

THERE'S PLENTY MORE WHERE THIS CAME FROM...

Look for all the red bubbles on
our shelves & around the store
for the many other deals that are
part of this sale!

SALES FOR THE WEEK OCTOBER 1ST - OCTOBER 7TH



**BAREBELLS
PROTEIN BARS**
1.9 OZ.

2/\$5
Reg. \$3.49 ea

**BONNE MAMAN
FRUIT PRESERVES**
13 OZ.

\$6.99^{EA}
Reg. \$7.99 ea

**BRAGG
ORGANIC APPLE
CIDER VINEGAR**
32 OZ.

\$5.69^{EA}
Reg. \$7.99 ea

**CABOT
CRACKER CUTS**
(ALL VARIETIES) 7-8 OZ.

\$3.99^{EA}
Reg. \$4.99 ea

**CHOBANI
20G PROTEIN YOGURT**
6.7 OZ.

2/\$4
Reg. 2/\$6

**DIETZ & WATSON
SLICED MEATS
& CHEESES**
(ALL VARIETIES) 3-8 OZ.

**BUY 1 GET 1
HALF OFF**
Reg. \$4.99-\$7.99 ea

**ETHEL'S
GLUTEN FREE BARS**
(ALL VARIETIES) 6 OZ.

\$5.99^{EA}
Reg. \$6.99 ea

**HAAGEN-DAZS
ICE CREAM**
14 OZ.

\$5.99^{EA}
Reg. \$7.99 ea

**JESSICA'S
GLUTEN-FREE GRANOLA**
11 OZ.

\$5.99^{EA}
Reg. \$8.99 ea

**KITCHEN BASICS
COOKING STOCK**
32 FL OZ.

2/\$6
Reg. \$3.99 ea

**KOEZE
PEANUT BUTTER**
17 OZ.

\$5.99^{EA}
Reg. \$7.99 ea

**TILLAMOOK
CHEESES**
7-8 OZ.

\$4.49
Reg. \$5.99

MEAT SALE (THROUGH OCTOBER 14TH)

BELL & EVANS RWA
GROUND CHICKEN (16 OZ.) **\$7.99^{EA}**
Reg. \$8.99 EA

BELL & EVANS ORGANIC
GROUND CHICKEN (16 OZ.) **\$8.99^{EA}**
Reg. \$9.99 EA

BELL & EVANS FAJITA
CHICKEN BREAST STRIPS (16 OZ.) **\$8.99^{EA}**
Reg. \$9.99 EA

USDA CHOICE
BEEF STEW **\$9.99^{LB}**
Reg. \$10.99 LB

BONE-IN REGULAR & THICK CUT
CENTER CUT PORK CHOPS **\$3.99^{LB}**
Reg. \$4.99 LB

BONE-IN THIN SLICED
CENTER CUT PORK CHOPS **\$4.49^{LB}**
Reg. \$5.49 LB

SEAFOOD SALE (THROUGH OCTOBER 14TH)

WILD CAUGHT
SOCKEYE SALMON **\$19.99^{LB}**
Reg. \$22.99 LB

FRESH
SWORDFISH STEAKS **\$7^{EA}**
Reg. \$8.99 EA

FROZEN
CALAMARI RINGS 1 LB BAG **BUY 1 GET 1 HALF OFF**

PRODUCE SPECIALS

SWEET
RED, YELLOW, & ORANGE PEPPERS **5/\$5**

CRISP WASHINGTON
BARTLETT PEARS **\$1.29^{LB}**

WHOLE
PINEAPPLES **2/\$5**

DELI SALE (THROUGH OCTOBER 7TH)

DIETZ & WATSON
CHICKEN **\$11.99^{LB}**
Reg. \$13.99 LB
SOUTHERN FRIED - HONEY BBQ
HONEY GRILLED - GOURMET
BUFFALO - HOT HONEY - HERITAGE

OLD TYME
TURKEY (ALL VARIETIES) **\$10.99^{LB}**
Reg. \$11.99 LB

WESTBORN
BROWN SUGAR & SPICE GLAZED HAM **\$9.99^{LB}**
Reg. \$10.99 LB

DELALLO
SMOKED GOUDA **\$9.99^{LB}**
Reg. \$10.99 LB

DIETZ & WATSON
BUFFALO WING CHEDDAR **\$8.99^{LB}**
Reg. \$9.99 LB

GUGGISBERG
BABY SWISS **\$7.99^{LB}**
Reg. \$8.99 LB

BEER & WINE SPECIALS

SANTA MARGHERITA
PINOT GRIGIO **\$23.99^{EA}**
Reg. \$28.99 ea

MEIOMI
PINOT NIOIR **\$18.99^{EA}**
Reg. \$22.99 ea

WHITEHAVEN
SAUVIGNON BLANC **\$15.99^{EA}**
Reg. \$19.99 ea

LAMARCA
PROSECCO **\$15.99^{EA}**
Reg. \$17.99 ea