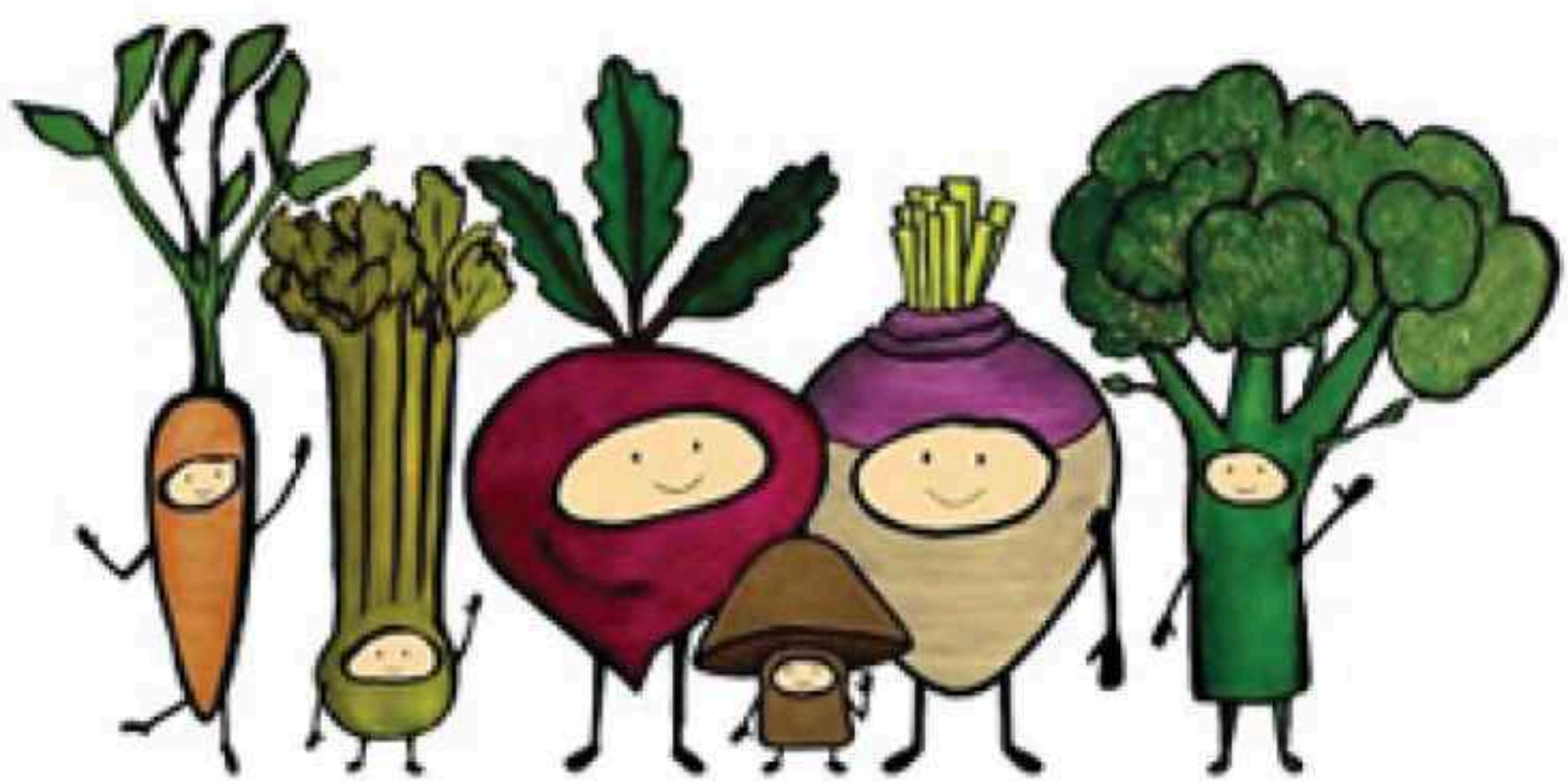




RUTABAGAS etc. NATURAL FOOD MARKET

Monday - Friday | Store: 9am - 6pm | Cafe: 10am - 6pm
Saturday | Store: 9am - 5pm | Cafe: 10am - 4pm

Local LOVE

Citrus Country's First Choice For Whole Foods
335 South Croft Ave. | Inverness, FL
352-344-0096

www.RutabagasMarket.com



Visit our Natural Cafe
 for Fresh-Pressed Juices,
 Smoothies, Acai Bowls and
 Fresh Soups Made Daily!

