



5300 Sunset Blvd.
in Lexington
803-359-2920
www.14Carrot.net



October 27th - November 30th

BOGO
free



Immaculate Baking Organic
Cinnamon Roll Dough
with Icing
17.5 oz Reg: \$9.79

Cinnamon Roll Apple Cobbler

Ingredients

- 1 package Immaculate Cinnamon Rolls
- 1 20-ounce can of apple pie filling

Instructions

1. Preheat the oven to 375°F. Spray a 7×11-inch baking dish with cooking spray.
2. Remove the cinnamon rolls from the package, following the directions on the package. Set aside the container of icing as you will need it later.
3. Use a sharp knife or a handy pair of scissors to cut each cinnamon roll into four to six pieces. Place them in a large mixing bowl.
4. Add the jar of apple pie filling to the cut up cinnamon rolls and give everything a gentle stir to combine.
5. Transfer the mixture to the prepared baking dish. I like to move around some of the cinnamon roll pieces to the top and they get a little more browned.
6. Bake in 375°F oven for 25 to 30 minutes until fully baked.
7. Drizzle with icing and serve warm.

BOGO
free



Immaculate Baking Organic
Flaky Biscuit Dough
16 oz Reg: \$7.09

Pizza Poppers

Ingredients

- olive oil spray for the muffin pan
- 16 oz Can Immaculate Flaky Biscuits
- 2 Tablespoons extra virgin olive oil
- 5 ounces mini pepperonis
- 1 ¾ cup shredded mozzarella cheese
- ½ cup fresh basil finely chopped
- 1 cup marinara or pizza sauce for dipping

Instructions

- Preheat the oven to 350F. Spray the wells of a 12-muffin tray with olive oil spray.
- Cut each biscuit into 6 equal pieces. Add the chopped biscuits and olive oil to a large bowl and toss to coat. Add the pepperoni, cheese, and basil, and toss to combine.
- Divide the mixture equally between the 12 muffin wells.
- Bake until the pizza poppers are puffed and golden, about 15 to 20 minutes. Let them cool for a couple of minutes in the pan, then run a paring knife along the outside and pop them out.
- Serve warm with marinara or pizza sauce for dipping.

BOGO
free



Immaculate Baking Organic
Crescent Roll Dough
8 oz Reg: \$7.09

Vegetable Pizza

Ingredients

- 1 package Immaculate Crescent dough
- 4 oz cream cheese
- 1/4 cup plain full-fat Greek yogurt
- 1 tablespoon chopped fresh dill
- 1 teaspoon garlic powder
- 1/2 cup chopped broccoli florets
- 1/2 cup diced carrots
- 1/2 cup chopped cherry tomatoes

Instructions

1. Preheat oven to 350 degrees
2. Press crescent dough into a quarter sheet pan & bake crescent for 10-12 minutes until golden brown. Then let cool completely.
3. Combine the cream cheese, Greek yogurt, dill, and garlic powder.
4. Spread the cream cheese mixture over the baked dough.
5. Top with broccoli, carrots, and tomatoes.
6. Sprinkle with salt to taste





20%off



20%off



20%off



20%off



20%off



20%off



20%off



20%off



20%off

Arrowhead Mills Organic Buckwheat Flour

22 oz Reg. \$6.99

\$4.79



Arrowhead Mills Organic Tapioca Flour

18 oz Reg. \$5.29

\$3.79



Arrowhead Mills Organic Spelt Flour

22 oz Reg. \$6.59

\$4.49



Arrowhead Mills Organic Rye Flour

20 oz Reg. \$4.79

\$3.29



Arrowhead Mills Organic Oat Flour

16 oz Reg. \$5.69

\$3.79



Dandies Vegan Marshmallows
Vanilla or Mini Vanilla
10 oz Reg. \$4.29



\$3.29

Chatfield's Carob Chips
12 oz Reg. \$6.09



\$4.49

Coombs Family Farms
Organic Maple Syrup
Grade A, Dark
12 fl oz Reg. \$16.59



\$11.99

Lilys Baking Chips,
Assorted Varieties
9 oz Reg. \$8.69



\$5.99

Let's Do Organic
Confetti Sprinkelz
1 oz Reg. \$2.39



\$1.49

Let's Do Organic
100% Organic Unsweetened
Shredded or Flaked coconut
8 oz Reg. \$4.09



