

CHILLED FOODS

Casablanca
Hummus
\$279 8 oz
 Assorted Varieties
\$499 16 oz
Tzatziki
\$315 8 oz
Baba Ghanooj
\$439 8 oz

Toby's family foods
Tofu Pate
\$325 11 oz
 Assorted Varieties
Dressings
\$449 16 oz
 Assorted Varieties
daiya deliciously dairy-free
Cheese
\$399 7.1-8 oz
 Block, Shredded or Sliced Varieties

Tofurky
Meatless Sausages
\$399 14 oz
 Italian, Kielbasa, Beer Brats
Vannelli
Artisan Ravioli
\$479 8 oz
 Wild Mushroom, 5 Cheese Garlic
\$595 8 oz
 Spinach, Butternut Squash

Bubbies
 Kosher **Dill Relish**
\$499 16 oz
 Kosher **Dill Pickles**
\$549 16 oz
 Baby Dills **\$699** 33 oz
 Large, Spicy or Bread & Butter Chips
Sauerkraut
\$699 25 oz

BEVERAGES

GENESIS organic juice
Fresh Juices
\$249 12 oz +dep
 Apple or Hibiscus Cooler
\$289 12 oz +dep
 All Other Varieties

R.W. Knudsen
Sparkling Juices
2/\$5 750 ml +dep
 Assorted Varieties

\$299 750 ml +dep
 Apple or Pear

Apple Juices
\$299 32 oz +dep
 Apple Ginger, Cider & Spice
 or Organic Apple

Organic **\$999** 96 oz

SAN PELLEGRINO
SPARKLING Mineral Water
\$179 750 ml +dep
\$199 1 ltr +dep
ITALIAN Sparkling Drinks
\$499 6/11.15 oz +dep
 Assorted Varieties

bionature
Fruit Nectars
\$299 25.4 oz +dep
 Apricot, Peach; Bilberry, \$3.49

VSO ENERGY
Energy Drinks
\$299 17 oz +dep
 Assorted Varieties

Q DRINKS **Mixers**
2/\$4 16.9 oz +dep
 Assorted Varieties
2/\$7 4/7.5 oz +dep
 Assorted Varieties in Cans
\$495 4/6.7 oz +dep
 Ginger Beer, in Glass
\$499 750 ml +dep
 Tonic Water, Ginger Ale

URBAN ACCENTS
WHOLE Mulling Spice
\$369 1.25 oz

EQUAL EXCHANGE **Coffee**
\$699 10-12 oz
 Drip Grind or Whole Bean

NUMI **Teas**
 BLACK, GREEN OR HERBAL
\$519 12-18 bags
 Assorted Varieties
TURMERIC
\$529 12 bags
 Amber Sun Roibos, Fields Gold, 3 Roots
Drinking Chocolate
\$665 6.3 oz
 Touch of Chili, Dash of Salt, Shroom Power

Lakewood **Juices**
\$499 32 oz +dep
 Super Veggie
\$795 32 oz +dep
 Pure Celery
CONCENTRATE
\$699 12.5 oz +dep
 Black Cherry

FROZEN FOODS

RAISED **Pies**
\$549 6-9 oz
 Assorted Varieties

Alden's **Ice Cream**
\$699 48 oz
 Assorted Varieties

Julian's
Cauli-Waffles
\$299 8 oz
 Original; Trky Sausage Brkfst Sndwch
Belgian Waffles
\$319 7.94 oz

Tofurky
PLANT BASED Roasts
\$1195 19-26 oz
 Rst Glazed "Ham", Stuffed Vegetarian
\$2595 3.5 lb
 Vegetarian Feast

FIELD ROAST
Meatless Protein
\$629 10 oz
 Fruffalo Wings, Mini Corn Dogs, Plant Based Nuggets

'TIS THE SEASON OF THE LIGHT



When I was growing up, there was no Christmas tree in our house until that magic morning. Where my German relatives came from, Santa brought not only presents but a tree full of light to put them under.

In ancient European cultures people often brought a living tree into their house at this time of year. The green of the yule tree represented eternal life, even as the sun's rays grew shorter with each passing day. A stout yule log placed in the hearth shed light throughout the house on the longest night.

In Iran, people gather for Yalda night. Together they eat (particularly nuts, pomegranates and watermelons), read poetry, and share stories to ward off evil spirits during the longest night.

