



March 2024



2/\$7
5 oz

**Mary's Gone Crackers
Organic Real Thin
Crackers
(selected varieties)**



**Endangered Species
Chocolate Bar
(selected varieties)**

2/\$5
3 oz

**Farmer's Market
Organic Pumpkin**

\$2.99
15 oz



**Pacific Foods
Organic Broth
(selected varieties)**

\$3.79
32 oz



**Canyon Bakehouse
Gluten Free Bread
(selected varieties)**

\$5.49
18 oz



\$4.29
8 oz
**Kerrygold
Butter**

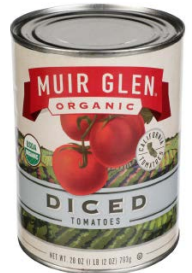


\$5.99
9 oz
**Lily's
Chocolate
Baking Chips
(selected varieties)**



**Muir Glen
Organic
Tomatoes
(selected varieties)**

2/\$4
28 oz

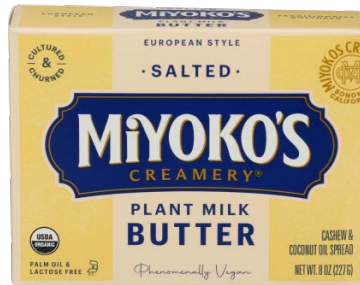


841 S Ponce de Leon Blvd, St Augustine, FL 32084

March 2024



Built on the foundation of craft and compassion, Miyoko's Creamery is the natural, compassionate evolution of dairy—using time-honored techniques and the finest ingredients to make our award-winning, phenomenally vegan, plant-milk butter and cheese.



**Miyoko's
Organic Cultured
Vegan Butter**
(selected varieties)

\$3⁹⁹
8 oz



\$7⁴⁹ Organic Valley
Organic Butter
16 oz

**Organic Valley
Organic Ghee**



\$11⁹⁹
13 oz



\$5⁷⁹ Immaculate
Organic
Cinnamon Rolls
17.5 oz

**Bubbies
Sauerkraut**



\$6⁹⁹
25 oz

**nutpods
Dairy-Free Creamer**
(selected varieties)



\$2⁷⁹
11.2 oz

**Stonyfield
Organic Yogurt**
(selected varieties)



\$3⁷⁹
32 oz

**Forager Project
Cashewmilk Yogurt**
(selected varieties)



\$4⁹⁹
24 oz

**Califia Farms
Better Half
Creamer**



\$2⁹⁹
16.9 oz



\$3⁴⁹ Green Valley
Organic
Lactose Free
Cream Cheese
8 oz

**GoodPop
Organic
Frozen Pops**
(selected varieties)



\$3⁹⁹
9.9–10 oz

Plus hundreds of other Super Deals at

Serving Up Some Super Savings

**Cappello's
Grain Free
Almond Flour
Five Cheese
Ravioli**

\$7.79

9.9 oz



Easy Elegant BEET SALAD

**Bonafide Provisions
Organic
Bone Broth
(selected varieties)**

\$7.49

24 oz



SALAD INGREDIENTS

One package Love Beets cooked beets
6 cups fresh arugula or mixed greens
2 oranges, peeled and cut into segments
1/4 cup thinly sliced red onion
4 ounces feta cheese, crumbled
1/2 cup toasted pistachios or walnuts
Fresh mint, for garnish, optional

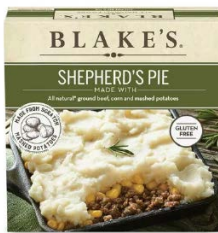
DRESSING INGREDIENTS

1/4 cup olive oil
2 tablespoons fresh orange juice
2 tablespoons fresh lemon juice
1 tablespoon white balsamic vinegar
2 teaspoons raw honey
1/2 teaspoon dijon mustard
Sea salt and black pepper, to taste

**Blake's
Pot Pie
(selected varieties)**

\$3.29

8 oz



MAKE THE SALAD

Slice the beets into rounds. To assemble the salad, place the greens on a large platter. Arrange beets, oranges, red onion, feta, and nuts on top. Garnish with fresh mint. To make the dressing, whisk together all of the dressing ingredients. Drizzle the dressing over the salad. Enjoy immediately.



\$8.29

48 oz

**Alden's
Icecream
(selected varieties)**



\$3.99

9 oz

**Van's
Waffles
(selected varieties)**

**Organic Valley
Organic Feta
Cheese**

\$4.79

8 oz



**Cosmic Bliss
Organic Dairy-Free
Frozen Dessert
(selected varieties)**

\$5.29

14 oz



30% or MORE off of our Every Day Low Prices

March 2024

**Vita Coco
Coconut Water**
(selected varieties)

2/\$4
500 ml



**evamor
Natural Alkaline
Artesian Water**
(selected varieties)

2/\$4
32 oz



**Harmless Harvest
Organic
Coconut Water**
(selected varieties)

\$4²⁹
16 oz



**KeVita
Organic Sparkling
Probiotic Drink**
(selected varieties)

\$2⁷⁹
15.2 oz



**Owyn
Plant-based
Protein Drink**
(selected varieties)

2/\$5
12 oz



**GT's
Organic Alive
Ancient
Mushroom Elixir**
(selected varieties)

2/\$5
16 oz



**Goldthread
Plant Based Tonic**
(selected varieties)

\$3²⁹
12 oz



**Kettle
Potato Chips**
(selected varieties)

2/\$6
5 oz



**Good Health
Avocado Oil
Potato Chips**
(selected varieties)

\$3²⁹
5 oz



\$4⁷⁹
13 oz
**Newman's Own
Sandwich
Cremes**
(selected varieties)

