



Marlene's
NATURAL FOODS & DELI



JANUARY 2026

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

CARBONAUT

Gluten-Free
White Bread

19 oz



\$5.49



HOPLARK

Hop Water
with Citra Hops

12 oz

\$1.29



KICKING HORSE

Kick Ass
Whole Bean Coffee

10 oz



\$9.99



VITA COCO

Coconut Water

33.8 oz

\$4.99



LITTLE NORTHERN BAKEHOUSE

Gluten-Free Millet
& Chia Bread

16 oz



\$4.99



THE GRAIN ESCAPE

White Bread Loaf

18.6 oz



\$4.99



JAVA TRADING SPROUTED

Organic Smooth Sailing
Whole Bean Coffee

10 oz



\$13.99



SMITH TEA

Lord Bergamot
Black Tea

15 ct



\$9.49

R.W. KNUDSEN

Organic Cranberry Juice

32 oz



\$10.79



REBBL

Dark Chocolate
Coconut
Protein Drink

12 oz



\$3.99



STUMPTOWN

Cold Brew Coffee

10.5 oz



OLIPOP

Vintage Cola
Prebiotic Soda

12 oz



\$1.99

ORGAIN

Chocolate Meal
Replacement Shake

11 oz



\$2.99



CASCADIAN FARM

Organic Frozen
Cherries

32 oz



\$13.69



GARDEIN

Crispy Tenders

9 oz



\$5.29

LUCKY FOODS

Thai Style
Gluten-Free
Spring Rolls

8 oz



\$5.19



SEVENTH GENERATION

Bath Tissue

4 pk



\$4.39



THE DAILY CRAVE

Himalayan
Pink Salt
Lentil Chips

4.25 oz



\$3.99

mighty SPARK

Chicken
Snack Sticks

4 oz.

\$5.99



MARIA & RICARDO'S
Almond Flour Tortillas

4.6 oz

\$5.49

HEALING CHICKEN-VEGGIE SOUP



- 2 Bottles of EPIC Homestyle Savory Chicken Bone Broth
- 1 Tbl Lassens Organic Coconut Oil
- 1 Organic yellow onion, diced
- 2 organic garlic cloves, minced
- 4 organic carrots, peeled and diced
- 4 organic celery stalks, diced
- 1 lb organic chicken, diced (use raw chicken or leftover cooked chicken)
- 1" fresh organic ginger, peeled
- 1" fresh turmeric, peeled
- fresh organic parsley
- organic black pepper

In a stock pot, coconut oil to medium and allow to melt. Add diced onion and minced garlic and stir until they begin to soften. Add diced carrot, celery and chicken to the pot and stir to combine. Pour bone broth over veggies and simmer until soft (about 10 minutes). Turn off the heat and using a vegetable peeler, peel ginger and turmeric as strips directly into the pot. Stir to combine and serve between 4 bowls. Garnish with a sprig of fresh parsley and a generous sprinkle of black pepper. Slurp it up!



HOBOKEN FARMS

Low Sodium
Marinara Sauce

25 oz



\$6.99



JOVIAL

All Purpose
Einkorn Flour

32 oz



\$8.79



LA TOURANGELLE

Extra Virgin
Olive Oil

750 ml



\$20.99



MAGIC SPOON

Fruity Cereal
7 oz



\$7.39

ONE DEGREE

Sprouted
Brown Rice
Cacao Cereal
10 oz



\$4.49



SIMPLY DELISH

Strawberry
Jel Dessert

0.7 oz



\$1.99

SPECTRUM NATURALS

White
Distilled Vinegar
32 oz



\$6.99



TARI

Everything
Hot Sauce
11.8 oz



\$4.99

COMVITA

Multifloral Honey

MGO 50+

8.8 oz



\$10.89

ANNIE'S HOME GROWN

Shells & White Cheddar

6 oz



\$1.79

BRAGG

Organic Extra Virgin Olive Oil

32 oz



\$23.99

CASCADIAN FARM

Cinnamon Crunch Cereal

9.2 oz



\$4.19

TASTY BITE

Ready To Eat Basmati Rice

8.8 oz



\$2.79

ZOUP

Chicken Noodle Soup

16 oz



\$4.69

BONAFIDE PROVISIONS

Beef Bone Broth

24 oz



\$7.99

CALIFIA FARMS

Organic Unsweetened Almond Milk

48 oz



\$5.69

FORAGER PROJECT

Organic Plain Cashewgurt

24 oz



\$5.89

GOODBELLY

Mango Probiotic Drink

32 oz



\$4.69

HOUSE FOODS

Gluten-Free Cubed Tofu

8 oz



\$3.39



\$4.99

MUSH

Vanilla Overnight Oats

5 oz



\$1.89

NANCY'S

Organic Plain Yogurt

32 oz



\$5.59

LIFEWAY

Low Fat Plain Kefir

32 oz



\$5.99

VIOLIFE

Vegan Feta Block

8.1 oz



\$5.99

WILDBRINE

Korean Kimchi

18 oz



\$6.49



ALOHA

Chocolate Fudge

Brownie

Protein Bar

1.98 oz



\$2.49



ANCIENT NUTRITION

Multi Collagen Protein

454.5 g



\$36.99
Also on sale:
Extra Strength Probiotics 50 Billion 60 ct \$41.99

Additional items on
SALE!

ENZYMEDICA

Digest Gold
with ATPro
120ct



\$52.49
Also on sale:
Berberine Phytosome 60 ct \$18.49

Additional items on
SALE!

