

CHILLED FOODS

 **Brown Cow**
CreamTop Yogurt
4/\$5 5.3 oz
Assorted Varieties

 **nosa**
finest yoghurt
Yoghurt
\$2.49 8 oz
Assorted Varieties

 **PERFECT BARS**
Protein Bars
\$2.79 2.2-2.5 oz
Assorted Varieties

 **Star**
Raw Sauerkraut,
Pickles or Beans
\$6.95 16 oz
Assorted Varieties; I-Boost, \$8.49

 **Alexandre**
FAMILY FARM
A2/A2 Kefir
\$6.49 28 oz
Whole or LowFat
A2/A2 GRASSFED
Milk
\$4.49 28 oz
\$6.99 48 oz

FROZEN FOODS

 **Stahlbush**
Vegetables
\$2.99 10 oz
Assorted Varieties

 **jack & annie's**
Jackfruit
\$4.69 8.1-10.1 oz
Nuggets, Wings or Patties

Fruits
\$4.49 10 oz
Assorted Varieties; Raspberries, \$5.35

 **Applegate**
ORGANIC & NATURAL MEATS
Sausages
\$5.29 7 oz
Chicken, Turkey or Pork

HILARY'S
Veggie Burgers
\$4.49 10 oz
or Conventional Varieties

 **dr. Praeger's**
PURELY SENSIBLE FOODS
Veggie Burgers
\$5.99 10 oz
Assorted Varieties

 **CANYON**
BAKEHOUSE
GlutenFree Breads
7-Grain \$6.99 18 oz
Heritage White \$8.49 24 oz

 **Cascadian Farm**
ORGANIC
Fruits
\$4.59 8-10 oz
Assorted Varieties

 **CAULIPOWER**
Cauliflower Crust Pizzas
\$8.59 11.1-12 oz
Pepperoni, Cheese Lovers or Crust x2

 **Star**
Powered by Plants
\$10.15 24 oz
Assorted Varieties

BEVERAGES

 **RIOT**
Energy Drinks
2/\$5 16 oz +dep
Assorted Varieties

 **culture pop**
Probiotic Sodas
\$1.79 12 oz +dep
\$7.29 4/12 oz +dep
Assorted Varieties

 **Nixie**
Sparkling Water
\$4.49 8/12 oz +dep
Assorted Varieties

 **Teeccino**
Roasted Dandelion
or Mushroom Tea
\$4.99 10 bags
Assorted Varieties

 **R.W. Knudsen**
100% Fruit Juices
\$6.29 32 oz +dep
Pineapple or Grapefruit
\$7.99 32 oz +dep
Prune or Tart Cherry
\$10.45 32 oz +dep
Cranberry or Pomegranate

 **GROUNDWORK**
Whole Bean Coffee
\$11.89 12 oz
Bitches Brew or Lucky Jack

 **DE LA CALLE!**
Tepache
2/\$5 12 oz +dep
Fermented Pineapple Beverage
Assorted Varieties

 **HOPLARK**
Sparkling Hop Tea
2/\$5 16 oz +dep
Assorted Varieties

 **AMY & BRIAN**
Coconut Juice
\$2.75 17.5 oz +dep
Assorted Varieties

 **Kevita**
Probiotic Drinks
\$2.99 15.2 oz +dep
Assorted Varieties

 **Star**
Herbal Teas
\$3.99 16-20 bags
Assorted Varieties

 **ORGANIC INDIA**
Tulsi Teas
\$4.49 18 bags
Assorted Varieties

 **CHAMELEON**
COLD-BREW
ColdBrew Coffee
READYDRINK
\$2.99 10 oz +dep
CONCENTRATES
\$9.99 32 oz +dep
Assorted Varieties

"Food is everything we are. It's an extension of nationalist feeling, ethnic feeling, your personal history, your province, your region, your tribe, your grandma. It's inseparable from those from the get-go."

~ Anthony Bourdain

Eugene's World Class Neighborhood Grocer

Produce

High-quality organic vegetables and fruits, locally & regionally grown when possible. Fresh herbs, nuts & mushrooms too.

Groceries

A full array of quality natural, organic, gourmet and local packaged foods. Support your local and regional food crafters throughout the store.

Beer & Wine

From Oregon, the Northwest, California & around the world.

