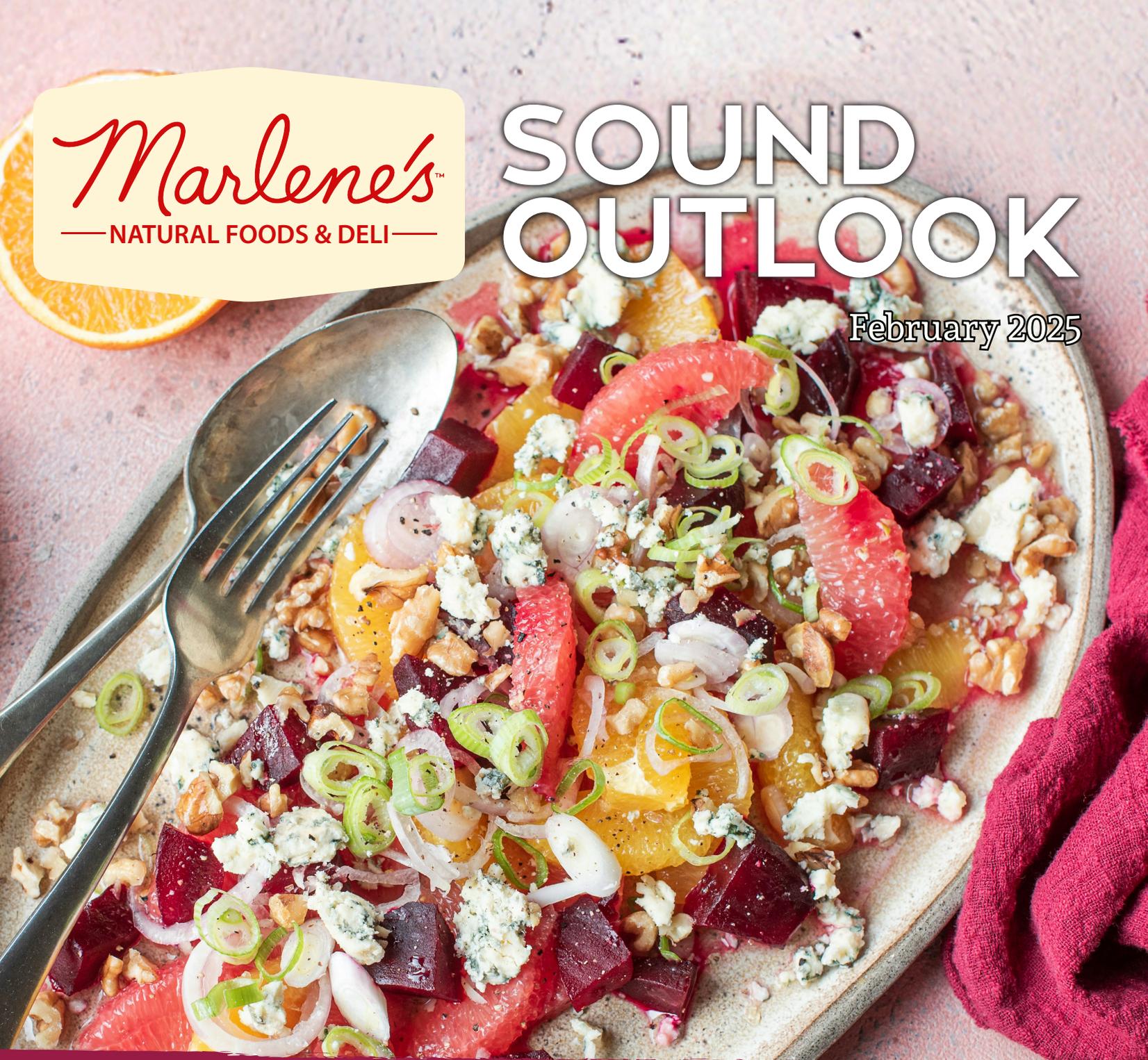


Marlene's[™]

— NATURAL FOODS & DELI —

SOUND OUTLOOK

February 2025



Happy Heart Health Month!

