



Ready-to-eat

saucy
experience

See recipe on page 10



Tasty Bite
Simmer Sauce
Butter Chicken
13 OZ
Selected Varieties



\$4.79

May 2026

connections

LOCAL - FRESH - NATURAL - COMMUNITY



Some items may not be available. See store for details. Not responsible for tyographical errors. Statements have not been evaluated by the Food and Drug Administration. Products are not intended to diagnose, treat, cure or prevent any disease.

PROTEIN ON THE GO



Peanut Butter Chocolate Chip Cookie Dough Coconut Peanut Butter Dark Chocolate Chip Peanut Butter



Chocolate Brownie Almond Butter Salted Caramel

\$2.79

Selected Varieties

from the **Fridge**



Ithaca Hummus
Hummus x Graza
Olive Oil & Sea Salt
10 OZ

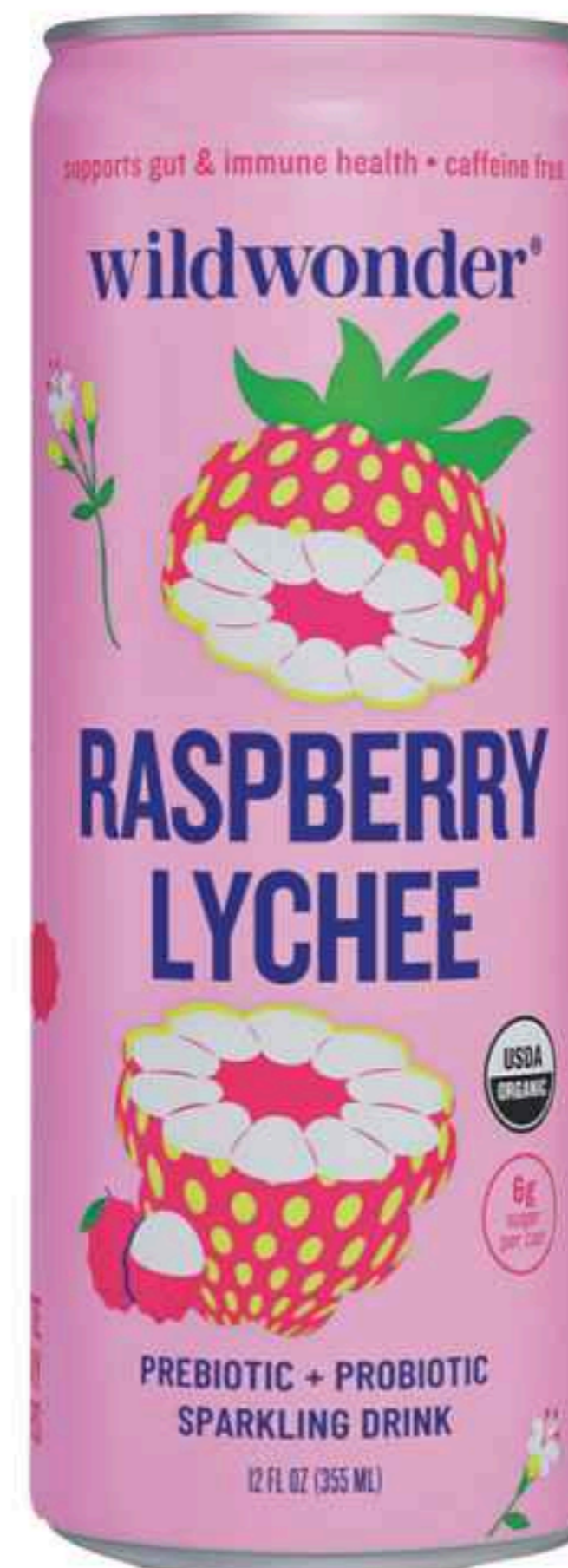


\$5.29



Mid-Day Square
Functional
Chocolate Bar
Cookie Dough
1.16 OZ
Selected Varieties

\$2.09



Wild Wonder
Sparkling Prebiotic
& Probiotic Drink
Raspberry Lychee
12 FL OZ
Selected Varieties

