



Marlene's™

— NATURAL FOODS & DELI —

SOUND OUTLOOK

December 2025



Simple joys taste best when shared.

Organic • Plant-Based • Gluten-Free • Non-GMO • Dairy-Free • Vegan • Locally Sourced
Sustainable • Fair Trade • Ethical Sourcing • Fresh • Eco-Friendly • Whole Ingredients

Baking Joyfully, Baking Lighter

The smell of cookies in the oven, the glow of a pie cooling on the counter — holiday baking is pure magic. But too often, our favorite traditions leave us feeling weighed down. The good news? With a few thoughtful swaps, you can keep all the joy of holiday sweets while adding a little balance to the mix.

Smarter Sweeteners

Refined sugar isn't the only way to create holiday flavor. Try baking with Lassens Organic Maple Syrup or honey for a rich, naturally sweet taste. Coconut sugar adds depth without the same spike-and-crash, while mashed bananas or date paste can replace part of the sugar in muffins or quick breads. These small changes can keep sweetness on the menu while easing the load on your body.

Better Flours

White flour has its place, but blending in whole-grain or nut-based flours boosts both flavor and nutrition. Almond flour brings moistness to cookies, while oat flour adds a wholesome touch to pancakes or breads. Even a partial swap makes your holiday treats more nourishing without taking away their festive charm.

Fruit-Forward Desserts

Seasonal fruit is a natural star this time of year. Roasted pears with cinnamon, baked apples stuffed with granola, or a jewel-toned citrus salad feel just as celebratory as pie.

Pair them with a drizzle of maple syrup or a spoonful of coconut whipped cream for a dessert that feels indulgent but light.

Portion-Savvy Treats

Sometimes it's not what we bake, but how much we serve. Mini tarts, bite-sized cookies, or muffin tins filled with crustless pumpkin pie make every bite feel special while keeping portions balanced.

Flavor Wins Over Sugar

Holiday magic isn't just about sweetness — it's spice, texture, and aroma. Cinnamon, cardamom, ginger, and citrus zest bring that nostalgic holiday feeling, even if you've cut back on sugar.

Healthy holiday baking isn't about giving things up. It's about welcoming swaps that make desserts taste even more vibrant. Whether you're whisking with Lassens Organic Maple Syrup, spooning out coconut sugar, or plating fruit-forward desserts, you'll discover flavors that feel festive, nourishing, and just as joyful as tradition.



Gather & Graze

CORO FOODS Classic Salami Slices

Locally crafted in Seattle, Coro's small-batch salami delivers a rich, aromatic flavor that anchors any charcuterie spread. Layer slices beside cheese wedges or roll them with fresh herbs for an elegant touch.



BRIANNAS Dijon Honey Mustard

A smooth, slightly sweet mustard that bridges savory and sweet. Perfect as a dip for pretzels, a drizzle over cheese, or brushed on puff pastry before baking. Its golden hue and honey-forward flavor add both color and comfort to the board.

FLANAGAN FARM Dill Sauerkraut

Bright, tangy, and alive with flavor, this small-batch sauerkraut cuts through the richness of cheeses and meats. Serve it in a small bowl or use it to top crostini with salami and mustard. It adds the perfect zip to every bite.



MAGIC CHOCOLATE Salted Dark Chocolate Bar

A grazing board feels complete with a touch of rich, dark chocolate. Break this bar into rustic pieces to pair with fruit, nuts, or jam. The hint of sea salt brings balance to every bite and gives guests the perfect sweet finish after the savory flavors are gone.



ST. DALFOUR Strawberry Conserve

Naturally sweetened with fruit juice, this French conserve pairs beautifully with soft cheeses like brie or chèvre. Its ruby color pops against rustic crackers and roasted nuts — a little spoonful brings a touch of holiday cheer.



PURELY SPROUTED Sweet & Salty Snack Mix

Every board needs crunch. This mix of nuts, seeds, and fruit delivers the perfect contrast to creamy cheeses and savory bites. Sprinkle it around the edges of your platter for texture and a pop of color.



GUITTARD

Semi-Sweet
Chocolate
Chips

12 oz.



