



Grocery & Dairy Specials

Offers Valid 7/30-8/12/2025

A Dozen Cousins Rice Varieties

(8 oz, Reg. \$3.99)

\$2.99

A Dozen Cousins Bean Varieties

(10 oz, Reg. \$3.99)

\$3.29

Alaffia Authentic African Black Soap - Tea Tree

(16 oz, Reg. \$8.99)

\$6.49

Alo Drink Aloe Vera Juice Drinks

(16.9 oz, Reg. \$2.49)

2/\$4

Atoria's Family Bakery Lavash - Traditional

(10 oz, Reg. \$3.99)

\$2.99

Atoria's Family Bakery Traditional or Whole Grain Pita

(12 oz, Reg. \$3.99)

\$3.29

Atoria's Family Bakery Mini Lavash

(6 oz, Reg. \$3.49)

\$2.49

Bachan's Japanese BBQ Sauce Varieties

(17 oz, Reg. \$9.99)

\$7.29

BEAR Fruit Rolls

(5/3.5 oz, Reg. \$5.79)

\$4.29

Beyond Meat Beyond Chicken Breaded Tenders

(8 oz, Reg. \$5.99)

\$3.99

Beyond Meat Beyond Popcorn Chicken

(10 oz, Reg. \$6.79)

\$4.99

Beyond Meat Sausage Patties

(7.4 oz, Reg. \$5.99)

\$4.49

Caboo Tree-Free Bath Tissue 4 pk

(4 ct, Reg. \$5.79)

\$4.79

Caboo Tree-Free Bath Tissue 12 pk

(12 ct, Reg. \$13.99)

\$11.49

Caboo Tree-Free Towel Paper Roll 3 Pk - Paper

(3 ct, Reg. \$11.49)

\$8.79

Chosen Foods Avocado Oil

(500 ml, Reg. \$13.99)

\$10.99

Chosen Foods Vegan Avocado Oil Mayo

(12 oz, Reg. \$9.99)

\$6.79

Chosen Foods Avocado Oil - Spray

(4.7 oz, Reg. \$9.99)

\$5.79

Clean Cause Organic Sparkling Yerba Mate

(16 oz, Reg. \$3.79)

2/\$5

Daring. Plant Chicken Pieces

(8 oz, Reg. \$6.99-\$7.99)

\$4.99

Desert Essence Tea Tree Oil Dental Floss

(1 ct, Reg. \$3.49)

\$2.99

Enjoy Life Foods Chocolate Chip Varieties

(9 oz, Reg. \$7.79)

\$6.49

Equal Exchange Organic Coffee

(12 oz, Reg. \$13.99)

\$10.79

Everyone Lotion Varieties - 32 fl oz

(32 oz, Reg. \$12.99)

\$9.29

Flora Ferritin+

(30 cap, Reg. \$24.99)

\$21.29





Grocery & Dairy Specials

Offers Valid 7/30-8/12/2025

Flora Adult's Probiotic

(60 cap, Reg. \$24.99)

\$22.29

GT's Large Format Kombucha

(48 oz, Reg. \$9.99)

\$8.29

Gaia Herbs Sleep Thru

(60 ct, Reg. \$32.99)

\$21.99

GT's Alive Ancient Mushroom Elixirs

(16 oz, Reg. \$4.29)

2/\$6

Gaia Herbs Rhodiola Rosea

(120 ct, Reg. \$34.99)

\$33.99

Health-Ade Organic Plus Kombuchas

(16 oz, Reg. \$4.29)

2/\$6

Gaia Herbs Lion's Mane Mushroom

(40 ct, Reg. \$29.99)

\$20.79

Jack & Annie's Classic Shaved Jack Steak

(8 oz, Reg. \$6.49)

2/\$9

Gaia Herbs Turkey Tail

(40 ct, Reg. \$29.99)

\$20.79

Jack & Annie's Plant-Based Meat

(8 oz, Reg. \$6.49)

2/\$9

Gaia Herbs Organic Ashwagandha Gummies

(45 ct, Reg. \$26.99)

\$10.29

Jack & Annie's Plant-Based Nuggets

(10 oz, Reg. \$6.49)

2/\$9

Gaia Herbs Metabolic Activator

(60 ct, Reg. \$29.99)

\$18.79

Jack & Annie's Sausage Patties

(8.1 oz, Reg. \$6.49)

2/\$9

Gaia Herbs St. John's Wort

(60 ct, Reg. \$32.99)

\$21.29

Jackson's Avocado Oil Sweet Potato Chips

(5 oz, Reg. \$4.29)

\$3.29

Gaia Herbs Kava Kava

(60 ct, Reg. \$34.99)

\$23.29

Konscious Plant-Based California Roll

(7.4 oz, Reg. \$9.99)

\$6.79

Gaia Herbs Adrenal Health Daily Support

(60 ct, Reg. \$29.99)

\$22.29

Konscious Plant-Based Onigiri

(7.2 oz, Reg. \$7.99)

\$5.99

Gaia Herbs Stress Response

(30 ct, Reg. \$18.99)

\$12.79

LaCroix Sparkling Water Varieties

(12/12 oz, Reg. \$6.99)

