



**Local
Hanging
Flower Baskets
\$29⁹⁹**

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 & jerky's.

Natural Health

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

CHEESE SHOP



Artikaas
Gouda
\$6.99 6 oz

Goat, Sheep, w/Truffle,
Peppadew or Gochujang;
Smoked Goat Gouda. \$4.99



WINE & BEER



FEDERALIST
Cabernet
Sauvignon
\$8.99



Weihenstephaner
Hefe Weissbier
or Lager
\$2.99 16.9 oz +dep

MEAT SHOP



PORK
Breakfast Links
\$5.39 1# bag
Frozen



BORNSTEIN
OREGON
Shrimp Meat
\$8.99 1# bag
Frozen

DELI & KITCHEN

true story.
Herbed Chicken
SLICED TO ORDER
\$11.49 lb



KOJI VEGAN
Smoked Turkey
SLICED TO ORDER
\$12.29 lb

PRODUCE

ORGANIC
Pink Lady Apples
\$1.69 lb



ORGANIC
Red Bartlett Pears
\$1.69 lb



ORGANIC
Navel Oranges
\$1.69 lb



ORGANIC
Tango Mandarins
\$2.69 lb



ORGANIC
Cauliflower
\$1.69 lb



ORGANIC
Zucchini
\$1.99 lb



ORGANIC
Tomatoes On the Vine
\$2.49 lb



ORGANIC LARGE
Artichokes
\$3.69 ea



SENIOR DISCOUNT AVAILABLE W & SU ALL DAY
PRICES GOOD APR 23 THRU MAY 06 WHILE SUPPLIES LAST

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

Kind
Fruit & Nut Bars

2/\$4 1.4 oz Assorted Varieties

R.W. Garcia
Corn Chips

\$3.49 7.5-8.25 oz Yellow or Chili Cheese

3-Seed Crackers

\$4.49 5.5 oz Lentil Turmeric, Everything

Bonne Maman
Tartlets

\$4.49 4.41-4.76 oz Raspberry, Lemon or Choc Caramel

Newman's Own
Sandwich Cookies

\$4.99 13 oz Assorted Varieties

Garden of Eatin'
Tortilla Chips

\$5.49 16 oz Assorted Varieties

Catalina Crunch
Breakfast Cereals

\$6.99 8-9 oz Assorted Varieties

Boulder Canyon
Potato Chips
or Poppers

2/\$7 5-6.5 oz Assorted Varieties

Mekhala
Crispy Onions

\$4.49 2.5 oz Umami Seaweed, Thai Chili Lime or Szechuan Hot Pepper

Made in Nature
Dried Fruit

\$4.49 3-12 oz Assorted Varieties

Le Pain Des Fleurs
Crispbreads

\$5.95 4.4-5.3 oz Buckwheat, Quinoa or Chestnut

Second Nature
Nut Medleys

\$6.99 10 oz Assorted Varieties

Nature's Path
Breakfast Cereals

\$7.99-\$8.99 26.1-32 oz Assorted Varieties

Frontera
Sauce Mixes

\$2.39 8 oz Taco or Enchilada

Westbrae
Beans

\$2.59 15 oz Assorted Varieties

\$3.59 25 oz

Garbanzo, Black, Kidney or Pinto

Hatch
Enchilada Sauces

\$3.49 14-15 oz Conventional or Assorted Varieties

Amy's
Refried Beans

\$3.69 15.4 oz Assorted Varieties



Salsa

\$5.49 14.7 oz Assorted Varieties

Primal Kitchen
BBQ Sauces

\$4.99 8.5-9 oz Assorted Varieties



Avo Oil Dressings

\$6.49 8 oz Assorted Varieties

Avo Oil Pasta Sauce

\$7.49 15.5-24 oz Alfredo or Tomato Varieties

Anna
Semolina Pasta
\$1.89 16 oz Assorted VarietiesDe Cecco
Semolina Pasta
\$2.99 16 oz Assorted VarietiesGoodles
Mac & Cheese

\$3.39 6 oz Cheddar Mac or Aged Cheddar



\$3.99 5.25 oz Vegan or Bac'n

Tru Roots
SPROUTED
White Quinoa
\$4.99 11 oz Mike's Hot
Hot Honey

\$7.99 12 oz w/Chiles or Extra Hot

Bono
EXTRA VIRGIN
Sicilian Olive Oil
\$16.99 16.9 oz 

GROCERY

Thai Kitchen
Coconut Milk 
 Lite **\$2.99** 13.66 oz
 Original **\$3.49** 13.66 oz



Sierra Nevada
Mustard
\$3.59 8 oz
 Pale Ale Honey, Porter Spicy
 or Stout Stoneground



Stubbs
BBQ Sauce
\$3.99 18 oz
 Assorted Varieties



San-J
Asian Sauces
\$3.99 10 oz
 Assorted Varieties



Delallo
**Bruschetta or
 Potato Gnocchi**
\$4.99 10-12 oz
 Assorted Varieties



California Olive Ranch
Extra Virgin Olive Oil
\$15.99 16.9 oz
 Balanced, Buttery or Peppery
 100% CA GROWN
\$19.99 16.9 oz
\$28.99 25.4 oz



