

The logo for Marlene's is written in a white, elegant script font on a red, rounded rectangular background. The background of the entire page is a rustic wooden surface with autumnal decorations including yellow and orange leaves, clusters of red hawthorn berries, and a white ceramic plate with a blue floral pattern. The plate is filled with fresh produce: several red apples, a bunch of green grapes, and several dark purple figs, some of which are sliced open to reveal their red, seed-filled interiors.

Marlene's™

— NATURAL FOODS & DELI —

SOUND OUTLOOK

October 2025

Keep the Good Energy Flowing

Fresh Harvests, Wholesome Choices, Everyday Wellness

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

October Wellness Talks

HEALTHY AND THRIVING KIDS WITH HOLISTIC CARE



with Ryan Bland, DC

Tuesday, October 7 at 6 pm PST | 3 pm HST

Join us for a powerful discussion on children's health from a holistic perspective. Dr. Ryan Bland will explore how natural, integrative care can support kids with chronic conditions, behavioral concerns, immune challenges, digestive issues, developmental delays, and more. You'll gain practical insights into how nutrition, nervous system support, and energy-based therapies can shift your child's health trajectory - even when standard care hasn't worked.

WHAT YOU MUST KNOW ABOUT MOLD



with Dr. Jennea Wood, ND, Tummy Temple

Thursday, October 9 at 7 pm PDT | 4 pm HST

Exposure to toxic mold can make or break your health. It's a sneaky cause of many symptoms that don't respond to usual treatments. In this class, Dr. Jennea Wood will share insight and resources from her experience treating mold illness. You'll learn where to start, strategies to protect yourself, why some people get sicker than others, and the truth behind common myths about testing and cleanup.

AMINO ACIDS FOR EVERYDAY WELLNESS



with Kyle Russ, MS, LDN, CNS,
Nutritionist for NOW Health Group

Tuesday, October 14 at 6 pm PDT | 3 pm HST

Amino acids are often called the building blocks of life, and for good reason. They form the foundation of every protein in the body and influence muscle growth, energy production, mood, and immune function. In this class, Kyle Russ will explain what amino acids are, why they matter, and how to use them wisely. You'll learn about essential amino acids, natural versus synthetic forms, free form sources, and how timing and diet affect their impact. With his background in nutrition and functional medicine, Kyle brings clear, practical guidance on how amino acids can support daily health.

FUELING REAL LIFE WITH MRM NUTRITION



with Mark Olson, CEO of MRM Nutrition

Thursday, October 16 at 6 pm PDT | 3 pm HST

Discover how MRM Nutrition supports "Life in Balance" with supplements that help you power through daily life, whether it's a busy morning, an afternoon workout, or staying strong through immune challenges. CEO Mark Olson will share how MRM's clean, science-backed formulas and commitment to third-party testing ensure quality you can trust. You'll hear about key products for energy, gut health, and resilience, plus practical ways to integrate them into your day. Whether you're new to MRM or looking to deepen your knowledge, you'll leave with a clear sense of why quality, integrity, and real-life benefits matter when choosing a supplement brand.

FUTURE PROOF YOUR COMPLEXION WITH COLLAGEN BANKING



with Jodi Sanders, Brand Education Manager, Biosil

Tuesday, October 21 at 6 pm PDT | 3 pm HST,

Think of collagen banking as a 401(k) for your complexion: safeguard the collagen you already have while steadily funding new growth for firmer, smoother skin. Brand educator Jodi Sanders will demystify how collagen and elastin work together, then share easy nutrition, supplement, and daily-habits that can help your skin compound benefits over time. Q&A included!

RELEARN ALOE: REDISCOVERING A TRUE HEALING PLANT



with Coach Sarah Joy,
Root Cause Holistic Master Coach

Thursday, October 23 at 6 pm PDT | 3 pm HST

Most people think of aloe as the green gel you rub on a sunburn, but that's only a fraction of its true potential. This class will guide you through a relearning process about aloe's therapeutic power—from its impact on digestion, detoxification, and immunity to its role in skin, vaginal, and whole-body health. You'll explore the different forms of aloe, how to identify truly therapeutic options versus commercial products, and why sourcing and preparation matter. By the end, you'll have a fresh, science-backed, and holistic understanding of aloe as one of nature's most versatile medicinal plants.