From Hanukkah to Kwanza, from Krampus to Old Saint Nick, people around the world gather at this time of year to celebrate the return of the light w/friends and family, food & revelry.

Share your Light and make our world a brighter place!

CHEESE SHOP

boursin **GARLIC HERB Gournay Cheese**
\$439 5.2 oz

daysan BRETON
Le Petit Brie
\$899 500 gm

SOMERDALE **Red Dragon Mustard Cheddar**
\$1529 lb

WINE & BEER

WINE SPECTATOR - TOP 100s
CHALK HILL
 Sonoma Coast Chardonnay
\$1599

Badia **Coltibuono**
 Chianti Classico
\$1959

PFRIEM
Pale Ale, IPA, Hazy IPA, Pilsner
\$949 6/12 oz +dep

Eugene's World Class Neighborhood Grocer

MEAT SHOP

Chicken Italian Bulk Sausage
\$539 lb

ATLANTIC Scottish Lox
\$2599 lb

DELI & KITCHEN

Capella **Sourdough Sausage Stuffing**
\$629 lb
 WHEAT FREE

Capella **Cornbread Chestnut Stuffing**
\$629 lb

APPLEGATE **Pepperoni**
\$1115 lb

CHOLINART
Dry Salami
\$1235 lb

PRODUCE

ORGANIC Bosc Pears
\$149 lb

ORGANIC Granny Smith Apples
\$149 lb

ORGANIC Honeycrisp Apples
\$199 lb

ORGANIC Satsumas
\$269 lb
\$1299 5 lb l

ORGANIC Red or Yukon Potatoes
99¢ lb

ORGANIC Green Beans
\$269 lb

Joolies **Medjool Dates**
\$699 11-14 oz
 Whole or Pitted

NOTE: THIS IS A 3-WEEK FLYER! PRICES GOOD UNTIL 01.04.22



SENIOR DISCOUNT AVAILABLE W & SU ALL DAY
 SALE PRICES GOOD DEC 15 THRU JAN 4, '22 WHILE SUPPLIES LAST

8AM-9PM • 2489 Willamette St • Eugene • 541.345.1014
 capellamarket.com • facebook.com/capellamarket • @capella.market

= LOCAL FOOD CRAFTER PRICES GOOD DECEMBER 15 THRU JAN 4, 2022 WHILE SUPPLIES LAST = ORGANIC

GROCERY DEPARTMENT

Potato Crisps
 2/\$5 5.6 oz
 Assorted Varieties

Potato Chips
 2/\$5 5 oz
 Assorted Varieties

Crackers
 Water \$239 4.4 oz
 \$299 7-8.8 oz
 Multigrain, Original, Buttery

Root Veggie Chips
 \$349 5.5-6 oz
 Sweets & Beets, Potato Blend, Sweet Potato; Taro Chips, \$4.49

Potato Chips
 \$449 13 oz
 Assorted Varieties

Tortilla Chips
 \$249 5.5 oz
 \$499 16 oz
 Assorted Varieties

Pita Crackers
 \$349 4.25 oz
 Himalayan Salt, Rstd Red Pepper or Mediterranean Herb

Coconut Oil Frosting
 \$389 10 oz
 Vanilla or Chocolate

ALMOND FLOUR Baking Mixes
 \$599 9.4-12.9 oz
 Pizza Dough, Artisan Bread, Brownie, Chocolate Chip Cookie