Native Forest
Coconut Milk
\$2.99 13.5 oz 
 Unsweetened: Classic or Simple



Jackfruit
\$3.49 14 oz 

Canned Fruit
\$3.99 14-15 oz 
 Assorted Varieties

Artichoke Hearts
 in Glass **\$3.69** 9 oz 
\$4.39 14 oz 

Briannas
Marinades
\$3.49 12 oz
 Assorted Varieties

Dressings
\$4.39 10 oz 
 Assorted Varieties



Lucini Italia
Pasta Sauce
7.99 24 oz 
 Assorted Varieties



Balsamic **Vinegars**
 Modena **\$11.99** 8.5 oz
 Savory Fig **\$12.99** 8.5 oz


EXTRA VIRGIN
 Italian **Olive Oil** 
 Everyday **\$18.89** 17 oz
 Premium **\$32.89** 500 ml

WELLNESS



Herbs, Etc
Allergy Relief
\$23.85 30 cap
\$39.85 6 cap

SNACKS

Justin's
Nut Butter Cups
2/\$4 1.4 oz 
 Almond, Cashew or Peanut



Chocolove
Chocolate Bars
2/\$7 2.9-3.2 oz
 Assorted Varieties

Bobo's
Oat Bites
\$3.49 5/1.3 oz 
 Assorted Varieties



Tcho
Chocolate Bars
\$3.99 2.1-2.5 oz 
 Assorted Varieties



Tony's Chocolonely
Chocolate Bars
\$4.49 6.35 oz
 Assorted Varieties



Crofters
Fruit Spreads
\$4.99 16.5 oz 
 Assorted Varieties



Sunbutter
**Sunflower
 Butter**
\$6.49 12 oz 
 Assorted Varieties;  \$8.99



Equal Exchange
Chocolate Chips
\$9.49 10 oz 
 Semi-Sweet
 or Bittersweet



"The playwright Edward Albee has characterized [the suddenness of the appearance of fruits and flowers in evolutionary history] as 'that heartbreaking second when it all got together: the sugars and the acids and the ultraviolets, and the next thing you knew there were tangerines and string quartets.'"

~ Adam Leith Gollner,
*The Fruit Hunters: A Story of Nature, Adventure,
 Commerce, and Obsession*

CHILLED FOODS

Honey Mama's
Truffle Bars
\$429 2.5 oz
Assorted Varieties




Upton's Natural
Seitan
\$429 5-8 oz
Traditional or Bacon



Forager Project
Cashew or Oat Milk
\$399 28 oz




Cashew Yogurt
\$539 24 oz
Plain or Vanilla Bean



Nutpods
NonDairy Creamer
\$499 25.4 oz
French Vanilla, Almond Coconut, Cinnamon Swirl or Almond Coconut Caramel



Miso Master
Miso
\$1099 16 oz
Red or Chickpea Rice




FROZEN FOODS

Amy's
Burritos or Wraps
\$349 5-6 oz
Assorted Varieties



Dr Praeger's
Veggie Burgers or Bites
\$499 8-10 oz
Assorted Varieties




Grain Trust
Microwavable Rice
\$449 20-30 oz
Thai Jasmine, Hibachi Fried or Whole Grain Brown




Cosmic Bliss
Ice Cream COCONUT
\$549 14 oz




GRASSFED DAIRY
\$599 14 oz
Assorted Varieties



Feel Good Foods
Soup Dumplings
\$699 6 oz
Chicken or Pork




Potstickers or Eggrolls
\$749 9-10 oz
Assorted Varieties



BEVERAGES

Aura Bora
Sparkling Water
2/\$3 12 oz +dep
Assorted Varieties



De La Calle
Tepache
2/\$4 12 oz +dep
Assorted Varieties




Yachak Organic
Yerba Mate
2/\$4 16 oz +dep
Assorted Varieties





Ardor Energy
Energy Water
2/\$5 12 oz +dep
Mexican Lime, Pink Grapefruit or Vanilla Blackberry




Mountain Valley Spring
Water
2/\$5 1 Ltr +dep
Assorted Varieties



Hop Wtr
SPARKLING
Hop Water
\$949 6/12 oz +dep
Assorted Varieties



Organic India
Tulsi Teas
\$449 18 bags
Assorted Varieties




Explorer Cold Brew
ColdBrew
\$1299 32 oz
Assorted Concentrates




Dirty Chai
\$1399 32 oz
Assorted Concentrates



Tony's
Coffee
\$1299 12 oz
Assorted Varieties




"A culinary cosmopolitan perspective resides in a context of tremendous inequality, but it may simultaneously facilitate meaningful cultural exchange, and attempt to link food choices to global risks like climate change."

~ Josée Johnston
Foodies