\$4.99

Garden of Eatin Taco Shells

(5.5 oz, Reg. \$4.79)

2/\$7

Lightlife Organic Tempeh

(8 oz, Reg. \$4.49)

\$3.79

GoodBelly Organic Probiotic Drinks

(32 oz, Reg. \$5.29)

\$3.79

Lightlife Jumbo Smart Dogs

(13.5 oz, Reg. \$5.49)

\$4.79



Grocery & Dairy Specials

Offers Valid 7/30-8/12/2025

Lightlife Smart Dogs

(12 oz, Reg. \$5.29)

\$4.29

Lightlife Smart Bacon

(5 oz, Reg. \$5.49)

\$4.29

Little Northern Bakehouse

Gluten Free Hamburger Buns

(11.28 oz, Reg. \$5.49)

\$4.29

MaryRuth Organics

Organic Multivitamin Gummy - Mens

(60 ct, Reg. \$19.99)

\$14.49

MaryRuth Organics

Organic Herbal Liquid Extract - Sea Moss

(1 oz, Reg. \$12.99)

\$8.79

MaryRuth Organics

Supergreens Gummies - Lemon Lime Orange

(60 ct, Reg. \$22.99)

\$14.49

MaryRuth Organics

Capsules - 3-In-1 Daily Digestive Health

(30 ct, Reg. \$34.99)

\$22.99

MaryRuth Organics

Organic Herbal Liquid Extract - Calming Kava

(1 oz, Reg. \$20.99)

\$12.99

MaryRuth Organics

Liquid Morning Multivitamin - Raspberry

(30 oz, Reg. \$39.99)

\$27.99

MaryRuth Organics Organic Women's

Multivitamin Liposomal - Vanilla Peach

(15.2 oz, Reg. \$24.99)

\$17.49

MaryRuth Organics Organic Women's Multivita-

min Liposomal 40+ Hormonal Support

(15.2 oz, Reg. \$24.99)

\$17.49

MaryRuth Organics

Liquid Multimineral - Nighttime - Coconut

(30 oz, Reg. \$44.99)

\$27.79

Momofuku Noodles

(16.93 oz, Reg. \$12.99)

\$9.99

MUSH Overnight Oats

(5 oz, Reg. \$2.49)

3/\$5

MyBACON Mybacon Original

(6 oz, Reg. \$7.99)

\$5.99

Natrol 5-HTP 100 mg Fast Dissolve

(30 tab, Reg. \$14.99)

\$11.29

Nature's Way Sambucus Gummies

(60 ct, Reg. \$19.99)

\$16.79

Nordic Naturals Nordic Berries - Cherry Berry

(120 ct, Reg. \$34.99)

\$20.29

Nordic Naturals Vitamin D3 Gummies For Kids - Watermelon

(60 ct, Reg. \$14.99)

\$9.29

Orgain Organic Kids Protein Nutrition Shake - Vanilla

(4/8.25 oz, Reg. \$14.49)

\$7.99

Orgain Organic Kids Protein Nutrition Shake - Chocolate

(4/8.25 oz, Reg. \$14.49)

\$7.99

Orgain Organic Nutritional Shake - Creamy Chocolate Fudge

(44 fl oz, Reg. \$14.99)

\$10.99

Orgain Organic Nutritional Shake - Vanilla

(44 fl oz, Reg. \$14.99)

\$10.99

OWYN Only What You Need

Plant-Based Protein Drink 4-packs

(4/11.15 oz, Reg. \$11.99)

\$8.99

OWYN Only What You Need

Plant Based Protein Powder

(1.1 lb, Reg. \$34.99)

\$23.49

OWYN Only What You Need

Plant-Based Protein Drinks

(12 oz, Reg. \$3.99-\$4.79)

2/\$6





Grocery & Dairy Specials

Offers Valid 7/30-8/12/2025

Partake Gluten Free Cookies

(5.5 oz, Reg. \$6.29-\$6.49)

\$4.79

siggi's Plant-Based Non-Dairy Yogurts

(5.3 oz, Reg. \$2.49)

4/\$7

Primal Kitchen Vegan Ranch Dressing & Marinade

(8 oz, Reg. \$8.49)

\$6.49

siggi's Plant-Based Non-Dairy Yogurts

(24 oz, Reg. \$7.99)

\$5.49

Recess Mood Drinks

(12 oz, Reg. \$2.99)

\$2.29

Three Wishes Grain Free Cereals

(8.6 oz, Reg. \$7.99)

\$5.49

Remedy Organics Organic Protein Drinks

(12 oz, Reg. \$4.99)

2/\$7

Vital Farms Organic Pasture-Raised Large Eggs

(1 dz, Reg. \$10.99)

\$8.79

Ripple Plant-Based Milk

(48 oz, Reg. \$6.79)

\$4.79

Vital Farms Butter

(8 oz, Reg. \$4.79)

2/\$7

Ripple Plant-Based Kids Milk

(48 oz, Reg. \$6.79)

\$5.29

Wonder Juice Organic Watermelon Juices

(8.45 oz, Reg. \$3.49)

