

code	Veggies	PRICE	QTY	TOTAL	UNIT	Aug 6-7 '10
	Prices and availability subject to change without notice					
3	Beans, Black	\$4.50		\$0.00	2.5 lb bag	
4	Beans, Garbanzo	\$4.75		\$0.00	2.5 lb bag	
5	Beans, Green	\$3.75		\$0.00	1lb bag	**SPECIAL**
6	Beans, Kidney, Dark Red	\$4.75		\$0.00	2.5lb bag	
7	Beans, Lentils	\$4.00		\$0.00	2.5lb bag	
9	Beets	\$2.25		\$0.00	bunch	
10	Broccoli	\$3.75		\$0.00	bunch	
11	Broccoli/Cauli	\$3.95		\$0.00	10oz bag	
12	Broccoli/Cauli/Carrot Medley	\$3.95		\$0.00	10oz bag	
13	Broccoli Slaw	\$3.95		\$0.00	10oz bag	
71	Baby Bok Choy	TBD			each	
70	Cabbage	\$3.50		\$0.00	each	
14	Carrots	\$1.00		\$0.00	1lb bag	
15	Carrots, 5lb bag	\$4.00		\$0.00	5lb bag	
16	Carrots, baby	\$1.75		\$0.00	1lb bag	
17	Cauliflower	\$3.50		\$0.00	each	
18	Celery	\$1.99		\$0.00	bunch	
24	Cucumber	TBD			each	
27	Garlic	TBD			each	
28	Ginger	\$2.75		\$0.00	4oz pkg	
660	Herbs, Basil	\$2.75		\$0.00	each	
31	Lettuce, Boston Red Butter	\$2.25		\$0.00	each	
33	Lettuce, Romaine	\$2.50		\$0.00	each	
34	Mushrooms, Crimini	\$3.95		\$0.00	6oz pkg	
35	Mushrooms, White	\$3.95		\$0.00	6oz pkg	
38	Onion, Red	\$0.99		\$0.00	each	**SPECIAL**
43	Onion, Vidalia Sweet, each	\$0.99		\$0.00	each	
45	Peas, Sugar Snap	\$2.95		\$0.00	1/2 lb bag	
47	Peppers, Red Bell, Extra Large	TBD			each	
50	Potatoes, Jersey Sweet	\$3.95		\$0.00	2lb bag	
52	Potatoes, Yukon Gold	\$2.75		\$0.00	2lb bag	
68	Potatoes, Jewel Yams	\$3.95		\$0.00	2lb bag	
54	Salad, Baby Spinach	\$3.95		\$0.00	5oz pkg	
55	Salad, Baby Spring Mix	\$3.95		\$0.00	5oz pkg	
56	Salad, Berries & Balsamic Kit	\$4.95		\$0.00	5oz pkg	
57	Salad, Fresh Herbs	\$3.95		\$0.00	5oz pkg	
58	Sprouts, Bean	\$3.95		\$0.00	4oz pkg	
59	Sprouts, Broccoli	\$2.95		\$0.00	4oz pkg	
61	Squash, Butternut	TBD			each	
62	Squash, Zucchini	TBD		TBD	2per pkg	
63	Tomatoes, Cherry-Grape	\$3.95		\$0.00	1pt pkg	
65	Tomatoes, Large	\$1.25		\$0.00	each	
67	Tomatoes, Roma	\$2.25		\$0.00	1lb bag	
Fruits N' Nuts						
101	Apples, Fuji, New Zealand	\$0.85		\$0.00	each	
104	Apples, Pink Cripps, New Zealand	\$0.75		\$0.00	each	
108	Avocado, Haas	\$1.25		\$0.00	each	"New Grower"
110	Bananas	\$0.35		\$0.00	each	
111	Bananas	\$1.00		\$0.00	3/\$1.00	
113	Berries, Blueberries	\$3.95		\$0.00	6oz pkg	
114	Berries, Raspberries	\$3.95		\$0.00	6oz pkg	
115	Berries, Strawberries	\$4.25		\$0.00	1lb pkg	
116	Cherries, Rainier	\$6.50		\$0.00	1.25lb pkg	

117	Coconuts	\$2.50		\$0.00	each	