Good Thru October 2026



GLUTEN FREE

FROZEN SAVINGS



Van's International Foods
Gluten Free Waffles
 Original & Blueberry

9 OZ **\$3.99**

Van's International Foods
Power Grain Protein
Pancakes
 Original
 12.4 OZ



\$3.99



Food For Life
Organic Bread
 7 Sprouted Grains
 & Flax Bread

24 OZ **\$6.29**



Food For Life
Organic Ezekiel 4:9
Bread
 Cinnamon Raisin
 24 OZ

\$8.09



Honey Mama's
Chocolate
Fudge Bar
 Peanut Butter
 Cup & Other
 Varieties
 2.5 OZ

\$4.79



Mid-Day Squares
Functional
Chocolate
Bar
 Brownie Batter
 & Cookie Dough
 1.16 OZ

\$2.19

October Smoothie Pumpkin Pie Swirl

Almond Milk
 Pumpkin Puree
 Pumpkin Spice
 Graham Cracker
 Maple Syrup
 Featuring
 Truani Protein Powder
 Banana
 Topped with
 Graham Cracker
 Crumble
 And Drizzled with
 Pumpkin Syrup



Lightlife Foods
Organic
Tempeh Strips
 Original
 8 OZ

\$3.99



Against The Grain
Gourmet
Gluten Free
Baguette
 Original
 15 OZ

\$6.99



Against The Grain Gourmet
Margarita
Pizza 12in
GF
 And Other
 Varieties
 22.4 OZ-24 OZ

\$11.99



Annie's
Homegrown
Organic
Classic
Cheddar Mac
and Cheese
 And Other Varieties
 60Z