\$3.29

Hu Organic Dark Baking
Chocolate, 70% Cacao
9 oz Reg. \$9.99



\$6.29

Watkins
Assorted Food Coloring
4 ct Reg. \$8.99



\$6.79

Let's Do Organic
Organic Sweetened
Condensed Coconut Milk
7.4 fl oz Reg. \$4.19



\$3.29

Lakanto Sugar-Free
Chocolate Chips
8 oz Reg. \$9.59



\$7.49

Lakanto Sugar-Free
Monkfruit Sweetener
Classic or Golden
8.29 oz Reg. \$6.09



\$4.99

Lakanto Sweetener
Golden Monkfruit
3.17 oz Reg. \$4.89



\$3.99

Lakanto Monkfruit
Sweetener
Liquid
1.85 fl oz Reg. \$12.09



\$9.29

Lakanto Monkfruit
Sweetener
Powdered
1 lb Reg. \$12.19



\$10.49

Swerve Granular or
Brown Sweetener
12 oz Reg. \$8.09



\$6.29

Wholesome Organic Stevia Individual Packets

1.23 oz Reg. \$5.29



\$3.29

Wholesome Organic Honey

16 oz Reg. \$10.79



\$7.99

Wholesome Organic Sugar Turbinado, Light Brown, or Dark Brown

1.5 lb Reg. \$6.29-\$6.79



\$4.79

Wholesome Organic Unsulphured Molasses

16 fl oz Reg. \$7.09



\$4.79

Wholesome Organic Pancake Syrup

20 fl oz Reg. \$7.19



\$5.29

Wholesome Organic Powdered Sugar

1 lb Reg. \$5.69



\$3.99

Farmer's Market Organic Pumpkin Pie Mix

15 oz Reg. \$4.25



\$3.49

Farmer's Market 100% Organic Puree Assorted Varieties

15 oz Reg. \$3.79- \$3.99



\$3.29

Namaste Foods Sugar-Free Waffle & Pancake Mix

21 oz Reg. \$8.69



\$6.99

Otto's Naturals Baking Powder

8 oz Reg. \$7.49



\$5.29

Otto's Naturals Organic Gluten-Free Ultimate Cookie or Brownie Mix

12.2 oz Reg. \$8.39



\$5.79

Namaste Foods Gluten-Free Spice Cake Mix

26 oz Reg. \$9.69



\$7.49

Otto's Naturals Cassava Flour

2 lb Reg. \$16.99



\$12.99

Otto's Naturals Cassava Flour

1 lb Reg. \$9.05



\$5.99

Pamela's Baking & Pancake Mix

24 oz Reg. \$10.19



\$7.29

Pamela's
Luscious Chocolate or
Vanilla Cake Mix
21 oz Reg. \$7.79- \$8.79



\$5.79

Pamela's Gluten-Free
Bread Mix
19 oz Reg: \$7.95



\$5.79

Pamela's Whenever Bars
Assorted Flavors
5/1.41oz Reg. \$6.99



\$4.99

Pamela's Graham
Style Crackers
Honey or Cinnamon
7.5 oz Reg. \$6.99



\$4.99



Jovial 100% Organic
All- Purpose Einkorn Flour
32 oz Reg. \$9.09



\$6.99

Made Good Organic
Granola Bars
Chocolate Chip or
Chocolate Banana
6/.85 oz Reg. \$4.69



\$3.49

Made Good Organic
Crispy Squares
Vanilla or Chocolate Chip
4.68 oz Reg. \$4.49



\$2.79

Made Good Organic Soft
Baked Mini Cookies
Snickerdoodle or
Chocolate Chip
4.25 oz Reg. \$4.09



