

FRESH FLYER

Weekly Specials April 10-16

Open Daily 7am-10pm



Townshend's Tea Co. Brew Dr. Clear Mind Kombucha, 32 oz.

A fan favorite, this brilliant blend of rosemary, mint, sage and green tea is bright and invigorating.

32 oz. Reg. \$6.⁹⁹

\$4.99



Cucina Antica Pasta Sauces

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

25 oz. Reg. \$7.⁴⁹

\$4.49



Tofu Shop Tofu Sausage Patties

Seasoned and baked these patties are great for breakfast, brunch, pasta or pizza.

6.5 oz. Reg. \$5.²⁹

\$3.99



Lonely Lane Farm Stir Fry Cut Pork

Locally pasture raised pork conveniently cut for your favorite stir fry recipe.

1 lb. Reg. \$10.⁵⁹

\$8.49



Natural Factors Echinamide Quick-Blast

Provides fast relief for sore throats and sinus congestion.

30 gel Reg. \$11.²⁹

\$6.99



Amy's Candy Bars

All natural, non-GMO alternatives to your favorite classic candy bars. Made with organic chocolate.

1.3 oz. Reg. \$1.⁹⁹

2/\$3



Co-op Kitchen Lemon Bars

A smooth, citrusy filling and buttery crust makes our lemon bar a delightful spring treat.

Reg. \$2.⁴⁹/ea

2/\$4



Mazama Brewing Mosaic Eruption IPA

This crisp, refreshing brew is made right here in Corvallis with zesty mosaic hops.

6 pk. Reg. \$9.⁹⁹

\$8.49



Grizzlies

Aunt Maple's Crunchy Granola

Made locally with organic oats, raisins, coconut chips, roasted almonds, hazelnuts, spices, and sweetened lightly with honey and maple syrup.

Reg. \$12.⁶⁹/lb

\$8.99/lb



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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Carrots

Reg. \$1.49/lb

99¢/lb



Lemons

Reg. \$1.99/lb

99¢/lb



Brussels Sprouts

Reg. \$4.49/lb

\$3.49/lb



Minneola Tangelos

Reg. \$1.49/lb

99¢/lb



Rio Star Grapefruit

Reg. \$1.99/lb

\$1.19/lb



Red Seedless Grapes

Reg. \$7.99/lb

\$4.99/lb



Gathering Together Farm

Bunched Spinach

Reg. \$3.99/ea

2/\$6



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