118	Grapes, Champagne(Purple)seedle	\$3.95		\$0.00	1lb pkg	**SPECIAL**
119	Grapes, Seedless Green	\$5.50		\$0.00	2lb bag	
121	Kiwi	\$2.75		\$0.00	1lb bag	
122	Kiwi, Gold New Zealand	TBD			each	Last week for Gold Kiwi
123	Mangos, Kent	\$1.75		\$0.00	each	
124	Melon, Cantaloupe	\$3.99		\$0.00	each	
127	Melons, Watermelon, Red Sdls, mini	\$6.25		\$0.00	each	
131	Peaches, White	\$0.85		\$0.00	each	
132	Pineapples	\$4.50		\$0.00	each	
134	Pluots, Dapple Dandy	\$0.75		\$0.00	each	
Dried Fruit n' Nuts						
140	Dried Fruit, Banana Chips, GF	\$2.25		\$0.00	4.25oz bag	
141	Dried fruit, Cranberries	\$5.25		\$0.00	10oz tub	
142	Dried fruit, Cranberries n apples	\$4.50		\$0.00	4oz bag	
144	<i>Dried fruit, Plums</i>	\$3.50		\$0.00	4oz bag	
145	Dried fruit, Raisins	\$4.95		\$0.00	10oz can	
160	Nuts, Almonds, Dark Chocolate	\$11.20		\$0.00	11oz tub	
161	Nuts, Almonds, raw	\$10.75		\$0.00	12oz tub	
162	Nuts, Cashews, raw	\$7.50		\$0.00	11.5oz tub	
163	Nuts, Cashews, Roasted, Salted	\$7.50		\$0.00	11.5oz tub	
168	Pecans, All Natural	\$5.99		\$0.00	11oz tub	**SPECIAL**
164	Nuts, Peanuts, roasted, salted	\$2.50		\$0.00	1lb bag	
165	Nuts, Pistachios	\$6.50		\$0.00	11.5oz tub	
166	Nuts, Walnuts	\$6.25		\$0.00	7oz tub	
Dairy, Eggs, Goat Milk						
201	Butter, whipped, salted	\$4.95		\$0.00	8oz tub	
202	Butter, whipped, unsalted	\$4.95		\$0.00	8oz tub	
203	Cheese, Cream	\$4.75		\$0.00	8oz pkg	
204	Cheese, Feta	\$5.55		\$0.00	8oz	
208	Cheese, Ricotta	\$5.95		\$0.00	15oz	
205	Cheese, Mild Cheddar, sliced	\$4.25		\$0.00	5oz	
206	Cheese, Monterey Jack, sliced	\$4.25		\$0.00	5oz	
207	Cheese, Pepperjack	\$5.99		\$0.00	8oz block	
215	Cheese, Provolone, sliced	\$5.40		\$0.00	6oz pkg	New Item
300	Eggs, Free Range	\$4.99		\$0.00	1dozen	**SPECIAL**
211	Yogurt, LF peach	\$1.50		\$0.00	6oz	
210	Yogurt, LF, blueberry	\$1.50		\$0.00	6oz	
212	Yogurt, LF, Plain	\$1.50		\$0.00	6oz	
213	Yogurt, LF, Raspberry	\$1.50		\$0.00	6oz	
214	Yogurt, LF, strawberry	\$1.50		\$0.00	6oz	
Meat						
350	Bacon, Organic	\$6.50		\$0.00	8oz pkg	
558	<i>Beef Jerky, Black Pepper</i>	\$5.95		\$0.00	3oz pkg	
559	<i>Beef Jerky, Original</i>	\$5.95		\$0.00	3oz pkg	
560	<i>Beef Jerky, Teriyaki</i>	\$5.95		\$0.00	3oz pkg	
326	<i>Beef Chuck Roll</i>	\$73.00		\$0.00	ea/7.00 lb	
320	Beef, Ground Chuck, all natural	\$5.95		\$0.00	1lb pkg	
321	Beef, NY Striploin, Organic	\$8.99		\$0.00	10oz pkg	**SPECIAL**
322	Beef, Filet Mignon, Organic	\$18.99		\$0.00	2x6oz pkg	**SPECIAL**
