

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.

Natural Health

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

CHEESE SHOP

Fiorucci
Prosciutto
\$4⁹⁹ 3 oz



buf Creamery
Fresh Mozzarella
\$7⁹⁹ 7 oz



Ovoline or Ciliegine

WINE & BEER

Abbelone Vineyard
Pinot Gris
\$12⁹⁹

Rosé or Pinot Noir Blanc
\$15⁹⁹



Pinot Noir
\$22⁹⁹

Ex Novo Brewing Co.

Eliot IPA
\$10⁴⁹

6/12 oz +dep



MEAT SHOP

Capella
MADE
German Bratwurst
Chicken Sausage
\$5⁹⁹ lb | Links



Beef Jerky
Wheat Free
\$17⁹⁹ lb

DELI & KITCHEN

Capella
MADE
White Bean
Salad
\$7⁴⁹ lb



Smoked Turkey
\$11⁴⁹ lb

PRODUCE

ORGANIC
Pink Lady Apples
\$1⁶⁹ lb



ORGANIC YELLOW
Peaches or
Nectarines
\$3⁹⁹ lb



ORGANIC
Seedless Grapes
GREEN, RED OR BLACK
\$4⁵⁹ lb



ORGANIC
Strawberries
\$4⁵⁹ 1# pk



ORGANIC
Celery
99¢ lb



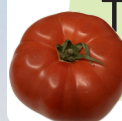
ORGANIC
Nantes Carrots
2/\$5 bunch



ORGANIC
Green Beans
\$2⁶⁹ lb



ORGANIC VINE-RIPENED
Tomatoes
\$4⁵⁹ lb



SENIOR DISCOUNT AVAILABLE W & SU ALL DAY
PRICES GOOD JULY 02 THRU JULY 15 WHILE SUPPLIES LAST


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

GROCERY

Lärbabar Nutrition Bars

 **3/\$4** 1.06-1.8 oz
Assorted Varieties

Beanitos Bean Chips

2/\$6 5 oz 
Black Bean SS, White Bean SS,
Hint of Lime or Nacho



Boulder Canyon Potato Chips

2/\$6 5.25-6.5 oz 
Assorted Varieties



Popchips Popped Potato Snacks

2/\$7 5 oz
Assorted Varieties



Mary's Gone
Crackers
\$349-\$399 4.25-6.5 oz
Assorted Varieties



Second Nature Nut Medleys

\$749 10 oz
Assorted Varieties



Bobo's Oat Bars

 **\$229** 3 oz
Assorted Varieties

Fig Bars

\$399 5/1.5 oz
Original or Blueberry


Angie's Popcorn

\$299 4.5-7 oz
Sweet & Salty, Cheddar
or Sea Salt



Unique Snacks


Pretzels

\$349 11 oz
Assorted Varieties;
 8 oz, \$399



Mavuno Harvest DARK CHOCOLATE

Dried Fruit

\$349 3 oz 
Mango, Pineapple or Coconut




Mauna Loa Dry Roasted Macadamias

\$599 4 oz
Sea Salt, No Salt
or Garlic Onion



GROCERY

Suzie's Organics Ketchup, Buffalo Wing or Cocktail Sauces

\$349 8-20 oz 



Stubbs Bar-B-Q Sauces

\$399 18 oz
Assorted Varieties



Napoleon Stuffed Olives

\$495 6.5 oz
Assorted Varieties




Balsamic Vinegar

\$499 17 oz 



Primal Kitchen BBQ Sauces

\$499 8.5-9 oz 
Assorted Varieties

Avo Oil Dressings

\$649 8 oz 
Assorted Varieties



Avo Oil Mayo

\$899 12 oz
Chipotle Lime, Pesto or Garlic Aioli

Dave's Gourmet Hot Sauces

\$349 5 oz 
Hurтин' Habanero or Scotch Bonnet
\$449 5 oz 



Dessert Pepper Trading Co

Salsa

\$499 16 oz
Peach Mango or
Corn Black Bean



Bachan's Japanese BBQ Sauce

\$649 15.5-17 oz
Assorted Varieties



Carbone Pasta Sauces

\$799 24 oz
Marinara, Arrabbiata
or Tomato Basil



Mike's Hot Honey Honey

\$899 12 oz
Extra Hot or Chili Infused



Ancient Organics Ghee

\$1199 9 oz 
Salted or Unsalted



GROCERY

Simply Organic Seasoning Mixes



\$1.49 .8-1.3 oz
Taco, Fajita or Guacamole



Ginger People
Ginger
\$3.49 6.7 oz
Minced, Grated or Pickled Sushi

Let's Do Organic Coconut

\$2.95 7-8 oz
Shredded, Flakes or Toasted Unsweetened

Coconut Cream

\$2.69 7 oz

HEAVY
\$3.79 13.5 oz



Coconut Flour
\$4.59 16 oz

Briannas
Marinades
\$3.69 12 oz
Assorted Varieties



Bela
Sardines or Mackerel
\$3.99 4.25 oz
Assorted Varieties



Delallo Bruschetta

or Pesto
\$4.99 6.35-10 oz
Assorted Varieties



Calabrian Peppers
\$4.99 6 oz

Tonnino
Tuna Fillets in Glass
\$6.99 6.7 oz
Assorted Varieties;
Ventresca, \$8.49



