




WOW! WEEKLY SAVINGS

November 4 - November 10



GROCERY	BULK	WELLNESS	MEAT & SEAFOOD
<p><i>save</i> \$130</p> <p>Vermont Coffee Company Organic Coffee \$11.69/16 oz</p>	<p><i>save</i> \$2⁰⁰ /lb</p> <p>Essential HL Organic Raw Brazil Nuts \$15.49/lb</p>	<p><i>save</i> \$3⁰⁰</p> <p>Gaia Herbs Black Elderberry Nighttime \$30.99/5.4 fl oz</p>	<p><i>save</i> 50¢</p> <p>Boyden Farm Limited Reserve Prepacked Ground Beef \$8.99/lb</p>
<p><i>save</i> 50¢</p> <p>Wholesome Organic Cane Sugar \$4.49/2 lb</p>	<p><i>save</i> 50¢ /lb</p> <p>Essential HL Organic Roasted Unsalted Pecans \$19.99/lb</p>	<p><i>save</i> \$3⁰⁰</p> <p>Gaia Herbs Black Elderberry Syrup \$29.99/5.4 fl oz</p>	<p><i>save</i> \$1⁰⁰</p> <p>Boyden Farm Limited Reserve Stew Meat \$8.99/lb</p>
<p><i>save</i> 50¢</p> <p>Topo Chico Sparkling Waters 4Pk \$3.49/48 fl oz</p>	<p><i>save</i> \$1⁰⁰ /lb</p> <p>Essential HL Organic Roasted Unsalted Walnuts \$18.69/lb</p>	BEER & WINE	
<p><i>save</i> 50¢</p> <p>Right Rice Riced Veggies \$2.99/7 oz</p>	CHILLED		<p>THANKSGIVING PRE-ORDERS ARE NOW OPEN</p> <p>Order your turkey, pies, and sides online or at Guest Services today!</p> 
<p><i>save</i> 50¢</p> <p>Pacific Organic Broth \$3.49/32 fl oz</p>	<p>2 for \$5⁰⁰</p> <p>Kevita Organic Probiotic Drinks you save 98¢</p>	<p><i>save</i> \$23⁰⁰</p> <p>Aviary Reserve Cabernet Sauvignon \$19.99/750 ml</p>	
<p><i>save</i> 50¢</p> <p>Muir Glen Organic Tomatoes retails vary/28 oz</p>	<p>2 for \$8⁰⁰</p> <p>Coolhaus Ice Creams you save \$1.98</p>	<p><i>save</i> \$6⁰⁰</p> <p>Bodegas Ego Goru Gold Red Blend \$15.99/750 ml</p>	
CHEESE		<p><i>save</i> \$2⁰⁰</p> <p>Chateau Guilhem Pot De Vin Rouge \$13.99/750 ml</p>	
<p><i>save</i> \$3⁰⁰ /lb</p> <p>Spring Brook Farm Tarentaise \$21.99/lb</p>	<p><i>save</i> \$1⁰⁰</p> <p>Miso Master Organic Mellow White Miso \$4.29/8 oz</p>	<p><i>save</i> \$3⁰⁰</p> <p>Domaine de la Janasse Reserve Cotes Du Rhone \$15.99/750 ml</p>	
	<p>2 for \$15⁰⁰</p> <p>Eco Beans And Greens Smoothie Kit you save \$2.98</p>	<p><i>save</i> \$2⁰⁰</p> <p>Domaine la Garrigue Cotes Du Rhone \$15.99/750 ml</p>	

Sales Key:

EVERYDAY SALES

10% DISCOUNTS

CORE SHOPPER

MORE
AMAZING
SALES







10% DISCOUNTS

Core Shoppers save an additional 10% on these sale items

PRODUCE	PRODUCE (CONT.)	CAFÉ	CHILLED
<p><i>save</i> \$1⁰⁰</p> <p>Organic Blackberries \$3.99/0.5 pt</p>	<p><i>save</i> \$1⁰⁰</p> <p>Organic Cauliflower \$3.99/ea</p>	<p><i>save</i> \$1⁰⁰</p> <p>Essential HL 12oz Vegetable Soup Starter \$5.49/12 oz</p>	<p><i>save</i> \$1⁰⁰</p> <p>Daiya Plant Based Pizzas \$6.99/sizes vary</p>
<p><i>save</i> \$2⁰⁰</p> <p>Organic Raspberries \$3.99/6 oz</p>	<p><i>save</i> \$1⁰⁰</p> <p>Organic Zucchini \$1.99/lb</p>	<p><i>save</i> \$1⁵⁰</p> <p>Essential HL Classic Pumpkin Pie \$17.49/ea</p>	<p><i>save</i> 70¢</p> <p>Blake's Pot Pies \$4.29/8 oz</p>
<p><i>save</i> \$2⁰⁰</p> <p>Organic Honeycrisp Apples \$2.99/lb</p>	GROCERY		<div style="border: 2px solid #003366; padding: 10px; background-color: #003366; color: white;"> <p>Our salad bar is back and better than ever! Come by and let one of our chefs prepare something just for you.</p>  </div>
<p><i>2 for</i> \$3⁰⁰</p> <p>Fair Trade Organic Avocados you save \$1.98</p>	<p><i>save</i> 50¢</p> <p>Bob's Red Mill Gluten Free 1:1 Baking Flour \$4.49/22 oz</p>	<p><i>save</i> 80¢</p> <p>Essential HL Roasted Corn Salad \$5.99/lb</p>	
<p><i>2 for</i> \$4⁰⁰</p> <p>Organic Celery you save 98¢</p>	CHEESE		
	<p><i>save</i> \$1⁰⁰ /lb</p> <p>Societe Roquefort \$21.99/lb</p>		

CORE SHOPPER EXCLUSIVES

MEAT & SEAFOOD	CHILLED	CHEESE	WELLNESS
<p><i>save</i> \$1⁰⁰</p> <p>Vermont Salumi Rosemary & Red Wine Sausage \$6.99/14 oz</p>	<p><i>save</i> \$1⁰⁰</p> <p>Frontera Foods Skillets \$7.99/20 oz</p>	<p><i>save</i> \$2⁰⁰ /lb</p> <p>Emmi Gruyere Reserve \$18.99/lb</p>	<p><i>save</i> \$2⁵⁰</p> <p>Essential HL Resveratrol 150 mg \$21.49/60 ct</p>
<p><i>save</i> \$2⁰⁰</p> <p>Wild Caught Scallops 10/20 ct Dry \$19.99/lb</p>	<p><i>save</i> \$1⁵⁰</p> <p>Quorn Roast \$6.49/16 oz</p>		<p><i>save</i> 50¢</p> <p>Essential HL Biotin 10000 mcg Caps \$12.49/60 ct</p>
<p><i>save</i> \$2⁰⁰</p> <p>Farm Raised Canadian Salmon \$13.99/lb</p>	   		

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