



SPECIALS OF THE WEEK

Prices Effective:
March 03, 2010
thru March 16, 2010

Tuesday Only
Nonfat, 1%,
and 2% Milk **\$3.69**
One Gallon

Wednesday Only
AA
Large Eggs **\$1.69**
One Dozen

Thursday Only
#1 Quality
Bananas **\$.59** lb.

Quality Meats

Fresh "Ranger" Free Range Whole Fryers **\$1.69** lb.
WA grown - Antibiotic Free

Boneless Pork Loin Roast **\$3.99** lb.
Plain or Stuffed

Beef Top Round Steak **\$4.99** lb.
Painted Hills Natural Beef

Beef Top Round Roast **\$4.99** lb.
With our fresh herb-garlic seasoning

Boneless Turkey Breasts **\$3.99** lb.
Skin on, all natural

Our Own Bulk Pork Sausage **\$2.99** lb.
3 delicious varieties made in-house

Niman Ranch Dinner Franks **\$5.99** ea.
Assorted varieties, no antibiotics or hormones used 12 oz. packages

Seafood

Alaskan Sockeye Salmon Fillets **\$10.99** lb.
Wild, Caught and frozen at the peak of the '09 season

Imitation Crabmeat **\$4.99** lb.
Made with wild alaskan cod fish

Fresh Steamer Clams **\$4.99** lb.
Steam in veggie broth till they open, serve with melted butter

Farm Fresh Produce

Fresh Express Salad Mixes **\$2.99** ea.
Assorted Varieties 5oz.

Ripe Black Avocados **2^f or 3^r**
Very Large size!

Tender Asparagus **\$1.77** lb.

Firm crunchy Cucumbers **\$.69** lb.

Organically Grown Baby Peeled Carrots **2^f or 3^r**
1 lb. bag

New Red Potatoes **\$.69** lb.

Organically Grown Fuji Apples **\$1.19** lb.

Organically Grown Navel Oranges **\$.99** lb.

Sweet, juicy Mandarin Oranges **\$4.77** ea.
3 lb. bags

Ripe, bursting with flavor Strawberries **\$2.99** ea.
16 oz. container

In Our Deli

Carso's Fresh Pasta **\$2.19** ea.
Unstuffed varieties only 8 oz. package

Carso's Fresh Marinara Sauce **\$2.99** ea.
Made locally and delivered fresh to our store 12 oz. tub

St. Andre Triple Crème Soft Ripener **\$19.99** lb.
Serve w/ fresh sliced strawberries and a fresh baguette

Grocery Items

Yoplait Yogurt
Assorted Varieties
6 oz. containers

\$.69

Tillamook
Sour Cream
16 oz. container

\$1.77

Dole Juice Blends
All Varieties
1/2 gallon

2^f or \$6

Odwalla Fresh Juices
Orange, Carrot, Tangerine
and Selected Protein Drinks
450 ml bottles

2^f or \$5

Clif Builder Bars
All Varieties
2.4 oz single bars

2^f or \$3

Equal Exchange
Fair Trade Coffee
12 oz. bags

\$7.99

General Mills
Cheerios 14 oz.
Honeynut Cheerios 12.25 oz.

\$3.29

Franz Breads

San Juan Island 9 Grain and
Bighorn 100% Whole Wheat
26 oz loaves

\$2.99

Talking Rain
Sparkling Water
2 Liter bottles

\$1.69

Progresso
Vegetable Soups
Assorted Varieties 19 oz. cans

3^f or \$5

Pacific Natural Foods
Organic Broths
32 oz. Aseptic pack

\$2.97

Annie's Homegrown
Macaroni & Cheese
6 oz. box

2^f or \$3

Lundberg
Basmati Rice
2 lb. bag

\$2.99

Arm & Hammer
Liquid Laundry
Detergent 80 oz.

\$6.99

Frozen Foods

Ben & Jerry's
Ice Cream
All Varieties 1 pint

2^f or \$7

Stalbush Farms
Frozen Vegetables 10 oz

\$1.99

Stalbush Farms
Frozen Fruits 10 oz

\$2.99

Marie Callendar
Dinners
13 - 21 oz.

\$2.99

California Pizza
Kitchen Pizzas
All Varieties

\$5.99

Lean Cuisine
Cafe Classics
Assorted Varieties

2^f or \$5

Amy's Enchiladas
Assorted Varieties
9.5 oz. packages

\$3.59

Hogue Cellars

-Chardonnay
-Cabernet Sauvignon
and other selected varieties 750 ml.

Fine
\$6.99

Abbey Page
-Merlot
-Cabernet Sauvignon
and other selected varieties 750 ml.

\$7.99

Barnard Griffin
-Chardonnay
-Cabernet / Merlot
and other selected varieties 750 ml.

\$8.99

Wines



Magnificent
-House Red
and other selected varieties 750 ml.

\$8.99

Hogue 'Genesis'
-Merlot
-Cabernet Sauvignon
and other selected varieties 750 ml.

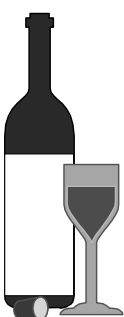
\$10.99

Milbrandt
-Merlot
-Cabernet Sauvignon
and other selected varieties 750 ml.

\$12.99

Brews

St. Patty's Day's a-comin'



Harp Lager
Guinness Draught
Smithwicks
Guinness
Stout or Draught

Glory be!

Get your Irish eyes a-smilin'

6 pk. bottles } **\$6.99**
4 pk. cans }
6 pk. bottles **\$7.49**
6 pk. bottles **\$7.99**

