



INDIVIDUAL ATTENTION WITH ALL THE PRICES YOU LOVE
YOUR NEIGHBORHOOD NATURAL FOODS MARKET

911 Eighth Avenue, Corner of 54th St. • New York, NY 10019

SALE PRICE EFFECTIVE THROUGH MARCH 1-31, 2010

212•586•5262
 Fax: (212) 586-2778
 www.westerlynaturalmarket.com


We are open 7 days a week!
 Monday-Friday: 7am to Midnight
 Saturday: 8am to Midnight
 Sunday: 9am to Midnight

Westerly Delivers For You:
 We offer local delivery for both in-store shopping and e-mail/fax orders. Delivery charges may apply outside our local area.
 email orders to: westerlydelivery@verizon.net
 FAX ORDERS TO DELIVERY 212-586-2778

RUDI'S Organic Bread
 Country Morning White, Multigrain Oat, 14 Grain, 7 Grain & Flax or Wheat & Oat
\$3.49
 20-22 oz. Sugg. Retail: \$4.99



MIMIC Cream Substitute
 Sweetened or Unsweetened
\$3.79
 32 oz. Sugg. Retail: \$5.69
 16 oz. Cream Substitute... **\$2.49**
 Sugg. Retail: \$3.69



NATURAL SEA Tuna Fish
 Salted or No Salt: Chunk Light Yellow Fin or Chunk Light Tongol
\$1.79
 6 oz. Sugg. Retail: \$2.49-\$2.59



WOODSTOCK FARMS Almond Butter
 No Salt Crunchy or Smooth or Raw
\$7.39
 16 oz. Sugg. Retail: \$10.99
 Organic... **\$14.99**
 16 oz. Sugg. Retail: \$21.99
 No Salt Cashew Butter... **\$7.99**
 16 oz. Sugg. Retail: \$11.99



DR. MCDUGALL'S Big Soup Cup
 All Varieties
\$1.49
 1.9-3.4 oz. Sugg. Retail: \$2.19
Organic Hot Cereal Cup
 Apple Cinnamon, Maple or Peach Raspberry
\$1.49
 2.3-3 oz. Sugg. Retail: \$2.19



NATURAL SEA Pink Salmon
 Alaskan: Salted or No Salt
\$2.69
 7.5 oz. Sugg. Retail: \$3.99
 Skinless/Boneless... **\$2.99**
 6 oz. Sugg. Retail: \$4.49



Check for our Monthly Specials at www.westerlynaturalmarket.com

HELEN'S KITCHEN Organic Burrito
 Beans/2 Cheese, Beans/Rice/Veggie/Cheese, Tofu/Veggie/Cheese or Veggie/Ground Beef
2/\$4
 6 oz. Sugg. Retail: \$2.99



CHEESE OF THE MONTH

The primary reason Mt. Vikos® Cheeses taste great is the quality and freshness of their milk. All Mt. Vikos® Cheeses are made from a blend of sheep and goat's milk. The ratio used is determined by tradition, and the craft of the master cheese maker who adjusts the blend slightly during the year. Their dairies are family run by artisan cheese makers whose passion for cheese making gets passed down from generation to generation.

The herds are free-ranging, grazing on the hillsides, eating wild grasses, herbs, wildflowers, and local vegetation. Since the animals are outside, there is no reason to give the animals any antibiotics or hormones. The shepherds who tend the herds do the actual milking. The fresh milk is brought to the dairy where it is pasteurized and made into cheese the very next day. Mt. Vikos® does not use calcium chloride as a stabilizer or binder in their cheeses. The milk is fresh, herbal, and clean.

MT. VIKOS Feta Cheese **\$4.49**
 7 oz. Sugg. Retail: \$5.99
 Aged Feta... **\$4.99**
 6 oz. Sugg. Retail: \$6.49
 Manouri... **\$4.19**
 4 oz. Sugg. Retail: \$5.49
 Fetiri w/Greek Herbs or Cracked Pepper... **\$5.29**
 7 oz. Sugg. Retail: \$6.99
 Kasseri... **\$5.59**
 6 oz. Sugg. Retail: \$7.49



SPROUT Organic Baby Food
 All Varieties
\$1.39
 3.5 oz. Sugg. Retail: \$1.89



Organic Fruits and Vegetables Delivered Daily. Stop by and get Healthy!



Join our mailing list and get \$5.00 coupon and other great savings every month!

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 Zip Code: _____
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