

Marlene's[™]

— NATURAL FOODS & DELI —

SOUND OUTLOOK

January 2025

NEW YEAR, NEW YOU!

Welcome to a Vibrant New You!

Start the year off right with fresh, flavorful choices from our deli! Whether you're embracing a new year, new you mindset or simply looking to add a little variety to your routine, our vibrant offerings are here to nourish and inspire. From wholesome, nutrient-packed salads to hearty, made-to-order sandwiches and energizing smoothies, we've got everything you need to fuel a healthier, happier you.

MARLENE'S CUSTOM SANDWICHES

Choose from our favorites or create your own!

Feel free to call in your deli order ahead of your arrival.

Federal Way 253 839 0933
or Tacoma 253 472 4080



FUEL UP WHILE YOU SHOP!

Let our deli staff prepare a delicious juice or smoothie that's bursting with flavor and nutrition. It's the tastiest and easiest way to get your greens and a boost of energy for your busy day!

#1 Avocado Deluxe

Seasoned tofu, avocado, red onion, tomato, lettuce in a wrap with a side of Tahini dressing.

#2 The Darcie

Chicken salad, red onion, spinach, pepper jack cheese and pesto grilled on sourdough.

#3 California Turkey

Roasted turkey, avocado, lettuce, tomato, provolone cheese and mayonnaise on multi-grain bread.

#4 Garden Sandwich

Carrots, cucumber, olives, red onion, mushrooms, lettuce, tomato, avocado and hummus on multi-grain bread.

#5 Caprese

Tomato, provolone cheese and basil pesto grilled on sourdough bread.

#6 Turkey Harvest

Smoked turkey, cranberry sauce, cream cheese and lettuce on Wheat bread.

#7 The Greek

Our homemade falafel, lettuce, tomato, red onion and hummus in a wrap with a side of tahini dressing.

#9 Tuna Melt

Our homemade tuna salad, cheddar cheese, pickles and tomato grilled on whole wheat bread.

Ask for a Tropikale Thunder!

Pineapple, mango, spinach, kale, coconut water, apple juice



Have you tried these?

Favorites on sale in January!

Cucina Antica La Vodka Sauce

Crafted with imported Italian San Marzano tomatoes, Cucina Antica's La Vodka Sauce offers a rich and authentic flavor. This gluten-free sauce contains no added sugar, making it a wholesome choice for your pasta dishes. Its creamy texture and savory taste bring the essence of Italian cuisine to your table.

MOSS Mango Ginger Drink

MOSS introduces the first ready-to-drink sea moss beverage, blending the potency of sea moss with invigorating mango juice and ginger extracts. This vegan, gluten-free drink contains no added sugars and is low in calories, providing a refreshing and healthy option to awaken your senses.

Pipcorn Cheddar Balls

Pipcorn's Cheddar Balls are a delightful twist on a classic snack, made with heirloom corn and real cheddar cheese. These gluten-free, non-GMO balls offer a satisfying crunch and rich flavor, perfect for guilt-free snacking.



Jovial Organic Einkorn All-Purpose Flour

Jovial's Organic Einkorn All-Purpose Flour is milled from ancient grain einkorn, known for its rich flavor and high protein content. This unbleached, unbromated flour is ideal for baking, providing a wholesome alternative to modern wheat flours.

Kuze Fuku & Sons Miso Yuzu Premium Sauce

Combining the savory depth of miso with the bright citrus notes of yuzu, Kuze Fuku & Sons' Miso Yuzu Premium Sauce enhances various dishes. Use it as a marinade, dressing, or dipping sauce to add a unique Japanese flair to your meals.

Califia Farms Organic Unsweetened Almond Milk

Califia Farms offers a smooth and creamy Organic Unsweetened Almond Milk, perfect for those seeking a dairy-free alternative. With no added sugars and a clean ingredient list, it's ideal for smoothies, cereals, or enjoyed on its own.



BORN SIMPLE

Organic Traditional
Marinara Sauce

18 oz.



\$4⁹⁹

TRUBAR

Saltylicious Almond Love Bar

1.76 oz.



\$1⁹⁹

WATERLOO

Black Cherry
Sparkling Water

12 pack



\$4⁹⁹

BROWN COW

Whole Milk Yogurt

5.3 oz.



99¢

LIVE SODA

Root Beer
Organic Living Soda

12 oz.



\$1⁸⁹

KNUDSEN

ORGANIC JUST TART
CHERRY JUICE

18 oz.