Winter Fruit & Vegetable Salad

This Winter Fruit and Vegetable Salad brings vibrant colors and flavors to brighten dark months. With roasted beets, juicy citrus, crunchy walnuts, and creamy blue cheese, it's perfect for Valentine's Day or a mid-season pick-me-up.

Fruits & Vegetables

- 2 medium-sized beets (roasted and cubed)
- 1 grapefruit (peeled and segmented)
- 1 orange (peeled and segmented)

Toppings

- 1/4 cup blue cheese crumbles (or feta, as a substitute)
- 1/4 cup walnuts (toasted and roughly chopped)
- 1/4 medium-sized onion (thinly sliced)
- 2 green onions (thinly sliced for garnish)

Dressing

- 2 Tbl olive oil
- 1 Tbl white wine vinegar (or champagne vinegar)
- 2 tsp honey or maple syrup
- 1 tsp Dijon mustard
- Salt and black pepper to taste

Preheat your oven to 400°F.

Wrap the beets in aluminum foil and roast them for about 45-60 minutes or until tender. Let them cool, peel off the skins, and cube them into bite-sized pieces.

Peel the grapefruit and orange, removing as much of the white pith as possible. Cut them into segments, working over a bowl to catch the juices. Reserve 1 tablespoon of the citrus juice for the dressing.

In a small bowl, whisk together olive oil, white wine vinegar, honey, Dijon mustard, and the reserved citrus juice. Season with salt and black pepper to taste.

In a small skillet over medium heat, toast the walnuts for 3-5 minutes until fragrant. Be careful not to burn them.

On a large serving platter, arrange the roasted beets, grapefruit, and orange segments. Sprinkle the blue cheese (or feta), toasted walnuts, pearl onion slices, and green onions evenly over the top.

Drizzle the dressing over the salad just before serving. Toss gently if desired.

2 FEBRUARY

February Events & Education

OMEGA-3s MATTER & THE NORDIC NATURALS ADVANTAGE



with Nicole Gitlin, H.H.P. for Nordic Naturals

Tuesday, February 11 | 6 pm PST 4 pm HST, Online

Omega-3 fats (EPA & DHA) are backed by decades of clinical research showcasing their benefits for the heart, brain, eye, and prenatal health. Omega-3s aren't just beneficial - they're vitally important for every cell in the body. Despite the importance of these critical nutrients, 80% of Americans are chronically deficient. Join Nicole Gitlin, Educator for Nordic Naturals, as she provides an in-depth look at the lifelong importance of these powerful fatty acids and why supplementing with safe, fresh, and high-quality products is imperative to maintaining optimal health.

INESSCENTS: THE ART OF BOTANICAL SKINCARE



with Amber Ashley, Founder and Formulator at Inesscents Aromatic Botanicals

Thursday, February 20 | 6 pm PST 4 pm HST, Online

Discover the art of nourishing your skin and planet with Amber Ashley, founder of Inesscents®. We will explore our mission-driven products, from our global network of Organic and Fair Trade suppliers as well as the inspiration in the formulations, all the way to the finished products. We look forward to you joining us!

EMPOWERING THE MENOPAUSAL TRANSITION



with Dr. Jennea Wood and Dr. Jamie Doughty, Tummy Temple of Olympia

Thursday, February 27 | 7 pm PST 5 pm HST, Online

Join Dr. Jennea Wood and Dr. Jamie Doughty, naturopathic physicians from Tummy Temple to learn how to naturally support a healthy and comfortable transition into menopause. They will talk about safety and proper use of hormone therapy, herbal support, environmental and detox therapies and how the adrenal and stress response system is involved. Don't miss this opportunity to learn from experts dedicated to empowering your menopausal journey.

REGISTER ONLINE!
MARLENESMARKET-DELI.COM/CLASSES



MARLENE'S SOUND OUTLOOK

CARLSON LABS

Lemon Cod Liver Oil

8.4 oz.