\$7⁶⁹

SIMPLE MILLS

Pancake
& Waffle
Mix

10.7 oz.



\$6⁹⁹

CHAI DIARIES

Instant
Cardamom
Chai Tea

14 oz.



\$7⁶⁹

BRIANNAS

Dijon
Honey Mustard
Dressing

12 oz.



\$3⁴⁹

PORTLAND

Ketchup Organic

14 oz.



\$4⁴⁹

CORO FOODS

Classic Salami Slices

3 oz.



\$4⁹⁹

ANNIE'S HOMEGROWN

Organic Shells
with Cheddar

6 oz.



\$2⁹⁹

GOLDEN HOME

Ultra Thin
Pizza Crust

2 pk.



\$4⁹⁹

ST. DALFOUR

Strawberry Conserve

10 oz.



\$3⁹⁹

PATAGONIA PROVISIONS

Smoked
Mussels

4.2 oz.



\$5⁸⁹

PURELY SPROUTED

Sweet
& Salty
Snack Mix

4 oz.



\$4⁴⁹

FLANAGAN FARM

Dill Sauerkraut

16 oz.



\$8⁸⁹

SWEET LOREN'S

Gluten-Free
Chocolate Chunk
Cookie Dough

12 oz.

\$6⁴⁹



BAKED BY STICKY

Oatmeal Crème
Sandwich Cookie

4 oz.

\$3²⁹



MAGIC CHOCOLATE

Salted Dark
Chocolate Bar

3 oz. Reg \$5.99

**Buy One, Get One
FREE**



HOUSE MADE HOLIDAY cakes & pies



cakes

Marlene's Vegan Chocolate, Gluten-Free Chocolate, Vegan Chocolate, Vanilla, Carrot, Gluten-Free Vegan Carrot, Pumpkin, Gluten-Free Pumpkin, Mocha, Chocolate Hazelnut, Tres Leches, Pumpkin Cheesecake, Cashew

cheesecake

Raspberry, Blackberry, Cherry, Strawberry, Blueberry

pies

Apple, Banana Cream, Black Bottom, Blackberry, Blueberry, Chocolate Cream, Coconut Cream, Key Lime, Lemon Sour Cream, Peach, Peanut Butter, Pumpkin, Raspberry, Triple Berry

gluten free pies

Apple, Banana Cream, Blackberry, Blueberry, Chocolate Cream, Coconut Cream, Lemon Sour Cream, Peach, Pumpkin, Raspberry, Triple Berry

AVAILABLE BY SPECIAL ORDER OR IN LIMITED QUANTITIES IN STORE

Federal Way 253.839.0933 | Tacoma 253.472.4080

SUPERIOR SOURCE

Methyl B-12 1000 mcg Microlingual Tablets

60 ct.

\$10⁹⁹



SuperiorSource®
MicroLingual®
INSTANT DISSOLVE TABLETS

- 38% of all Americans prefer not to swallow pills
- Many dietary supplements taken orally pass straight through the digestive system
- Leading brand Superior Source soft-molded MicroLingual® tablets dissolve instantly under the tongue

Compressed tablets require binders to hold them together. These needless fillers and excipients leave less room for the active ingredients essential for the effectiveness of dietary supplements. That ultimately means consumers have to take more tablets (or swallow a larger pill) to get the same effectiveness found in a Superior Source MicroLingual® vitamin tablet.

Our soft molded MicroLingual® vitamin tablets contain no excipients and rely on a small amount of acacia gum to hold them together. This results in a much more concentrated natural product about a tenth the size and weight of an equivalent standard swallowed vitamin tablet.

**Additional
items on
SALE!**

ALSO:

Extra Strength Vitamin D3 5,000 IU Microlingual Tablets 100 ct. **\$10.99**

DR. MERCOLA

Liposomal Vitamin C 1,000 mg

15.2 oz.

\$20⁴⁹



DR. BRONNER'S

All-One Pure-Castile Magic Bar Soap Lavender

5 oz.

\$4⁴⁹



GARDEN OF LIFE

Dr. Formulated Probiotic Gas & Bloating 50 Billion

30 ct.

