

CAPELLA SALE PRICES GOOD THROUGH FEBRUARY 14 WHILE SUPPLIES LAST



IN THE FREEZER

Gluten Free English Muffins  
YOUR CHOICE:  
Brown Rice or Multi Seed

7-Sprouted Grains English Muffins



\$2.85 16 oz.

Cinnamon Raisin English Muffins



\$3.25 16 oz.

Genesis 1:29 Sprouted Whole Grains & Seeds English Muffins



\$3.25 16 oz.



IN THE FREEZER

Rice Crust Cheese Pizza



12 oz.



Roasted Vegetable Pizza

12 oz. No Cheese

\$6.39

Spinach Pizza with Tomatoes

\$5.45

14 oz.



Cheese Pizza with Tomatoes

13 oz.

\$5.45

3 Cheese Corn Meal Crust Pizza



13 oz.

\$6.39

Pesto Pizza with Broccoli, Basil & Tomatoes



\$6.39

13.5 oz.

Mushroom & Olive Pizza

\$6.39

Rice Crust Spinach Pizza

\$7.59



14 oz.

Bulk

Organic Dark Red Kidney Beans

\$1.55 lb.

Organic Brown Sesame Seeds

\$2.15 lb.

Organic Small White Navy Beans

\$1.29 lb.

Chilled

FENTIMAN'S



Botanicallly Brewed Beverages

\$1.45

9.3 oz.

Tonic Water, Rose Lemonade, Dandelion & Burdock, and Mandarin & Seville Orange

WALLABY'S



Organic Lowfat Yogurt

79¢

6 oz.

Banana Vanilla, Black Cherry, Blueberry, Lemon, Maple, Orange Passionfruit, Peach, Raspberry, Strawberry Banana, Strawberry, and Vanilla



Parsley Plus All Surface Cleaner

\$2.49

22 oz.



"We pledge that our products are environmentally responsible, work well and provide value. We will never test on animals or use animal ingredients. We will conduct business in a socially responsible manner that safeguards the earth."

- www.ecos.com



Everyday Stain & Odor Remover

\$2.99

22 oz.

Dishmate Dishwashing Liquid

\$2.39

25 oz.



Almond, Apricot, Free & Clear, Grapefruit, Lavender, Pear

Ecos Ultra Lemongrass Laundry Liquid

\$4.99

50 oz.



Natural Furniture Polish

\$3.49

22 oz.



Ecos Ultra Laundry Liquid

\$8.79

100 oz.

Magnolia Lily, Free & Clear, Lemongrass, and Lavender



LOCAL • NATURAL • ORGANIC  
GOURMET • SPECIALTY • VARIETY

8am-10pm • 2489 Willamette • Eugene • 541-345-1014

www.capellamarket.com • www.facebook.com/capellamarket

PRICES GOOD THRU FEB. 14  
WHILE SUPPLIES LAST

HAPPENINGS AT CAPELLA MARKET

Dottie's Demos: Tuesday through Saturday 12-4pm

Free Beer Tastings Every Friday 4-6pm

Free Wine Tastings Every Saturday 4-6pm

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UPCOMING:

Citrus Festival Saturday February 18

7th Anniversary and Wine Sale March 16-17

Bulk Food Sale April 11-24

Body Care Sale May 9-22

Food Fair May 11-12

Cheese



Shredded Italian Reggiano Parmesan

\$19.49 lb.



Pepper Gournay Cheese

\$4.59

5.2 oz. Package

Meat

CAPELLA MADE Sweet Potato Apple Chicken Sausage Links

\$4.99 lb.

Stuffed Boneless Chicken Breasts

YOUR CHOICE: Pinenut Pesto or Sundried Tomato

\$6.99 lb.

Deli

WHEAT FREE Cashew Curry Chicken

\$7.99 lb.

WHEAT FREE Curry Tofu Vegetable

\$4.99 lb.