MILKADAMIA

Unsweetened

Macadamia

Milk

32 oz



\$5.69

BOULDER

Himalayan

Sea Salt

Potato Chips

5.25 oz



\$3.29



BOIRON

Oscillococcinum

6 ct



\$11.49
Also on sale:
Cold Calm Meltaway Tablets 60 ct \$9.49

EVERYONE

Hand Soap

Meyer Lemon
+ Mandarin

12.75 oz



\$4.49
Also on sale:
Hand Soap Lavender + Coconut 12.75 oz \$4.49

4505 MEATS

Sea Salt

Chicharrones

3 oz

\$3.69



LENNY & LARRY'S

Chocolate
Chip Complete
Cookie

4 oz



\$2.19



EMERALD LABS

Coenzymated
Men's 1-Daily
Multi

30 ct

\$16.99
Also on sale:
Coenzymated Women's 1-Daily Multi 30 ct \$16.99



Additional items on
SALE!

FLORA

Flor Essence

17 oz



Additional items on
SALE!

HERBATINT

4N Chestnut
Permanent
Haircolor Gel

5.75 oz

\$16.99



Also on sale:
5N Light Chestnut Permanent Haircolor Gel
5.75 oz \$16.99

**Additional
items on
SALE!**

NORDIC NATURALS

Ultimate
Omega Lemon

120 ct

\$40.49

Also on sale:
Ultimate Omega Lemon 180 ct \$56.99

**Additional
items on
SALE!**



ORGANIC INDIA

Organic Moringa Powder

8 oz



\$19.49

Also on sale:
Organic Psyllium 12 oz \$14.49



PRIMAL KITCHEN

Vanilla Coconut Collagen Peptides

14.4 oz

\$35.99



Also on sale:
Chocolate Coconut Collagen Peptides 15 oz \$35.99

**Additional
items on
SALE!**

SUN WARRIOR

Warrior Blend Protein Vanilla

750 g



\$39.99

Also on sale:
Plant-Based Collagen Protein Peptides
Chocolate Fudge 500 g \$34.99

**Additional
items on
SALE!**



PLANT PEOPLE

WonderDay
Gummies

6.4 oz

\$29.49



**Additional
items on
SALE!**



MARLENE'S

Organic Lion's
Mane Caps

60 ct

\$12.49

**Additional
items on
SALE!**

MICKELBERRY GARDENS

Elderberry
Honey Tonic

4 oz

\$11.49

Also on sale:
Throat & Lung Honey Tonic 4 oz \$11.49
Honey Propolis Throat Spray 2 oz \$10.49



**Additional
items on
SALE!**

SUPERIOR SOURCE

Vit D 5000 IU

100 ct

\$10.99

Also on sale:
Methyl B-12 1000 mcg Microlingual 60 ct \$10.99



BARLEAN'S

Organic Flax Oil

16 oz

\$22.49

Also on sale:
Seriously Delicious Liquid Vitamin D3 5000 IU
Strawberry 5.6 oz \$8.99



**Additional
items on
SALE!**

Marlene's

NATURAL FOODS & DELI

FEDERAL WAY

2565 S. Gateway Center Place

253.839.0933

Monday - Saturday 8 am - 8 pm
Sunday Closed

TACOMA

2951 S. 38th Street

253.472.4080

Monday - Saturday 8 am - 8 pm
Sunday Closed

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

JOIN AND SAVE!

COMMUNITY PLUS Text Club

Get Weekly Specials
& Exclusive Coupons!

SCAN & SEND
TO JOIN



Wellness Talks

ONLINE | FREE



SKIP THE JANUARY DIET: 4 KEYS TO BUILD HABITS YOU CAN ACTUALLY KEEP

with Michelle Kester, NTP, Binge Eating Recovery Coach

Thursday, January 15, 2026
6 pm PST | 4 pm HST

This January, ditch the quick fix and learn how to build real habits that last. Nutritional Therapy Practitioner and Binge Eating Recovery Coach Michelle Ho will share why crash diets and "clean starts" backfire — and how to create a calmer, more sustainable relationship with food. You'll discover four key principles that help you stabilize energy, reduce cravings, and build healthy habits that fit real life. Walk away with practical tips you can use immediately and a renewed sense of trust in your body. Includes live Q & A and free follow-up resources.



AYURVEDA REIMAGINED FOR MODERN LIVING

with Amber Lynn Vitale, CN, ACC, BCHN®, CDSP™ for Nature's Formulary

Thursday, January 22, 2026
6 pm PST | 4 pm HST

Ayurveda offers timeless tools for understanding your unique constitution - where your strengths lie, where imbalance can creep in, and how daily choices shape long-term wellness. In this class, we'll explore how Nature's Formulary brings these principles to life through expertly crafted Ayurvedic formulations designed for real-world support. Amber will highlight standout herbs traditionally used for

liver health, stress balance, and overall vitality, while showing how thoughtfully prepared, authentic Ayurvedic products can help you work toward these goals with confidence and clarity.



HORMONE HEALTH AT EVERY STAGE OF LIFE

with Lisa Shank, CFNC, RH(c), Symphony Natural Health

Tuesday, January 27, 2026
6 pm PST | 4 pm HST

Your hormones shape everything from energy and sleep to mood, metabolism, and long-term wellness. In this class, Lisa

Shank will walk you through how the endocrine system shifts from early reproductive years through menopause, and for men, through andropause. She'll explain how diet, lifestyle, stress, and even genetics can influence timing and symptoms, and offer supportive, practical approaches for each stage. You'll leave with a clearer understanding of what your body needs and how to help it stay in balance.

SCAN TO REGISTER
[@ marlenes.com/classes!](http://marlenes.com/classes)

