



# Natural Frontier Market

just good things from the good earth

[www.naturalfrontiermarket.net](http://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

**12-01 Jackson Avenue**  
Long Island City, NY 11101  
Phone: (718) 937-9399 • Fax: (718) 937-9392  
Hours: Mon.-Sun: 8 am to 10 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 GREAT DISCOUNTS ON 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](http://WWW.NATURALFRONTIERMARKET.NET)

### WOODSTOCK FARMS

#### Organic Relish

Sweet or Spicy Chipotle

**\$3.99**

16 oz. Sugg. Retail: \$5.99



### WOODSTOCK FARMS

#### Organic Pickles

Assorted Varieties

**\$3.99**

24 oz. Sugg. Retail: \$5.99



### WOODSTOCK FARMS

#### Organic Sauerkraut

**\$3.99**

16 oz. Sugg. Retail: \$4.99



# JULY SAVINGS

**GRAND OPENING SALE**  
5% off your total bill of \$50.00 or more  
for the month of July at ALL LOCATIONS

### LET'S DO

#### Gluten Free Ice Cream Cones

**\$2.69**

1.2 oz. Sugg. Retail: \$3.99



### RAPUNZEL

#### Organic Sunflower Oil

Unrefined

**\$4.79**

16.9 oz. Sugg. Retail: \$6.99



### LAKEWOOD

#### Organic Lemonade

Original, Light, Cranberry or Pomegranate Light

**\$2.69**

32 oz. Sugg. Retail: \$3.99



### LARABAR

#### Nutrition Bar

Assorted Varieties

1.6-1.8 oz. Sugg. Retail: \$1.79

**\$1.19**

## CHEESE OF THE MONTH

### GOURMET ARTISAN

#### Goat Cheese Log

Cran Cinnamon, Original, Fig or Peppadew..... **\$2.99**

4 oz. Sugg. Retail: \$4.99

#### Cheese Crumbles

Feta..... **\$2.99**

6 oz. Sugg. Retail: \$4.89

Blue..... **\$2.39**

4 oz. Sugg. Retail: \$3.99

Gorgonzola..... **\$2.59**

4 oz. Sugg. Retail: \$4.29

#### Cheese Wedge

Blue..... **\$3.59**

7 oz. Sugg. Retail: \$5.99

Gorgonzola..... **\$3.99**

7 oz. Sugg. Retail: \$6.49

Mediterranean Feta Chunk..... **\$3.59**

8 oz. Sugg. Retail: \$5.99



### MUIR GLEN

#### Organic Tomato Ketchup

**\$2.69**

24 oz. Sugg. Retail: \$3.99



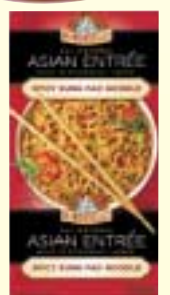
### DR. MCDOUGALL'S

#### Asian Entree

Assorted Varieties

**\$1.49**

1.9-2.6 oz. Sugg. Retail: \$2.19



## PERISHABLES

### STONYFIELD FARM

#### Organic Ice Cream

Assorted Varieties

**\$3.19**

16 oz. Sugg. Retail: \$4.49



### STONYFIELD FARM

#### Organic Frozen Yogurt

Assorted Varieties

**\$3.19**

16 oz. Sugg. Retail: \$4.49



### FOOD FOR LIFE

#### Brown Rice Tortillas

**\$2.59**

12 oz. Sugg. Retail: \$3.69



### FOOD FOR LIFE

#### Organic English Muffins

7 Grain or Ezekiel 4:9 Sprouted

16 oz. Sugg. Retail: \$4.99

Ezekiel 4:9 Raisin or Genesis Sprouted..... **\$3.89**

16 oz. Sugg. Retail: \$5.59

Wheat/Gluten Free Brown Rice or Gluten Free Multi Seed **\$4.39**

18 oz. Sugg. Retail: \$6.19



### FOOD FOR LIFE

#### Organic Ezekiel 4:9 Sprouted Buns

Burger or Hot Dog

**\$3.49**

16 oz. Sugg. Retail: \$4.99



### TOFURKY

#### Sausage

Beer Brats, Kielbasa or Sweet Italian

14 oz. Sugg. Retail: \$5.39

**\$3.89**