La Tourangelle
Spray Oils
\$5.99 5 oz
Avocado or EV Olive



EXTRA VIRGIN
Olive Oil

\$1.99 25.4 oz
Fruity or Peppery

Bono
**EXTRA VIRGIN
Olive Oil**
\$16.99 16.9 oz



WELLNESS

Dr Tung's
Smart Floss
\$4.49 30 yd



Giovanni
Shampoo or Conditioner
\$8.69 8.5 oz



Nature's Answer
**PERIOBRITE DENTAL CARE
Toothpaste**
\$5.75 4 oz



Mouthwash
\$8.99 16 oz

Badger
Mineral Sunscreen
98% ORGANIC



SPF 40 **\$12.75** 2.9 oz
Baby, Kids or Sport

SPF 50 **\$13.45** 2.9 oz
Adventure

Wiley's Finest
Wild Alaskan Fish Oil
Minis **\$17.35** 60 sgl

PEAK EPA
\$24.75 30 sgl
\$41.29 60 sgl



CHOCOLATE

Chocolove
Chocolate Bars

\$3.49 2.9-3.2 oz
Assorted Varieties



Lily's Sweets
STEVIA
Chocolate Bars
\$3.49 2.8-3 oz
Assorted Varieties



Guittard
Chocolate

BAKING OR CHIPS
\$7.99 6-12 oz
Conventional or Varieties



BAKING WAFERS
\$9.99 12 oz

Sunday Night
Chocolate Sauce



\$7.99 10 oz
Dark or Sea Salt

"Gratitude is the best food and fuel to start the day for you. Have some at lunchtime and again at dinner too. It will energise and sustain you - the whole day through. But it will also leave you room, power and the thirst to do what you need to do and contribute."

— Rasheed Ogunlaru

CHILLED FOODS

Brown Cow
Cream Top Yogurt
4/\$5 5.3 oz  Assorted Varieties



Forager Project
Cashew Yogurt
\$4.99 24-28 oz  Regular or Drinkable Varieties



Almond Breeze
Almond Milk
\$3.99 64 oz Assorted Varieties

Cleveland Kitchen
Kimchi, Dill Pickles
or Sauerkraut
\$4.99 16-32 oz Assorted Varieties



Atlantic Sea Farms
Seaweed Salad
\$7.99 15 oz Fermented or Spicy Gojuchang



FROZEN FOODS

Udi's Gluten Free
Buns
Burger \$4.49 4 pk
Hot Dog \$4.99 6 pk



Dr. Praeger's
Veggie Bites
or Burgers
\$4.99 10 oz  Assorted Varieties



Food For Life
Sprouted Breads
\$5.99 24 oz Sesame or Low Sodium; Grain & Seed, \$6.99



Alden's Organic
Ice Cream
\$8.99 48 oz  Assorted Varieties



Cosmic Bliss
Ice Cream
\$5.49 14 oz  Coconut Varieties



\$5.99 14 oz  GrassFed Dairy Varieties

BEVERAGES

Aura Bora
Sparkling Water
3/\$5 12 oz +dep Assorted Varieties



De La Calle
Tepache
\$1.99 12 oz  Assorted Varieties



Riot Energy
Energy Drinks
2/\$4 16 oz +dep  Assorted Varieties



Santa Cruz Organics
Lemonade
\$2.69 32 oz +dep  Assorted Varieties



Hoplarck Hoptea
Sparkling Hop Tea
2/\$5 16 oz +dep Assorted Varieties



Fever Tree
Mixers
\$4.99 4/6.8 oz +dep Assorted Varieties



Nixie
Sparkling Water
\$5.49 8/12 oz +dep  Assorted Varieties



Culture Pop
Probiotic Sodas
\$6.99 4/12 oz +dep Assorted Varieties



Biotta
Juice
\$5.99 16.9 oz +dep Beet or Apple Beet Ginger
\$8.99 16.9-32 oz +dep Elderberry or Beet



Wandering Goat
Coffee
\$9.99-\$11.79 12 oz Assorted Varieties



"If you can eat with mates or friends or family, I mean, it's such a brilliant thing isn't it? If you feel really rubbish and you have a nice bit of food it makes you feel good, you know?"

~ Jamie Oliver