



AMAZING WEEKLY SAVINGS

April 1 - April 7



WELLNESS

save
\$2⁰⁰
Shikai
Coconut Hand & Body Lotion
\$7.99/8 fl oz

save
50¢
Preserve
Kid's Soft Toothbrush
\$2.99/ea

BULK

save
\$1⁰⁰ /lb
Equal Exchange
Organic Fair Trade French Roast Coffee
\$10.49/lb

save
\$2⁰⁰ /lb
Essential HL
Organic Raw Brazil Nuts
\$15.49/lb

MEAT & SEAFOOD

save
\$2⁰⁰
North Country Smokehouse
Organic Bone-In Half Ham
\$7.99/1 lb

save
50¢
Handy Crab
Handy Crab Cakes
\$9.49/6 oz

BEER & WINE

save
\$2⁰⁰
Chateau Ducasse
White Bordeaux
\$14.99/750 ml

save
\$2⁰⁰
Montgravet
Rosé
\$9.99/750 ml

GROCERY

save
80¢
Simple Mills
Gluten Free Pita Crackers
\$3.99/4.25 oz

save
\$2⁰⁰
O-Live & Co
Extra Virgin Olive Oil
\$8.99/16.9 fl oz

save
49¢
Made Good
Gluten Free Crispy Squares
\$3.00/4.6 oz

save
49¢
Bionaturae
Organic Pastas: Whole Wheat, Gluten Free, Classic
sizes vary/retails vary

save
\$1⁰⁰ /lb
Essential HL
Organic Roasted Unsalted Mixed Nuts
\$14.99/lb

CHILLED

2 for \$6⁰⁰
So Delicious
Cocowhip
you save \$1.98

3 for \$5⁰⁰
Lifefay
Organic Plant Based Probiotics
you save \$1.86

save
\$1⁰⁰
Califa Farms
Almond Milks
\$3.99/48 fl oz

save
\$6⁰⁰
Black River
Pork Tenderloin
\$11.99/1 lb

save
50¢
Boyden Valley Limited Reserve
In House Ground Beef
\$8.49/1 lb

save
\$2⁰⁰
Boyden Valley Limited Reserve
NY Strip Steak
\$19.99/1 lb

CHEESE

save
\$1⁵⁰
Nettle Meadow
Mini Kunik
\$6.49/4 oz

save
\$9⁰⁰
Ridge
Three Valleys
\$21.99/750 ml

save
\$6⁰⁰
Second Wind
Sauvignon Blanc
\$13.99/750 ml

save
\$6⁰⁰
Skinner Vineyards
Smitherines White
\$13.99/750 ml

MORE AMAZING SALES



Sales Key:

10% DISCOUNTS

EVERYDAY SALES

CORE SHOPPER

10% DISCOUNTS

Core Shoppers save an additional 10% on these sale items

GROCERY

save
\$1.50
Flower & White
Meringue Drops
\$5.49/3.5 oz

save
50¢
Topo Chico
Sparkling Water 4pk
\$3.49/48 fl oz

CAFÉ

save
70¢
Essential HL
Pesto Naan Pizza
\$7.29/1 ea

save
\$1.00
Essential HL
Classic Egg Salad
\$7.99/1 lb

save
50¢
Essential HL
Buttery Croissant
\$2.99/3 oz

CHILLED

save
\$1.00
Wallaby
**Organic Greek
Yogurt**
\$6.99/32 oz

save
50¢
Green Valley
Creamery
**Organic Lactose
Free Sour Cream**
\$3.29/12 oz

WELLNESS

save
\$1.50
Andalou
**Cannacell SPF 30
Sunbuddy**
\$13.49/2.7 fl oz

CHEESE

save
\$1.00 /lb
Imported
Gruyere
\$17.99/lb

PRODUCE

save
50¢
Organic
Meyer Lemons
\$1.99/lb

2 for
\$3.00
Organic
**Cara Cara Navel
Oranges**
you save 98¢

save
\$5.00
Organic
Asparagus
\$3.99/lb

save
50¢
Organic
Bartlett Pears
\$1.99/lb

We're doing our best to keep our shelves stocked & abundant for our guests.

Please bear with us as we deal with out of stock issues from suppliers.

If you're looking for something specific & want to know if we have it, just give us a call!

CORE SHOPPER EXCLUSIVES

GROCERY

save
70¢
Boom Chica Pop
Organic Tortilla Chips
\$2.29/sizes vary

save
\$1.00
Navitas
**Cacao Powder
Blends: Longevity,
Antioxidant, Keto**
\$9.99/8 oz

PRODUCE

save
\$2.00
Organic
Raspberries
\$3.99/6oz

save
\$2.00
Organic
Strawberries
\$5.99/16oz

CHILLED

2 for
\$8.00
Gardein
Plant Meals
you save up to \$1.98

save
\$1.50
Sambazon
**Organic Acai
Smoothie Packs**
retails vary/14.12 oz

CHEESE

save
\$2.00 /lb
Imported
Shredded Parmesan
\$6.99/lb

WELLNESS

save
\$1.00
Dr. Bronner's
**Organic Castile Soap -
All Varieties**
\$5.99/8 fl oz

Sales Key:

10% DISCOUNTS

CORE SHOPPER

EVERYDAY SALES