2/\$6





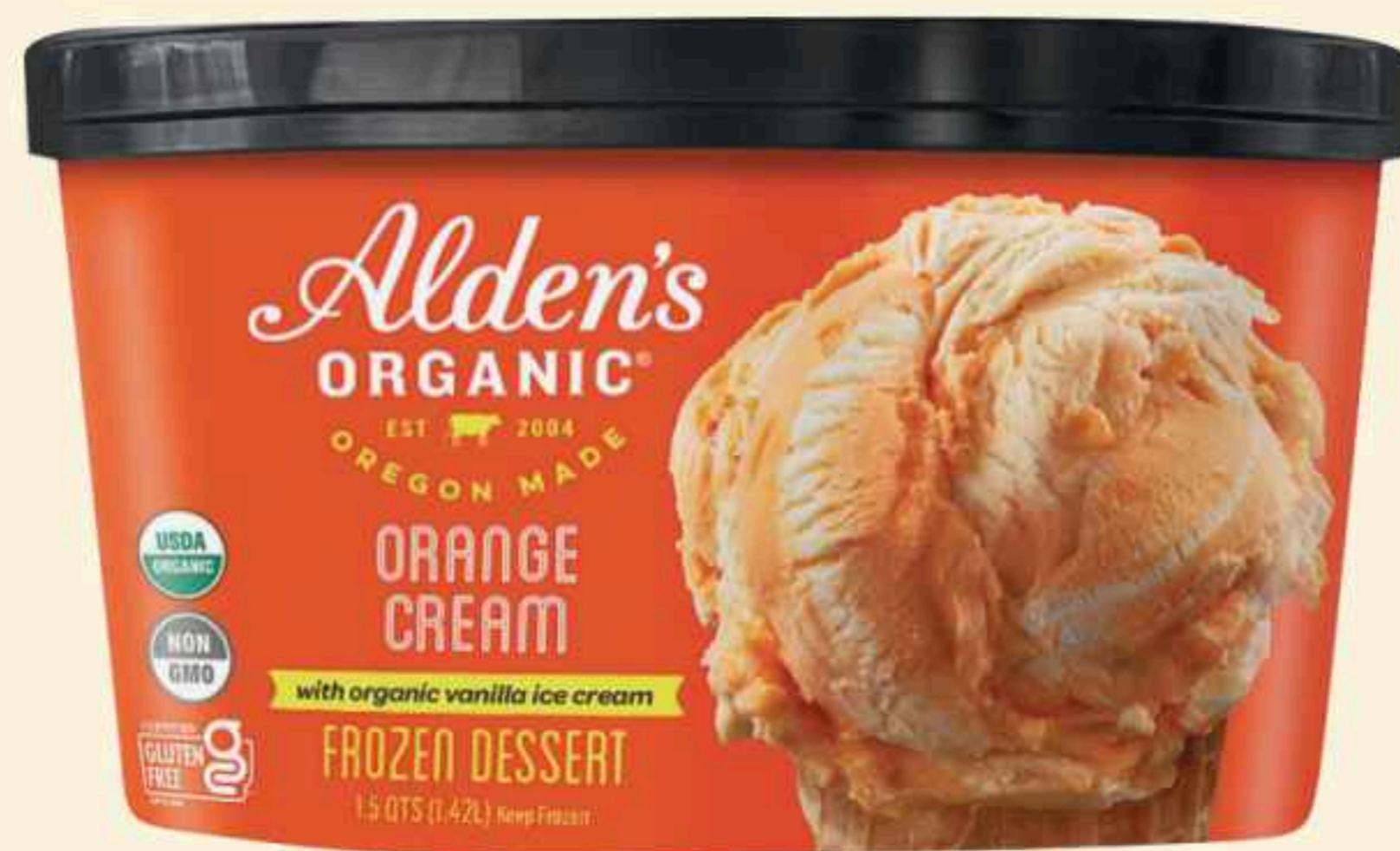
The Greek Gods
Greek Yogurt
Plain Traditional
24 OZ
Selected Varieties
\$4.29