\$3.00

GLUTEN
FREE

Our Monthly Smoothie



Annie's Homegrown
Org. Macaroni &
Cheese White Cheddar
And Other Varieties
6 Oz

\$2.00



Annie's Homegrown
Organic Chicken
Noodle Soup & GF
Chicken Noodle
Soup
14 OZ

\$4.00



Annie's Homegrown
Organic Bunny
Grahams
Birthday Cake & Honey
Grahams
7.5 OZ

\$3.79



Annie's Homegrown
Organic Crackers
Cheddar Squares &
Cheddar Bunnies
7.5 OZ

\$3.79



Annie's
Homegrown
Chewy
Chocolate
Chip Granola
Bars
5.34 OZ

\$4.09



Birch Benders
Pancake & Waffle
Mix
Paleo
12 OZ

\$4.99



Birch Benders
Organic Muffin
Mix
Chocolate Chip &
Blueberry
14.3 OZ

\$5.29



Birch Benders
Organic Brownie
Mix
Ultimate Fudge
13.4 OZ

\$4.49

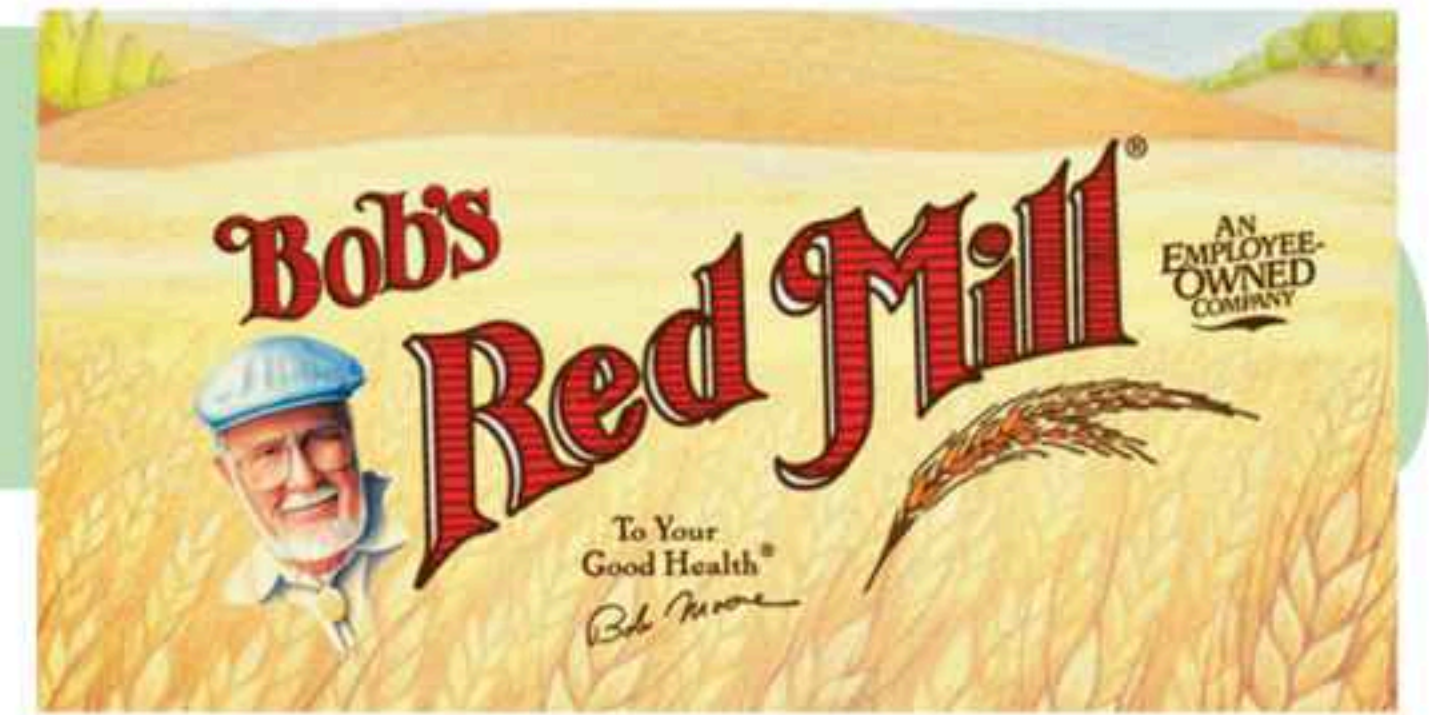


Birch Benders
Organic Pancake &
Waffle Mix
Classic
& Buttermilk
16 OZ

\$4.29

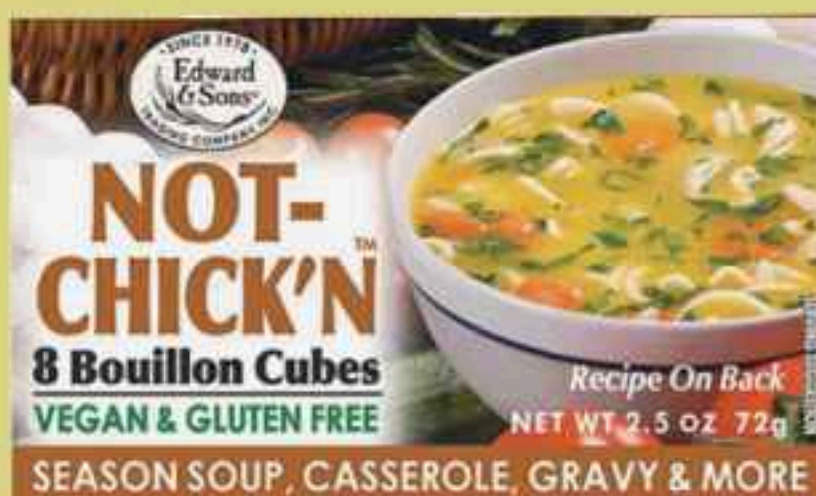


Organic Foods & Produce | Delicious Natural Cafe | The Best Supplements | The Best Customer Service