\$32⁴⁹

ALSO:

Dr. Formulated Women's pH Probiotic 50 Billion 30 ct. **\$32.49**



JUST THRIVE

Probiotic & Antioxidant
100% Spore-Based

30 ct.

\$39⁹⁹

ALSO:

Prebiotic Capsules 120 ct. **\$39.99**



AURA CACIA

Cinnamon Leaf Essential Oil

0.5 oz.

\$6⁹⁹

ALSO:

Pine Essential Oil 0.5 oz. **\$5.49**



From Our Community For Your Table

At Marlene's, we're proud of the creativity and care of Pacific Northwest artisans who turn simple ingredients into something special. Every local product on our shelves tells a story of craftsmanship, community, and flavor — and this season, we're excited to welcome three new favorites.



Whidbey Pies

Born from a small bakery on Whidbey Island, Whidbey Pies has grown into a beloved regional classic. Their desserts are handmade in small batches with real butter, Northwest fruit, and just the right touch of sweetness. From their signature marionberry pie to tangy lemon and chocolate cream, each slice captures the flavor of home.

Mamnoon Fine Foods

Inspired by the vibrant kitchens of the Levant, Mamnoon Fine Foods brings bold Mediterranean flavors to everyday cooking. Their spreads, dips, and sauces are made in Seattle with authentic recipes and premium ingredients — think creamy hummus, smoky baba ghanoush, and bright toum garlic sauce. Nadi Mama products make it easy to bring the warmth and generosity of a family table to your own.



Patty Pan Cooperative

As Seattle's oldest farmer's market concession, Patty Pan Co-op has spent decades championing local farmers and plant-based eating. Their tamales and empanadas feature organic masa, seasonal vegetables, and plenty of heart. Each batch is handmade with ingredients sourced from nearby growers, reflecting a deep commitment to community sustainability and real food.

Marlene's™

— NATURAL FOODS & DELI —

FEDERAL WAY

2565 S. Gateway Center Place
253.839.0933

Monday - Saturday 8 am - 8 pm
Sunday Closed

Deli Hours

Monday - Saturday 8 am - 8 pm
Sunday Closed

Grab and go options available until closing.

TACOMA

2951 S. 38th Street
253.472.4080

Monday - Saturday 8 am - 8 pm
Sunday Closed

Deli Hours

Monday - Saturday 8 am - 8 pm
Sunday Closed

Grab and go options available until closing.



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BODYWORK SCHEDULE

Vitamin Shots with Physician Coach yourphysiciancoach.com

Tacoma Tuesday, 10 am - 2 pm
Federal Way Wednesday, 11 am - 3 pm

When you arrive, text "HERE" to 401.217.9902.

You will be notified when it is your turn. No appointment is necessary during designated times. Save time by completing the Pre-Waiver online ahead of time.

Seated Massage with Erica Seter

Federal Way

Tuesday, 11 am - 2 pm | Thursday, 2 pm - 6 pm
Friday, 1 pm - 6 pm | Saturday, 1 pm - 6 pm

COMMUNITY PLUS

LOYALTY PROGRAM

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- 10% off non-promo supplements and body care for seniors
- Earn 1% credit toward future purchases • & more!



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Cranberry Orange Bliss Bites

Gluten-Free & Vegan | Makes about 12 servings

Ingredients:

- 1 cup organic rolled oats (use certified gluten-free)
- ½ cup raw pecans or almonds
- 1 cup pitted Medjool dates (about 10-12)
- ½ cup dried cranberries (unsweetened if possible)
- ¼ cup almond butter or cashew butter
- Zest of 1 organic orange
- 2 tbsp fresh juice from 1 organic orange
- ½ tsp cinnamon
- Pinch of sea salt
- Optional toppings: shredded coconut, chia seeds, or a drizzle of melted dark chocolate

Directions:

In a food processor, pulse oats and nuts until finely ground. Add dates, cranberries, nut butter, organic orange zest and juice, cinnamon, and salt. Process until the mixture holds together when pressed. If it feels dry, add a teaspoon of orange juice or nut butter at a time. Roll into 1-inch balls and chill for 30 minutes before serving. Storage: Keep refrigerated for up to one week or freeze for up to three months.