323	Beef, Top Sirloin Organic	\$14.99		\$0.00	2x8oz pkg	
324	Beef, Rib Eye, Organic	\$11.85		\$0.00	10oz pkg	
325	Beef, Hot Dogs, Stadium, Organic	\$6.50		\$0.00	1lb pkg	
301	Chicken Breast, Boneless/Skinless	TBD			7.99/lb-(2 pk)	Free Range
302	Chicken Thigh, All Natural Boneless	TBD			5.90/lb-(4-5/p)	Free Range

305	Chicken, Whole, All Natural-Free Ran	TBD			3.15/lb-Each	<i>Free Range</i>
341	Chicken Breast Roasted, Sliced , Org	\$6.50		\$0.00	6oz pkg	
351	Kielbasa	\$7.95		\$0.00	6oz pkg	
340	Roast Beef, Sliced , Organic Applega	\$5.85		\$0.00	6oz pkg	
315	Sausage, Sweet Italian, Organic, App	\$7.95		\$0.00	12oz pkg	
342	Turkey Oven Roasted; Sliced Organi	\$6.25		\$0.00	6oz pkg	
Beverages						
400	Coffee, Road Warrior	8.99		\$0.00	12oz pkg	**SPECIAL**
450	Juice, Cranberry - Harney Brothers	\$1.95		\$0.00	16oz bottle	
420	Juice, Big Berry Tea-Harney Brothers	\$1.95		\$0.00	16oz bottle	
452	Juice, Italian Volcano Lemon Burst	\$2.50		\$0.00	200ml	
451	Juice, Pomegranate/Blueberry-Purity	\$2.25		\$0.00	16oz bottle	
437	Steaz, Berry Energy	\$2.50		\$0.00	12oz can	
438	Steaz Berry Energy 4pack	\$8.50		\$0.00	4x12oz can	Save 15%
439	Steaz Orange Energy Can	\$2.50		\$0.00	12oz can	
440	Steaz Orange Energy 4pack	\$8.50		\$0.00	4x12oz can	Save 15%
425	Steaz, Sparkling Raspberry	\$1.59		\$0.00	12oz bottle	
426	Steaz, Sparkling Orange	\$1.59		\$0.00	12oz bottle	
427	Steaz, Sparkling 4 Pack -Orange	\$5.40		\$0.00	4x12oz bottle	Save 15%
427	Steaz, Sparkling 4 Pack -Raspberry	\$5.40		\$0.00	4x12oz bottle	Save 15%
436	Steaz, Tea, Case of Steaz-Mixed	\$18.50		\$0.00	12x16oz cans	
428	Steaz, Tea, Green Mint	\$1.75		\$0.00	16oz can	
429	Steaz, Tea, Green Mint- Case	\$18.50		\$0.00	12x16oz cans	Save 10%
432	Steaz, Tea, Green Tea w/peach	\$1.75		\$0.00	16oz can	
433	Steaz, Tea, Green Tea w/peach- Case	\$18.50		\$0.00	12x16oz cans	Save 10%
430	Steaz, Tea, Green w/BB-Pom	\$1.75		\$0.00	16oz can	
431	Steaz, Tea, Green w/BB-Pom- Case	\$18.50		\$0.00	12x16oz cans	Save 10%
434	Steaz, Tea, White w/Lime-Pom	\$1.75		\$0.00	16oz can	
435	Steaz, Tea, White w/Lime-Pom	\$18.50		\$0.00	12x16oz cans	
Cereal n' Sweetener						
615	<i>Honey, Wholesome Squeeze, Organ</i>	\$9.95		\$0.00	16oz squeeze bottle	
630	Oats, Quick Rolled	\$4.99		\$0.00	32oz	
Rice & Pasta						
620	Rice, Jasmine Brown	\$5.15		\$0.00	2lb bag	
621	Rice, Jasmine White	\$5.45		\$0.00	2lb bag	
