

Marlene's[™]
— NATURAL FOODS & DELI —

SOUND OUTLOOK

March 2025



Chilaquiles | A Natural Glow | Fresh Loaves!

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

We Will See The Sun Soon Chilaquiles

Chilaquiles are a classic Mexican comfort food, perfect for breakfast, brunch, or any time you crave a savory and satisfying dish. Made with crispy tortilla chips soaked in a rich, flavorful chile sauce and topped with cheese, avocado, or whatever strikes your fancy.

- 12 organic New Mexican/California chile or Guajillo chile
 - 1 organic Roma tomato
 - 2 organic garlic cloves
 - 1 organic white onion sliced and divided
 - 2 tsp salt
 - 2 cups reserved chili water
 - 1 bag Lassens tortilla chips
 - 1 cup organic olive oil
- Cotija or queso fresco or plant-based cheese
- Additional toppings: cilantro avocado slices, diced onion, salsa, Mexican crema, sour cream, Monterey jack cheese

Chile Sauce

Gently wipe down each chile pepper with a damp paper towel or cloth. Cut off the stems and remove the seeds and veins. Place the chiles and tomato in a medium-sized saucepan. Add 6 cups of water to cover the chiles. Bring to a boil over medium-high heat and cook for about 10 minutes, or until the chiles are soft. Drain the chiles, reserving 2 cups of the cooking water. In a blender, combine the softened chiles, garlic, onion, salt, and reserved water. Blend until smooth, and strain the sauce if a smoother texture is desired.

Assemble Chilaquiles

Heat 1 tablespoon of oil in a large skillet over medium heat. Add ½ of the sliced white onion and sauté until fragrant. Pour the prepared chile sauce into the skillet and bring it to a simmer. Add the Lassens Tortilla Chips (or 1 bag of chips) to the sauce and gently fold until the chips are evenly coated. Top with crumbled cotija or queso fresco and a poached or fried egg, if desired. Garnish with your choice of toppings: fresh cilantro, avocado slices, diced onion, salsa, Mexican crema, sour cream, or Monterey jack cheese. Serve immediately and enjoy this delicious, comforting dish!

2 MARCH

March Events & Education

BREAK FREE OF BINGE EATING, EMOTIONAL EATING AND OVEREATING

with Michelle Kester Ho, NTP, Holistic Wellness Coach

**Thursday, March 13
at 6 pm PST 4 pm HST, Online**

Break free from patterns of binge eating, overeating, emotional eating, and inconsistent nutrition habits with Michelle Kester Ho, Nutritional Therapy Practitioner and Binge Eating Recovery Coach. Learn practical strategies to regulate blood sugar, understand your body's needs, and build a balanced, healthy relationship with food—without restrictive dieting.

GLOW NATURALLY: A GUIDE TO NATURAL SKIN AND HAIRCARE ESSENTIALS

with Rebecca Hamilton, CEO for Badger

**Tuesday March 18
at 6 pm PST 4 pm HST, Online**

Join us for an evening of natural skincare solutions with Badger, a company committed to organic ingredients and sustainable practices. Learn about the brand's beginnings and its evolution. Discover the benefits of their waterless, award-winning mineral sunscreens, explore their extensive grooming line, and get a sneak peek of their new hair oils. You'll find out how these products work together to nourish, strengthen, restore, and support eco-friendly beauty practices.

RIDGECREST HERBALS FOR EVERYDAY WELLNESS

with Chris Herbert
for Ridgecrest Herbals

**Thursday, March 20
at 6 pm PST 4 pm HST, Online**

Discover the power of natural botanical formulas with RidgeCrest Herbals, an award-winning developer known for their eclectic herbal blends. In this class, we'll explore how combining ingredients from various herbal traditions can support specific health needs, such as respiratory health, stress management, and more. Learn about their best-selling ClearLungs formula and other products designed to help your body thrive naturally.

