

# Refrigerated Foods

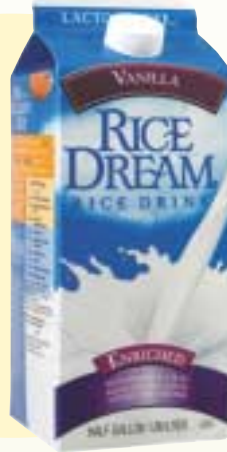
**YVES**  
**The Good Breakfast**  
 Veggie: Bacon or Patties  
**\$2<sup>99</sup>**

6-8 oz. Sugg. Retail: \$4.29



**RICE DREAM**  
**Rice Dream Drink**  
 Original or Vanilla  
**\$3<sup>49</sup>**

64 oz. Sugg. Retail: \$4.99



**YVES**  
**Veggie Ground Round Taco Stuffers**  
**\$3<sup>19</sup>**

12 oz. Sugg. Retail: \$4.39

**Veggie Chorizo..... \$3<sup>79</sup>**  
 12 oz. Sugg. Retail: \$5.39



**WESTSOY**  
**Seitan**  
 Seasoned Traditional or Stir-Fry Strips  
**\$3<sup>49</sup>**

8 oz. Sugg. Retail: \$4.99  
 Chicken Style..... **\$4<sup>39</sup>**  
 18 oz. Sugg. Retail: \$6.19



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

**OIKOS/STONYFIELD FARM**  
**Organic 0% Fat Greek Yogurt**

Blueberry, Honey, Strawberry, Plain or Vanilla

**\$1<sup>89</sup>**

5.3 oz. Sugg. Retail: \$2.69



**WHOLESOY & CO.**  
**Soy Yogurt**  
 All Varieties

**99¢**

6 oz. Sugg. Retail: \$1.39  
 24 oz. Plain or Vanilla..... **\$2<sup>69</sup>**  
 Sugg. Retail: \$3.79



**STONYFIELD FARM**  
**Organic Smoothie**

All Varieties

**\$1<sup>69</sup>**

10 oz. Sugg. Retail: \$2.39



**WALLABY**  
**Lowfat Organic Yogurt**  
 All Varieties

**99¢**

6 oz. Sugg. Retail: \$1.29  
 27 oz. Plain or Vanilla..... **\$3<sup>19</sup>**  
 Sugg. Retail: \$4.39



**WILD WOOD**  
**Organic Firm SprouTofu**

VacPack

**\$1<sup>89</sup>**

10 oz. Sugg. Retail: \$2.59  
 20 oz..... **\$3<sup>29</sup>**  
 Sugg. Retail: \$4.59



**WILD WOOD**  
**Organic Baked Tofu**

All Varieties Including Smoked Teriyaki

**\$3<sup>49</sup>**

5.5-6 oz. Sugg. Retail: \$4.99



## YOGURT SALAD DRESSING

### Ingredients

- 1 (6 ounce) container plain low-fat yogurt
- 2 teaspoons lemon juice
- 1 teaspoon Dijon-style prepared mustard
- 1 teaspoon chopped fresh parsley
- 1 teaspoon chopped fresh chives

### Directions

In a small bowl, beat together yogurt and lemon juice until smooth. Stir in mustard, parsley, and chives. Refrigerate until ready to serve.



**WOODSTOCK FARMS**  
**Organic Tofu**

Firm or Extra Firm

**\$1<sup>89</sup>**

14 oz. Sugg. Retail: \$2.69



**Check for our Monthly Specials at  
[www.westerlynaturalmarket.com](http://www.westerlynaturalmarket.com)**

# Household Supplies

**PETGUARD**  
**Canned Dog Food**  
 All Varieties

**\$1<sup>99</sup>**

14 oz. Sugg. Retail: \$2.79



**ECOVER**  
**Toilet Cleaner**

**\$2<sup>99</sup>**

25 oz. Sugg. Retail: \$4.39



**ECOVER**  
**Glass & Surface Cleaner**

**\$3<sup>19</sup>**

16 oz. Sugg. Retail: \$4.59



**ECOVER**  
**All Purpose Cleaner**

**\$3<sup>89</sup>**

32 oz. Sugg. Retail: \$5.69

