



AMAZING WEEKLY SAVINGS

April 29 - May 5



WELLNESS

save
\$1²⁰
Patch
**Plastic Free
Bamboo
Bandages**
\$6.79/25 ct



save
\$1⁰⁰
Acure
**Coconut Bar
Shampoo**
\$7.99/5 oz



GROCERY

save
\$1⁵⁰
Otamot
**Tomato Sauce &
Carrot Bolognese**
\$5.99/6.7 oz

2 for
\$3⁰⁰
Peter Rabbit Organics
**Organic Baby Food
and Fruit Purees**
you save 39¢

save
\$1³⁰
Vermont Coffee Co.
Coffee Dark Roast
\$11.69/16 oz

CHEESE

save
\$1⁰⁰ /lb
Imported
Jarlsberg
\$12.99/lb

BULK

save
\$2⁰⁰ /lb
Essential HL
**Organic Maple
Mixed Nuts**
\$14.49/1 lb

save
\$1⁰⁰ /lb
Essential HL
**Organic Roasted
Salted Almonds**
\$13.49/1 lb

save
\$2⁰⁰ /lb
Essential HL
**Organic Roasted
Salted Pistachios
in Shell**
\$13.99/1 lb

CHILLED

save
\$1⁰⁰
Glutino
**Gluten Free
English Muffins**
\$5.00/16.9 oz

save
\$1⁰⁰
Alden's
**Organic Ice
Cream Sandwich**
\$5.79/18 oz

2 for
\$4⁰⁰
Siggis
**Plant Based
Yogurts**
you save 98¢

MEAT & SEAFOOD

save
\$2⁰⁰
Vermont Salumi
Italian Sausage
\$5.99/14 oz

save
50¢
Niman Ranch
**Applewood
Smoked Bacon**
\$8.49/12 oz

save
50¢
Black River
**Ne Raised Beef
Patty 3/1**
\$8.99/16 oz

save
\$1⁰⁰
Black River
**Beef Tenderloin
Steak**
\$14.99/6 oz

save
\$2⁰⁰
Boyden Farm
**Limited Reserve
Steak Ribeye**
\$19.99/1 lb

BEER & WINE

save
\$1⁰⁰
Barrique
**Sonoma Coast
Chardonnay**
\$15.99/750 ml

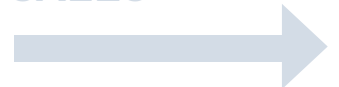
save
\$5⁰⁰
Chateau La Roque
Rosé
\$14.99/750 ml

save
\$2⁰⁰
Cote Mas
Rosé
\$9.99/1000 ml

save
\$4⁰⁰
Domaine Bousquet
**Cabernet
Sauvignon Box**
\$19.99/3000 ml

save
\$3⁰⁰
Second Wind
Sauvignon Blanc
\$8.99/750 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
70¢
Made Good
**Gluten Free
Granola Bars**
\$2.79/3.4 oz

save
50¢
Jovial
**Organic Brown
Rice Pasta**
\$3.49/12 oz

WELLNESS

save
50¢
Lily of the Desert
Aloe Vera Gelly
\$3.99/4 fl oz

save
\$1⁰⁰
Shikai
**Color Reflect
Shampoo &
Conditioners**
\$7.99/8 oz

NEW

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!

CHILLED

save
50¢
Brazi Bites
**Gluten Free
Appetizers**
\$4.49/sizes vary

2 for
\$6⁰⁰
Field Roast
Deli Slices
you save 58¢

CAFÉ

save
\$2⁰⁰
Essential HL
Classic Peach Pie
\$16.29/32 oz

save
\$2⁰⁰
Essential HL
**Made Without
Gluten Peach Pie**
\$16.29/22 oz

save
80¢
Essential HL
**Pesto & Fresh
Mozzarella Quiche**
\$13.99/14 oz

save
80¢
Essential HL
**Back to Your
Roots Salad**
\$8.99/1 lb

PRODUCE

save
\$3⁰⁰
Organic
Strawberries
\$4.99/16 oz

save
\$1⁰⁰
Organic
Raspberries
\$3.99/6 oz

save
\$1⁰⁰
Organic
Blackberries
\$2.99/6 oz

save
\$2⁰⁰
Organic
Broccoli Bunches
\$2.99/ea

2 for
\$4⁰⁰
Organic
Celery
you save 98¢

CHEESE

save
\$1⁰⁰ /lb
Spring Brook Farm
Tarentaise
\$21.99/lb

CORE SHOPPER EXCLUSIVES

GROCERY

save
\$1⁰⁰
Siete
**Grain Free
Tortilla Chips**
\$3.99/5 oz

save
\$1⁰⁰
Waterloo
Sparkling Water 12 pk
\$4.49/144 oz

WELLNESS

save
20%
Cocokind
All Face Care

CHILLED

2 for
\$8⁰⁰
Daiya
**Plant Shreds
and Blocks**
you save \$1.98

save
\$1⁰⁰
Caulipower
Pizzas
retails vary/sizes vary

CHEESE

save
\$3⁰⁰ /lb
Imported
Comte
\$13.99/1 lb

PRODUCE

save
\$1⁰⁰
Organic
Blueberries
\$4.99/1 pint

Buy one
Get one
FREE
Organic
Mangoes
you save \$2.99

Sales Key:

10% DISCOUNTS

EVERYDAY SALES

CORE SHOPPER