Birch Benders Pancake & Waffle Mix Protein 16 OZ & 14OZ  \$4.99	Bob's Red Mill Muesli Old Country Style 40 OZ  \$7.79	Bob's Red Mill Homestyle Granola Maple Sea Salt 11 OZ  \$4.29	Bob's Red Mill Org Quick Rolled Oats 32 OZ  \$5.29
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Bob's Red Mill Organic Steel Cut Oats 24 OZ  \$4.19	Bob's Red Mill Steel Cut Oats Quick Cooking 22 OZ  \$4.19	Bob's Red Mill Gluten Free Protein Oats 32 OZ  \$6.19	Bob's Red Mill Steel Cut Oats 24 OZ  \$3.29
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Bob's Red Mill Whole Grain Rolled Oats Extra Thick And Selected Varieties 32 OZ  \$3.99	Bob's Red Mill Rolled Oats Old Fashioned Whole Grain 16 OZ  \$3.79	Edward & Sons Bouillon Cubes Not-Chick'n 2.5 OZ  \$2.09	Edward & Sons Organic Mashed Potatoes Homestyle And Roasted Garlic 3.5 OZ  \$2.49
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Epic Beef & Bison Bars Sea Salt & Pepper And Cranberry Bacon 1.3 OZ  \$2.50	Epic Meat Bites Beef Liver Chicken Venison Salmon 2.5 OZ  \$5.99	Epic Bone Broth Homestyle Savory Chicken 14 FL OZ  \$4.99	Epic Pork Rinds Original Sea salt & Vinegar Bbq 2.5 OZ  \$3.50
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Organic Foods & Produce | Delicious Natural Cafe | The Best Supplements | The Best Customer Service



BULK

Bulk
Organic
Shredded
Coconut



\$4.29/lb

Bulk
Organic
Yellow
Popcorn



\$1.79/lb

Bulk
Organic
Coconut Date
Rolls



\$5.49/lb

Bulk
Organic
Quinoa
Tri-Color



\$3.39/lb

Bulk
Organic
Thompson
Raisins



\$3.39/lb

Bulk
Organic
Raw
Cashews
Whole



\$9.29/lb

Bulk
Organic
Dark
Chocolate
Chips



\$14.09/lb

Bulk Nuts
Deluxe Mixed
Nuts
Roasted & Salted



\$13.09/lb

Bulk
Organic
Millet



\$1.69/lb

Bulk
Organic
Pistachios
Roasted & Salted



\$8.59/lb

Bob's Red Mill
Organic
Rolled Oats
Extra Thick
32 OZ



\$6.99

Bob's Red Mill
Organic
Rolled Oats
Old Fashioned
32 OZ



\$5.29

Bob's Red Mill
Gluten Free
Rolled Oats
Old Fashioned
32 OZ



\$6.19

Bob's Red Mill
Gluten Free
Rolled Oats
Quick Cooking
28 OZ



\$6.29

Bob's Red Mill
Steel Cut
Oats
24 OZ



\$5.19

Bob's Red Mill
GF Thick
Cut Rolled
Oats
32 OZ



\$6.29

Bob's Red Mill
Organic
Rolled Oats
Extra Thick
32 OZ



\$5.29

Bob's Red Mill
Organic
Rolled Oats
Old Fashioned
32 OZ



\$6.99

Bob's Red Mill
Organic
Rolled Oats
Quick Cooking
28 OZ



\$6.99

Bob's Red Mill
Organic Oats
Steel Cut
24 OZ



\$5.79

Organic Foods & Produce | Delicious Natural Cafe | The Best Supplements | The Best Customer Service



Epic
Meat Snack Sticks
Salmon
Venison &
Wagyu Beef
.8 OZ **\$1.67**



Late July Snacks
Organic Tortilla
Chips
Blue Corn
And Selected Varieties
10.1 OZ

\$4.00



Late July Snacks
Organic Tortilla Chip
Dippers
Sea Salt &
Blue Corn
7.4 OZ

\$4.00



Late July Snacks
Tortilla Chips
Nacho Cheese
6 OZ & Multigrain
Sweet Potato
7.5 OZ