\$2.99

Made Good Organic
Granola Minis
Assorted Flavors
5/.85 oz Reg. \$4.19



\$2.99

Tate's Bake Shop Cookies
Assorted Flavors
7 oz Reg. \$5.99



\$4.79

Back To Nature Cookies
Fudge Striped or Fudge
Mint
8.5 oz Reg. \$6.49



\$4.79

Back To Nature
Sandwich Cookies
Assorted Flavors
12 oz Reg. \$5.49



\$3.99

Back To Nature
Organic Crackers
Classic Saltine
7 oz Reg. \$5.49



2/\$7

Back To Nature
Organic Crackers
Assorted Varieties
6 oz Reg. \$4.49



2/\$6

Crunchmaster Crackers
Assorted Varieties
4 oz Reg. \$3.89



2/\$7

Simple Mills
Almond Flour
Sea Salt Crackers
4.9 oz Reg. \$6.49



\$4.49

Simple Mills Almond
Flour Crackers
Assorted Flavors
4.25 oz Reg. \$5.19



\$3.79

Simple Mills Veggie
Pita Crackers
Assorted Flavors
4.25 oz Reg. \$5.19



\$3.79

Simple Mills Organic
Seed Flour Crackers
Assorted Flavors
4.25 oz Reg: \$5.19



\$3.79

Angie's Boomchickapop
Popcorn Sea Salt
4.8 oz Reg. \$4.19



2/\$6

Artisan Tropic
Plantain Strips
Sea Salt or Sweet
4.5 oz Reg: \$4.89



\$3.99

Artisan Tropic
Cassava Strips
Sea Salt
4.5 oz Reg: \$4.89



\$3.99

Pretzel Crisps Deli Style
Pretzel Crisps
Original
7.2 oz Reg: \$3.89



\$2.99

Back To Nature
Cheddalicious Crackers
6pk Multipack
6/1 oz Reg: \$4.49



\$4.29

Back To Nature
Cheddalicious
Crackers
6 oz Reg: \$5.99



2/\$6

Jacksons Sweet Potato
Chips Sea Salt
5 oz Reg: \$4.09



\$3.29

Vegan Rob's
Dairy-Free Puffs
Assorted Flavors
3.5 oz Reg: \$3.79-\$4.29



\$3.29

Hippeas Chickpea Puffs
Assorted Flavors
4 oz Reg: \$4.09



\$2.79

Good Health Peanut Butter
Filled Salted Pretzels
5 oz Reg: \$3.59



\$2.69

Good Health
Veggie Straws
Sea Salt
6.25 oz Reg: \$4.09



\$3.79

Good Health
Sweet Potato
Kettle Chips
Sea Salt
5 oz Reg: \$3.79



\$3.29

Good Health Potato
Chips, Avocado or Olive Oil
Assorted Flavors
5 oz Reg: \$3.89



\$3.29

Late July Snacks Organic
Tortilla Chip Dippers
Sea Salt or Blue Corn
7.4 oz Reg: \$4.89



2/\$7

Garden Of Eatin'
Organic Yellow
Corn Taco Shells
5.5 oz Reg: \$4.99



\$3.49

Garden Of Eatin'
Tortilla Chips
Blue Corn or
Yellow Corn
16 oz Reg: \$7.29



\$4.99

Maille Old Style Mustard
Whole Grain
7.3 oz Reg: \$6.19



\$4.29

Fillo's Peruvian Lentils
10 oz Reg: \$3.49



\$2.79

Santa Cruz
Organic Organic
Apple Sauce Cups
6/4 oz Reg: \$5.59



\$3.99

Pamela's Gluten-Free
Lemon Shortbread
6.25 oz Reg: \$6.09



\$4.29

Newman's Own
Plant-Based
Fig Newmans
10 oz Reg: \$5.39



\$3.99

Alter Eco Organic Truffle
Black or Superdark
.42 oz Reg: \$.95



69¢

Midel Gluten Free
Pie Crust
Graham Style
7.1 oz Reg: \$4.69



\$3.29

St Dalfour All Fruit
Conserves
Assorted Flavors
10 oz Reg: \$5.29



\$3.99

Alter Eco Organic Granola
Dark Chocolate or Cashew
Butter
8 oz Reg: \$7.39



\$5.29

Taza Chocolate
Organic Dark
Chocolate Bar
95% Wicked Dark
2.5 oz Reg:\$4.59



\$3.79

Theo Chocolate
Organic Chocolate Bar
Assorted Flavors
3 oz Reg:\$3.79



2/\$6

Beyond Good
Organic Uganda
Chocolate Bar
Salted Caramel
2.64 oz Reg: \$3.59



\$3.29

Purely Elizabeth Organic
Ancient Grain Granola
Original or Cinnamon
Peanut Butter
12 oz Reg: \$7.79-\$7.89



