



ON SALE FOR EVERYONE OCT 29 - DEC 2

	SALE	REG	SAVE
MESTEMACHER BREAD PUMPERNICKEL	2.29	2.69	0.40
MESTEMACHER BREAD RTE FITNESS	2.29	2.69	0.40
MESTEMACHER BREAD RTE WHOLE RYE	2.29	2.69	0.40
GREEN VALLEY CREAM CHEESE LACT	3.69	4.29	0.60
MAPLE HILL C YOGURT BEV BLUEBERRY	2.99	3.29	0.30
CAFE SPICE CHICKEN TIKKA MASALA SF	5.29	6.49	1.20
CAFE SPICE CHANNA MASALA LEMON RICE	6.49	6.99	0.50
SOL CUISINE FALAFEL W TAHNINI	5.69	5.99	0.30
WOODSTOCK FRZN MANGOES 10 OZ	5.69	6.69	1.00
WOODSTOCK FRZN GREEN PEAS ORG	3.29	3.99	0.70
WOODSTOCK FRZN RED RASPBERRY	6.99	7.49	0.50
WOODSTOCK FRZN SPINACH CUT ORG	3.29	3.49	0.20
ALESSI GRINDER BLK PEPPERCORN W	2.19	2.49	0.30
NOODLE PAD THAI ORIGINAL	3.69	4.29	0.60
BTN CRACKER GF RICE THIN MULTISEED	3.49	3.99	0.50
BTN CRACKER CRISPY WHT	3.49	3.99	0.50
BTN CRACKER CLASSIC ROUND	3.49	3.99	0.50
BTN FLATBREAD PINK HIMALAYAN SALT	3.49	3.99	0.50
BTN CRACKER CRISPY CHEDDAR	3.49	3.99	0.50
BACK TO NAT MAC & CHEESE CHEDDAR	2.49	2.99	0.50
BTN CRACKERS CRISPY CHEDDAR 8 PK	4.69	5.49	0.80
BAR HARBOR CLAM JUICE 8 OZ	2.69	3.29	0.60
CHOC COVERED ALMOND DARK	4.49	4.69	0.20
BIONATURE CHIOCCIOLE PASTA	2.49	3.49	1.00
BIONATURAE PASTA LASAGNA ORG	3.29	3.99	0.70
BIONATURE SPAGHETTI ORG	2.49	2.99	0.50
BIONATURE WW SPAGHETTI ORG	2.49	2.99	0.50
BOVES PASTA SAUCE 3 CHEESE	4.49	5.69	1.20
BOVES ALFREDO SAUCE	5.69	6.99	1.30
BOVES MARINARA SAUCE	4.49	5.69	1.20
BOVES PASTA SAUCE BASIL	4.49	5.69	1.20
BOVES PASTA SAUCE VODKA	4.49	5.69	1.20
BOVES PASTA SAUCE GARLIC	4.49	5.69	1.20
CALIFORNIA OIL OLIVE EXTRA VIRGIN A	14.99	15.99	1.00
CARRINGTON COCONT OIL 25OZ SOLID	13.99	16.99	3.00
TEA WHITE PEONY	4.29	4.99	0.70
TEA ENGLISH BRKFAST ORG	4.29	4.99	0.70

