



Grocery & Dairy Specials

Offers Valid 9/10-9/23/2025

Actual Veggies Veggie Burger Varieties

(12 oz, Reg. \$7.99)

2/\$11

Alexia Crispy Rosemary Fries

(16 oz, Reg. \$6.29)

\$4.99

Alexia Sweet Potato Fries

(15 oz, Reg. \$6.49)

\$5.29

Alexia Onion Rings

(11 oz, Reg. \$7.49)

\$5.79

Alexia Crispy Seasoned Puffs

(19 oz, Reg. \$7.49)

\$4.99

Alexia Waffle Fries

(15 oz, Reg. \$6.29)

\$4.99

Alexia Yukon Select Hash Browns

(28 oz, Reg. \$8.29)

\$5.29

Ancient Nutrition Bone Broth Protein

(504 g, Reg. \$52.99)

\$39.79

Ancient Nutrition Multi Collagen Protein

(472 g, Reg. \$54.99)

\$39.79

Ben & Jerry's Ice Cream

(16 oz, Reg. \$6.99)

\$5.29

Ben & Jerry's Non-Dairy Ice Cream

(16 oz, Reg. \$6.99)

\$5.29

Bionaturae Organic Sourdough Pastas

(12 oz, Reg. \$3.99)

2/\$6

Bionaturae Organic Tomato Paste - Jar

(7 oz, Reg. \$3.29)

2/\$5

Bionaturae Organic Tomatoes - Strained - Jar

(24 oz, Reg. \$4.99)

\$3.79

Bizzy Cold Brew Cold Brew

(48 oz, Reg. \$6.99)

\$5.79

Blake's All Natural Pot Pies

(8 oz, Reg. \$4.99)

\$3.29

Bonafide Organic Broth

(32 oz, Reg. \$5.29)

\$3.99

Bragg Apple Cider Vinegar Capsules

(90 cap, Reg. \$19.99)

\$15.99

Bragg Organic Apple Cider Vinegar

(16 oz, Reg. \$4.99)

\$3.49

Bragg Organic Apple Cider Vinegar

(32 oz, Reg. \$7.29)

\$5.79

Brazi Bites Brazilian Cheese Breads

(11.5 oz, Reg. \$7.49)

\$5.29

Breton Original Crackers

(7 oz, Reg. \$3.99)

\$3.29

BRIANNAS Croutons

(5 oz, Reg. \$3.49)

\$2.99

BRIANNAS Avocado Oil Dressings

(10 oz, Reg. \$5.79)

2/\$9

BRIANNAS Dressings

(12 oz, Reg. \$4.29)

\$3.29

BRIANNAS Organic Dressings

(10 oz, Reg. \$5.49)

\$4.29





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Cascadian Farm Assorted Organic Fruit
(10 oz, Reg. \$6.49) **\$2.99**