OM MUSHROOM SUPERFOOD AND THE POWER OF FUNGI

with Julie Daoust, Scientific Officer for OM Mushrooms

**Tuesday, March 25
at 6 pm PST 4 pm HST, Online**

Unlock the potential of functional mushrooms with Om Mushroom Superfood, a leader in organic mushroom powders. This session delves into the health benefits of various mushroom species, including immune support, cognitive function, and energy enhancement. Discover how incorporating these superfoods into your daily routine can promote overall wellness and vitality.

WHAT TO DO WHEN YOU CAN'T GO #2

with Dr. Jennea Wood and Heidi Ochsner, RD

Thursday, March 27 at 7 pm PST 5 pm HST, Online

Slow elimination can be both uncomfortable to talk about and to experience. Digestive experts Dr. Jennea Wood ND and Heidi Ochsner, RD of the Tummy Temple will make it easy for you to get things back on track. Learn why you may have constipation and effective strategies to keep things moving including dietary choices, lifestyle changes, bodywork suggestions, and supplemental support.

REGISTER ONLINE!
MARLENESMARKET-DELI.COM/CLASSES



ACURE

Brightening Cleansing Gel

4 oz.



\$8⁹⁹

Also on sale:
Brightening Facial Scrub, 4 oz. **\$9.99**

HUMBLE BRAND DEODORANT

Moroccan Rose Deodorant

2.5 oz.



\$7⁴⁹

Also on sale:
Palo Santo & Frankincense Deodorant, 2.5 oz. **\$7.49**

Additional items on SALE!

AUROMERE

Ayurvedic Mouthwash

16 oz.



\$11⁹⁹

Also on sale:
Fresh Mint Herbal Ayurvedic Toothpaste, 4.16 oz. **\$7.49**

Additional items on SALE!

DERMA E

Vitamin C Concentrated Serum

2 oz.



\$19⁹⁹

Additional items on SALE!

RESERVEAGE ORGANICS

Resveratrol Gummies

60 ct.



\$18⁴⁹

Additional items on SALE!

PLUS CBD BY CV SCIENCES

1000 mg CBD Penetrating Pain Cream THC Free

2 oz.



\$29⁹⁹

Also on sale:
Daily Balance THC Free 25 mg CBD Wild Berry Gummy, 30 ct. **\$25.99**

Additional items on SALE!

DR. OHHIRA'S

Original Formula
Probiotics

30 ct.



\$28⁹⁹

Also on sale:
RegActiv Essential ME-3, 30 ct. **\$31.99**

ENZYMEDICA

Digest Gold with ATPro

45 ct.



\$24⁴⁹

Also on sale:
SubCulture Probiotic for Women, 30 ct. **\$33.49**

Additional items on SALE!

GARDEN OF LIFE

Vitamin Code
50 & Wiser
Women's
Multivitamin

120 ct.



\$31⁴⁹

Also on sale:
Vitamin Code Raw Calcium, 120 ct. **\$36.49**

NORTH AMERICAN HERB & SPICE

Oreganol Oil of Oregano

0.45 oz.



\$20⁹⁹

Also on sale:
Oreganol Super Strength Oil of Oregano, 1 oz. **\$38.49**

YERBA PRIMA

Psyllium Husks Powder

12 oz.



\$14⁹⁹

Also on sale:
Psyllium Whole Husks, 12 oz. **\$14.99**

Additional items on SALE!

ALOE LIFE

Aloe Gold Whole Leaf
Aloe Vera Juice
Concentrate

32 oz.



\$27⁴⁹

Also on sale:
Skin Gel Ultimate Skin Treatment, 8 oz. **\$20.99**

DR. BRONNER'S

Sal Suds 32 oz. \$10.99



Sal Suds is a concentrated, plant-based all-purpose cleaner with natural fir and spruce essential oils. It's tough on dirt yet gentle on skin—perfect for dishes, floors, laundry, and more.

ANNIE'S HOMEGROWN



Cheddar Cheese Puffs

4 oz.

\$3.89



BLUE DIAMOND

Unsweetened Original Almond Milk

32 oz.



\$2.99



BRIANNA'S



Organic Poppy Seed Dressing

10 oz.