622	Rice, Lundberg Short Rice	\$4.50		\$0.00	2lb bag	
623	Pasta, Del Lallo, Spaghetti	\$3.25		\$0.00	1lb pkg	
Dips, Dressing n' Salsa						
501	Dressing, Balsamic Vinaigrette	\$4.95		\$0.00	12oz bottle	
502	Dressing, Cesar	\$4.95		\$0.00	12oz bottle	
503	Dressing, Raspberry Vinaigrette	\$4.95		\$0.00	12oz bottle	
504	Dressing, Sun Dried Tomato	\$4.95		\$0.00	12oz bottle	
600	<i>Guacamole Gluten Free</i>	\$5.95		\$0.00	1lb tub	
601	<i>Hummus, Lentil</i>	\$2.75		\$0.00	8oz tub	
602	<i>Hummus, Mediterranean</i>	\$2.75		\$0.00	8oz tub	
603	<i>Hummus, red pepper</i>	\$2.75		\$0.00	8oz tub	
604	<i>Salsa, Hot</i>	\$4.25		\$0.00	12oz jar	
605	<i>Salsa, Med</i>	\$4.25		\$0.00	12oz jar	
607	<i>Salsa, Double Roasted</i>	\$4.25		\$0.00	12oz jar	
609	<i>Salsa, Fresh Cut, Avocado</i>	\$6.50		\$0.00	10oz tub	
610	<i>Salsa, Fresh Cut, Med</i>	\$6.50		\$0.00	10oz tub	
Snacks n' Seeds						
562	Blue Chip Fiesta-"Garden of Eatin"	\$5.65		\$0.00	22oz pkg	<i>New Item</i>
561	CNTRY CH CHOC SANDWICH COC	\$4.75		\$0.00	12oz pkg	

550	Go Raw Crackers, Flax Snax Spicy	\$4.75		\$0.00	3oz pkg	**SPECIAL**
551	Go Raw Super Chocolate Cookies	\$5.25		\$0.00	3oz pkg	
552	Go Raw Super Pumpkin Chips	\$5.25		\$0.00	3oz pkg	
554	Granola, Gojiberry	\$10.95		\$0.00		
555	Raw Revolution, Chocolate & Cashev	\$2.25		\$0.00	2.2oz ea	
556	Raw Revolution, Chocolate & Coconu	\$2.25		\$0.00	2.2oz ea	
557	Raw Revolution, Chocolate & Raspbe	\$2.25		\$0.00	2.2oz ea	
640	Seeds, Sunflower Roasted, Gluten Fr	\$4.25		\$0.00	7.5oz pkg	
641	Seeds, sunflower sweet curry, Gluten	\$3.50		\$0.00	5oz pkg	
642	Seeds, sunflower teriyaki, Gluten Fre	\$3.50		\$0.00	5oz pkg	
643	Seeds, sunflower,garlic/salt, Gluten F	\$3.50		\$0.00	5oz pkg	
553	Trail Mix, Fruit/Nuts Gluten Free	\$3.95		\$0.00	5oz pkg	
Breads/Seasoning n' More						
654	Buttermilk Pancake Mx	\$5.95		\$0.00	2lb pkg	<i>New Item</i>
520	Garlic Gold Nuggets	\$5.25		\$0.00	2.1oz	
521	Garlic Gold Nuggets/Parmesan	\$5.25		\$0.00	2.1oz	
522	Garlic Gold Nuggets/Sea Salt	\$5.25		\$0.00	2.1oz	
651	Lavash Wraps	\$2.95		\$0.00	pkg	
652	RUDI'S ORGANIC BAKERY-14 Gra	\$4.99		\$0.00	20oz loag	
653	RUDI'S ORGANIC BAKERY-Colo C	\$4.99		\$0.00	22oz loaf	
650	Salad Croutons, Fresh Gourmet	\$2.50		\$0.00	4.5 oz pkg	
99	Preorder Service	\$2.00		\$0.00	each	
Name/Ph				\$0.00	Total	

e: Prices and availability subject to change without notice
send us your list and we'll have it ready for pick up!