

Frozen Fruit & Veggies

Cascasian Farms

California Blend	3.50
Edamame	3.50
Spinach	3.50

Tree of Life

Blueberries	6.00
Corn	3.70
Green Peas	3.70
Peaches	4.30
Strawberries	5.20

Gluten Free!

Canyon Bakehouse

Buns, breads, focaccia	6.60
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Enjoy Life

Cinnamon Bagels	6.29
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Food For Life

Brown Rice Bread	8.80
Multi Seed Bread	8.80

French Meadow Bakery

Multigrain Bread	5.50
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Helen's Kitchen

Burrito Bowl	6.20
Chik'n Strips	5.30
Indian Curry	5.20

Canyon Bakehouse

Bread & Buns	6.60
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Kinnikinnick Foods

Donuts	6.70
English Muffins	5.80
Hamburger or Hot Dog Buns	5.80
Muffins (blueberry, chocolate chip, carrot)	6.20
Pizza Shells	9.80
Tapioca Cheese Bread	6.50
Tapioca Rice Bagel	5.80
Tapioca Raisin Bread	6.50
Tray Buns	5.80
Waffles (cinnamon & brown sugar)	3.30
White Bread	6.00

Udi's

Bagels or Buns	5.50
Cinn Raisin Bread	5.80
Cinnamon Rolls	9.00
Lemon Streusel Muffins	6.80
Pizza Crust	5.80
White Bread	6.20

Freezer Prices

Field Roast Grain Meat Co

Italian Sausage (vegan) 6.60

Food For Life

Vegan Burgers 5.20

Health is Wealth

Chicken-Free Nuggets 6.50

Manna Organics

Manna Bread 4.50

Oats to Go

Breakfast Wraps 2.60
(3 flavors)

Sunshine

Veggie Burgers 5.00

Tofurky

Stuffed Roast 14.90

Westsoy

Seitan 5.00

Woodstock

Oven Fries 4.00

Tasty Taters 4.00

Yves

Good Dog 4.50

Jumbo Dogs 5.30

Frozen Desserts:

Julie's Ice Cream

Bars 2.30

Pints 4.30

Quarts 6.30

Living Harvest ~ Tempt

Hemp Milk Fudge Bars 5.60

Luna & Larry's

Coconut Milk - Pints 7.30

Power of Fruit

Frozen Fruit Bars 4.50

Purely Decadent

Coconut Milk - Pints 6.20

Soy - Pints 5.00

Rice Dream

Bars 1.80

Pies 1.60

So Delicious

Soy - Quarts 6.50

TruWhip

Whipped Topping 3.75

In This Freezer

Blinski's Chicken Sausage

Natural	6.00
Organic	7.80

Natural Sea

Fish Sticks	7.50
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Shelton's

Whole Chicken	4.90 lb
Ground Turkey	6.00
Thighs	5.50 lb
Breasts	8.10 lb
Turkey Franks	4.30
Chicken Franks	4.30
Spicy Dogs	4.00
Italian Sausage	6.50
Breakfast Sausage	6.50

Henry & Lisa's

Salmon Burgers	9.50
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World Catch

Wild Salmon	9.99
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Applegate Farms

Beef Hot Dogs	7.50
GF Chick Tenders	7.10
Org. Chick Strips	8.30
Sliced Ham	7.50
Sliced Roast Beef	8.20
Sliced Turkey	7.80
Sunday Bacon	5.50
Turkey Bacon	5.20

Organic Prairie

Beef Hot Dogs	7.00
Chicken Breast	14.80 lb
(boneless, skinless)	
Org. Beef Chubs	8.30
Org. Beef Patties	8.30
Org. Pork Brats	8.49
Org. Grnd Chick	8.00

Back To Basics Organics

Locally Raised!

Seven Sons Meat Co.

Grass-Fed Beef

Ground	7.50 lb
Ground Chuck	7.50 lb
1/4 lb Patties	8.50 lb
Stew Meat	8.00 lb
Stir Fry	7.00 lb
Filet Mignon	16.50 lb
T-Bone Steaks	14.00 lb
Delmonico Steak	16.50 lb
Sirloin Steak	10.95 lb
Rump Roast	7.75 lb
Sirloin Tip Roast	7.00 lb
Chuck Roast	7.00 lb
Arm Roast	5.90 lb
Stand. Rib Roast	13.75 lb
Sizzler Steak	15.00 lb
Round Steak	10.95 lb
New York Strip	15.00 lb

Free-Range Pork

Smoked Ham	8.70 lb
Breakfast Sausage	8.35 lb
Italian Sausage	7.25 lb
Jalapeno Brats	9.45 lb
Kielbasa	8.75 lb

Free-Range Buffalo

Ground	8.00 lb
Patties	8.50 lb
Rib-eye	16.50 lb
Sirloin	7.00 lb
Soup Bones	5.00 lb
Brats	8.50
Buffalo Guys Dogs	8.00

WBF Farms

Natural Chicken

Whole Chicken	3.99 lb
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Seven Sons Meat Co

Whole Duck	7.00 lb
Chicken Breast	9.75 lb
Boneless, skinless	

Lamb

Ground	13.00 lb
Steak	16.00 lb
Chops	33.95 lb

Pork Chops	10.95 lb
Bacon Ends	8.95 lb
Alaskan Salmon	\$18 pkg