**UNREAL
Chocolate Bars**

\$4²⁹
3.4-4.2 oz



4/\$5
0.44 oz
PUR Gum
(selected varieties)

**Siete
Grain Free
Cookies**
(selected varieties)

2/\$7
4.5 oz



Plus hundreds of other Super Deals at

Serving Up Some Super Savings

**Daiya
Deluxe
Mac & Cheese**
(selected varieties)



\$3.79
10.6 oz

**Lotus Foods
Rice Ramen**
(selected varieties)



\$1.69
2.8 oz

**Koyo
Ramen**
(selected varieties)



\$1.09
2 oz



\$3.79
7 oz
**Miracle Noodle
Plant Based
Noodles**
(selected varieties)

**San-J
Organic Tamari
Soy Sauce**
(selected varieties)



\$4.29
10 oz

**Maya Kaimal
Organic
Everyday Dal**
(selected varieties)



\$3.79
10 oz

**Muir Glen
Organic Pasta Sauce**
(selected varieties)

2/\$6
23.5 oz



CADIA®
Honest, simple ingredients.

**LOOK FOR
THIS TAG AND
SAVE
everyday**



30% or MORE off of our Every Day Low Prices

March 2024

Happy Easter Ham



RAISED WITH
NO
ANTIBIOTICS
OR ADDED HORMONES
- EVER -

Fed a high-quality,
100% vegetarian diet.

Spiral-sliced,
Fully Cooked
Half ham, Bone-in,
No Sugar, Uncured

— OR —

Smoked Applewood
Half ham, Bone-in, Uncured

Yogi
Tea
(selected varieties)

2/\$7
16 ct



Rishi Tea
Organic Tea
(selected varieties)

\$6.99
15 ct



Buddha Tea
Organic Tea
(selected varieties)

\$4.29
18 ct



Bob's Red Mill
All Purpose
Gluten Free
Baking Flour
(selected varieties)

\$4.29
22 oz



Simply Organic
Organic
Ground Cinnamon
(selected varieties)

\$4.29
2.45 oz



\$4.99 Enjoy Life Foods
Chocolate Chips
(selected varieties)
9-10 oz

Let's Do...Organic
Organic
Coconut Flakes
(selected varieties)

\$3.79
7 oz



Birch Benders
Organic Pancake
& Waffle Mix
(selected varieties)

\$4.29
14-16 oz



Pamela's
Pancake &
Baking Mix
(selected varieties)

\$7.29
24 oz



Plus hundreds of other Super Deals at

Serving Up Some Super Savings

Once Again Nut Butter
Organic Tahini
(selected varieties)



\$7⁴⁹
16 oz

St. Dalfour
French Fruit Spread
(selected varieties)



\$3⁷⁹
10 oz

Bonne Maman
Preserves
(selected varieties)



\$4⁷⁹
13 oz



\$2⁹⁹ Crown Prince
Natural
Smoked Oysters
(selected varieties)
3 oz

Wholesome
Organic
Powdered Sugar
(selected varieties)



\$3⁹⁹
1 lb

Purely Elizabeth
Granola
(selected varieties)



\$5²⁹
8-12 oz

Peter Rabbit Organics
Organic
Baby Food Pouch
(selected varieties)



\$1⁷⁹
4-4.4 oz

Perfect Bar
Organic Protein Bar
(selected varieties)

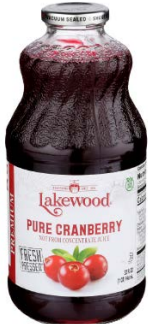


2/\$5
2.3 oz



5/\$5 Larabar
Fruit & Nut
Bar
1.6-1.7 oz

Lakewood
Pure
Cranberry Juice



\$7⁴⁹
32 oz

Renew Life
Cleanse More



\$14⁹⁹
60 ct

Natural Factors
WellBetX® Berberine
500 mg



\$20⁹⁹
60 vcap

Nordic Naturals
Omega-3



\$13⁹⁹
60 ct

Vibrant Health
Green Vibrance



\$45⁹⁹
11.64 oz

Yerba Prima
Psyllium Husks
Powder



\$12⁹⁹
12 oz

30% or MORE off of our Every Day Low Prices



Where Lower Prices
Come Naturally

Andalou Naturals
Shampoo or
Conditioner

\$6⁷⁹

11.5 oz



DERMA E
Anti-Wrinkle Renewal Cream

\$15⁹⁹

4 oz



ShiKai
Borage Therapy
Hand Cream

\$10⁴⁹

8 oz



The Grandpa Soap Co.
Bar Soap
(selected varieties)

\$3²⁹

3.25 oz



Herbatint
Permanent
Hair Color Gel
(selected varieties)

\$13⁹⁹

4.56 oz



Biokleen
Bac-Out Stain & Odor
Remover

\$8⁴⁹

32 oz



THE NEW YOU MIRACLE BAND

**CHANGE YOUR FREQUENCY
CHANGE YOUR LIFE!**

PROTECTION FROM 5G
PAIN RELIEF THAT WORKS!



ALLEVIATES
ARTHRITIS PAIN
FIBROMYALGIA
CARPAL TUNNEL
JOINT ACHES
BODY ACHES
SEASICKNESS
IMPROVES
STRENGTH AND BALANCE



"If you could eliminate
certain outside
frequencies that
interfered in our body,
we would have greater
resistance toward
disease."

NIKOLA TESLA



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OUR WEBSITE**

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