

BEVERAGES

GO
Coconut Water

2/\$3 17.5 oz +dep
Assorted Varieties

ORGANIC
Lemonades
2/\$4 32 oz +dep
Assorted Varieties

BRAGG
Apple Cider
Vinegar Drink
2/\$5 16 oz +dep
Assorted Varieties

REBBL
Herbal Elixirs
2/\$5 12 oz +dep
Assorted Varieties

Protein Tonics
\$389 12 oz +dep
Dark Choc, Vanilla Spice

Blue Sky
Natural Sodas
\$299 6/12 oz +dep
Assorted Varieties

Sugar Free Sodas
\$399 6/12 oz +dep
Assorted Varieties

CRYSTAL GEYSER
SPARKLING
Spring Water
\$149 1.25 ltr +dep
\$249 4/18 oz +dep
Assorted Varieties

Tejava
The Unsweetened Tea
Bottled Black Tea
\$249 1 ltr +dep
Original, Lemon

POP & BOTTLE
Almond Milk Latte
\$299 11 oz +dep
Vanilla or Mocha Cold Brew

Nixie
SPARKLING
Spring Water
\$399 8/12 oz +dep
Assorted Varieties

Q MIXERS
DRINKS SLIM CANS
\$225 16.9 ml +dep
Assorted Varieties

SPARKLING
2/\$7 4/7.5 oz +dep
Assorted Varieties
\$495 750 ml +dep
Tonic Water, Ginger Ale;
Ginger Beer, 4/6.7 oz

CHILLED FOODS

DE CASA
FINE FOODS
Salsa or Bean Dip
\$275 14-14.4 oz
Assorted Varieties

Almond Breeze
Almond Milk
2/\$7 64 oz
Assorted Varieties

Nancy's
Yogurt
LOW FAT
75¢ 5.3 oz GF
Assorted Varieties

HONEY, NON-FAT
OR LOW FAT
Plain or Vanilla
\$249 32 oz GF
\$465 64 oz GF

GARLIC HERB
Cream Cheese
\$249 8 oz

MISO
White \$499 8 oz
Red \$545 8 oz

BROWN COW
Cream Top Yogurt
5/\$5 5.3 oz GF
Assorted Varieties

milkadamia
MACADAMIA/COCONUT
Creamer
2/\$6 16 oz GF
Vanilla: Raw or Unsweetened

BITCHIN'
SAUCE
Almond Dip
2/\$9 8 oz GF
Chipotle, Original, Cilantro Chili

Tofurky
Meatless Sausages
\$399 14 oz
Italian Sausage, Kielbasa

melt
ORGANIC
Buttery Sticks
\$429 16 oz

Vital Farms
PASTURE RAISED
Large Eggs
\$549 Dozen

Summer days again...

It's finally starting to feel like summer. School is out, the sun is out, and barbecue season has officially begun.

Our Produce department has Portobello mushrooms ready for the grill, along with heirloom tomatoes that will elevate any burger.

The Meat department has tons of great grilling options including ground beef patties and chicken brats. Our house made classic coleslaw in the Deli is a no effort side, perfect for warm weather.

The chip grotto is overflowing with options, from potato or corn, to plantain, bean & rice or cassava root chips. From sauerkraut to relish, mustard to barbecue sauce, we have condiments for every taste.

For a fantastic no bake dessert, try the Alessi Italian Lady Finger cookies layered with whipped cream, nectarines, raspberries and/or lemon curd.

At Capella Market, summer is delicious!

CHEESE SHOP

Babybel
MINI
Cheese Wheels
\$399 6 pac

Bellwether Farms
ARTISAN CREAMERY
Crème Fraîche
FRESH CULTURED CREAM
\$459 7.5 oz