\$25⁹⁹

Also on sale: Vitamin D 2000 IU, 120 ct. **\$9.49**

GARDEN OF LIFE

Dr. Formulated Multi+ Brain Health

30 ct.



\$25⁹⁹

Also on sale: Dr. Formulated Extra Strength Probiotic 100 Billion, 30 ct. **\$31.49**

BOIRON

ColdCalm

60 ct.



\$8⁹⁹

Also on sale: Oscillococcinum, 6 dose. **\$11.49**

ISLAND THYME

Lavender Peppermint Headache Stick

.35 oz.



\$8⁹⁹

Also on sale: Calendula Comfrey Cream, 2 oz. **\$11.49**

MINERAL FUSION

Nail Polish Remover

6 oz.



\$7⁴⁹

Also on sale: So Classy Volume Mascara Jet Black, .3 oz **\$14.99**

PRANAROM

Heavy Head Roller

.27 oz



\$11⁹⁹

Also on sale: Muscle & Joint Roller, 2.5 oz **\$8.99**



SYNERGY SACRED LIFE

Created in celebration of our 25 anniversary in 2020, SYNERGY Sacred Life symbolizes the beauty of our most precious natural resource: our vast oceans and bodies of water. Swirling with cold pressed ginger, young coconut water, and alkaline-rich blue spirulina, this kombucha is as vibrant in taste as it is color.

GT'S ENLIGHTENED SYNERGY

Sacred Life Kombucha

16 oz.



\$2⁸⁹

BEYOND GOOD

85% Cocoa
Sea Salt
Chocolate Bar

2.64 oz.

\$3⁶⁹



GOMACRO

Banana
Almond

2.3 oz.

\$2⁶⁹



ANGIE'S

Sweet & Salty
Popcorn

7 oz.

\$2⁹⁹



4505 MEATS

Sea Salt
Chicharrones

3 oz.

\$3⁷⁹



CHOICE ORGANIC TEAS

English Breakfast

16 bag

\$3⁹⁹



CHOCOLOVE

Raspberry Dark
Chocolate Bar

3.1 oz.

\$3²⁹



COSTA D'ORO

Olive Oil
Natural Riserva

500 mL

\$11⁹⁹



ESSENTIA

Purified Water

1 ltr.

\$1⁹⁹



GOOD IDEA

Sparkling Water
Wild Raspberry

12 oz.

\$1⁹⁹



HU CHOCOLATE

Salty Chocolate Bar

2.1 oz.



\$3.99

LILY'S SWEETS

Sea Salt Dark Chocolate Bar

2.8 OZ



Rich & Creamy
with No Sugar Added!

Look no further for a
sweet surprise. LILY'S
Sweets are so delicious,
you won't believe they
have no sugar added.

\$3.89

Also on sale: Dark Chocolate Chips with Stevia, 9 oz **\$6.99**

LUCINI

Extra Virgin
Organic
Olive Oil

16.9 oz.



\$17.99

MADHAHA

Blonde
Coconut
Sugar

16 oz.



\$4.99

NICK'S STICKS

Grass-Fed
Beef Stick

1.7 oz.



\$2.49

OVER EASY

Apple Cinnamon Breakfast Bar

1.8 oz.



\$1.99

PURELY SPROUTED

Sweet & Salty
Snack Mix

4 oz.



\$4.49

RIP VAN WAFEL

Chocolate
Hazelnut
Wafers

4.68 oz.



\$4.49

SAN J

Organic
Wheat-Free
Tamari

20 oz.



\$6.99

SCHAR

Gluten-Free
Pizza Crust

10.6 OZ



\$8.49

TONY'S COFFEE

Espresso
Whole Bean
Coffee

12 oz.



\$11.49

UNIQUE PRETZELS

Aged Cheddar
Puffzels
4.8 oz.

\$3⁹⁹



CAPPELLO

Pepperoni
Pizza
12oz.

\$8⁹⁹



COCOJUNE

Pure Coconut
Cultured Coconut
16 oz.

