



Marlene's™

— NATURAL FOODS & DELI —

# SOUND OUTLOOK

November 2025

Thanksgiving starts here

Real food, real gratitude, from our kitchen to yours.  
Fresh turkeys, Dinner for Two, chef-made sides, house-made pies & more!

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



FRESH  
FREE-RANGE

# Turkey

- Always fresh - never frozen!
- Free of antibiotics & growth hormones
- Delicious flavor & quality

Organic  
**\$6<sup>49</sup>**  
per lb

All Natural  
**\$4<sup>59</sup>**  
per lb

LIMITED  
QUANTITIES



ORGANIC  
AMERICAN  
HEIRLOOM

**\$6<sup>99</sup>**  
per lb



REGENERATIVE  
TURKEY

**\$7<sup>29</sup>**  
per lb

## Dinner for Two

### Traditional

Turkey breast, cranberry orange chutney, classic gravy, smashed potatoes, green bean casserole, sourdough stuffing and pumpkin pie.  
**\$59.99**

### Gluten Free

Turkey breast, cranberry orange chutney, gravy, smashed potatoes, roasted vegetables, cornbread stuffing and gluten free pumpkin pie.  
**\$59.99**

Place your order in-store or give us a call. Order while supplies last!  
Orders will be available for pick up after 10 am on Tuesday, 11/25 or Wednesday, 11/26.

**Federal Way 253.839.0933 | Tacoma 253.472.4080**



FRESH HOLIDAY

# Pies & desserts

AVAILABLE IN-STORE OR BY ORDER

28.99 each

Most can be made gluten free!

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

(\*\*not available in gluten free)

## HOUSE MADE Holiday Sides

made with organic ingredients

gluten free and vegan options

AVAILABLE IN-STORE OR BY ORDER

Smashed Potatoes \$13.99/qt

Mac and Cheese \$16.99/qt

Cornbread Stuffing \$13.99/qt

Sourdough Stuffing \$13.99/qt

Green Bean Casserole \$15.99/qt

Classic Gravy \$12.99/qt

Turkey Gravy (gf) \$12.99/qt

Cranberry Chutney \$10.99/pt



## ALEIA'S

Gluten Free  
Savory Stuffing

10 oz.



**\$5<sup>99</sup>**



## EMIRELLI

Grape Leaves Stuffed  
with Rice  
in Extra  
Virgin Olive Oil

14.1 oz.

**\$4<sup>49</sup>**



## WHOLESOME SWEETENERS

Granulated  
Allulose Sweetener

12 oz.



**\$8<sup>69</sup>**



## PACHAMAMA COFFEE COOPERATIVE

Organic Espresso Coffee

10 oz.

**\$10<sup>99</sup>**



Pachamama Coffee Cooperative is farmer-owned and rooted in community. Each cup tells the story of small, organic farms where quality and sustainability grow side by side. The result is smooth, balanced coffee with rich body and lively character. Grown with care and roasted in small batches, it's coffee that connects people, places, and purpose.

## PLANTATION

Organic Blackstrap

Molasses

15 oz.



**\$6<sup>19</sup>**



## SIMPLY ORGANIC

Ceylon  
Cinnamon

2.1 oz.



**\$7<sup>89</sup>**



## FRONTIER CO-OP

Fair Trade  
Vanilla Extract

4 oz.

**\$16<sup>99</sup>**



## SCHÄR

Puff Pastry Dough

17.6 oz.



**\$6<sup>99</sup>**

## CASCADIAN FARM

Organic Peas

10 oz.



**\$2<sup>99</sup>**



## FARMER'S MARKET

Organic Pumpkin Puree

15 oz.



**\$2<sup>69</sup>**



## LA TOURANGELLE

Extra Virgin  
Olive Oil

750 ml



**\$19<sup>99</sup>**



## CAPE COD SELECT

Cranberries

16 oz.



**\$4<sup>49</sup>**



## MILTON'S

Organic  
Multigrain  
Crackers

6 oz.



**\$3<sup>19</sup>**



## BITCHIN' SAUCE

Chipotle  
Almond Dip

8 oz.



\$4<sup>49</sup>

## THIS DIP IS NUTS

Spinach  
Artichoke Dip

7 oz.



\$4<sup>99</sup>

It's nuts, literally! Bitchin' Sauce starts with creamy California almonds and spins them into a rock and roll dip that's vegan, gluten free, and totally Non GMO. Each scoop hits a chord of savory, tangy, and nutty flavor so smooth it could headline its own tour. Clean ingredients, bold taste, and attitude to spare, it's snack time turned up to eleven.

## BONAFIDE PROVISIONS

Beef Bone Broth

24 oz.



\$7<sup>49</sup>

## JAVA TRADING

Organic  
French Roast  
Ground Coffee

10 oz.



\$10<sup>99</sup>

## KICKING HORSE

Three Sisters  
Whole Bean  
Coffee

10 oz.



\$13<sup>49</sup>

## LATE JULY ORGANICS

Jalapeño Lime  
Tortilla Chips

120 ct.