WINE & BEER

Abbelone
Pinot Gris
\$1299

Silvan Ridge
WINERY
Pinot Noir
\$1899

LAGUNITAS
BREWING COMPANY
IPA, Little Sumpin'
Sumpin' Ale
\$999 6/12 oz +dep

Eugene's World Class Neighborhood Grocer

MEAT SHOP

SAUSAGE LINKS
German Bratwurst
\$529 lb

LOIS LAKE, CANADA
Steelhead Fillets
FRESH FARMED
\$1099 lb

DELI & KITCHEN

Capella
MADE
Classic Cole Slaw
\$539 lb
WHEAT FREE

Turkey Meatloaf
Capella
MADE
\$629 lb

BLOCK & BARREL
Beef Pastrami
\$1499 lb
Roast Beef
\$1799 lb

PRODUCE

ORGANIC
Cantaloupe
Whole 89¢ lb
Cut 99¢ lb

ORGANIC
WHITE OR YELLOW
Peaches
\$369 lb

ORGANIC
Strawberries
\$369 1 lb pac

ORGANIC
Blueberries
\$499 pt
\$799 18 oz

ORGANIC
Sweet Corn
\$149 ea

ORGANIC
Lettuces
RED, GREEN, ROMAINE
OR BUTTER
\$169 ea

ORGANIC
Mini Sweet Peppers
2/\$5 1 lb bag

FROZEN FOODS

STANLEY BURN
FROZEN FRUITS
\$399 10 oz
Assorted Varieties

Mason Dixie
Biscuits
\$499 17 oz
Buttermilk, Cheddar, Cheddar Chive

goodpop
Frozen Pops
\$399 4/2.5-2.75 oz
Assorted Varieties

Alden's
ORGANIC
ICE CREAM, SORBET, YOGURT
Bars or Sandwiches
\$399 3-4 pac
Assorted Varieties; Salted Caramel,
Vanilla Mini, Original, \$5.49, 8 ct

STRAUS
Ice Cream
\$399 pint
Assorted Varieties

KETO
Keto Ice Cream
\$499 16 oz GF
Mint Chip, SS Caramel, Pnut Btr Cup

Boca
Meatless Burgers
2/\$7 4/2.5 oz
Classic, Spicy

ALEX'S
AWESOME
SOURDOUGH
Sourdough Pizzas
\$699 11.4-13.2 oz
Mozzarella, Sunflower Pesto, Mushroom



SENIOR DISCOUNT AVAILABLE W & SU ALL DAY

SENIOR ONLY SHOPPING: W & SU 8AM-9AM

SALE PRICES GOOD JUNE 23 THRU JULY 6 WHILE SUPPLIES LAST

8AM-9PM • 2489 Willamette St • Eugene • 541.345.1014

capellamarket.com • facebook.com/capellamarket • @capella.market

LOCAL FOOD CRAFTER

SALE PRICES GOOD JUNE 23 THRU JULY 6 OR WHILE SUPPLIES LAST

* = ORGANIC

GROCERY DEPARTMENT

KIND
Fruit & Nut Bars
2/**\$3** 1.2-1.4 oz
Assorted Varieties

Protein Bars
\$1.99 1.76 oz
Assorted Varieties

TORTILLA CHIPS
\$2.39 14 oz
Triangles or Round

Boulder Canyon
Potato Chips
\$2.89 5.25 oz **GF**
SS & Avocado Oil, SS & Cracked Pepper

MOON CHEESE
Cheese Bites
\$2.99 2 oz
Assorted Varieties
Quinn
Pretzels
GLUTEN FREE
\$3.49 7 oz **GF**
Assorted Varieties
GRAIN FREE OR NUGGETS
\$3.99 5.5-7 oz
Assorted Varieties

Microwave Popcorn
\$3.99 6.9-7 oz
Assorted Varieties

COUNTRY ARCHER
Beef or Turkey Jerky
\$4.89 2.5-2.75 oz
Assorted Varieties

THUNDERBIRD
Energy Bars
2/**\$3** 1.7 oz
Hazelnut Maca, Pecan Goji Pistachio,
Chocolate Almond Butter Sea Salt

KETTLE BRAND
Potato Chips
2/**\$4** 4.2-5 oz
Regular or Krinkle Cut Varieties

ANGIE'S
Boomchickapop
2/**\$5** 4.8 oz **GF**
Sea Salt

EPIC
Pork Rinds
or Cracklings
2/**\$5** 2.5 oz **GF**
Assorted Varieties

banana
Plantain Chips
2/**\$7** 5 oz
Assorted Varieties

Stacy's
Pita Chips
\$2.35 7.33 oz
Assorted Varieties

Beanfields
Bean & Rice Chips
\$2.75 5.5 oz
Assorted Varieties

GARDEN OF Eatin'
Tortilla Chips
\$4.49 16 oz
Assorted Varieties

ALESSI
Italian Cookies
\$1.99 7 oz
Amaretti, Savoiardi Ladyfingers
Balsamic Vinegar
2/**\$5** 8.5 oz
Red or White
Italian Pasta
2/**\$5** 16 oz
Assorted Varieties