HOT DEALS



Food For Life
Organic English
Muffins
7 Sprouted Grains
16 OZ
\$5.49



Alden's Organic
Organic Ice Cream
Orange Cream
48 OZ
Selected Varieties
\$11.29



Rise & Toast



Selected Varieties

\$3.99



HOT DEALS



Bob's Red Mill
Organic
Chia Seeds
Whole
12 OZ
\$5.49

Maranatha
Organic
Peanut Butter
Creamy
16 OZ
Selected Varieties

\$5.29



HOT DEALS



POWER UP your day



4/\$5

Selected Varieties

HOT DEALS

Plant Based

Gluten Free

Dairy Free

Vegan



7g
PROTEIN

53g of
WHOLE
GRAINS
per serving

\$6.29

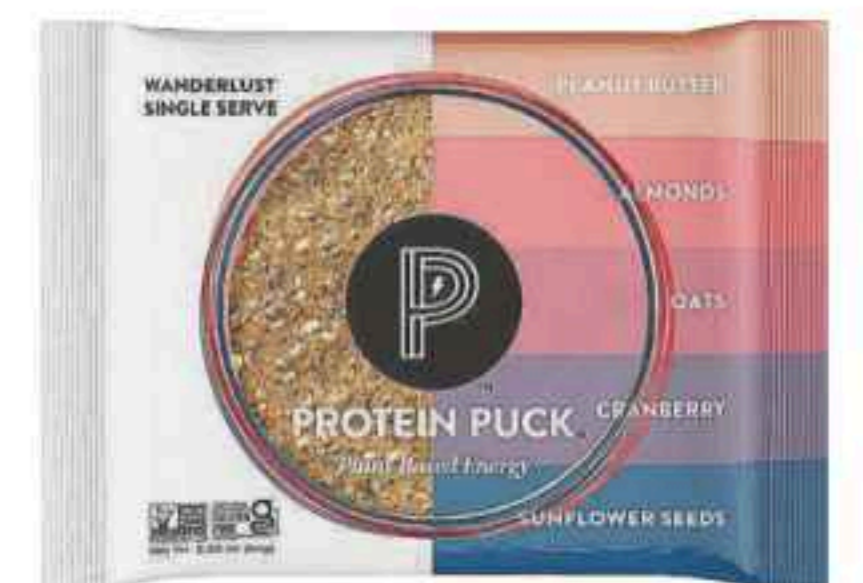
selected varieties

HOT DEALS



Made In Nature
Organic Bars
Fig 'N' Oats Original Fig
5/1.4 OZ
Selected Varieties

\$5.79



Protein Puck
Protein Bar
Wanderlust
2.25 OZ
Selected Varieties

3/\$5



It's *Margarita* Time

Non-Alcoholic
Cocktail Mix



\$7.29

SHELF STABLE

made with
REAL JUICE

HOT DEALS

selected varieties

THE *Juicy* NEW SODA

Native Forest
Organic Coconut Milk
Unsweetened Simple
13.5 FL OZ

\$2.99



HOT DEALS



Sanzo
Sparkling Water
Paradise Punch
6/12 FL OZ
Selected Varieties

\$6.99



HOT DEALS

\$2.29

Selected Varieties

Organic
Banana Chips
Sweetened
\$4.59/lb

Organic Popcorn
Yellow
\$1.79/lb

100% Organic Dates
Pitted
\$4.79/lb

Organic
Tri-Color Quinoa
Royal
\$2.89/lb

Organic Raisins
Thompson Seedless
\$3.29/lb

Organic
Split Red Lentils
\$2.39/lb

Organic Farro
Pearled
\$2.69/lb

100% Organic Flax Seed
Brown
\$2.69/lb

Organic
Steel Cut Oats
\$1.69/lb

Organic Almonds
Tamari
\$15.49/lb



C-5/26



Kinnikinnick
Vanilla
Wafers
6.3 OZ
Selected Varieties

\$2.79 **GF**



Theo Chocolate
Organic
Dark Chocolate Bar
Sea Salt
3 OZ
Selected Varieties

\$4.99 **USDA ORGANIC**



You deserve snacks that make you smile.