Bulk Foods

Over 500 items to choose from - grains, flours, nuts, herbs & spices, mixes, coffee & tea, cereals, beans and much more!

Deli & Cheese

Serving sandwiches, soups, entrees, side dishes & event trays. Plus sliced-to-order cheeses and cured meats.

Meat & Seafood

The best additive-free meats and seafoods, including delicious Capella Made sausages & jerkies.

Natural Health

Nutritional supplements, vitamins, homeopathics, herbal tinctures, and cruelty-free natural body care products.

CHEESE SHOP

 **Green Valley**
LACTOSE FREE
Mozzarella or
Mild Cheddar
\$5.99 8 oz

 **ROGUE CREAMERY**
Oregon Blue
\$20.49 lb

DELI & KITCHEN

 **Capella Made**
Sautéed Greens
\$5.75 lb

 **Thumann's**
"The Deli Best"
Chicken Breast
\$8.99 lb

MEAT SHOP

 **DIESTEL**
GROUND
Turkey Thigh
\$5.29 lb

FRESH WILD CAUGHT
Petrale Sole Fillet
\$11.99 lb

WINE & BEER

 **La Quercia**
Montepulciano
d'Abruzzo
\$8.99

 **DEOVÉ**
Live. Love. Share. Enjoy.
Pinot Gris
\$11.99

 **LAURELWOOD**
BREWING CO.
Workhorse
or Hazy IPAs
\$9.99 6/12 oz +dep

PRODUCE

ORGANIC
Honeycrisp Apples
\$1.29 lb

ORGANIC
Ambrosia Apples
\$1.49 lb

ORGANIC
Navel Oranges
\$1.69 lb

ORGANIC
Russet Potatoes
99¢ lb

ORGANIC
Kale
All Varieties
\$1.99 ea

ORGANIC
Tomatoes on Vine
\$2.29 lb

ORGANIC
Large Hass Avocados
\$2.69 ea

ORGANIC
Romaine Hearts
\$3.69 3 pk

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SNACKS & BAKING

DINNER

DINNER

NATURAL HEALTH

**Nutrition Bars**
4/**\$5** 1.6-1.7 oz
Assorted Varieties

**Meat Snack Bars**
2/**\$5** 1.3-1.5 oz
Assorted Varieties

**Potato Chips**
\$269 5.3 oz
Blk Truffle SS or Sweet Ghost Pepper

**Crispbreads**
\$345 9.5-9.7 oz
Whole Grain, Multigrain or Rye

**Popcorn**
\$349 4.6-5 oz 
Assorted Varieties

**Rice Cakes**
\$369 3.5 oz
Pnut Butter Top, Dark or Milk Choc

**Monkfruit Sweetener**
\$499 8.29 oz
Golden or Classic

**Chocolate Bars**
**\$299** 2.64 oz
Assorted Varieties

Pure Vanilla
Extract **\$1245** 4 oz
Powder **\$1355** 1 oz

**Energy Bars**
\$199 2.2 oz 
Assorted Varieties

**Macro Bars**
\$299 2.3-2.5 oz
Assorted Varieties

**Potato Chips**
\$299 4.25-5 oz
Kettle or Air Fried Varieties

**Sweet Potato Chips**
\$349 5 oz
Assorted Varieties

**Taco Seasonings**
\$229 1.31 oz
Mild or Spicy

GRAINFREE Tortilla Chips
\$459 5 oz
Assorted Varieties

GrainFree Taco Shells
\$499 5.5 oz

Botana Sauce
\$499 8.5-10 oz
Jalapeno, Traditional, Chamoy or Habanero

**GLUTEN FREE Multipurpose Flour**
\$1499 3 lb 

**Mac & Cheese**
3/**\$5** 5.25-6 oz
Assorted Varieties

**Canned Meals or Soups**
\$329 14-15 oz
Assorted Varieties

**Snack Mixes**
\$515 9 oz
Original or Cheddar

**Couscous or Rice Pilaf Mixes**
\$249 10 oz
Assorted Varieties

PEARLED COUSCOUS
\$269 4.7-5 oz
Roasted Garlic or Basil Herb

**Salsa**
\$449 16 oz 
Mild or Medium

Pasta Sauce
\$655 19.4 oz 
Marinara or Tomato Basil