3/\$7

Sambazon Organic Acai Bowls

(5.9 oz, Reg. \$4.79)

\$3.29

Wonder Juice Organic Lemon Juices

(8.45 oz, Reg. \$3.49)

3/\$7

Sambazon Select Smoothie Cubes

(20 oz, Reg. \$13.49)

\$9.49

Wonder Juice Organic Beet Juices

(8.45 oz, Reg. \$3.49)

3/\$7

siggi's Icelandic Yogurt

(5.3 oz, Reg. \$1.99)

4/\$5



Market Specials

Offers Valid 7/30-8/12/2025

Meat & Seafood

Pork Tenderloin (Reg. \$4.99/lb)	\$3.99/lb
Fresh Chorizo (Reg. \$4.99/lb)	\$3.99/lb
Amish Boneless Chicken Breast (Reg. \$6.99/lb)	\$5.49/lb
Smokey Jo Wing Dings (Reg. \$6.99/lb)	\$5.49/lb
Gilbert's Chicken Sausage - All Varieties <i>Bourbon Apple, Smoked Gouda, and Aloha</i> (10 oz., Reg. \$6.99)	\$5.49
The Jonny B. Good Burger (Reg. \$8.99/lb)	\$6.99/lb
Wild Caught Swordfish Steaks (Reg. \$11.49/lb)	\$8.99/lb
Perdue Air Fryer Wings - All Varieties (22 oz., Reg. \$12.99)	\$10.49
Skirt Steak (Reg. \$14.99/lb)	\$11.99/lb
Bristol Cedar Plank Atlantic Salmon - All Varieties <i>Soy Ginger, Sesame Teriyaki, Maple Bourbon</i> (8.25-9 oz., Reg. \$14.99)	\$11.99
Lamb Rib Chops (Reg. \$27.99/lb)	\$22.99/lb

Produce

Michigan Grown Zucchini & Yellow Squash (Reg. \$1.49/lb)	99¢/lb
Southern Peaches (Reg. \$2.49/lb)	\$1.49/lb
Cantaloupe (Reg. \$3.99/ea)	\$2.99/ea
Honeydew Melons (Reg. \$5.99/ea)	\$3.99/ea

Deli (Offers Valid 7/28-8/10/2025)

Boar's Head American Cheese (Reg. \$8.99/lb)	\$5.99/lb
Boar's Head Tavern Ham (Reg. \$12.99/lb)	\$9.99/lb
Boar's Head Sweet B's Honey BBQ Chicken Breast (Reg. \$14.99/lb)	\$10.99/lb
Boar's Head Honey Maple Turkey (Reg. \$14.99/lb)	\$11.99/lb
Boar's Head Beef Pastrami (Reg. \$17.99/lb)	\$13.99/lb



Market Specials

Offers Valid 7/30-8/12/2025

Prepared Foods

Western's Housemade Vegan Potato Salad (Reg. \$9.99/lb)	\$7.99/lb
Western Market's White Chicken Chili (Reg. \$9.99/lb)	\$7.99/lb
Western's Housemade Chicken Parmesan Entrée (Reg. \$10.99/ea)	\$8.99/ea

Bakery

Achatz Pie Co. Double Crust Apple Pie Slice (1 slice., Reg. \$4.29)	\$3.49
Good Cakes & Bakes Strawberry Crunch Cake Slice (1 slice., Reg. \$7.99)	\$6.49
Sabrina's Angel Food Cake (14 oz., Reg. \$8.99)	\$7.49

Beer

Tivoli Outlaw (6 x 16 oz. cans, Reg. \$7.99)	\$5.99
Narragansett Beer of The Clam (12 x 12 oz. cans, Reg. \$14.99)	\$11.99
Stone Buenaveza Salt & Lime Lager (12 x 12 oz. cans, Reg. \$17.99)	\$13.49
Pabst Blue Ribbon PBR (18 x 12 oz. cans, Reg. \$17.99)	\$13.99

Gourmet Cheese

Wisconsin Brick Cheese (Reg. \$6.99/lb)	\$5.49/lb
Tillamook Large Format Cheddar Blocks (Reg. \$9.99/lb)	\$7.99/lb
Calabro Whole Milk Low Moisture Mozzarella (Reg. \$9.99/lb)	\$7.99/lb
Capriole Tea Rose Goat Cheese (6 oz., Reg. \$12.99)	\$9.99

Wine

Artuke Rioja <i>Youthful, fruit-forward, carbonic-maceration Rioja.</i> (750 ml., Reg. \$17.99)	\$15.99
Bico da Ran Albariño <i>A summer favorite: crisp, aromatic, and citrusy.</i> (750 ml., Reg. \$21.99)	\$19.99
The Flower and the Bee Treixadura <i>Indigenous Spanish white grape with stone fruit and herbal notes.</i> (750 ml., Reg. \$21.99)	\$19.99
Uva de Vida Biografico Tinto <i>Bright, spicy, biodynamic blend of Graciano & Tempranillo</i> (750 ml., Reg. \$21.99)	\$19.99
Alma Negra "M" Blend <i>Bold and earthy blend of Malbec & Bonarda.</i> (750 ml., Reg. \$23.99)	\$19.99