\$6⁹⁹



FEEL GOOD FOODS

Gluten Free
Chicken
Potstickers
10 oz.

\$7²⁹



GREEN VALLEY CREAMERY

3 Cheese Mexican
Cheese Shreds
6 oz.

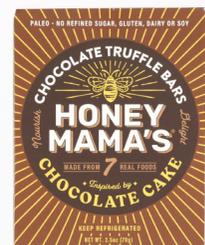
\$3⁹⁹



HONEY MAMAS

Chocolate Cake
Truffle Bar
2.5 oz.

\$4¹⁹



NANCY'S

Cultured
Cream
Cheese
8 OZ

\$3⁶⁹



Trusted by hospitals and medical professionals, Nancy's delivers tens of billions of live probiotics from over 10 strains and is clinically used to help restore gut bacteria, support immune health, and aid healing after antibiotic use.

Also on sale: Cottage Cheese Whole Milk, 16 oz. \$4.79

SIGGI'S

Vanilla
Nonfat
Skyr Yogurt
5.3 oz.

\$1⁶⁹



SWEET LOREN'S

Gluten-Free
Chocolate Chunk
Cookie Dough
12 oz.

\$6⁷⁹



DR BRONNER'S

Salted Dark
Chocolate Bar
3 oz.

\$3⁹⁹



CABOO

Bath Tissue
300 sheet
9-Pack
1 ct.

\$8⁸⁹



EQUAL EXCHANGE

French Roast
Ground Coffee

10 oz.

\$10⁹⁹



JUSTIN'S

Dark Chocolate
Mini Peanut
Butter Cups

4.7 oz.

\$4⁹⁹



ORGANIC VALLEY

3 Cheese Mexican
Cheese Shreds

6 oz.

\$4³⁹



ANNIE'S

Macaroni
& Cheese

6 oz.

\$2⁶⁹



Also on sale: Cheese Puffs Cheddar, 4 oz **\$3.89**

CLIF BAR

Crunchy Peanut
Butter Bar

2.4 oz.

\$1⁶⁹



Every season can be soup season!

MADE WITH ORGANIC INGREDIENTS | VEGAN & VEGETARIAN OPTIONS

MARLENE'S HOUSEMADE HOT DELI SOUPS

Includes 8, 12, 16 and 32 oz. hot deli soups.

\$1⁰⁰ OFF

OUR DELI IS
NOW OPEN
8AM - 8PM!
BEGINNING FEB. 3

CHECK OUT OUR NEW
SOUP CALENDAR! →



February 1 - 28, 2025. Excludes cold pre-packaged soups.

Heart Health Hacks You Might Be Missing

1. Laugh Out Loud (Literally)

A good laugh reduces stress, improves blood flow, and lowers blood pressure, so watch a comedy or share a joke today.

2. Sip Some Dark Chocolate

Dark chocolate (70% cocoa or more) can help lower blood pressure and improve circulation—just enjoy in moderation!

3. Hug It Out

Hugs release oxytocin, the “feel-good” hormone that helps lower heart rate and blood pressure, making them great for your heart and soul.

4. Spice Things Up

Heart-healthy spices like turmeric, cinnamon, and cayenne can reduce inflammation and boost circulation while adding flavor to your meals.

5. Dance Like No One's Watching

Dancing is a fun and effective way to get your heart pumping, boost your mood, and improve cardiovascular health.

6. Get Some Quality Zzz's

Prioritize 7–9 hours of sleep each night to support heart health and reduce the risk of high blood pressure and heart disease.

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.

We value your suggestions and feedback!
Write to us at: feedback@marlenesmarket-deli.com



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LOYALTY PROGRAM

Get rewarded for shopping with us!

- Exclusive promotions
- Hassle-free receiptless returns
- 10% off non-promo supplements and body care for seniors
- Earn 1% credit toward future purchases • & more!



Scan to sign up today!

BODYWORK SCHEDULE

Vitamin Shots with Physician Coach

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.

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