\$5.29

Native Forest
Artichoke Hearts
Whole or Quartered
9.9 oz Reg: \$4.59



\$3.49

Organico Bello
Organic Pasta Sauce
Marinara
25 oz Reg: \$8.29



\$6.29

Divina Stuffed
Dolmas Grape Leaves
7 oz Reg: \$4.49



\$2.99

Lotus Foods Organic
Pad Thai Noodles
Traditional or
Brown Rice
8 oz. Reg: \$4.99



\$3.49

Lotus Foods Organic
Rice Jade Pearl or
Forbidden Rice
15 oz Reg: \$6.09-\$6.19



\$4.49

Lotus Foods
Forbidden Rice
Heirloom
15 oz Reg: \$5.59



\$4.29

Lotus Foods
Organic White
Basmati Rice
30 oz Reg: \$9.89



\$7.29

Lotus Foods
Organic Brown
Basmati Rice
30 oz Reg: \$9.29



\$6.99

Jovial 100% Organic
Brown Rice Pasta
Lasagna
9 oz Reg:\$5.19



\$3.99

Jovial 100% Organic
Gluten-Free Spaghetti,
Penne, or Fusilli
12 oz Reg: \$4.89



\$3.79

Ancient Harvest
Organic Quinoa
Traditional
14.4 oz Reg: \$8.49



\$5.99

Ancient Harvest
Organic Gluten-Free
Quinoa Supergrain
Spaghetti
8 oz Reg: \$4.49



\$3.29

Daiya Foods Inc
Deluxe Cheeze Sauce
Cheddar Style
14.2 oz Reg: \$7.29



\$4.99

Daiya Foods Inc
Dairy-Free
Mac & Cheeze
Assorted Flavors
10.6 oz Reg: \$5.29



\$3.79

Imagine Foods
Organic Soup
Creamy Tomato
32 oz Reg: \$5.99



\$4.29

Kettle And Fire
Cooking Broth
Assorted Flavors
32 oz Reg: \$4.79-\$5.59



\$3.29

Mike's Mighty Good
Organic Ramen Soup
Kimchi
2.3 oz Reg: \$2.69



\$1.89

Earth Balance
Natural Creamy
Peanut &
Flaxseed Spread
16 oz Reg: \$8.19



\$4.79

Once Again Organic
Sesame Tahini
Unsweetened &
Creamy
16 oz Reg: \$11.09



\$7.49

Mike's Mighty Good
Organic Ramen Cup
Chicken or Beef
1.6 oz Reg: \$2.69



\$1.89

Once Again
Organic Sunflower
Butter
16 oz Reg: \$8.09



\$5.99

Once Again
Organic Cashew
Butter
16 oz Reg: \$12.99



\$8.99

Panda Licorice Soft
Black Licorice
Original or Strawberry
7 oz Reg: \$3.69



2/\$6

Peter Rabbit Organics
Organic Fruit &
Veggie Puree
Assorted Flavor
4.4 oz Reg: \$2.29



\$1.79

Solely 100%
Organic Fruit Jerky
Assorted Flavors
.8 oz Reg: \$1.99



4/\$5

Panda Licorice
Soft Black Licorice
1.1 oz Reg: \$0.89



69¢

Prince Of Peace
Ginger Chews
Assorted Flavors
4 oz Reg: \$2.65



\$1.79

Ginger People
100% Organic
Ginger Juice
5 fl oz Reg: \$5.29



\$4.99

Ginger People Organic Ginger
Pickled Sushi Ginger or
Minced Ginger
6.7 oz Reg: \$4.99



\$4.49

Ginger People Rescue
Strong Chewable Tablets
24 tab Reg: \$5.99



\$3.79

Ginger People Rescue
Ginger Shot
Lemon & Cayenne
2 FL oz Reg: \$3.39



\$2.79

Ginger People
Ginger Soother Drink
Lemon & Honey or
Turmeric
12 fl oz Reg: \$3.39



\$3.29

Nutiva Organic
Virgin Coconut Oil
23 oz Reg: \$16.19



\$11.99

Nutiva Organic
Extra Virgin Coconut Oil
14 oz Reg: \$11.49



\$8.49

Nutiva Organic
Refined Coconut Oil
23 fl oz Reg: \$13.89



\$9.49

Nutiva Organic
Liquid Coconut Oil
8 fl oz Reg: \$15.59



\$9.79

Pacific Foods
Organic Broth
Assorted Varieties
32 fl oz Reg: \$5.19



\$3.79

Pacific Foods Organic
Condensed Soup
Cream of Chicken or
Cream of Mushroom
10.5 oz Reg: \$3.69