\$3.99



CROWN PRINCE

Skinless Boneless Sardines

3.75 oz.

\$3.49



EDWARD & SONS

Original Brown Rice Snaps

3.5 oz.

\$2.99



EPIC PROVISIONS

Beef Tallow

11 oz.

\$9.99



LET'S DO ORGANIC

Not Chick'n Bouillon Cubes

2.5 oz.

\$2.29



MUIR GLEN

Tomato & Basil Sauce

23.5 oz.

\$3.49



ONCE AGAIN

Organic Tahini

16 oz.

\$7.99



TASTY BITE

Ready to Eat Basmati Rice

8.8 oz.

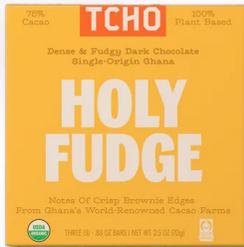
\$2.49



TCHO

Holy Fudge
Chocolate Bar

2.5 oz.



\$3.69

WATERLOO

Cherry
Sparkling
Water

12 pack / 12 oz.



\$4.99

BLUE DIAMOND

Unsweetened
Organic
Almond Milk

64 oz.

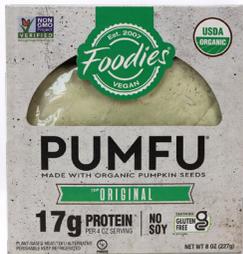


\$3.89

FOODIES

Pumfu Original

8 oz.



\$4.99

FORAGER PROJECT

Organic Plain
Cashew Yogurt

24 oz.



\$5.19

PERFECT BAR

Gluten-Free
Peanut Butter
Bar

2.5 oz.



\$2.39

REMEDY ORGANICS

Cacao Essentials

12 oz



\$3.89

Remedy Organics Cacao Essentials is a plant-based wellness shake featuring rich cacao, maca, and ashwagandha. With 16g of protein and gut-friendly prebiotics, it provides energizing, nutrient-dense support, ideal as a meal replacement or post-workout boost. Vegan, gluten-free, and USDA organic.

UNREAL

Dark Chocolate
Coconut
Mini Bar Bag

4.2 oz



\$5.49

CLEAN CAUSE

Blackberry
Sparkling
Water

16 oz.



\$2.49

HABIZA

Authentic
Original
Hummus

10 oz.



\$4.19

Savor the authenticity of Grandma's original recipe, made with perfectly cooked garbanzo beans and rich Middle Eastern tahini. Free of seed oils and preservatives, it offers a creamy, flavorful, and homemade hummus experience.

TONNINO

TOP QUALITY TUNA
JUST TASTES BETTER

A gourmet, high-protein tuna that makes meals delicious and effortless. Add it to salads, pasta, or any dish for a quick, healthy option.



TONNINO

Yellowfin Tuna in Olive Oil

6.7 oz.

\$6⁹⁹



KETTLE

Sea Salt
& Vinegar
Chips

5 oz.



\$2⁹⁹

NANCY'S

Grass-Fed
Whole Milk
Yogurt

24 oz.

\$4⁷⁹



MELA

Watermelon
Juice

16.9 oz.

\$2⁴⁹



Hello, bread lovers!

We're excited to announce that we are now carrying bread from Wild Wheat Bakery, a local favorite known for its exceptional artisanal breads and pastries. Each product is crafted with the finest ingredients, delivering the perfect balance of flavor and texture. Wild Wheat Bakery's commitment to quality shines through in every bite, whether you're enjoying fresh, handcrafted breads or delicious pastries. Stop by today to discover the amazing selection and experience the difference of quality baking!



Ciabatta

Hazelnut Currant

Challah



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

Dollar Off Deli Deals!

Week of 3/3-3/8
\$1.00 off Pesto Pasta Salad

Week of 3/10-3/15
\$1.00 off Tuna Salad

Week of 3/17-3/22
\$1.00 off Twice Baked Potatoes

Week of 3/24-3/29
\$1.00 off Macaroni Salad

House Made!