DAIRY FREE

NO
SOY
CORN
RICE

KOSHER



\$4.99

*Real,
Wholesome,
Delicious.*



AbsolutelyGF.com

TREAT YOUR TASTE BUDS



\$4.79



\$3.29



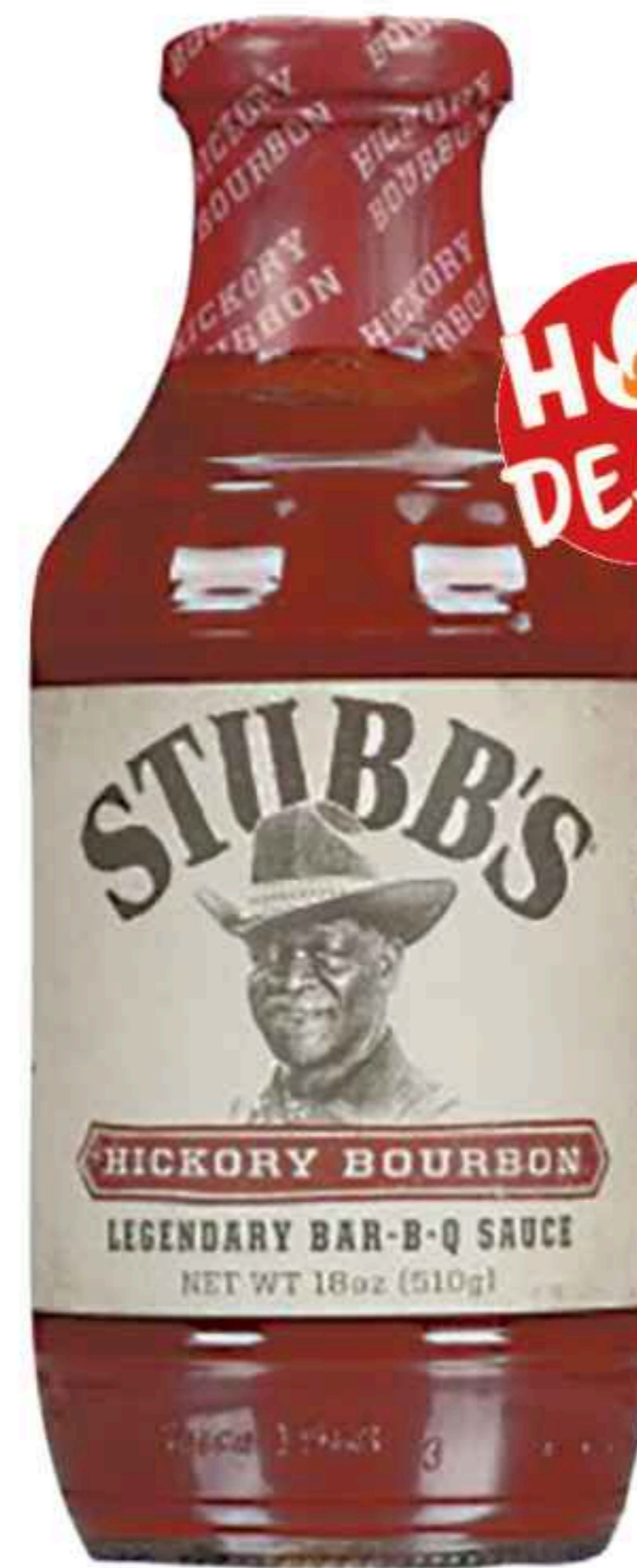
2/\$8



\$4.79



2/\$8



HOT DEALS



Simply Organic
Organic Seasoning Mix
Butter Chicken
1.13 OZ
Selected Varieties
\$1.99

Stubb's
Barbecue Sauce
Original
18 OZ
Selected Varieties

\$3.99

Woodstock
Organic Capers
Non-Pareil
3.5 OZ

\$2.49

Maya Kaimal.
INSPIRED INDIAN FOOD

In a Hurry for a Curry?



These ready-to-heat meals feature Maya's award winning simmer sauces paired with vegetables for a satisfying plant-based meal. Ready in 90 seconds. Maya makes it easy.

Maya Kaimal. The only name you need to know for brilliantly convenient, incredibly delicious Indian meals at home.

