



May 2024

KEEP IT REAL

Authentic
to it's cone



**Alden's
Organic Ice Cream**
(selected varieties)

\$8²⁹

1.5 qts

SIP, SMILE, SAVE.

Delicious, Organic, 0 calorie Sparkling Water



**Nixie
Organic Sparkling Water**
(selected varieties)

\$4⁹⁹

8pk / 12oz

**REBBL
Organic
Protein Elixir**
(selected varieties)

2/\$7

12 oz



**Bubbies
Sauerkraut**
(selected varieties)

\$6⁴⁹

25 oz



**\$5⁷⁹ Food For Life
Organic
Ezekiel 4:9® Bread**
(selected varieties)

24 oz

**Health-Ade
Organic Kombucha**
(selected varieties)

\$2⁷⁹

16 oz



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

\$2⁹⁹

16 oz



**Perfect Bar
Organic
Protein Bar**
(selected varieties)

2/\$5

2.3-2.5 oz



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

May 2024



Brown Cow
Cream Top
Whole Milk Yogurt
(selected varieties)

\$3.79

32 oz



Forager Project
Organic Cashewmilk Yogurt
(selected varieties)

\$4.99

24 oz

Califia Farms
Organic
Almond Milk

\$4.99

48 oz



nutpods
Dairy-Free Creamer
(selected varieties)

\$2.79

11.2 oz



Organic Valley
Shredded
Cheese
(selected varieties)

\$3.99

6 oz



\$4.79

8 oz

Rumiano
Organic Cheese
(selected varieties)



\$3.79

7.8 oz

Daiya
Dairy-Free
Slices
(selected varieties)

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

\$4.99

14 oz



\$3.99

8 oz

Beyond Meat
Beyond
Burger

Tofurky
Plant-Based
Deli Slices
(selected varieties)

\$3.79

5.5 oz



GoodPop
Organic Dairy-Free
Frozen Pops
(selected varieties)

\$3.79

10 oz



\$3.99

8-9 oz

Van's
Waffles
(selected varieties)



\$5.99

8 oz

Miso Master
Organic
White Miso

Plus hundreds of other Super Deals at

Serving Up Some Super Savings

Late July
Tortilla Chips
(selected varieties)

2/\$7
7.5-7.8 oz



Kettle
Potato Chips
(selected varieties)

2/\$6
5 oz



Siete
Tortilla Chips
(selected varieties)



\$3.99
5 oz

The Good Crisp
Company
Potato Crisps
(selected varieties)

\$2.79
5.6 oz



Vegan Rob's
Puffs
(selected varieties)

2/\$6
3.5 oz



Stacy's
Pita Chips
(selected varieties)

\$3.29
7.33 oz



Chocolove
Chocolate Bar
(selected varieties)

2/\$5
2.9-3.2 oz



Endangered Species
Chocolate Bar
(selected varieties)

2/\$5
3 oz



Theo
Organic
Chocolate Bar
(selected varieties)

\$2.79
3 oz



Panda
Licorice
(selected varieties)

\$2.99
7 oz



\$1.79
1.4 oz
Little Secrets
Crispy Wafers
(selected varieties)

30% or MORE off of our Every Day Low Prices

May 2024

Absolutely Gluten Free Flatbread
(selected varieties)

\$3⁷⁹

5.29 oz



From The Ground Up Cauliflower Crackers
(selected varieties)

2/\$6

3.5-4 oz



Crunchmaster Multi-Seed Crackers
(selected varieties)

2/\$7

4 oz



\$4⁷⁹

13 oz

Newman's Own Sandwich Cremes
(selected varieties)

Simple Mills Almond Flour Crackers
(selected varieties)

\$3⁷⁹

4.25 oz



Dr. Schär Crackers
(selected varieties)

\$3⁹⁹

7.4 oz



10/\$10

2 oz

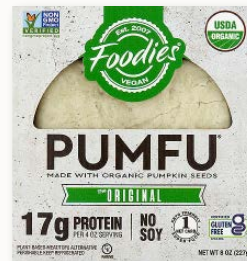
Nature's Bakery Whole Wheat Fig Bar
(selected varieties)

Foodies Organic Pumpkin Seed Pumfu

\$6⁹⁹

8 oz

was \$7.89



Buddha Tea Organic Tea
(selected varieties)

\$5⁷⁹

18 ct



QUICK & EASY VEGAN BACON

INGREDIENTS

1 package Pumfu	dash Cayenne pepper	1/4 tsp Sea salt
2 tsp Tomato paste	1/4 tsp Onion Powder	1 tsp Smoked Paprika
1 tsp Maple syrup	1/8 tsp Garlic Powder	2 tbsp Avocado oil
2 tbsp Tamari	1/8 tsp ground Turmeric	

Preheat the oven to 375 degrees F.