**Pasta**
2/**\$5** 16 oz
Assorted Varieties

**Tomatoes**
\$159 14.5-15 oz
Assorted Varieties, Pizza or Tomato Sauce too

**Pasta Sauce**
\$299 23.5 oz
Assorted Varieties

**Ancient Harvest Quinoa Pasta**
\$349 8-9.6 oz 
Penne or Elbows

**Indian Entrees**
\$399 10 oz
Conventional or  Varieties

**Soups**
\$399 16.1-16.5 oz
\$499 32 oz
Assorted Varieties of each

**Pastas**
CASSAVA **\$359** 8 oz 
Fusilli, Pene or Elbows; Orzo, \$369

EINKORN
\$369 12 oz
Fusilli or Spaghetti

BROWN RICE
\$399 12 oz 
Assorted Varieties; Lasagna, \$435 9 oz

**Beans in Glass**
\$299 13 oz

**Einkorn Crackers**
\$359 4.5 oz

**Tomatoes in Glass**
\$429 28.2 oz
Diced or Crushed; Whole Peeled, \$479

Einkorn Flour
\$785 32 oz

**Beans**
\$249 15 oz
Assorted Varieties

\$369 25 oz
Garbanzo, Black, Kidney or Pinto

**SLOW SIMMER Soups**
\$399 17.5 oz
Assorted Varieties

**BONAFIDE Broth**
\$389 32 oz
Chicken or Vegetable | Salt or No Salt

**Broths**
\$399 32 oz
Chicken, No Chicken or Vegetable

Creamy Soups
**\$495** 32 oz
Tomato, Potato Leek or Butternut Squash

**SEEDS of CHANGE ReadyHeat Rice**
\$299 8.5 oz
Assorted Varieties

**Mustard**
\$379 12 oz
Spicy Brown or Dijon

Avo Oil BBQ Sauce
**\$489** 8.5-9 oz 
Assorted Varieties

Cocktail Sauce
**\$599** 8.5 oz

Avo Oil Dressings
\$699 8 oz 
Assorted Varieties

Avo Oil Mayo
\$925 12 oz
Chipotle Lime, Garlic or Pesto Aioli

**Ramen Broth**
\$799 8 oz
Miso, Shoyu or Tonkotsu

**Dressings**
\$459 8 oz
Balsamic, Citrus Chipotle or Tamari

**SunCoco Oil**
\$1069 25.4 oz

Roasted Hazelnut Oil
\$1299 16.9 oz

Extra Virgin Olive Oil
**\$1599** 25.4 oz

**Ghee**
\$1095 8 oz
Artisan

\$1899 16 oz
Artisan

\$1819 16 oz
Cultured

**Rescue Pastilles**
\$1199 50 gr
Original or Black Currant

**Mushroom Extracts**
\$2025 1 fl oz
Lions Mane or Reishi

\$2255 1 fl oz
Myco Breathe, Clarity or Digest

\$2699 1 fl oz
Cordyceps

**Body Wash Bar**
\$425 4 oz
Citrus or Coconut Vanilla

Conditioner or Shampoo Bar
Citrus **\$989** 4 oz

true grace Multivitamins
1x Daily **\$2639** 30 tabs
Men's or Women's

REFILLS
Women's **\$5599** 90 tabs
Men's **\$5759** 90 tabs

TOP O' THE MORNIN' TO YA... BREAKFAST TIME

**Puffed Cereals**
\$255 6 oz
Rice or Millet; Organic Kamut, \$2.99

**Pancake Mix**
Buttermilk **\$559** 22 oz

**Breakfast Flakes**
Maple Bkwht **\$595** 10 oz

Spelt **\$599** 12 oz

**Cascadian Farm**
Breakfast Cereals
\$449 8.6-13.5 oz
Assorted Varieties

CATALINA CRUNCH Sandwich Cookies
\$599 6.8 oz
Assorted Varieties

Keto Cereals
\$749 9 oz
Assorted Varieties

**Pancake Mixes**
**\$499** 16 oz
Buttermilk or Classic

Protein **\$599** 14-16 oz
Plant or 'Just Add Water'

**Sprouted Oats**
\$599 24 oz
Rolled or Steel Cut

purely elizabeth.
GlutenFree Granolas **\$649** 8-12 oz
Assorted Varieties

**Coombs Family Farms**
Dark Maple Syrup **\$899** 8 oz
\$1299 12 oz
\$2199 32 oz