

SANDWICHES OF THE MONTH



\$14.99 ea.
Verde Lamb Sandwich
 We slice shawarma leg of lamb thin and load a toasted ciabatta with pickled veg, fresh tomato, pea shoots, lettuce, tzatziki, and our delicious parsley verde sauce.



\$13.99 ea.
Famous Meatloaf Sandwich
 Slow-baked meatloaf layered with caramelized onions, bright red pepper relish, and melted mozzarella on toasted ciabatta, finished with fresh tomato and a touch of mayo.



\$14.99 ea.
Wagyu Philly Cheese Steak
 A toasted ciabatta baguette filled with Wagyu Roast Beef, two layers of melted Provolone, and sautéed peppers and onions. Finished with mayo and a sprinkle of salt

MUFFIN OF THE MONTH

HOUSE-MADE
Frazier Farms
Ube Muffins
NEW!

\$6 ea.
 4 pk.



THE MONTHLY GRIND



Salted Cashew Butter **\$5.49** lb.

WHOLE BEAN SPECIAL



Organic Blonde Blend **\$10.99** ea. (10 oz.)



COLD CREAM COLD BREWS

Salted Caramel Mocha, Vanilla Cream, Cinnamon Brown Sugar

\$6 12 oz. **\$6.50** 16 oz.

We reserve the right to modify items & change prices. All items subject to availability.

WELLNESS & NATURAL LIVING



Natural Factors Organic Oregano Oil **30% OFF**



Host Defense Gummies **\$26.95** SRP: \$36.95



Four Sigmatic Organic Coffee with Mushrooms & Adaptogens **30% OFF**



Vital Planet All Products **25% OFF**



Garden of Life All Proteins **35% OFF**



Humble Brands Soap & Deodorants **25% OFF**



BiOptimizer All Products **25% OFF**



Organic India All Products **25% OFF**



Irwin Naturals All Products **25% OFF**



Liquid IV Electrolyte Mix **30% OFF**



New Chapter Magnesium Formulas **30% OFF**



Snap Beet Gummies & Powders **25% OFF**

DELI



Bitchin' Sauce
Dips 7-8 oz. **\$3.99**

Includes Olive Bar!



Frazier Farms
Olives & Antipasto **\$10.99** lb.

BAKERY



Inked
Organic Breads **15% OFF**

BEER & WINE



Modelo
Beer 12 pk. + tax + CRV **\$1 OFF**



On The Fly
Cocktails 4 pk. + tax + CRV **\$9.99**

CHEESE



Cypress Grove
Humboldt Fog **\$6 OFF** lb.



Smart Chicken
Sausage 12 oz. **\$2 OFF** ea.

MEAT & SEAFOOD



Fresh All Natural
Grass Fed Rib Eye Steak **\$29.99** lb.



Fresh Big Glory
King Salmon **\$32.99** lb.



Fresh Shrimp or Seafood
Ceviche Cups **\$10.99** lb.

DAIRY



MyForest
Plant Based Bacon & Pulled Pork 6-8 oz. **\$7.99**



Nancy's
Organic Butter 8 oz. **\$4.99**



Cocoyo
Raw Coconut Yogurt 8 oz. **\$5.99**



Chobani
20G Protein Yogurt Drink 10 oz. **2 for \$6**



Alexandre Farms
A2/A2 Organic Chocolate Whole Milk 25.3 oz. **\$4.99**

BULK



Organic Quinoa **\$3.49** lb.



Olipop
Prebiotic Soda 4 Pack: **\$7.99** +tax +CRV **3 for \$6**



Hippeas
Puffs 3.75-4 oz. **2 for \$6**



Guru
Energy Drink 12 oz. +tax +CRV **2 for \$5**



Simple Mills
Cookies & Crackers 4-5.5 oz. **\$3.99**

GROCERY

GROCERY



Delallo
Italian Foods **25% OFF**



Chosen Foods
Line Drive **25% OFF**



Beyond Good
Chocolate 2.12-2.64 oz. **2 for \$9**



Heirloom
Coffee Roasters ROC Coffee 12 oz. **\$13.99**



GH Cretors
Popcorn 6.5-8 oz. **\$3.99**

GROCERY



Yerba Madre
Yerba Mate 15.5 oz. +CRV **2 for \$6**



Pretzel Snacks 7 oz. **2 for \$7**



Kind Bars 1.4 oz. Granola (11 oz.): **3 for \$5** 2 for \$11



Humble
Organic Potato Chips 5 oz. **2 for \$6**



Rambler
Sparkling Water 8 pk. +tax +CRV **3 for \$12**