Slice the Pumfu length-wise, into very thin slices.

Whisk together the remaining ingredients.

Pour marinade over Pumfu slices and let sit while the oven preheats.

Transfer the slices to a lined baking sheet. Bake for 15 minutes.

Turn the heat up to 400 and bake another 10 minutes.

Remove from heat and let sit for about 10 minutes before serving.

Plus hundreds of other Super Deals at

Serving Up Some Super Savings

Primal Kitchen Organic Ketchup (selected varieties) \$4⁷⁹ 11.3 oz 	Primal Kitchen Mayo with Avocado Oil (selected varieties) \$7⁹⁹ 12 oz 	Dr. Bronner's Organic Coconut Oil \$7⁷⁹ 14 oz 
Napa Valley Naturals Organic Extra Virgin Olive Oil \$17⁹⁹ 25.4 oz 	San-J Organic Reduced Sodium Tamari Soy Sauce \$4⁹⁹ 10 oz 	 \$3⁹⁹ 7 oz Miracle Noodle Plant Based Noodles (selected varieties)
Garden of Eatin' Taco Shells (selected varieties) \$3⁴⁹ 5.5 oz 	Siete Grain Free Taco Shells \$4²⁹ 5.5 oz 	Rao's Homemade Pasta Sauce (selected varieties) \$6⁹⁹ 24 oz 
Catalina Crunch Keto Friendly Cereal (selected varieties) \$6⁴⁹ 8-9 oz 	Crofter's Organic Organic Premium Fruit Spread (selected varieties) \$4⁴⁹ 16.5 oz 	Bionaturae Organic Tomato Paste \$2²⁹ 7 oz 
 \$2⁹⁹ 5 oz Wild Planet Skipjack Tuna (selected varieties)	Lakanto Monkfruit Sweetener (selected varieties) \$4⁹⁹ 8.29 oz 	 \$2⁹⁹ 18 oz Ancient Harvest Organic Polenta (selected varieties)