\$2.79

Spectrum Naturals
Refined Grapeseed Oil
16 fl oz Reg: \$17.99



\$9.49

Spectrum Naturals
Organic All Vegetable
Shortening
24 oz Reg: \$9.26



\$8.79

Spectrum Naturals
Organic Unrefined
Extra Virgin Olive Oil
8 fl oz Reg: \$10.09



\$8.49

Spectrum Naturals
Safflower Oil
32 fl oz Reg: \$12.69



\$8.29

Spectrum Naturals
Organic Sunflower Oil
32 fl oz Reg: \$16.29



\$10.99

Spectrum Naturals
Refined Walnut Oil
16 fl oz Reg: \$10.49



\$6.79

Spectrum Naturals
Coconut Oil
Non-Stick Cooking
Spray
6 oz Reg: \$6.89



\$4.79

Spectrum Naturals
Organic Unrefined
Sesame Oil
8 fl oz Reg: \$9.29



\$5.99

Spectrum Naturals
Organic Refined
Safflower Oil
16 fl oz Reg: \$10.39



\$6.79

Spectrum Naturals
Organic Extra Virgin
Olive Oil
25.4 fl oz Reg: \$17.49



\$16.99

Lucini Italia Extra
Virgin Olive Oil
1 ltr Reg: \$26.39



\$20.99

La Tourangelle
Toasted Sesame Oil
16.9 fl oz Reg: \$7.16



\$10.99

La Tourangelle
100% Organic Extra
Virgin Olive Oil
Early-Harvest
25.4 fl oz Reg: \$24.99



\$18.99

La
Tourangelle
Delicate
Avocado Oil
16.9 fl oz Reg: \$15.19



\$12.99

La
Tourangelle
Delicate
Grapeseed Oil
16.9 fl oz Reg: \$10.89



\$9.29

Chosen Foods
100% Pure
Avocado Oil Spray
4.7 fl oz Reg: \$6.69



\$4.79

Dr. Bronner's Organic
Whole Kernel Virgin
Coconut Oil
14 fl oz Reg: \$12.29



\$7.79

Dr. Bronner's Organic
Whole Kernel Virgin
Coconut Oil
30 fl oz Reg: \$21.79



\$13.99

Chosen Foods
100% Pure
Avocado Oil
16.9 fl oz Reg: \$15.39



\$9.29

Bragg Organic Apple
Cider Vinegar Drink
Assorted Flavors
16 fl oz Reg: \$3.89



\$2.99

Coconut Secret
100% Organic
Coconut Aminos
The Original
8 fl oz Reg: \$7.69



\$5.29

Bragg Organic
Coconut Liquid
Aminos
10 fl oz Reg: \$7.69



\$5.99

Bragg Organic
Raw & Unfiltered
Apple Cider Vinegar
32 fl oz Reg: \$7.39



\$5.99

Coconut Secret
100% Organic
Coconut Aminos
Sauce
16.9 fl oz Reg: \$14.99



\$9.29

Stash Tea
Assorted Flavors
18 bag Reg: \$4.39



\$2.99

Laird Superfood
Superfood Creamer
Assorted Flavors
8 oz Reg: \$8.99



\$6.79

Laird Superfood
Medium Roast Coffee
Boost or Focus
12 oz Reg \$14.19



\$10.99

Jade Leaf
Matcha Organic Tea
Assorted Varieties
Reg: \$9.39-\$9.49



\$6.79

Rishi Organic
Herbal Tea
Assorted Flavors
15 bag Reg: \$9.19



\$6.99

Lakewood Organic
Aloe Juice
Assorted Varieties
32 fl oz Reg: \$8.69



\$6.29

Essentia Water
Ionized Alkaline Water
pH 9.5
1 ltr Reg: \$2.65



2/\$3

Lakewood Organic
Tart Cherry
Concentrate
12.5 fl oz Reg: \$9.25



\$6.99

Lakewood Organic
Pure Pineapple Juice
32 fl oz Reg: \$8.99



\$6.49

Lakewood Organic
Pineapple Ginger Juice
32 oz Reg: \$8.99



\$6.29

R.W. Knudsen Family
100% Organic Juice
Tomato or Very Veggie
32 fl oz Reg: \$5.59



2/\$7

R.W. Knudsen
Family Juice
Pineapple Coconut
32 fl oz Reg: \$5.59



\$3.99

R.W. Knudsen Family
100% Organic Juice
Carrot Ginger Turmeric
32 fl oz Reg: \$7.59