BLUE DIAMOND
Nut Thins
\$2.99 4.25 oz **GF**
Assorted Varieties

Breton
Crackers
\$2.99 4.76-8.8 oz
Regular & Gluten Free Varieties

JAKE'S
Spiced Almonds
\$3.99 7 oz
Assorted Varieties

Frontier
Guacamole Mix
\$1.49 4.5 oz
Salsas
\$2.99 16 oz
Assorted Varieties

Tenaya
Slow Roasted Salsas
or Bean Dip
\$3.99 16-16.5 oz
Assorted Varieties

Annie's
Mac & Cheese
2/**\$5** 5.5-6 oz
Regular, Vegan & Gluten Free Varieties

BEA OLHAO
Mackerel or Sardines
2/**\$5** 4.25 oz
Assorted Varieties

Worcestershire
Sauce Vegan
\$3.19 5 oz
Gluten Free **\$4.59** 8.5 oz

COLAVITA
Balsamic Vinegar
\$4.49 17 oz

BRAGG
Liquid Aminos
\$5.99 32 oz

Artisana ORGANICS
Artisan Ghee
\$8.99 8 oz
\$14.99 16 oz

LUCINI
ITALIA
EXTRA VIRGIN Olive Oil
\$11.99 17 oz
LIMITED RESERVE
\$15.99 17 oz

LET'S DO ORGANIC
Confetti Sprinkelz
\$1.49 1 oz
Ice Cream Cones
Organic **\$2.49** 1.2 oz
Gluten Free **\$2.95** 1.2 oz **GF**
Sugar Cones
ORGANIC OR GLUTEN FREE
\$3.49 4.6 oz

NATIVE FOREST
Pineapple
2/**\$7** 14-15 oz
Chunks, Sliced, Crushed

Santa Cruz ORGANIC
Chocolate Syrup
\$3.99 15.5 oz

milkadamia
Macadamia Milk
2/**\$7** 32 oz **GF**
Assorted Varieties

DANDIES
VEGAN
Marshmallows
\$3.49 10 oz
Vanilla, Mini Vanilla

theo
Nut Butter Cups
2/**\$3** 1.3 oz
Assorted Peanut Butter Varieties
Chocolate Bars
2/**\$5** 3 oz
Assorted Varieties

BACKYARD BARBECUIN' & PICNICIN' ARE BACK ON THE MENU

simply Organic
Seasoning or Dip Mixes
\$1.15 .7-1.5 oz
Assorted Varieties
SANTA BARBARA Olive Co.
Pitted Olives
2/**\$4** 6 oz **GF**
Black Medium or Large; Green, \$2.99

Stuffed Olives
MARTINI PIMENTO
\$2.59 5 oz
ANCHOVY
\$2.79 5 oz
GARLIC OR JALAPEÑO
\$3.25 5 oz
ALMOND OR BLUE CHEESE
\$3.49 5 oz
JALAPEÑO GARLIC
\$3.99 5 oz

NAKED
Hamburger or Hot Dog Buns
\$3.19 8 pac
Franz
GLUTEN FREE
Hamburger or Hot Dog Buns
\$6.39 4 pac **GF**
Keto Hamburger Buns, \$5.25

LILY'S SWEETS
STEVIA
Chocolate Bars
\$2.99 2.8-3 oz
Assorted Varieties

EDEN FOODS
Pocket Snacks
\$5.99 1 oz
Spicy or Salted Pumpkin Seeds;
Wild Berry Mix, 95¢
Gomasio
\$2.59 3.5 oz
Original, Seaweed
Mustard
\$2.89 9 oz
Stoneground
Sauerkraut
\$5.79 32 oz
3 Onion **\$4.45** 18 oz
Kimchi **\$5.39** 18 oz
French Celtic Sea Salt
\$4.69 14 oz

kevin's
Marinades
\$3.99 9 oz
Korean BBQ, Teriyaki
STUBB'S
BBQ Sauce
\$3.49 18 oz
Assorted Varieties

WOODSTOCK
Mustard
2/**\$5** 8 oz
Yellow, Dijon, Stoneground
Sauerkraut
\$3.39 16 oz
Mayonnaise
Squeezable **\$3.75** 11.25 oz
\$4.19 16 oz
\$6.99 32 oz
Pickles
\$4.19 24 oz
Bread Butter Chips & Kosher Varieties
Pickle Relish
\$4.19 16 oz
Jalapeño, Sweet
Ketchup
2/**\$5** 15 oz
\$2.79 19.5-20 oz
Original, 50% Less Salt/Sugar
\$3.79 32 oz
Hot Sauce
\$2.99 5 oz
Assorted Varieties
BBQ Sauce
\$3.15 18 oz
Original, Hickory
Hardwood Charcoal
\$8.99 8.8 lb

NATURAL HEALTH DEPARTMENT

NEWCHAPTER
Turmeric Force
\$27.69 60 cap