\$4⁹⁹

MARLENE'S

Marlene's House Brand
Supplements & Essential Oils

Assorted sizes and varieties



SAVE

20%

NORTH AMERICAN HERB AND SPICE

Supplements

Assorted sizes
and varieties



SAVE

30%

CHILD LIFE

Children's Supplements

Assorted sizes
and varieties



SAVE

25%

GARDEN OF LIFE

Supplements

Assorted sizes
and varieties



SAVE

30%

RESERVEAGE BEAUTY

Supplements

Assorted sizes
and varieties



SAVE

25%

FLORA

Supplements

Assorted sizes
and varieties



SAVE

25%

SOLGAR

Supplements

Assorted sizes
and varieties



SAVE

25%

WISHGARDEN HERBS

Herbal Supplements

Assorted sizes and varieties



SAVE

20%

SUN WARRIOR

Sports Nutrition Supplements

Assorted sizes and varieties



SAVE

20%

PRIMAL KITCHEN

Collagen Fuel

Assorted sizes and varieties



SAVE

20%

COUNTRY LIFE

Collagen Supplements

Assorted sizes and varieties



SAVE

25%

VIBRANT HEALTH

Assorted sizes and varieties



SAVE

25%

ANDALOU NATURALS

Retinol Serums

Assorted sizes and varieties



SAVE

20%

SOVEREIGN SILVER

Immune Support

Assorted sizes and varieties.



SAVE

20%

RIDGECREST HERBALS

Assorted sizes and varieties



SAVE

20%

January Events & Education

REGENERATIVE RESET FOR BODY, MIND & PLANET



with Leisel Stohr, Ancient Nutrition

Tuesday, January 14

6 pm PST 4 pm HST, Online

Kick off the New Year with a fresh start! Join Ancient Nutrition for a transformative online class focused on a Regenerative Reset—designed to rejuvenate your body, mind, and the planet. Discover simple but small steps to transform your daily life by cultivating better physical health, fostering mental wellness, and integrating environmentally sustainable practices. Highlights include: easy, actionable strategies for personal renewal, delicious recipes to support your wellness goals and a FREE "Regenerative Reset" E-Book packed with tips and resources. Let's make 2025 the year of meaningful change for ourselves and the Earth!

BALANCING ACT: HARNESSING AYURVEDA FOR MODERN WELLNESS



with Ryan Reisman, Educator for Himalaya

Thursday, January 16

6 pm PST 4 pm HST, Online

Feeling out of sync? Discover how Ashwagandha and other famous Ayurvedic adaptogens can help restore your body's harmony. Also learn about Himalaya products that address key areas of our busy lives, like LiverCare for detox, Gymnema for sugar balance, Shatavari for women's wellness, and PartySmart for life's celebrations.

UNLOCK THE POWER OF NATURE TO BOOST YOUR IMMUNE HEALTH



with Karla Youngblood, Educator for Herb Pharm

Tuesday, January 21

6 pm PST 4 pm HST, Online

Unlock the power of nature to boost your immune health with Herb Pharm! Join Karla Youngblood to learn about herbal allies like Elderberry and Reishi mushrooms. Learn about the incredible farms that are the heart of Herb Pharm and gain insights into their meticulous extraction processes to ensure the highest quality products possible.

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MARLENE'S SOUND OUTLOOK

New Year New You CELEBRATION
January 20th ~ 25th
Week Long Sales!
Raffle Prizes!
Marlene's
— NATURAL FOODS & DELI —

HOST DEFENSE MUSHROOMS - IMMUNE SUPPORT & MORE*



with Xochitl Palomino, ND, Host Defense Practitioner Channel Educator

Thursday, January 23

6 pm PST 4 pm HST, Online

This lecture provides a great basic review of Host Defense® and Fungi Perfecti®. We discuss the benefits of mycelium grown on rice (no fillers!), and the groundbreaking research associated with Host Defense® Mushrooms™ products. We will elaborate on why our products stand out above the rest, including our rigorous testing, sustainable cultivation, and good manufacturing practices. We will dive deeper into specific Host Defense products and explore how to incorporate these products into your lifestyle.

This lecture wraps up with a live Q&A session, an opportunity to interact with your educator and have your questions answered in real time. There will also be a gift basket giveaway for attendees!

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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

JANUARY 7

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 - 6 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 - 6 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!

New
Year
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