Learn more at mayakaimal.com

2/\$8

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Couscous Chicken Salad Recipe



scan for
recipe



Pearled Couscous
Mix
Roasted Garlic
& Olive Oil
4.7 OZ
Selected Varieties

2/\$6

**Fluffy
Perfection
in 5 Minutes**



Rice Pilaf or Couscous
Selected Varieties

2/\$5



Couscous, Quinoa
or Long Grain Wild Rice
Selected Varieties

2/\$6

Simmer Sauces transform any dish into a restaurant-quality meal



\$4.79

Selected
Varieties

Butter Chicken dumplings

scan for recipe



C 5/26



Montebello
Organic Pasta
Spaghetti
1 LB
Selected Varieties

\$4.99



Bionaturae
100% Organic
Sourdough Pasta
Fusilli
12 OZ
Selected Varieties

2/\$6



Tinkyada
Pasta
Brown Rice Penne
16 OZ
Selected Varieties

2/\$7



Get to *yum* in Minutes



2/\$7



CALIFORNIA OLIVE RANCH.



\$27.29



\$19.99

40
calories
per serving



50
calories
per serving

\$6.99



Experience the
Traditions of Italy™

LUCINI
ITALIA



\$17.99



\$24.29

Organic Extra Virgin Olive Oil

Perfectly balanced with vibrant notes of herbs, tomato, and artichoke, Lucini's Everyday Extra Virgin Olive Oil can be used for everything from finishing meats to sautéing vegetables.

Everyday Extra Virgin Olive Oil

This Everyday Extra Virgin Olive Oil is the perfect oil for your everyday culinary needs. From baking to dressings and grilling, this oil adds fresh herbaceous and buttery flavors to everyday dishes.



Boiron
Arnicare Cream
1.33 OZ



\$5.99

Believe In What you *Breathe* In

AURA CACIA
Plug-In FRESH FLORAL
Scented with lavender, lavender & spike lavender pure essential oils
30 days of plant on the loose setting

AURA CACIA
Plug-In PARADISE
Scented with citrus, geranium & ylang ylang pure essential oils
30 days of plant derived aroma on the loose setting

AURA CACIA
Plug-In FRESH
Scented with citrus, pine & tea tree pure essential oils
30 days of plant derived aroma on the loose setting

Aura Cacia
Plug In
Air Freshener
Fresh
.5 FL OZ
Selected Varieties

\$9.99

Providing Natural Remedies since 1988

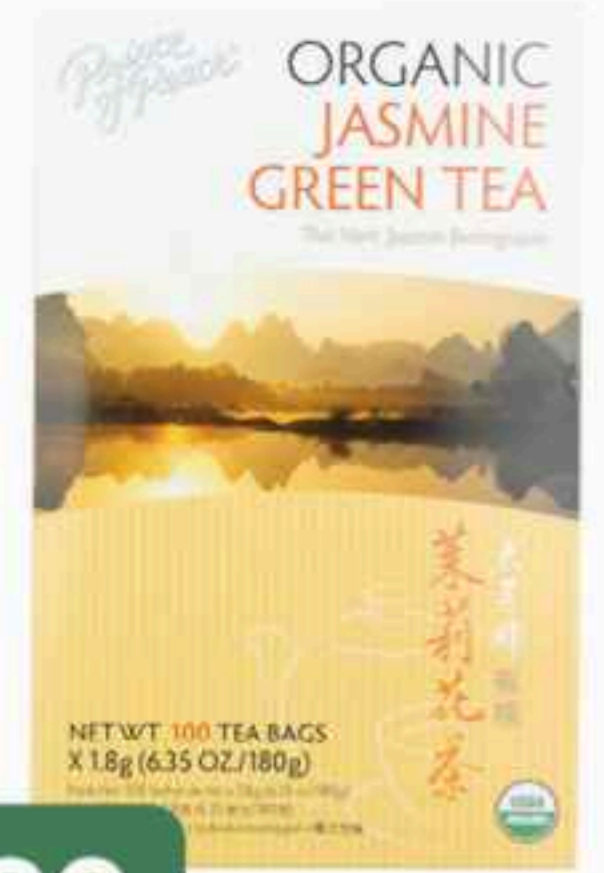


Tiger Balm
Pain Relieving
Patch
5 CT

\$6.49



*quick
targeted
relief*



\$7.29



\$4.29