

Weekly Specials

Prices Effective

Fri. Feb. 16th — Thu. Feb. 22nd, 2018



Fuji Apples
79¢
Ea



16.2 Oz
GTs
Kombucha
\$1.99



Select Varieties
Cascadian Farms
Granola
2/\$5

PRODUCE

Cantaloupe.....	1.25/ea
Fuji Apples.....	79¢/ea
Crimini Mushrooms.....	\$4.99/lb
Green & Lacinato Kale.....	\$1.99
Red & Green Leaf Lettuce.....	\$1.99
Red & Green Grapes.....	\$1.99/lb
Cauliflower.....	\$2.69
Hot House Tomatoes.....	\$1.69/lb
Clementines, 3lb.....	\$4.99
Lemons.....	69¢
Fresh Express Salads (Sel. Var.).....	\$2.49

MEAT

Certified Angus Rump Roast	\$3.49/lb
Certified Angus T-bone or Porter House	\$8.99/lb
Pork Tenderloins	\$2.99/lb
Boars Head Bacon, 12 oz	\$6.49/pkg
Niman Ranch Sausage, 12 oz	6.99/pkg

BAKERY

White Bread, 16 oz	\$1.69
Vegan Super Fruit Muffins, 4pk	\$4.49
Semolina Batard Bread, 16 oz.....	\$2.99

BEVERAGE

Citizen Cider, 8 pks	\$19.99
Great North Aleworks, 6 pks.....	\$8.99
Bota Box, 500 ml	\$3.99
GTs Kombucha, 16.2 oz	\$1.99

DAIRY

Coffee Mate Creamers, 32 oz	\$3.49
Dannon Activia Yogurt, 16 oz	2/\$5
Fage Yogurt, 17.6 oz	\$2.99
Organic Valley Ricotta, 15 oz	\$4.99
So Delicious Coconut Milks, 64 oz	\$2.99

DELI

Boar's Head Honey Maple Turkey	\$5.99/lb
Samosas.....	\$2.49/ea
North Country Black Forest Ham	\$8.99/lb
Boar's Head Red Wax Cheddar	\$6.49/lb

SEAFOOD






SeaBest 26/30 Cooked Shrimp, 1lb ...	\$8.99/pkg
Margaritaville Shrimp Scampi, 8 oz	6.99/pkg

FLIP FOR MORE SAVINGS...


FRESH

Tzatziki Cucumber Dip, 12 oz.	\$3.49
Cedars Spinach Dip, 12 oz.	\$3.49
Hale & Hearty Soups, 16 oz.	\$4.99

GROCERY

 Late July Tortilla Chips, 5.5 oz.	2/\$4
 Late July Crackers, 6 oz.	2/\$5
 Westbrae Beans, 25 oz.	\$2.19
 Cascadian Farms Granola (Sel. Var.)	2/\$5
 Rice Dream Enriched Rice Drink (Sel. Var.)	2/\$5
Carrs Crackers (Sel. Var.).....	\$2.99
Honey Bunches of Oats Cereal (Sel. Var.) ...	2/\$5
Skippy Peanut Butter (Sel. Var.).....	2/\$5
El Paso Refried Beans, 13.44 oz.	4/\$5
El Paso Taco Shells (Sel. Var.)	3/\$5
El Paso Dinner Kits	2/\$5
Once Again Almond Butter, 16 oz.	\$7.99
Bearitos Corn Tortilla Chips, 16 oz.	\$3.39
Bove's Sauce (Sel. Var.)	\$2.79

SPECIALTY CHEESE

 Cabot Everything Bagel, Hot Buffalo Wing & Tuscan Cheddar Cheese, 8 oz.	\$4.89/ea
Boursin Cheese Spread, 5.2 oz.	\$4.99


BULK

 Equal Exchange Love Buzz Whole Bean Coffee	\$8.99/lb
 Grandy Oats High Antioxidant Trail Mix	\$9.99/lb
 Bionature Penne Pasta	(white or whole wheat) \$2.39/lb
 Lotus Foods Madagascar Pink Rice ..	\$2.69/lb
 Green Lentils.....	\$1.99/lb
Woodstock Dark Chocolate Raisins	\$6.99/lb
Sunridge Farms Dark Chocolate (61%) Malt Balls.	\$9.59/lb

FROZEN

Pepperidge Farm Garlic Bread, 11.75 oz.	\$2.29
Ozery Snacking Rounds, 12.7 oz.	2/\$5
Ezekiel Breads, 24 oz.	\$3.99
Nature Path Waffles, 7.4 oz.	\$2.99

HEALTH & BEAUTY

 Ancient Nurition Bone Broth (Sel. Var.)	25% OFF
Everyone Hair Care, 20 oz.	\$8.49
One With Nature Hand Lotion, 12 oz.	\$6.99



**CATCH THE BEST PRICE ON FISH
EVERY FRIDAY
February 16th - March 23rd
IN OUR SEAFOOD DEPARTMENT**

ON SALE 2/16 \$5.49 Lb Wild, Maine Fresh Skinless Haddock