

# Frozen Foods



**NATURAL SEA**  
**Premium Cod Fish Fillets or Sticks**.....  
 8 oz. Sugg. Retail: \$7.49

**\$5.49**



**WORLD CATCH**  
**Fish Entrees**.....  
 Maryland Style Crab Cakes, Coconut Shrimp or Salmon Burger  
 8-12.8 oz. Sugg. Retail: \$10.29-\$10.49

**\$7.39**



**HENRY & LISA**  
**Fish Entrees**  
 Salmon Fillet w/Marinade  
**\$6.29**  
 9 oz. Sugg. Retail: \$8.69  
 Bay Scallops w/Glaze.... **\$6.79**  
 9 oz. Sugg. Retail: \$9.59  
 Mahi Mahi Fillet w/ Marinade..... **\$6.99**  
 9 oz. Sugg. Retail: \$9.79

**WYMAN'S**  
**Berries**  
 Wild Blueberries

**\$3.49**  
 15 oz. Sugg. Retail: \$4.89  
 Strawberries..... **\$2.79**  
 15 oz. Sugg. Retail: \$3.69  
 Mixed Berries or Red Raspberries..... **\$3.19**  
 12-15 oz. Sugg. Retail: \$4.49-\$4.59



**TOFUTTI**  
**Marry Me Dessert Bars**  
**\$3.49**

6 pk. Sugg. Retail: \$5.59



**SO DELICIOUS**  
**Organic Dairy Free Dessert**  
 All Varieties

**\$4.79**

32 oz. Sugg. Retail: \$6.69



**ALDEN'S**  
**Organic Ice Cream**.....  
 All Varieties  
 48 oz. Sugg. Retail: \$6.99

**\$4.99**

**RISING MOON**  
**Organic Primacotta**  
 Lasagna, Manicotti or Stuffed Shells

**\$4.29**

10 oz. Sugg. Retail: \$5.99



**TOFUTTI**  
**Pizza Pizzaz**

**\$3.49**

8 oz. Sugg. Retail: \$4.79



**CAESAR'S PASTA**  
**Wheat Free Gluten Free Organic Italian Dinner Entrees**.....  
 Cheese Lasagna, Vegetable Lasagna, Manicotti, Stuffed Shells or Vegan Potato Gnocchi

**\$4.29**

11-16 oz. Sugg. Retail: \$5.99



**APPLEGATE FARMS**  
**Chicken Breakfast Sausage**.....  
 Apple, Maple or Sage

**\$4.69**

8 oz. Sugg. Retail: \$6.59



**DE WAFELBAKKERS**  
**Pancakes**.....  
 Sweet Potato, Whole Grain or Organic Whole Grain Blueberry

**\$2.49**

6 ct. Sugg. Retail: \$3.49

Whole Grain Cinnamon French Toast..... **\$2.49**

4 ct. Sugg. Retail: \$3.49

Sweet Potato Waffles..... **\$2.49**

9 ct. Sugg. Retail: \$3.49



**NATURE'S PATH**  
**Organic Waffles**.....  
 All Varieties

**\$2.79**

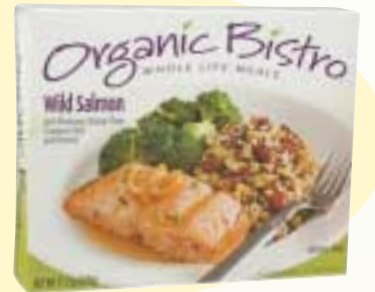
7.5 oz. Sugg. Retail: \$3.79

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

**ORGANIC BISTRO**  
**Organic Entrees**  
 All Varieties

**\$5.49**

10-11.3 oz. Sugg. Retail: \$7.59



**KETTLE CUISINE**  
**Chili, Chowder or Soup**  
 All Varieties

**\$2.79**

10 oz. Sugg. Retail: \$3.99



**RICE EXPRESSIONS**  
**Organic Rice**  
 Microwave Brown, Microwave Long Grain, Thai Jasmine or Whole Grain Brown Pilaf

**\$3.49**

2/10-3/10 oz. Sugg. Retail: \$4.99



**FRENCH MEADOW**  
**Sprouted Bagels**  
 16 Grain or Cinnamon

**\$3.99**

17.5 oz. Sugg. Retail: \$5.69

Organic Healthy Hemp.... **\$6.29**

17 oz. Sugg. Retail: \$8.59

**Organic Sprouted Bread**  
 Yeast Free:  
 Healthseed, Hemp, Men's or Woman

**\$6.59**

24 oz. Sugg. Retail: \$9.29

Grain, 16 Grain or Cinnamon Raisin..... **\$4.19**

24 oz. Sugg. Retail: \$5.79



**CASCADIAN FARM**  
**Organic Vegetables**.....  
 California Blend, Gardener's Blend, Broccoli Florets, Super Sweet Corn, Cut Green Beans, Peas & Carrots, Sweet Green Peas, Chinese Stir-Fry Blend or Thai Stir-Fry Blend

**\$2.49**

10 oz. bag Sugg. Retail: \$3.29-\$3.49

Asparagus Cuts..... **\$3.69**

9 oz. Sugg. Retail: \$5.29

16 oz. Bag:  
 Broccoli Cuts, Corn, Cut Green Beans, Peas or Mixed Vegetables..... **\$2.99**

Sugg. Retail: \$4.29

**CASCADIAN FARM**  
**Boxed Organic Vegetables**.....  
 French Green Beans w/Almonds, Broccoli & Carrots, Super Sweet Corn, Garden Veggie Medley, Petite Green Beans, Cut Spinach, Peas & Pearl Onions or Winter Squash Puree

**\$2.79**

7.4-10 oz. Sugg. Retail: \$3.99