REGISTER @
[MARLENES.COM/CLASSES!](https://marlenes.com/classes)



Thanksgiving to-go at Marlene's

We will begin taking meal orders on October 28. 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

Traditional Dinner for Two – 59.99

Turkey breast, cranberry orange chutney, classic gravy, smashed potatoes, green bean casserole, sourdough stuffing and pumpkin pie. Sorry, no substitutions.

Gluten Free Dinner for Two – 59.99

Turkey breast, cranberry orange chutney, gravy, smashed potatoes, roasted vegetables, cornbread stuffing and gluten free pumpkin pie. Sorry, no substitutions.



Side Dishes

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



Pies 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)

LAIRD SUPERFOOD

Unsweetened
Liquid Creamer

25.4 oz.

\$5⁴⁹



EQUAL EXCHANGE

Hot Cocoa Mix

12 oz.

\$7⁹⁹



QUORN

Meatless
ChiQin
Fillets

9.7 oz.

\$4⁹⁹



EQUATOR

Coffee with
A Hint Of Vanilla

8.5 oz.

\$3³⁹



ANNIE'S HOMEGROWN

Cheese
Puffs
Cheddar

4 oz.

\$3⁶⁹



BIRCH BENDERS

Classic
Pancake
& Waffle Mix

16 oz.

\$4⁹⁹



BALM OF GILEAD

New Zealand
Manuka Honey
Cream

4 oz.

\$18⁴⁹



Also on sale:
Manuka Defense Healing Balm 2 oz. **\$11.99**

ANCIENT NUTRITION

Multi Collagen
Protein

454.5 g

\$36⁹⁹



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

COUNTRY LIFE

High Potency Biotin 10Mg

120 ct.

\$24⁹⁹



Also on sale:
Coenzyme B-Complex 120 ct. **\$25.99**

EMERALD LABS

Coenzymated
Men's 1-Daily
Multi

30 ct.

\$16⁴⁹



Also on sale:
Coenzymated Women's 1-Daily Multi 30 ct.
\$16.49

DR. MERCOLA

Magnesium
Advanced L-Threonate
with Magtein

90 ct.

\$34⁹⁹



Also on sale:
Vitamins D3 & K2 30 ct. **\$27.99**

KYOLIC

Cholesterol
Health
Formula 104

200 ct.

\$24⁴⁹



Also on sale:
Blood Pressure Health Formula 109 80 ct. **\$26.49**

NORDIC NATURALS

Algae Omega

120 ct.

\$39⁴⁹



Also on sale:
Ultimate Omega Lemon 120 ct. **\$40.49**

WISHGARDEN HERBS

Kick-Ass
Immune
Activator

2 oz.

\$20⁹⁹



Also on sale:
Serious Cough Soothing & Quieting 2 oz. **\$20.99**

CARLSON LABS

Liquid
Cod Liver
Oil Lemon

8.4 oz.

\$25⁹⁹



Also on sale:
Liquid Fish Oil Lemon 6.7 oz. **\$20.99**

GARDEN OF LIFE

Raw
Probiotics
Women's
85 Billion

90 ct.

\$38⁹⁹



Also on sale:
Raw Shelf Stable Probiotics Ultimate Care
100 Billion 30 ct. **\$38.99**

ORGANIC INDIA

Ashwagandha Caps

90 ct.

\$19⁹⁹



Also on sale:
Liver Kidney Caps 90 ct. **\$19.99**

YOU THEORY

Ashwagandha
+ GABA

60 ct.

\$20⁹⁹



Also on sale:
Men's Collagen 160 ct. **\$13.49**

BABO BOTANICALS

Sensitive Baby
Fragrance Free
Shampoo & Wash
16 oz.



\$17⁴⁹

EVANHEALY

Nettle Olive Leaf
Cleansing Oil
2 oz.



\$21⁴⁹

AURA CACIA

Frankincense
Essential Oil
In Jojoba Oil
0.5 oz.