\$5.49

R.W. Knudsen Family
100% Organic Juice
Beet Carrot Orange
32 fl oz Reg: \$8.69



\$6.29

R.W. Knudsen
Family Apple Juice
Cider & Spice
32 fl oz Reg: \$5.59



2/\$7

Virgil's Soda
Cola or Vanilla Cream
4/12 fl oz Reg: \$6.39



\$5.29

Westsoy Organic
Original Soymilk
32 fl oz Reg: \$4.49



\$3.79

Milkadamia
Macadamia Nut Milk
Unsweetened or
Unsweetened Vanilla
32 fl oz Reg: \$5.79



\$4.29

Dream Organic
Rice Dream
Enriched Vanilla
32 fl oz Reg: \$4.39



\$3.79

Reed's Ginger Brew
Assorted Varieties
4/12 fl oz Reg: \$7.89



\$5.29

Biokleen Bac-Out
Bathroom Cleaner Spray
32 fl oz Reg: \$10.39



\$7.99

Mrs. Meyer's Clean Day
Multi-surface
Concentrate Cleaner
Lavender
32 fl oz Reg: \$10.29



\$7.99

Mrs. Meyer's Clean Day
Liquid Dish Soap
Lavender
16 fl oz Reg: \$5.39



\$3.99

Biokleen Bac-Out
Stain + Odor
Remover Spray
32 fl oz Reg: \$12.29



\$8.99

Biokleen Bac-Out
Stain + Odor Remover
32 fl oz Reg: \$10.99



\$8.49

Ecos Dishmate
Dish Liquid
Assorted Varieties
25 fl oz Reg: \$4.69-\$5.19



\$3.79

Biokleen Laundry Liquid
Citrus Essence or Free
& Clear
64 fl oz Reg: \$16.59



\$12.99

Compostic
Compostable Snack Bags
25 ct Reg: \$4.69



\$3.49

If You Care
Aluminum Foil
50 sq ft Reg: \$6.39



\$4.79

If You Care
Compostable
Coffee Filters
No. 2/100 CT Reg: \$4.49



\$3.49

If You Care
Baking Paper Sheets
24 ct Reg: \$5.09



\$3.49

Chocolate Drizzle Popcorn

- 10 cups popcorn salted, popped
- 12 oz. White Chocolate
- 8 oz. Bulk Chocolate Chips

Instructions:

1. Place popped popcorn in a large bowl.
2. Add white chocolate to a microwave safe bowl. Heat on high using 30 second intervals, stirring in between until smooth. Don't overcook.
3. Pour white chocolate over popcorn and stir well until evenly covered. Spread coated popcorn in a single layer onto a large rimmed baking sheet.
4. Add chocolate to a separate microwave safe bowl. Heat on high using 30 second intervals, stirring in between until smooth.
5. Dip a spoon into the melted chocolate and drizzle chocolate over the popcorn in a back-and-forth motion, creating nice, thin lines for a perfect nibble with every bite.
6. Once cooled, break into pieces.

If You Care
Paper Bags
Snack & Sandwich
48 ct Reg: \$5.29



\$4.29

Bulk Organic Dark
Chocolate Chips
#3988 Reg: \$12.39/lb



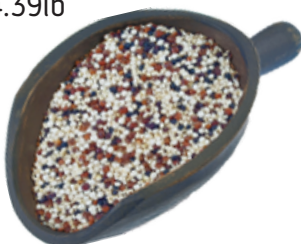
\$8.69

Bulk Organic Pistachios
Roasted & Salted
#4045 Reg: \$10.59/lb



\$7.39

Bulk Organic Tri-Color Quinoa
#301965 Reg: \$4.39/lb



\$2.99

Bulk Organic Yellow Popcorn
#3134 Reg: \$2.29/lb



\$1.59

Bulk Organic Hulled Millet
#3104 Reg: \$2.65/lb



\$1.89

Kerrygold
Olive Oil Butter
7.5 oz Reg: \$4.99



\$3.49

Kerrygold Irish Butter
Salted or Unsalted
8 oz Reg: \$5.59



\$3.89

Kerrygold
Soft Butter
8 oz Reg: \$6.25



\$4.39

Miyoko's Creamery
Organic Cultured
Oat Milk Butter
12 oz Reg: \$6.59



\$4.59

Miyoko's Creamery
Organic Cultured
Vegan Butter
Salted or Unsalted
8 oz Reg: \$6.59



