



Amazing Weekly  
**SAVINGS**

February 13 - February 19

## PRODUCE

save  
**\$2<sup>00</sup>**

Organic  
**Asparagus**  
\$5.99/lb

save  
**\$1<sup>00</sup>**

Organic  
**Mini Sweet Peppers**  
\$3.99/1 pint

**NEW**

save  
**\$1<sup>50</sup>**

Vintage Sweet  
**Heirloom Navel  
Oranges**  
\$4.49/3lb

save  
**\$1<sup>00</sup>**

Organic  
**Cucumbers**  
\$1.99/lb

2 for  
**\$4<sup>00</sup>**

Fresh  
**Artichokes**  
you save \$1.98

save  
**\$1<sup>00</sup>**

Organic  
**Romaine Lettuce**  
\$1.99/ea



## BULK

save  
**30¢** /lb

Champlain Valley Milling  
**Organic Whole Wheat  
Bread Flour**  
99¢/lb

save  
**40¢** /lb

Bulk Commodity  
**Organic Medium  
Shredded Coconut**  
\$2.99/lb

## MEAT & SEAFOOD

save  
**\$3<sup>00</sup>** /lb

Meyer Natural Angus  
**Beef Tenderloin**  
\$23.99/lb

save  
**\$2<sup>00</sup>** /lb

Wild Caught  
**Wild White Shrimp**  
21/25 lqf  
\$13.99/lb

save  
**\$3<sup>00</sup>** /lb

Black River Meats  
**Pork Tenderloin**  
\$14.99/lb

save  
**50¢** /lb

Bella Bella  
**Magret Duck Breast**  
\$13.49/lb



## CAFÉ & BAKESHOP

save  
**40¢**

Essential HL  
**Apple Blueberry Crisp**  
\$5.89/lb

save  
**\$1<sup>00</sup>** /lb

Essential HL  
**Bruschetta**  
\$6.49/lb

save  
**50¢** /lb

Essential HL  
**Greek Orzo Salad**  
\$6.29/lb



# BEER & WINE

sales good through 2/26/19

save  
**\$2<sup>00</sup>** Mistinguett  
**Cava Brut Rose**  
\$9.99/750 ml

save  
**\$4<sup>00</sup>** Veuve Clicquot Ponsardin  
**Brut Champagne**  
\$59.99/750 ml

save  
**\$4<sup>00</sup>** Domaine Cabirau  
**Maury Sec Serge And  
Nicolas**  
\$19.99/750 ml

save  
**\$8<sup>00</sup>** Broc Cellars  
**Love Rose**  
\$11.99/750 ml



# CHEESE

sales good through 2/26/19

save  
**\$2<sup>00</sup>** /lb Imported  
**Fresh Pecorino  
Toscano**  
\$11.99/lb

save  
**\$1<sup>00</sup>** La Bonne Vie  
**Soft Ripened Truffle**  
\$7.99/4.4 oz

# REFRIGERATED

sales good through 2/26/19

2 for  
**\$7<sup>00</sup>** Coolhaus  
**Molten Lava Cake  
Ice Cream**  
you save \$2.98/pint

save  
**\$1<sup>00</sup>** Green Mountain Creamery  
**Greek Yogurt**  
select varieties  
\$3.99/32 oz

2 for  
**\$8<sup>00</sup>** Dancing Deer  
**Brownies**  
select varieties  
you save 58¢/8 oz

save  
**50¢** Good Culture  
**Organic Cottage Cheese**  
select varieties  
\$4.49/16 oz

save  
**50¢** Lifeway  
**Kefirs**  
select varieties  
\$3.99/32 fl oz

save  
**\$1<sup>20</sup>** So Delicious  
**Frozen Mousse**  
select varieties  
\$4.79/1 pt



# WELLNESS & BODY CARE

sales good through 2/26/19

save  
**\$2<sup>00</sup>** Dr. Bronner's  
**Unscented Baby  
Castile Soap**  
\$7.99/16 fl oz

save  
**\$3<sup>50</sup>** Host Defense  
**Mycommunity**  
\$13.49/30 ct

save  
**\$4<sup>50</sup>** Gaia Herbs  
**Golden Milk**  
\$18.49/3.7 oz

save  
**\$2<sup>00</sup>** My Magic Mud  
**Cinnamon Clove Toothpaste**  
\$5.99/4 oz

# GROCERY

sales good through 2/26/19

save  
**\$1<sup>00</sup>** La Panzanella  
**Crocantini Bites**  
\$2.69/4.75 oz

save  
**\$1<sup>00</sup>** Tony's Chocolonely  
**Fair Trade Chocolate Bars**  
\$3.49/sizes vary

save  
**\$2<sup>00</sup>** California Olive Ranch  
**Extra Virgin Olive Oil**  
\$12.49/25.4 fl oz

save  
**\$1<sup>30</sup>** Vermont Coffee Company  
**Organic Coffee Dark Roast**  
\$11.69/16 oz

save  
**\$2<sup>00</sup>** Kettle & Fire  
**Bone Broths**  
\$4.89/16.2 fl oz

save  
**\$1<sup>40</sup>** Simple Mills  
**Gluten Free Soft Bake Cookies**  
\$3.49/6.8 oz

