\$3.59**

10-14 oz. Sugg. Retail: \$5.29



KASHI

## Heart To Heart Cereal

Original or Warming

**\$3.99**

12.4 oz. Sugg. Retail: \$5.99

Blueberry..... **\$4.39**

13.4 oz. Sugg. Retail: \$6.39



YOGI

## Cereal

Cherry Almond Crunch,  
Goji Berry Flake & Cluster  
or Walnut Spice Crunch

**\$3.49**

12 oz. Sugg. Retail: \$5.29

Discover a new love for morning with the delightful flavors and wholesome ingredients in every bowl of Yogi cereal. Each batch is perfectly blended to promote good health, while pleasing your taste buds with every satisfying bite.

Yogi Cereals combine oats, barley, spelt, amaranth and quinoa with exotic ingredients such as goji berries, dates, green tea and cherries to provide a boost of antioxidants, promoting healthy digestion, supporting the immune system and increasing energy. A combination of crunchy flakes, granola crumbles, fruit and nuts, Yogi cereals include: Cherry Almond Crunch™, Goji Berry Flake & Cluster and Walnut Spice Crunch™. Yogi cereals contain only non-GMO ingredients and are made without high fructose corn syrup, MSG, or artificial colors and flavors.



BOB'S RED MILL

## Oat Cereal

Oat Bran or Steel Cut Oats

**\$2.49**

18-24 oz. Sugg. Retail: \$3.49-\$3.59

Scottish Oatmeal..... **\$2.59**

20 oz. Sugg. Retail: \$3.79

Thick Rolled Oats or Organic Steel Cut Oats..... **\$2.99**

24-32 oz. Sugg. Retail: \$4.29-\$4.49

Organic Thick Rolled Oats..... **\$3.79**

32 oz. Sugg. Retail: \$5.39

# Bulk Foods

## ORGANIC TURKISH APRICOTS

Large

**\$4.29**  
PER LB.

Sugg. Retail: \$4.69/lb.



## ORGANIC BLACK MISSION FIGS

**\$4.49**  
PER LB.

Sugg. Retail: \$4.99/lb.



## ROASTED PISTACHIOS.....

**\$5.99**  
PER LB.

Salted or Unsalted  
Sugg. Retail: \$6.39/lb.

## DRIED TART CHERRIES.....

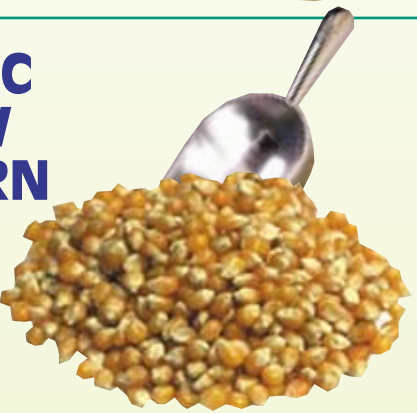
**\$8.29**  
PER LB.

Sweetened  
Sugg. Retail: \$8.99/lb.

## ORGANIC YELLOW POPCORN

**\$1.19**  
PER LB.

Sugg. Retail: \$1.49/lb.



## ORGANIC SHREDDED COCONUT

**\$3.39**  
PER LB.

Sugg. Retail: \$3.99/lb.



## ROASTED SUNFLOWER SEEDS

Salted/Shelled  
**\$2.39**  
PER LB.

Sugg. Retail: \$2.59/lb.