\$10⁴⁹

Also on sale:
German Chamomile Essential Oil
In Jojoba Oil 0.5 oz. **\$10.49**

DESERT ESSENCE

Tea Tree Oil
Whitening Toothpaste
Cool Mint
6.25 oz.



\$6⁴⁹

Also on sale:
Tea Tree Oil Whitening Mouthwash
Cool Mint 16 oz. **\$7.99**

FORCES OF NATURE

Homeopathic
Scar Solution
0.14 oz.



\$10⁹⁹

ACURE

Ultra Hydrating
Conditioner
8 oz.



\$7⁹⁹

Also on sale:
Ultra Hydrating Shampoo 8 oz. **\$7.99**

MUSH

Vanilla
Overnight Oats
5 oz.



\$1⁸⁹

SAINT JAMES

Organic Peach
Passionfruit
Green Tea Drink
16.9 oz.



\$2¹⁹

GARDEIN

Golden Fishless Fillets
10.1 oz.



\$4⁶⁹

MALK

Almond Milk
Sweetened
Vanilla
28 oz.



\$5⁶⁹

ALSO AVAILABLE



COCOJUNE

Pure
Coconut
Yogurt
16 oz.



\$7⁴⁹

TRADITIONAL MEDICINALS

Classic
Peppermint Tea
16 bag

\$4⁹⁹



BRAMI BEANS

Sea Salt Lupini Beans

5.3 oz.

\$3⁴⁹



- High in protein and fiber for lasting energy
- Zero net carbs, low calorie, and light
- Eat straight from the pouch or add to salads and bowls
- Briny like olives, with a snappy bite like edamame

GO RAW

Sprouted
Pumpkin Seeds

14 oz.

\$11⁸⁹



VANS

Blueberry
Waffles
Wheat-Free

9 oz.

\$3⁶⁹



COMVITA

Multifloral
Manuka Honey
MGO 50

8.8 oz.

\$12⁴⁹



THE GOOD CRISP

Creepy Crispy Crisp

5.6 oz.

\$3¹⁹*



HONEY MAMAS

Seasonal Limited Edition
Chocolate Bar

2.5 oz.

\$3⁹⁹

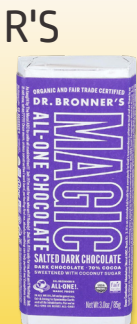


DR. BRONNER'S

Salted Dark
Chocolate Bar

3 oz.

\$3⁶⁹



LILYS SWEETS

Sea Salt Dark
Chocolate Bar

2.8 oz.

\$3⁴⁹



CHUAO CHOCOLATIER

Oh My S'Mores
Chocolate Bar

2.8 oz.

\$3⁴⁹



MAVUNO HARVEST

Organic
Dried Pineapple

2 oz.

\$3²⁹



Nature's candy... It's peak organic heirloom apple season. Take a bite!

BOTTICELLI

Marinara Pasta Sauce

24 oz.

\$4⁹⁹



CHICKAPEA

Organic Spiral Pasta

8 oz.

\$3⁹⁹



NEAR EAST

Garlic
& Olive Oil
Couscous

4.7 oz.

\$2⁹⁹



RUMMO

Rigatoni Pasta

16 oz.

\$2⁹⁹



LAIRD SUPERFOOD

Functional
Mushroom Coffee
Medium Roast
Ground

12 oz.

\$11⁹⁹



SEA TALES

Solid White
Albacore Tuna
In Water
No Salt

5 oz.

\$4⁸⁹



Hop into Savings:
**30% Off the Entire
Annie's Line!**



Annie's™

A promise for better.

Annie's delicious organic goodies are perfect for the whole family
and are made with organic, natural, non-GMO ingredients!

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

Get rewarded for shopping with us!

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



Scan to sign up today!



.celebrate.

Organic Heirloom

Apple Season

Autumn's heirloom apples are nature at their most generous – crisp, fragrant, and bursting with character. Gather a mix of these treasures and turn your kitchen into a tasting room, letting your family savor the unique flavor of each variety.

