

FRESH FLYER

Weekly Specials February 6-12

Open Daily 7am-10pm



Madécasse Dark Chocolate Bars

Chocolate done right. Made with heirloom cocoa sourced directly from farmers in Madagascar.

2.64 oz. Reg. \$3.99

2/\$5



Montchevre Chevre Log

Divine with crusty bread, salad or fresh fruit, this chevre is perfect for a simple lunch or a special treat.

4 oz. Reg. \$4.39

\$3.49



Co-op Kitchen Beet & Walnut Salad

Fresh organic beets dressed lightly in walnut oil & balsamic vinegar. Healthy eating that tastes great!

Reg. \$8.99/lb

\$6.99/lb



Cucina Antica Pasta Sauces

These premium sauces are made with Italian San Marzano tomatoes and no added sugar.

25 oz. Reg. \$7.69

\$4.99



Bulk Dark Chocolate Chips

The ideal ingredient in your favorite cookie or bar, or try a chocolate fondue for this Valentine's Day!

Reg. \$7.49/lb

\$5.99/lb



Terminal Gravity Brewing India Pale Ale

This classic NW IPA has a lovely copper color with rich malt and a clean bitter hop finish.

6-pk. Reg. \$10.49

\$7.99



Orca Bay Sockeye Salmon

This wild-caught salmon is a great choice for a special home-cooked meal. All Orca Bay seafood on sale.

10 oz. Reg. \$12.99

\$9.99



WishGarden Herbs Liquid Bliss

A unique blend of herbs designed to lift your mood and increase your sense of connection.

.66 oz. Reg. \$9.49

\$7.69



Co-op Kitchen Cheesecake Slices

Treat your sweetie to a sweet! Choose from Chocolate Orange or Strawberry Vanilla or grab one of each. Decadent indulgence!

Reg. \$3.99

\$2.99



First Alternative

NATURAL FOODS CO-OP

www.firstalt.coop

Fresh Flyer discounts not stackable or combinable with Owner Sale Day discount or case discount.

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Opal Apple

Reg. \$1.99/lb

\$1.29/lb



Blood Orange

Reg. \$2.99/lb

\$2.49/lb



Blueberry, 18 oz.

Reg. \$9.99

\$6.99



Zucchini

Reg. \$3.99/lb

\$1.99/lb



Bell Pepper, Various

Reg. \$3.99 - \$4.99/lb

\$1.99/lb



Broccoli & Cauliflower

Reg. \$3.49 - \$3.99/lb

99¢/lb



La Mancha Orchard

Roasted Hazelnuts

This organic, locally grown and roasted treat will be served at our upcoming Winter Wine Soirée. Visit firstalt.coop for more info. La Mancha Raw Hazelnuts also on sale.

12 oz. Reg. \$15.99

\$9.99



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