\$4.00



Late July Snacks
Organic Tortilla
Chips
Sea Salt
14.75 OZ **\$4.79**



Made Good
Organic Granola
Bites
Chocolate Chip
5/8.5 OZ **\$3.49**



Made Good
Organic Crunchy
Squares
Sweet Cinnamon & Sea
Salt
5.3 OZ **\$3.49**



Maya Kaimal
Simmer Sauce
Butter Masala
& Selected Varieties
12.5 OZ **\$4.99**



Near East
Couscous
Parmesan &
Garlic Olive Oil
5.9 OZ & 5.8 OZ **\$2.50**



Near East
Rice Pilaf
Garlic & Herb
& Selected Varieties
6.3 OZ - 6.75 OZ **\$2.50**



Near East
Tabouleh Mix
5.25 OZ **\$2.50**



Tasty Bite
Indian Cuisine
Entree
Selected Varieties
10 OZ **\$4.00**

Organic Foods & Produce | Delicious Natural Cafe | The Best Supplements | The Best Customer Service



Tasty Bite

Heat & Eat Indian Cuisine Entree

Selected Varieties **\$4.19**
10 OZ



Thai Kitchen
Coconut
Milk
Unsweetened
13.66 FL OZ



\$2.99

Tinkyada
Brown Rice
Pasta
Selected
Varieties
16 OZ



\$3.79

Tinkyada
Org Brown
Rice Pasta
Selected
Varieties
12 OZ



\$4.19

Thai Kitchen
Organic
Coconut
Milk
Unsweetened
13.66 FL OZ



\$3.79

Vita Coco
Coconut
Water
Extra Coconut
& Pineapple
1 LT



\$4.79

Vita Coco
Coconut
Milk
Original
33.8 FL OZ



\$2.99

Safe Catch
Tuna Pouch's
Yellowfin
& Wild Tuna
3 OZ



\$2.99

Safe Catch
Wild Pink
Salmon &
Tuna
Selected Varieties
5 OZ



\$4.99

Safe Catch
Wild Ahi
Tuna
Yellowfin
5 OZ



\$3.99

Safe Catch
Elite Wild
Tuna
5 OZ



\$3.89

Safe Catch
Wild Alaska
Pink Salmon
3 OZ



\$3.49

Pretzel Crisps
Pretzel
Crisps
Original &
Everything
7.2 OZ



\$3.29

Nugo Nutrition Bar
Organic
Protein Bar
Dark Chocolate
Almond
& Chocolate Cherry
1.76 OZ



\$1.79

Nugo Nutrition Bar
Slim Bar
Selected Varieties
1.59 OZ

\$1.67



Steaz
Organic Iced
Green Tea
Raspberry
16 FL OZ

\$1.67



Peace Coffee
100% Organic
Whole Bean
Coffee
Birchwood &
Peruvian
12 OZ



\$14.79

PRODUCE
Celery
Ea



\$1.99

PRODUCE
Gala
Apples
LB



\$1.79

PRODUCE
Russet
Potatoes
Per 5lb Bag



\$3.99

PRODUCE SALES

Organic Foods & Produce | Delicious Natural Cafe | The Best Supplements | The Best Customer Service

Supplement Spotlight



HOST DEFENSE[®]
Mushrooms[™]
BioOptimizers[®]