Beer & Wine

ANDERSON VALLEY Hop Ottin' IPA, Boont Amber & Oatmeal Stout



YOUR CHOICE: \$7.29

6 pack

SORELLE CASA

Secco Rosé Bubbles

Italian Rosé Sparkling Wine Brut

\$10.49

750 ml



Roast Beef

\$12.99 lb.

Uncured Genoa Salami

\$13.99 lb.

Produce

Organic Kiwi

\$1.69 lb.

Organic Texas Rio Star Grapefruit

\$1.29 lb.

Organic Sweet Mini Pepper Medley

PINT PACKAGE

\$2.69

Organic Broccoli with Stems

\$1.29 lb.

Organic Broccoli Crowns

\$1.69 lb.

Organic Large Hass Avocados

\$1.49 each

Grocery

BLUE SKY  
Organic Sodas  
**\$3.99** 6 pack  
Black Cherry, Cola, Orange Divine, Root Beer and Ginger Ale.

NUTIVA  
Organic Extra Virgin Coconut Oil  
**\$8.29** 15 oz.

ORGANIC VALLEY  
Organic Nonfat Dry Milk  
**\$5.99** 12 oz.

CROFTER'S  
Organic Premium Fruit Spreads  
**\$2.39** 10 oz.  
Apricot, Blood Orange, Concord Grape, Mango, Morello Cherry, Pomegranate, Red Raspberry, Strawberry, Wild Blackberry, Wild Blueberry

DOS PISTOLAS  
Natural Gluten-Free Gourmet Salsa  
**\$3.75** 16 oz.

JOVIAL FOODS  
Organic Einkorn Cookies  
**\$2.95** 8.8 oz.

KETTLE FOODS  
Natural Potato Chips  
**\$1.85** 5 oz.  
Lightly Salted, BBQ, Honey Dijon, Jalapeno, NY Cheddar, Unsalted, Sea Salt Vinegar, Sour Cream & Onion, Spicy Thai, Sweet Onion, Salt & Pepper, Zesty Ranch

NUTIVA  
Organic Coconut Manna  
**\$7.15** 15 oz.

EARTH BALANCE  
Natural No-Stir Peanut Butter  
**\$3.39** 16 oz.  
Creamy and Crunchy

CROFTER'S  
Organic Just Fruit Spreads  
**\$2.69** 10 oz.  
Apricot, Wild Blueberry, Red Raspberry, Strawberry, Superfruit, Wild Blueberry

DOS PISTOLAS  
Natural Gluten-Free Mango Jalapeño Sauce  
**\$4.55** 12 oz.

JOVIAL FOODS  
Organic Gluten-Free Einkorn Cookies  
**\$2.95** 7 oz.



"1% of our EnviroKidz sales are donated to species and habitat conservation or education programs for kids. Every time you buy one of our boxes with a cute endangered species on it, a portion of the price you pay goes to help. To date, 1MM dollars has helped our partnering organizations with their educational and protection efforts!" -www.naturespath.com

Organic Gorilla Munch Cereal  
**\$2.99** 10 oz.

Organic Amazon Frosted Flakes  
**\$2.99** 14 oz.

**NATURAL SEA**

"Since 1991 Natural Sea™ has been responsible for providing families with the highest quality, best tasting seafood products that are harvested in a sustainable manner. We are partners with the Marine Stewardship Council (MSC) and proudly wear the Dolphin Safe logo on our packaging. Our products use no fillers, artificial colors, or preservatives."

-www.naturalsea.com

Wild Premium Alaskan Red Sockeye Salmon  
**\$3.89** 7.5 oz. Salted

FROM NATURE'S PATH

Organic Leapin' Lemurs Peanut Butter & Chocolate Cereal  
**\$2.99** 10 oz.

Organic Koala Crisp Chocolate Cereal  
**\$2.99** 11.5 oz.

Organic Peanut Butter Panda Puffs Cereal  
**\$2.99** 10.6 oz.