\$3<sup>89</sup>

## DR. BRONNER'S

Whole Kernel  
Virgin  
Coconut Oil

14 oz.



\$8<sup>69</sup>

## THE RICE STUFF

Chicken & Mushroom  
Rice Box

2.46 oz.



\$3<sup>29</sup>

## TARI

Ricoto Pepper  
Hot Sauce

11.8 oz.



\$4<sup>89</sup>

## NAKED & SAUCY

Peanut Sauce

10 oz.



\$5<sup>89</sup>

## MUIR GLEN

Marinara  
Pasta Sauce

23.5 oz.



\$3<sup>49</sup>

## WOODSTOCK

Organic Green Peas

10 oz.



\$3<sup>39</sup>

## STAHLBUSH ISLAND FARMS

Organic  
Blueberries

3 lb.



\$12<sup>99</sup>



## EARTH BALANCE

Whipped Buttery Spread

13 oz.



\$5<sup>79</sup>



## MELT

Rich & Creamy Spread

13 oz.



\$4<sup>99</sup>



## NANCY'S

Cultured Cream Cheese

8 oz.



\$3<sup>49</sup>



## DAVE'S GOURMET

Roasted Garlic  
Red Pepper  
Hot Sauce

8 oz.

\$4<sup>79</sup>



Dave's Gourmet creamy hot sauces bring a fresh twist to heat. Smooth and velvety, they blend spice with richness for a bold yet balanced flavor. Each pour delivers warmth without overwhelming, layering savory, tangy, and subtly sweet notes in a creamy base that clings beautifully to food and turns any meal into something crave-worthy.

## VIOLIFE

Vegan Feta Block

8.1 oz.



\$4<sup>99</sup>



## BRAGG

Organic  
Extra Virgin  
Olive Oil

32 oz.



\$22<sup>99</sup>



## L&A JUICE

All Cranberry  
Juice

1 qt.

\$7<sup>99</sup>



## LAKEWOOD

Organic Pure  
Pineapple Juice

32 oz.



\$7<sup>49</sup>



## MOR KOMBUCHA

Cherry Limeade  
Kombucha

12 oz.

\$2<sup>49</sup>



## SOCOSANI

Glass Bottle  
Still Mineral  
Water

750 ml

\$2<sup>89</sup>



## ONCE AGAIN

Organic Smooth Peanut Butter

16 oz.



\$6<sup>49</sup>



## PORTLAND PET FOOD COMPANY

Chicken & Yam Dog Meal

9 oz.

\$4<sup>99</sup>



Portland Pet Food Company's Chicken & Yam Dog Meal is a wholesome, ready-to-serve entrée made with real, human-grade ingredients. Gently cooked chicken, yams, and veggies create a hearty, nourishing meal dogs love. Simple, natural, and crafted in Portland.

MARLENE'S SOUND OUTLOOK



## ALICE Brain Storm Mushroom Chocolate

2.7 oz.

**\$29<sup>99</sup>**



**ALSO:**

Happy Ending Mushroom Chocolate  
2.7 oz. \$29.99



## DR. BRONNER'S

All-One  
Spearmint  
Toothpaste  
Fluoride-Free

5 oz.



**\$6<sup>99</sup>**

## SOURCE NATURALS

Wellness Formula  
Tablets

90 ct

**\$24<sup>49</sup>**

**ALSO:**

Planetary Herbals  
Dr. Tierra's Wild Cherry Bark Syrup 8 oz. \$21.99



## GARDEN OF LIFE

Organic Elderberry  
Immune Gummy

120 ct

**\$29<sup>49</sup>**

**ALSO:**

Organic Extra Strength Turmeric Tablets 60 ct \$25.49



## AMERICAN HEALTH

Super Papaya  
Enzyme Plus  
Chewable

360 ct

**\$19<sup>49</sup>**

**ALSO:**

Ester-C 1000 mg Capsules 90 ct \$26.99



## JARROW FORMULAS

Jarro-Dophilus Plus FOS  
Probiotic + Prebiotic

100 ct

**\$17<sup>99</sup>**

**ALSO:**

Fem Dophilus Advanced Shelf Stable Probiotics 30 ct \$31.99



**Additional  
items on  
SALE!**

## DR. OHHIRA'S

Probiotic Original Formula

30 ct

**\$28<sup>99</sup>**





# 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

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# November Wellness Talks

## HYPOCHLOROUS ACID AND ITS USES



with Justin Gardner, Founder of Active Skin Repair

Tuesday, November 11 at 6 pm PST Online

What if your body's own healing molecule could be bottled for everyday use? That's the promise of hypochlorous acid, a natural compound your immune system makes to fight germs and calm irritation. Justin Gardner, founder of Active Skin Repair, will reveal how his products deliver this

breakthrough ingredient in safe, effective formulas you can use at home.

Join us to discover why doctors rely on HOCl in wound care—and how you can, too. Perfect for anyone looking for clean, powerful support for scrapes, burns, breakouts, or sensitive skin.

REGISTER @  
MARLENES.COM/CLASSES!

