



# WOW! WEEKLY SAVINGS

October 21 - October 27



GROCERY	MEAT & SEAFOOD	BEER & WINE	WELLNESS
<p><i>save</i> <b>60¢</b></p> <p>A Dozen Cousins <b>Seasoned Beans &amp; Chickpeas</b> \$2.99/10 oz</p>	<p><i>save</i> <b>50¢</b></p> <p>Hardwick Beef <b>In House Ground Beef</b> \$9.49/lb</p>	<p><i>save</i> <b>\$4<sup>00</sup></b></p> <p>Domaine Bousquet <b>Cabernet Sauvignon Box</b> \$19.99/3,000 ml</p>	<p><i>save</i> <b>\$1<sup>00</sup></b></p> <p>Andalou Naturals <b>Happy Day Cream Canacell</b> \$18.99/1.7 oz</p>
<p><i>save</i> <b>\$1<sup>00</sup></b></p> <p>Buddha Teas <b>Organic Elderberry Tea</b> \$6.79/18 ct</p>	<p><b>CHILLED</b></p> <p><i>2 for</i> <b>\$5<sup>00</sup></b></p> <p>Kevita <b>Organic Functional Beverages</b> you save 98¢</p>	<p><i>save</i> <b>\$1<sup>00</sup></b></p> <p>Novellum <b>Chardonnay</b> \$12.99/750 ml</p>	<p><i>save</i> <b>\$1<sup>00</sup></b></p> <p>Andalou Naturals <b>Dreamy Night Cream Canacell</b> \$18.99/1.7 oz</p>
<p><i>save</i> <b>50¢</b></p> <p>Muir Glen <b>Organic Tomatoes</b> retails vary/14.5 oz</p>	<p><i>save</i> <b>79¢</b></p> <p>Kite Hill <b>Plant Based Dips</b> \$3.99/8 oz</p>	<p><i>save</i> <b>\$2<sup>00</sup></b></p> <p>Domaine La Garrigue <b>Cotes du Rhone</b> \$15.99/750 ml</p>	<p><b>THANKSGIVING PRE-ORDERS ARE NOW OPEN</b></p> <p>Order your turkey, pies, and sides online or at Guest Services today!</p> 
<p><i>save</i> <b>50¢</b></p> <p>Nature's Path <b>Brown Sugar Maple Oatmeal</b> \$4.29/11.3 oz</p>	<p><i>save</i> <b>\$1<sup>00</sup></b></p> <p>Organic Valley <b>Organic Ghee</b> retails vary/sizes vary</p>	<p><i>save</i> <b>\$3<sup>00</sup></b></p> <p>Domaine De La Janasse <b>Reserve Cotes du Rhone</b> \$15.99/750 ml</p>	
<p><b>BULK</b></p>	<p><i>save</i> <b>\$2<sup>00</sup></b></p> <p>Udis <b>Gluten Free Sandwich Bread</b> \$5.99/18 oz</p>	<p><i>save</i> <b>\$10<sup>00</sup></b></p> <p>Daou <b>Cabernet Sauvignon</b> \$19.99/750 ml</p>	
<p><i>save</i> <b>\$2<sup>00</sup> /lb</b></p> <p>Essential HL <b>Organic Pineapple Rings</b> \$12.99/lb</p>	<p><b>CHEESE</b></p>		
<p><i>save</i> <b>\$1<sup>00</sup> /lb</b></p> <p>Essential HL <b>Organic Dark Chocolate Chips</b> \$6.49/lb</p>	<p><i>save</i> <b>\$2<sup>00</sup> /lb</b></p> <p>Jean Perrin <b>Secret De Scey</b> \$10.59/lb</p>		

MORE AMAZING SALES →

Sales Key:

EVERYDAY SALES

10% DISCOUNTS

CORE SHOPPER

# 10% DISCOUNTS

Core Shoppers save an additional 10% on these sale items

## PRODUCE

**4 for \$5<sup>00</sup>** Equal Exchange Fair Trade Organic Avocados  
you save \$4.96

**2 for \$3<sup>00</sup>** Organic Sungold Kiwi  
you save 98¢

**save \$2<sup>00</sup>** Organic Honeycrisp Apples  
\$2.99/lb

**save 50¢** Organic Cranberries  
\$3.49/8 oz

**save \$2<sup>00</sup>** Organic Yellow, Orange, And Red Bell Peppers  
\$3.99/lb

## PRODUCE (CONT.)

**2 for \$4<sup>00</sup>** Organic Celery  
you save 98¢

**save 50¢** Fresh Brussels Sprouts  
\$2.49/lb

## GROCERY

**save 50¢** Simple Mills Gluten Free Baking Mixes  
\$6.99/sizes vary

**save \$1<sup>00</sup>** Kettle & Fire Keto Soups  
\$6.99/16.9 fl oz

**save \$1<sup>00</sup>** Daily Pantry Organic Broths  
\$2.79/32 fl oz

## CHEESE

**save \$2<sup>00</sup> /lb** Roth Buttermilk Blue  
\$12.99/lb

## CAFÉ

**save 60¢** Essential HL Roasted Corn Salad  
\$6.19/lb

**save 50¢** Essential HL Lemon Cream Tart  
\$3.29/ea

**save \$1<sup>00</sup>** Essential HL Cut Brussels Sprouts  
\$6.99/12 oz

## CHILLED

**save \$2<sup>00</sup>** Siete Gluten Free Tortillas  
\$6.99/sizes vary

**save \$2<sup>00</sup>** Wymans Frozen Berries  
retails vary/2-3 lbs

## WELLNESS

**save \$2<sup>00</sup>** Essential HL Oregano Oil  
\$26.99/120 ct

**Our salad bar is back and better than ever!**  
Come by and let one of our chefs prepare something just for you.



# CORE SHOPPER EXCLUSIVES

## MEAT & SEAFOOD

**save \$2<sup>00</sup>** Wild Caught Scallops 10/20 Ct Dry  
\$19.99/lb

**save \$2<sup>00</sup>** Farm Raised Canadian Salmon  
\$13.99/lb

**save \$1<sup>00</sup>** Thousand Hills Ribeye  
\$12.99/8 oz

## MEAT & SEAFOOD (CONT.)

**save \$1<sup>00</sup>** Black River Hardwood Smoked Bacon  
\$7.99/12 oz

## CHILLED

**save \$1<sup>00</sup>** Gardein Plant Powered Skillet Meals  
\$6.99/20 oz

## CHILLED (CONT.)

**2 for \$8<sup>00</sup>** Gardein Plant Based Entrees  
you save \$1.98

## CHEESE

**save \$3<sup>00</sup> /lb** Emmi Swiss Appenzeller  
\$19.99/lb

## WELLNESS

**save \$3<sup>00</sup>** Vermont Mountain Elderberry Elderberry Syrup  
\$15.99/8 fl oz

**save \$3<sup>00</sup>** Vermont Mountain Elderberry Triple Berry Syrup  
\$15.99/8 fl oz

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