Solid White Albacore Tuna  
**\$2.35** 6 oz. Salted and Unsalted

Chunk Light Tuna  
**\$2.15** 6 oz. Salted and Unsalted

Chunk Light Tongol Tuna  
**\$1.95** 6 oz. Salted and Unsalted

Wild Premium Alaskan Pink Salmon  
**\$2.59** 7.5 oz. Salted and Unsalted

**Garden of Life**  
GARDEN OF LIFE Wobenzym® N  
Healthy Inflammation & Joint Support†  
Wobenzym N is the authentic systemic enzyme formula trusted by millions worldwide to provide clinically demonstrated support for joint and inflammation health.†  
**\$119.19** 800 tablets  
**\$78.65** 400 tablets  
*†These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.*

**R.W. KNUDSEN**  
Organic Aseptic Box Pear and Apple Juice  
YOUR CHOICE:  
**\$1.59** 3 pack  
ALSO for \$1.59: Natural Tropical Punch (3 pack).

Cider & Spice  
**\$1.69** 32 oz.  
Organic Goji Berry Juice  
**\$4.45** 32 oz.

Just Concord  
**\$3.99** 32 oz.  
Just Cranberry  
**\$6.65** 32 oz.

Just Black Cherry  
**\$3.75** 32 oz.  
Natural Sparkling Crisp Apple Cider  
**\$2.35** 750 ml

Natural Juice Spritzers  
**\$2.79** 4 pack (10.5 oz. cans)  
Sparkling Juices  
**\$2.59** 750 ml  
Black Cherry, Mango Fandango, Tangerine, Red Raspberry, Boysenberry, Grape, Mandarin Lime, Peach, Orange Passionfruit  
Cranberry, Cherry, Kosher Grape, Organic Apple, Organic Pear

Grocery

FENTIMAN'S  
Botanically Brewed Beverages  
**\$5.59** 4 pack (9.3 oz. Bottles)  
Dandelion & Burdock, Mandarin & Seville Orange, Rose Lemonade, Tonic Water

PACIFIC NATURAL FOODS  
Organic Bisques  
**\$1.99** 17.6 oz.  
Butternut Squash, Cashew Carrot Ginger, Hearty Tomato, Roasted Red Pepper & Tomato

LATE JULY  
Organic Crackers  
**\$1.79** 5-6 oz.  
Classic Rich, Cheddar Cheese, Saltines

SANTA CRUZ  
Organic Applesauce Cups  
**\$2.85** 6 pack  
Original, Cinnamon, Peach, Apricot

R.W. GARCIA  
Flaxseed Tortilla Chips  
**\$2.39** 7 oz.

VIVANI  
100% Organic Chocolate Bars  
**\$2.55** 3.5 oz.  
Original Dark Chocolate, Dark Chocolate with 85% Cocoa, Dark Chocolate with Orange

FOOD SHOULD TASTE GOOD  
All Natural Chips  
**\$2.29** 5.5 oz.  
Sweet Potato, Blue Corn, Cheddar, Lime, Jalapeno, Multigrain, Olive, The Works

PACIFIC NATURAL FOODS  
All Natural Soups  
**\$1.99** 17.6 oz.  
Poblano Pepper & Corn Chowder, Chipotle Sweet Potato, Roasted Garlic Mushroom Lentil, Rosemary Potato Chowder, Thai Sweet Potato, Vegetable Lentil & Roasted Red Pepper

LUNDBERG • ECO-FARMED  
Natural Risotto Mixes  
**\$1.89** 5.5-5.8 oz.  
Butternut Squash, Creamy Parmesan, Roasted Garlic Primaverae

GOOD KARMA  
Organic Whole Grain Ricemilk  
**\$2.15** 32 oz.  
Original, Chocolate, Vanilla

TERRA  
Sweet Potato Chips  
**\$2.65** 6 oz.  
Plain Sweet Potato and Sweets & Beets

SEVENTH GENERATION  
Natural Paper Towels  
**\$8.69** 8 pack