Carlson.
Nutritional Supplements

Oregon's Wild Harvest
Org True Cinnamon
Organic True Cinnamon
60 CT



\$22.49

Oregon's Wild Harvest
Turmeric
Turmeric
60 CT



\$26.99

Oregon's Wild Harvest
Org Milk Thistle
Organic Milk Thistle
90 CT



\$27.69

Oregon's Wild Harvest
Org Ashwagadna
Ashwagandha
90 CT



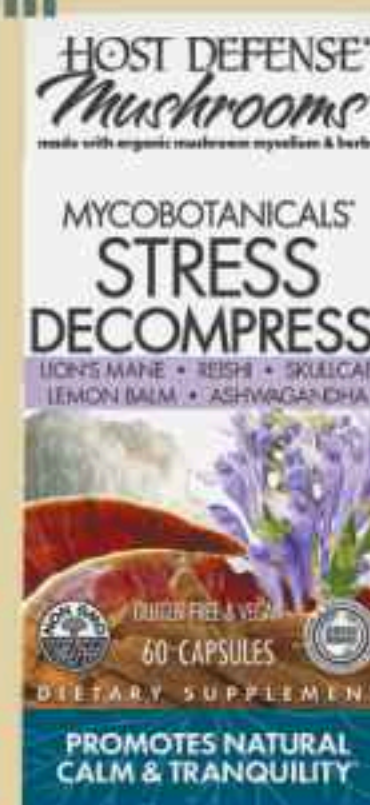
\$22.49

Host Defense Mushroom
Stamets 7 Blend
3.5 OZ



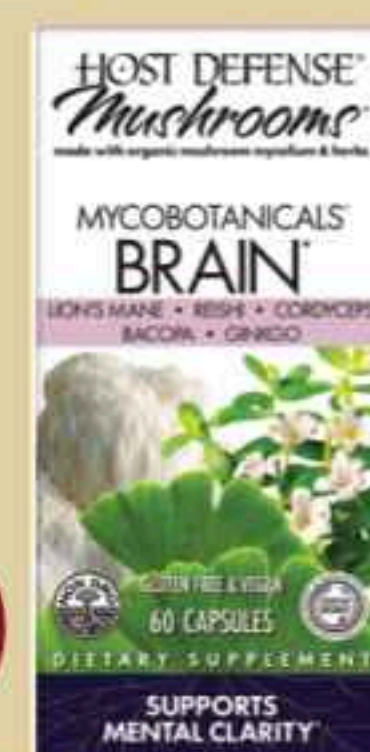
\$23.99

Host Defense Mushroom
Stress
Decompress
60 CT



\$23.99

Host Defense Mushroom
Brain
60 CT



\$23.99

Host Defense Mushroom
Grateful Dead
Gummies
Stay Mellow
Beary Well
& Cosmic Focus
90 CT



\$27.79

Carlson Laboratories
Fish Oil 700mg
120 CT



\$29.89

Carlson Laboratories
Maximum
Omega 2000
90 CT



\$57.69

Carlson Laboratories
Super DHA
60 CT



\$25.39

Carlson Laboratories
Lemon Fish Oil
1,600 mg
6.7 OZ



\$26.19

Bioptimizers
Sleep
Breakthrough
30 CT



\$13.49

Bioptimizers
Zinc
Breakthrough
60 ct



\$16.49

Bioptimizers
Magnesium
Breakthrough
60 ct



\$26.29

Bioptimizers
Berberine
Breakthrough
40 ct



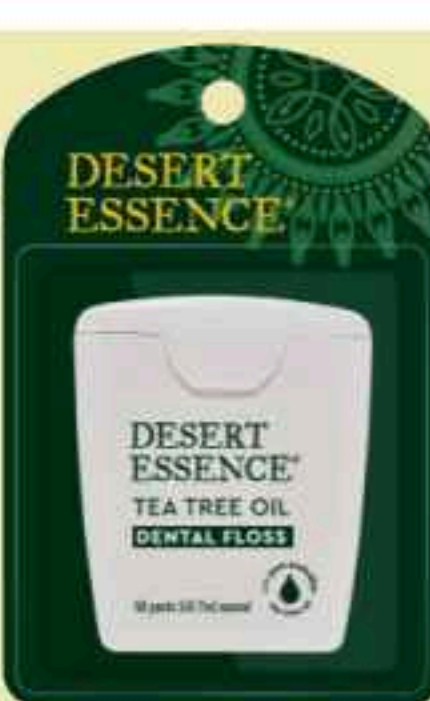
\$20.29

Desert Essence
Toothpaste
Selective
Varieties
6.25 OZ



\$5.49

Desert Essence
Dental Floss
Tea Tree
50 YD



\$3.99

Desert Essence
Coconut Oil
Pulling Rinse
& Sensitive
Mouthwash
8 FZ- 15 FZ



\$8.49

Desert Essence
Mouthwash
Selective
Varieties
16 FZ



\$7.49

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