Cleveland Kitchen Kimchi
(16 oz, Reg. \$5.99) **2/\$9**

Cleveland Kitchen Kraut
(16 oz, Reg. \$5.99) **\$4.29**

Cleveland Kitchen Kimchi Pickle Chips
(16 oz, Reg. \$5.99) **\$3.99**

Cleveland Kitchen Pickled Vegetables
(16 fl, Reg. \$7.99) **\$4.49**

Coombs Family Farms Organic Maple Syrup
(12 oz, Reg. \$16.49) **\$12.99**

Dandies Vegan Marshmallow Cream
(6.3 oz, Reg. \$5.99) **\$4.99**

derma e Curl Conditioner
(12 oz, Reg. \$12.99) **\$10.29**

derma e Scalp Relief Conditioner
(10 oz, Reg. \$10.99) **\$8.79**

derma e Eczema Relief Lotion
(6 oz, Reg. \$13.49) **\$10.99**

derma e Hydrating Gentle Cleanser
(6 oz, Reg. \$13.99) **\$10.99**

derma e Radiance Toner
(6 oz, Reg. \$13.99) **\$11.29**

Essentia Alkaline Water
(1.5 lt, Reg. \$2.99) **\$2.29**

Evive Smoothie Cubes
(10.58 oz, Reg. \$7.49) **\$6.29**

FILLO'S Walking Tamales
(4 oz, Reg. \$3.99) **\$2.29**

Follow Your Heart Dairy-Free Cheese Shreds
(7 oz, Reg. \$4.79) **\$2.99**

Follow Your Heart Dairy-Free Cheese Slices
(7 oz, Reg. \$5.99) **\$3.79**

From The Ground UP Cauliflower Crackers
(4 oz, Reg. \$4.49) **\$3.49**

Good Health Assorted Potato Chips
(5 oz, Reg. \$3.99) **\$3.29**

Good Health Peanut Butter Pretzels
(5 oz, Reg. \$3.29) **\$2.79**

Grillo's Pickles Pickle Chips
(16 oz, Reg. \$5.99) **\$4.99**

Grillo's Pickles Pickle de Gallo
(14 oz, Reg. \$5.29) **\$4.29**

Grillo's Pickles Spears
(32 oz, Reg. \$7.99) **\$6.29**

Grillo's Pickles Whole Pickles
(32 oz, Reg. \$7.99) **\$6.29**

GT's Alive Ancient Mushroom Elixirs
(16 fl oz, Reg. \$4.29) **\$3.49**

Guru Organic Energy Drinks
(12 oz, Reg. \$3.49) **2/\$6**



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High Brew Coffee, Inc. Canned Coffee

(8 oz, Reg. \$2.99)

\$2.29

Ice Cream for Bears Honey Sweetened Ice Cream

(14 fl, Reg. \$6.49)

\$6.49

Imagine Soup Organic Creamy Soups

(32 OZ, Reg. \$6.49)

\$4.79

Jolly Llama Ice Cream Cones

(3 ct, Reg. \$5.99)

\$4.49

Jolly Llama Ice Cream Sandwiches

(4 ct, Reg. \$5.99)

\$4.49

Jolly Llama Sorbet Pops

(12 oz, Reg. \$4.99)

\$4.49

Kerrygold Assorted Irish Cheddars

(7 oz, Reg. \$6.29)

\$5.99

Kettle Air-fried Potato Chips 4 oz

(4.25 oz, Reg. \$4.29)

\$3.29

Kettle Potato Chips 5 oz

(5 oz, Reg. \$4.29)

\$3.29

Kettle Potato Chips 13 oz

(13 oz, Reg. \$6.99)

\$5.29

Kite Hill Dairy Free Ravioli Varieties

(9 oz, Reg. \$10.99)

\$7.29

Lifeway Kefir 32 oz

(32 oz, Reg. \$4.49)

\$3.29

Mary's Gone Crackers Organic Crackers

(4 oz, Reg. \$5.99)

\$3.29

Mighty Spark Chicken Snack Sticks

(4/1 oz, Reg. \$7.29)

\$5.79

Mori-Nu Tofu

(10.9 oz, Reg. \$2.49)

2/\$5

Muir Glen Organic Crushed Tomato - Fire Roasted

(28 oz, Reg. \$4.99)

\$2.79

Muir Glen Organic Diced Tomatoes

(28 oz, Reg. \$4.99)

\$2.49

Muir Glen Organic Diced Tomatoes - Fire Roasted

(28 oz, Reg. \$4.99)

\$2.79

Muir Glen Organic Whole Peeled Tomatoes

(28 oz, Reg. \$4.99)

\$2.49

Native Forest Artichoke Hearts

(14 oz, Reg. \$5.49)

\$3.99

Native Forest Organic Coconut Cream

(5.4 oz, Reg. \$1.99)

\$1.79

Native Forest Organic Mandarin Oranges

(10.75 oz, Reg. \$4.79)

\$3.49

Native Forest Organic Mushrooms

(4 oz, Reg. \$4.99)

\$2.49

Native Forest Organic Young Jackfruit

(14 oz, Reg. \$4.49)

\$3.99

Nubian Heritage Body Wash

(13 oz, Reg. \$12.49)

\$9.79

Nubian Heritage Deodorant

(2.25 oz, Reg. \$8.49)

\$6.79





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Nubian Heritage Lotion

(13 oz, Reg. \$12.49)

\$9.79

Nuts for Cheese Organic Vegan Cheese Wedges

(4.23 oz, Reg. \$8.99)

\$6.49

Oatly Non-Dairy Frozen Desserts

(1 pt, Reg. \$4.99)

\$3.99

Oatly Oatmilk - Ambient Edge Barista

(32 oz, Reg. \$5.79)