30% or MORE off of our Every Day Low Prices

May 2024

**Santa Cruz Organic
Organic Lemonade**
(selected varieties)



2/\$5
32 oz

**Lakewood
Organic Pure
Pineapple Juice**



\$6.49
32 oz

**Dr. Bronner's
Organic Toothpaste**
(selected varieties)



\$5.29
5 oz

**Harmless Harvest
Organic
Coconut Water**



\$4.49
16 oz

**R.W. Knudsen
Organic Just Tart
Cherry Juice**



\$6.79
32 oz

**Peter Rabbit Organics
Baby Food Pouch**
(selected varieties)



\$1.79
4-4.4 oz

**The Mountain Valley
Spring Water**



\$2.29
1 lt

**Essentia
Alkaline Water**



2/\$3
1 lt

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



2/\$4
500 ml

**Reed's
Ginger Brew
4 pack**
(selected varieties)



\$5.29
4/12 oz

**Aura Bora
Sparkling Water**
(selected varieties)



\$1.49
12 oz

**Nuun Hydration
Sport Hydration
Tablets**
(selected varieties)



\$5.49
10 ct

**Zevia
Zero Calorie Soda**
(selected varieties)



\$5.49
6/12 oz

Plus hundreds of other Super Deals at

Serving Up Some Super Savings

**DERMA E
Vitamin C
Concentrated Serum**



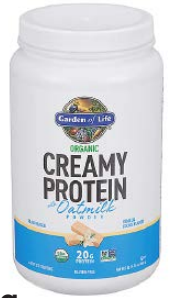
\$19⁹⁹
2 oz

**Vibrant Health
Green Vibrance**



\$45⁹⁹
11.68 oz

**Garden of Life
Organic Creamy
Plant Protein
with Oatmilk**



\$32⁹⁹
860-920 g

**JASON
Toothpaste
(selected varieties)**



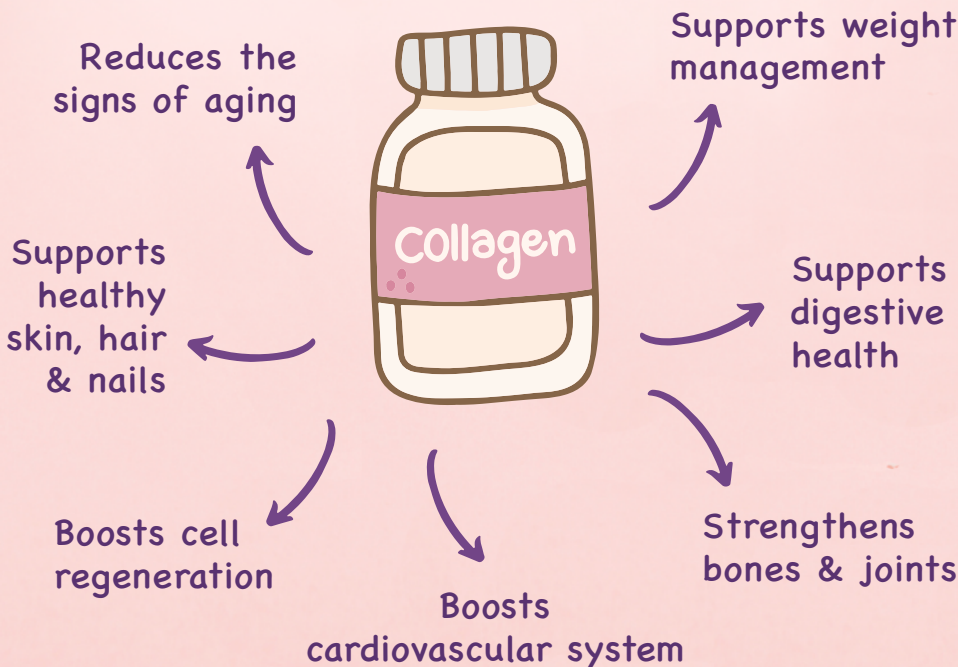
\$5⁷⁹
4.2 oz

**Natural Factors
WellBetX®
Berberine 500 mg**

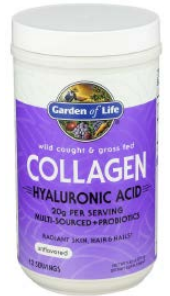


\$20⁹⁹
60 vcap

Benefits of collagen



**Garden of Life
Collagen with
Hyaluronic Acid**



\$23⁹⁹
270 g

**Youtheory
Collagen**



\$15⁹⁹
290 tab

**Garden of Life
Grass Fed
Collagen
Peptides**



\$20⁹⁹
280 g

30% or MORE off of our Every Day Low Prices



Where Lower Prices Come Naturally

**Aura Cacia
Lemongrass
Essential Oil**

\$4²⁹
.5 oz



2/\$4
3 oz

**Bobo's
Oat Bar
(selected
varieties)**

**Larabar
Fruit & Nut Bar
(selected varieties)**



5/\$5
1.6-1.7 oz

**Aura Cacia
Lavender
Essential Oil**

\$8⁴⁹
.5 oz



\$2²⁹
1.74 oz
**VerMints
Organic
Breath Mints
(selected varieties)**

Safe and Natural Bug Repellent

This citrusy blend of essential oils has an additional 'bite' of Peppermint that will have mosquitoes buzzing for the hills.

- | | |
|-----------------------------------|-----------------------------------|
| 1 small spray bottle | 10 drops Lemongrass essential oil |
| 8 ounces distilled water | 10 drops Eucalyptus essential oil |
| 1 tablespoon Witch Hazel | 10 drops Lavender essential oil |
| 10 drops Citronella essential oil | 10 drops Peppermint essential oil |

Fill the spray bottle with the distilled water.

Add the witch hazel and essential oils.

Give the bottle a shake and spray
on before venturing outside.

Safe for kids a pets.



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