CHOICE TEA EARL GREY ORG	4.29	4.99	0.70
TEA TWIG ORG	4.29	4.99	0.70
TEA DCF EARL GREY ORG	4.29	4.99	0.70
TEA OOLONG ORG	4.29	4.99	0.70
HOT CHILI GARLIC	3.29	3.69	0.40
CHOLULA SAUCE HOT ORIGINAL	3.29	3.69	0.40
DAVINCI PASTA SPAGHETTI	1.49	1.99	0.50
DREWS SALSA THCK CHNKY MED ORG	4.49	5.29	0.80
DREWS SALSA THCK CHNKY MILD ORG	4.49	5.29	0.80
FEVER TREE GINGER ALE 16.9 OZ	2.69	3.29	0.60
FEVER TREE TONIC WATER MDRN 4 PK	5.49	6.49	1.00
FEVER TREE TONIC NAT LT 4 PK	5.49	6.49	1.00
FLAVORGANICS EXTRACT ALMOND 2 OZ	5.49	6.49	1.00
FLAVORGANICS EXTRACT LEMON 2 OZ	5.49	6.49	1.00
FLAVORGANICS EXTRACT PEPPERMINT 2 OZ	5.49	6.49	1.00
GAEA OLIVES STUFFED PIMENTO	4.99	5.69	0.70
GAEA OLIVES KALAMATA PITTED	4.99	5.69	0.70
GAEA OLIVES GREEN PITTED	4.69	5.29	0.60
GAEA OLIVES KALAMATA PITTED ORG	5.29	6.29	1.00
GAEA OLIVES MIXED MARINATED ORG	4.99	5.69	0.70
GEROLSTEINER WATER MINERAL SPRKL	1.99	2.19	0.20
INTERNATIONAL OIL FLAX SEED	6.99	8.49	1.50
INTERNATIONA OIL OLIVE DIPPING VI	6.99	7.99	1.00
INTERNATIONA OIL OLIVE GARLIC	6.99	7.99	1.00
SPARKLING CIDER AND SPICE	3.49	4.49	1.00
KNUDSEN JUICE CONCORD GRAPE SPRKL	3.29	4.49	1.20
KOYO SOUP RAMEN TOFU & MISO	1.19	1.29	0.10
KOYO SOUP RAMEN MUSHROOM	1.19	1.49	0.30
KOYO SOUP RAMEN SEAWEED	1.19	1.29	0.10
LTRNG OIL GRAPESEED	7.49	8.49	1.00
LTRNG OIL SESAME TSTD	10.99	11.99	1.00
LTRNG OIL AVOCADO	11.99	13.99	2.00
LTRNG AVOCADO OIL SPRAY	5.99	7.49	1.50
LAVAZZA COFFEE BRCK CREMA GUST	6.49	7.99	1.50
COCONUT FLAKES	3.29	3.99	0.70
LILYS SWEETS CHOC BKNG CHIPS S	6.69	7.49	0.80
CHIP BAKING PREMIUM	6.69	7.49	0.80
LOTUS FOODS RICE FORBIDDEN ORG	4.69	5.49	0.80
MADE WITH BEANS PINTO ORG	1.99	2.29	0.30
MADE WITH BEANS BLACK ORG	1.99	2.29	0.30

MADE WITH BEANS GARBANZO ORG	1.99	2.29	0.30
MIDEL PIE CRUST GF GRAHAM STYL	4.29	4.99	0.70
NATIVE FOREST ARTICHOKE HEARTS	3.29	3.99	0.70
NATIVE FOREST MUSHROOM STEM	2.69	2.99	0.30
NATIVE FOREST HEARTS OF PALM	4.99	5.99	1.00
NATIVE FOREST ORANGE MANDARIN	2.99	3.49	0.50
NATIVE FOREST PEACH SLICED	4.29	4.99	0.70
SUGAR COCONUT PALM	5.49	7.49	2.00
WHOLESOME SUGAR PWDR ORG	4.49	4.99	0.50
WHOLESOME SUGAR BRN LITE ORG FTC	4.99	5.69	0.70
WHOLESOME SW SUGAR FTC ORG	9.99	11.99	2.00
WHOLESOME SW SUGAR BROWN DARK	4.99	5.69	0.70
WHOLESOME SW SUCANAT ORG FTC	4.49	4.99	0.50
TAZA CHOCOLA CHOC DISC CINNAMON	3.69	4.29	0.60
TAZA CHOCOLA CHOC DISC PURO	3.69	4.29	0.60
THIS BAR SAV BAR GRNLA WLD BLUEBERRY	1.99	2.69	0.70
BIOKLEEN GLASS CLEANER SPRAY	4.49	5.99	1.50
BIOKLEEN ALL PURPOSE CLEANER	6.49	8.49	2.00
BUMBOOSA BABY WIPES	4.29	4.99	0.70
ECOS ROOM SPRAY LAVENDER	4.49	5.29	0.80
ECOS ROOM SPRAY LEMON	4.49	5.29	0.80
GREEN2 FACE TISSUE CUBE TREE F	1.69	1.99	0.30
GREEN2 BATH TISSUE 2PLY 300SHT	12.99	13.99	1.00
WORLD CENTRIC PLATE FIBER 9IN	3.99	4.29	0.30
WORLD CENTRI BOWL FIBER 11.5 OZ	1.99	2.19	0.20
WORLD CENT UTENSIL PK	2.49	2.99	0.50
BUBBIES KOSHER DILL RELISH 16 OZ	4.29	4.99	0.70
PAPAYA ENZYME ORGNL	14.99	15.99	1.00
GOUT OUT	16.99	18.99	2.00
4KIDS CALM N RESTFUL	7.99	9.99	2.00
CALMS FORTE 50CT	7.99	8.69	0.70
QUANTUM THERA ZINC SPRAY ECHINACEA	10.99	11.99	1.00