\$3.99

Oatly Original Barista Oatmilk

(32 oz, Reg. \$4.79)

\$3.99

Oatly Oatmilk - Chilled - Super Basic

(64 oz, Reg. \$5.79)

\$4.79

Organic India Organic Tulsi Teas

(18 ct, Reg. \$5.79)

\$4.29

Organic Valley Organic Milk Gallons

(128 oz, Reg. \$10.99)

\$8.99

Organic Valley Organic Sour Cream 4%

(16 oz, Reg. \$4.49)

\$3.29

Pamela's Traditional Grahams

(7.5 oz, Reg. \$6.29)

\$5.79

Pumfu Organic Pumpkin Seed Tofu

(8 oz, Reg. \$8.49)

\$5.29

R.W. Knudsen Juice - Mega Antioxidant

(32 oz, Reg. \$5.29)

\$3.99

Rishi Tea Organic Chai Concentrates

(32 oz, Reg. \$8.99)

\$5.99

Rishi Tea Organic Teas

(15 ct, Reg. \$11.49)

\$7.29

Rishi Tea Sparkling Botanicals

(12 oz, Reg. \$2.99)

\$2.29

Schmidt's Naturals Deodorant Sticks

(2.65 oz, Reg. \$11.49)

\$9.29

Seeds of Change Organic Rice & Grains

(8.5 oz, Reg. \$3.79)

\$2.99

Siete Mexican Cookies

(4.5 oz, Reg. \$4.99)

\$3.79

Siete Puffs

(4 oz, Reg. \$4.79)

\$3.49

Siete Grain Free Tortilla Chips

(5 oz, Reg. \$6.29)

\$4.49

So Delicious Coconutmilk Yogurts 5.3 oz

(5.3 oz, Reg. \$2.29)

\$1.99

So Delicious Cultured Coconut Yogurt

(24 oz, Reg. \$6.99)

\$5.79

SOMOS Assorted Beans

(10 oz, Reg. \$4.29)

\$2.29

SOMOS Rice Varieties

(8.8 oz, Reg. \$4.29)

\$3.29

SOMOS Enchilada Sauce

(12 oz, Reg. \$4.99)

\$3.79

SOMOS Salsas

(12 oz, Reg. \$4.99)

\$3.29





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Spectrum Culinary Organic Safflower Oil

(16 oz, Reg. \$10.99)

\$8.29

The Grandpa Soap Company

Bar Soap - Charcoal

(4.25 oz, Reg. \$4.29)

\$3.49

The Grandpa Soap Company Bar Soap - Pine Tar

Medium Size

(3.25 oz, Reg. \$3.99)

\$3.29

The Grandpa Soap Company

Conditioner - Buttermilk

(8 oz, Reg. \$7.29)

\$5.99

The Grandpa Soap Company

Conditioner - Pine Tar

(8 oz, Reg. \$8.49)

\$6.99

The Grandpa Soap Company

Shampoo - Buttermilk

(8 oz, Reg. \$7.29)

\$5.99

The Grandpa Soap Company

Shampoo - Pine Tar

(8 oz, Reg. \$8.49)

\$6.99

Tom's of Maine Toothpaste - Rapid Relief Sensitive Fresh Mint

(4 oz, Reg. \$8.49)

\$6.29

Torani Syrups and Sauces Puremade Sauces

(16.5 oz, Reg. \$5.79)

\$4.99

TRUFF Truffle Hot Sauces

(6 oz, Reg. \$15.99)

\$11.99

TRUFF Truffle Pasta Sauces

(18 oz, Reg. \$14.99)

\$10.49

Van Leeuwen Ice Cream Ice Creams

(14 oz, Reg. \$8.79)

\$5.29

Vita Coco Coconut Water 500 ml

(500 ml, Reg. \$3.29)

\$2.79

Vita Coco Coconut Water 1 lt

(1 lt, Reg. \$5.99)

\$4.99

Vita Coco Organic Extra Virgin Coconut Oil

(14 oz, Reg. \$10.29)

\$8.99

Waiakea Hawaiian Volcanic Water 1 lt

(33.8 oz, Reg. \$2.79)

\$2.29

Waiakea Hawaiian Volcanic Water 500 ml

(16.9 oz, Reg. \$1.79)