\$4.59

Nuts For Cheese
Vegan Cheese
Assorted Flavors
4.23 oz Reg: \$8.39



\$5.89

Miyoko's Creamery
Organic Vegan
Cream Cheese
Classic Plain
8 oz Reg: \$6.19



\$4.29

Miyoko's Creamery
Organic Vegan Roadhouse
Cheese Spread
Straight Up Sharp
8 oz Reg: \$6.89



\$4.79

Organic Valley
Organic Feta Cheese
8 oz Reg: \$6.79



\$4.79

Brown Cow Cream Top
Whole Milk Yogurt
Plain or Maple
32 oz Reg: \$5.29



\$3.79

Organic Valley
Organic 4% Sour Cream
16 oz Reg: \$4.99



\$3.49

Organic Valley Organic
Finely Shredded Cheese
3 Cheese Mexican or
Mozzarella
6 oz Reg: \$5.69



\$3.99

Rumiano Organic
Shredded Cheese
Sharp Cheddar
6 oz Reg: \$5.69



\$3.99

Rumiano Organic Cheese
Sharp Cheddar or
Mozzarella
8 oz Reg: \$6.79



\$4.79

Rumiano Organic
Sliced Cheese
Assorted Varieties
6 oz Reg: \$5.49



\$3.89

Walker Brothers Kombucha
Assorted Flavors

12 fl oz Reg: \$3.29



\$2.59



Health-Ade SunSip Soda
Assorted Flavors

11.5 fl oz Reg: \$2.39



\$1.69

Rudi's Rocky Mountain
Bakery Organic Wheat
Hamburger Buns

18 oz Reg: \$6.39



\$4.49

Rudi's Rocky Mountain
Bakery Bread
Original or Multigrain

18 oz Reg: \$7.19-\$8.19



\$5.29

Daiya Foods Inc Pizza
Supreme or Meatless
Meat Lovers

19.4 oz Reg: \$9.59



\$6.79

Field Roast Plant-Based
Miniature Corn Dogs

10 oz Reg: \$7.99



\$6.29

Bonafide Provisions
Organic Bone Broth
Chicken or Beef

24 fl oz Reg: \$10.39



\$7.49

Daiya Foods Inc
Cheezecake
Assorted Flavors

14.1 oz Reg: \$8.49



\$5.79

Jolly Llama
Sandwiches or Cones

4 ct Reg: \$5.79



\$4.29

So Delicious
Dairy-Free Cocowhip Topping

9 oz Reg: \$4.69



\$3.29

Alden's Organic Ice Cream
Assorted Flavors

48 fl oz Reg: \$11.99



\$8.49

Alden's Organic
Ice Cream Sandwiches
Vanilla Bean or
Strawberry

14 fl oz Reg: \$6.87-\$7.69



\$4.79

Alden's Organic
Dairy-Free Ice
Cream Sandwiches
Assorted Flavors

4/3.5 oz Reg: \$7.69



\$4.79

Alden's Organic
Vanilla Mini Ice Cream
Sandwiches

8/2 fl oz Reg: \$8.59



\$5.99

Cascadian Farm Organic
Frozen Harvest Berries
or Sliced Peaches
10 oz Reg: \$6.49



2/\$6

Cascadian Farm
Organic Frozen Fruit
Blueberries
8 oz 6.49



2/\$6

Cascadian Farm
Organic Frozen
Sweet Corn or Cut
Green Beans
16 oz Reg: \$5.19



2/\$7

Cascadian Farm
Organic Frozen Vegetables
Assorted Varieties
10 oz Reg: \$4.79



\$2.79

Earthbound Farm
Organic Frozen Vegetables
Whole Green Beans
10 oz Reg: \$3.59



\$2.49

Earthbound Farm
Organic Frozen Vegetables
Butternut Squash
10 oz Reg: \$3.59



\$2.29

Alexia Frozen Crispy Fries
Rosemary with Sea Salt
16 oz Reg: \$5.79



\$4.49

Cascadian Farm
Organic Frozen Potatoes
Assorted Varieties
16 oz Reg: \$5.99-\$6.95