Clam Juice
 \$249 8 oz

Chowders
 \$299 15 oz
 Clam or Salmon

Smoked Kippers or Chopped Clams
 \$369 6.5-6.7 oz

Semolina Pasta
 2/\$5 16 oz
 Assorted Varieties

MONTE BENE® Pasta Sauce
 \$449 24 oz
 Tomato Basil, Spicy Marinara

Pizza Sauce
 \$445 13 oz

Pasta Sauces
 \$669 15 oz
 Garlic Alfredo, Classic Alfredo

Basil, Marinara, Arrabbiata, Garlic, Vodka
 \$695 24 oz

Jarred Tomatoes
 Paste \$199 7 oz
 Strained \$259 24 oz

Canned Tomatoes
 2/\$5 28.2 oz
 Whole Peeled, Diced or Crushed

Pasta
 SEMOLINA, WW
 2/\$4 16 oz
 Assorted Varieties; Lasagna, \$2.69, 12 oz

Bone Broth
 \$499 14 oz
 Beef Jalapeno, Savory Chicken, Turkey Cranberry

Culinary Fats
 \$999 11 oz
 Beef, Duck, Berkshire Pork, Chicken

EGG
 2/\$5 8.8 oz
 Tagliatelle, Pappardelle

GLUTEN FREE
 2/\$6 16 oz
 Assorted Varieties

Fruit Spreads
 \$299 9 oz
 Apricot, Peach, Strawberry, Sour Cherry

Anchovies in Olive Oil
 \$279 8 oz

Smoked Baby Clams
 \$329 3 oz

Crab Meat
 \$699 6 oz

Albacore Tuna
 \$1045 12 oz
 Salt or No Salt

Balsamic Vinegar
 \$449 17 oz
 Wild Berry, Bilberry, Blackberry

Extra Virgin Olive Oil
 \$1499 25.4 oz

Soups
 \$299 14-14.3 oz
 Assorted Soups

Soups
 \$315 14-14.7 oz
 Assorted Soups or Bisques

Cooking Stock
 \$249 32 oz
 Seafood or Turkey

Vegetable, Beef, Free Range Chicken
 \$385 32 oz

Broths
 \$345 32 oz
 Mushroom or Vegetable

Beef or Chicken
 \$369 32 oz

Bone Broth CONCENTRATES
 Chicken \$499 12 oz
 Beef \$799 12 oz

Pizza Crust Mix
 \$569 18 oz

Gluten Free Flour
 \$1299 3 lb

EXTRA VIRGIN Olive Oil
 Everyday \$1079 25.4 oz
 100% CA \$1439 25.4 oz

Rice Ramen
 \$169 2.8 oz
 Assorted Varieties

Ramen Soup Cups
 \$199 2 oz
 Assorted Varieties

Flours
 Unblchd White \$349 5 lb
 Artisan Bread \$499 5 lb

GLUTEN FREE
 1 to 1 \$399 22 oz
 All Purpose \$699 44 oz

Almond
 \$799 16 oz
 Blanched or Natural

ORGANIC GF Coconut
 \$399 16 oz
 \$599 5 lb

Unbleached White, WW, WW Pastry
 \$599 5 lb

Pancake Mixes
 \$349 24 oz
 Buttermilk, Buckwheat, Homestyle

10-Grain
 \$295 24 oz

Gluten Free
 \$425 24 oz

Protein
 \$599 14 oz

Oats
 \$599 28-32 oz
 Thick, Old Fashioned, Quick Cooking

Maple Syrup
 AMBER RICH TASTE
 \$825 8 oz
 \$1159 12 oz

NATURAL HEALTH DEPARTMENT

Turmeric Force
 \$2769 60 sgel

Chocolate
 Mini Bars \$99 1.2-1.3 oz
 Assorted Varieties; Almond Toffee, Ganache Coconut, \$1.49, 1.41 oz

Nut Btr Cups
 \$149 1.2 oz

Bars
 2/\$5 2.9-3.2 oz
 Assorted Varieties

Bars
 \$299 3.2 oz
 Cherries in Dark, 73% Dark

Zro Sugar Bars
 \$299 3.2 oz

Dk Chocolate Chips
 \$499 11 oz

Chocolate Bars
 2/\$5 3 oz
 Assorted Varieties

Chocolate Bars
 2/\$5 3 oz
 Assorted Varieties

GLUTEN FREE Chocolate Chips
 \$449 9-10 oz
 Dakr, Mini, Mega Chunk

DANDIES® VEGAN Marshmallows
 \$349 10 oz
 Vanilla: Original or Minis

Puremade Sauces
 \$399 16.5 oz
 Assorted Varieties

Puremade Syrups
 \$449 12.7 oz
 Assorted Varieties

Chocolate
 Truffles \$69 4.2 oz
 Assorted Varieties

Bars
 2/\$5 2.65-2.82 oz
 Original & Grassfed Varieties

Chocolate Treats
 \$149 1.4-1.5 oz
 Assorted Varieties

MINI CRISPY WAFERS
 \$399 3.5 oz
 Assorted Varieties

Dark Chocolate Bars
 2/\$5 2.8 oz
 Assorted Varieties

Chocolate Bars
 \$399 6.35 oz
 Assorted Varieties

STEVIA SWEETENED Baking Chips
 \$589 9 oz
 Dark Chocolate, Semi Sweet

Roasted Chestnuts
 \$399 5.2 oz

Butter Cookies
 \$299 5.7 oz

Tin
 \$799 16 oz