\$1.29

Waiakea Hawaiian Volcanic Water 1.5 lt

(50.7 oz, Reg. \$3.29)

\$2.29

Yogi Organic Teas

(16 ct, Reg. \$4.99)

\$4.29

Zevia Stevia Sweetened Soda 6-pack

(6/12 oz, Reg. \$7.79)

\$6.49



Market Specials

Offers Valid 9/10-9/23/2025

Meat & Seafood

Pork & Sage Breakfast Sausage (Reg. \$3.49/lb)	\$2.99/lb
Boneless Pork Chops (Reg. \$4.99/lb)	\$3.99/lb
Amish Boneless Skinless Chicken Breast (Reg. \$6.99/lb)	\$5.49/lb
Mexicali Marinated Chicken Breast (Reg. \$7.99/lb)	\$6.49/lb
North Country Country Andouille Sausage (12 oz., Reg. \$7.99)	\$6.49
Black Pearl Seafood Catfish Fillets (8 oz., Reg. \$8.99)	\$6.99
Nueske's Applewood Smoked Bacon (12 oz., Reg. \$12.99)	\$10.49
Walleye Fillets (Reg. \$14.99/lb)	\$11.99/lb
Wholey Wild Caught Argentine Shrimp 26/30 (16 oz., Reg. \$17.49)	\$13.99
Force of Nature Venison Medallions (8 oz., Reg. \$18.99)	\$14.99
Lamb Loin Chops (Reg. \$21.99/lb)	\$17.49/lb

Produce

Green Cabbage (Reg. 79¢/lb)	39¢/lb
Navel Oranges (Reg. \$1.99/lb)	99¢/lb
Bartlett Pears (Reg. \$2.49/lb)	\$1.49/lb

Deli (Offers Valid 9/8-9/21/2025)

Boar's Head American Cheese (Reg. \$8.99/lb)	\$4.99/lb
Boar's Head Tavern Ham (Reg. \$12.99/lb)	\$9.99/lb
Boar's Head Ichiban Teriyaki Chicken Breast (Reg. \$13.99/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





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Prepared Foods

Western's Housemade Cavatappi Tuna Salad
(Reg. \$9.99/lb) **\$7.99/lb**

Western's Housemade Fish & Chips Entree
(Reg. \$13.99/ea) **\$10.99/ea**

Western's Housemade Lemon Pepper Salmon
(Reg. \$22.99/lb) **\$18.49/lb**

Bakery

Sanders' Bumpy Cake Slice
(1 slice., Reg. \$5.99) **\$4.99**

Western's Housemade Granola
(Reg. \$10.99/lb) **\$8.99**

Sweet Potato Sensations 8" Sweet Potato Pie
(22 oz., Reg. \$14.99) **\$11.99**

Beer

Southern Tier Pumking
(12 oz. bottle, Reg. \$3.99) **\$2.99**

Long Road Rosemary Gin Fizz
(12 oz. can, Reg. \$4.99) **\$3.49**

Great Lakes Oktoberfest
(6 x 12 oz. cans, Reg. \$11.99) **\$8.99**

Sierra Nevada Oktoberfest Festbier
(6 x 12 oz. cans, Reg. \$12.99) **\$9.99**

Gourmet Cheese

Mitica Caramelized Pecans
(Reg. \$18.99/lb) **\$14.99/lb**

Cucina Andolina Imported Grated Pecorino Romano
(Reg. \$19.99/lb) **\$15.99/lb**

Roth Moody Blue
(Reg. \$20.99/lb) **\$16.99/lb**

Point Reyes Fennel Blue
(Reg. \$29.99/lb) **\$23.99/lb**

Wine

Honoro Vera Garnacha
Bold and smooth Spanish Garnacha.
(750 ml., Reg. \$11.99) **\$9.99**

La Belle Etoile Rosé
Bright, delightful French rosé.
(750 ml., Reg. \$12.99) **\$11.99**

Weon Carignan
Aromatic and spicy Chilean Carignan.
(750 ml., Reg. \$17.99) **\$15.99**

Kentia Albariño
Savor the last days of summer with a crisp Spanish Albariño.
(750 ml., Reg. \$19.99) **\$17.99**

Brand Haus Weiß
A whole liter of organic German Pinot Blanc-Silvaner for your haus
(1 L., Reg. \$21.99) **\$19.99**