2/\$8

Earthbound Farm
Organic Frozen Vegetables
Broccoli Florets
2 lb Reg: \$8.79



\$5.79



20%off



20%off

Bach Rescue Pastilles
Original or Black Current
50 grm Reg: \$14.95



\$9.99

American Health
Original Papaya Enzyme
Chewable
250 tab Reg: \$11.69



\$7.99

American Health
Papaya Enzyme with
Chlorophyll
Chewable
250 tab Reg: \$12.79



\$9.99

American Health
Super Papaya Enzyme Plus
Chewable
180 tab Reg: \$13.99



\$10.99

Boiron
Chestal Honey
Adult or Child
6.7 fl oz Reg: \$13.29



\$10.79

Childlife Essentials
Kids Liquid Vitamin C
Orange
4 fl oz Reg: \$9.09



\$5.99

Childlife Essentials
Children's Multi
Vitamin & Mineral
Orange/Mango Flavor
8 fl oz Reg: \$17.29



\$12.99

Gaia Herbs
Olive Leaf or Oil of Oregano
60 cap Reg: \$29.49



\$23.99

Hyland's
Nerve Tonic Tablets
Stress Relief
50 tab Reg: \$11.29



\$7.99

Hyland's
Calms Forte Tablets
Sleep Aid
100 tab Reg: \$14.69



\$10.99

Hyland's
Calm Tablets
50 tab Reg: \$13.99



\$10.99

Kyolic Cardiovascular
Aged Garlic Extract
Formula 100
100 cap Reg: \$17.09



\$12.99

Kyolic Cardiovascular
Formula 100
Original
200 cap Reg: \$31.29



\$23.99

Nordic Naturals
Vitamin C Gummies
Tart Tangerine
60 ct Reg: \$19.95



\$15.95

Nordic Naturals
Vitamin D3, D3 5000,
or Vitamin C Gummies
Assorted Flavors
60 ct Reg: \$14.95



\$11.95

Nutrex Hawaii
Spirulina Tabs
100 tab Reg: \$15.49



\$11.99

Prince Of Peace
Ultra Strength Red Panax
Ginseng Extractum
30/10 cc Reg: \$19.55



\$14.99

Prince Of Peace
Ultra Strength Red Panax
Ginseng Extractum
10/10 cc Reg: \$7.85



\$5.99

Nutrex Hawaii
Spirulina Powder
5 oz Reg: \$22.99



\$12.99

Ridgecrest Herbls
ClearLungs
Chinese Herbal Formula
60 ct Reg: \$27.99

\$18.99



Ridgecrest Herbls
Anxiety Free or Adrenal
Fatigue Fighter
Stress Relief Complex
60 ct Reg: \$37.99

\$24.99



Youtheory Shilajit
60 ct Reg: \$30.45

\$21.99



Youtheory Collagen Tablets
Skin, Hair & Nail Formula
160 tab Reg: \$17.09

\$11.99



14 Carrot Essential Protect
Immune Support Oil
Reg: \$13.39

\$10.75



Acure Lotion
Everyday Eczema or
Seriously Soothing
8 oz Reg: \$11.99

\$8.99



Hair Color Products

20%off



BADGER

Organic Skin Solutions

20%off

SOF

All Soaps & Lotions

20%off



1 oz, 2 oz, or 4 oz

20%off



Holiday Gift Sets

20%off

ZUZU LUXE

20%off

Andalou Naturals Sheet Mask
Deep Hydration or
1000 Roses
.6 fl oz Reg: \$5.39-\$5.99

\$3.79



Andalou Naturals
On The Go Essentials
Assorted Varieties
4 ct Reg: \$17.99

\$11.99



Dr. Bronner's
All-One Toothpaste
Assorted Flavors
5 oz Reg: \$7.99

\$5.79



Dr. Bronner's Travel
Toothpaste Peppermint
1 oz Reg: \$2.79



\$2.29

Dr. Bronner's
Organic Castille Soap
Assorted Varieties
8 fl oz Reg: \$7.99



\$5.79

Dr. Bronner's
Organic Lotion
Assorted Scents
8 fl oz Reg: \$11.99



\$8.49

Zum Lotion
Assorted Scents
6 fl oz Reg: \$9.99



\$8.49

Zum Hand Soap
Assorted Scents
12 fl oz Reg: \$5.99



\$4.99

Zum Bath Salts
Frankincense & Myrrh
or Sea Salt
2 oz Reg: \$2.99



\$2.49



Thanksgiving Sample Day

Wednesday, November 13th

1pm to 5pm

Join us for a sampling of several recipes our staff have created to help you to make your holiday meal planning easier! We will have recipes available as well as order forms to place orders in The Deli. Vegan, Gluten Free, and Dairy Free options will be available, so don't miss out! No RSVP required!

