



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	Franz Breads San Juan Island 9 Grain and Bighorn 100% Whole Wheat 26 oz loaves	\$2.99
Tillamook Sour Cream 16 oz. container	\$1.77	Talking Rain Sparkling Water 2 Liter bottles	\$1.69
Dole Juice Blends All Varieties 1/2 gallon	2^f or \$6	Progresso Vegetable Soups Assorted Varieties 19 oz. cans	3^f or \$5
Odwalla Fresh Juices Orange, Carrot, Tangerine and Selected Protein Drinks 450 ml bottles	2^f or \$5	Pacific Natural Foods Organic Broths 32 oz. Aseptic pack	\$2.97
Clif Builder Bars All Varieties 2.4 oz single bars	2^f or \$3	Annie's Homegrown Macaroni & Cheese 6 oz. box	2^f or \$3
Equal Exchange Fair Trade Coffee 12 oz. bags	\$7.99	Lundberg Basmati Rice 2 lb. bag	\$2.99
General Mills Cheerios 14 oz. Honeynut Cheerios 12.25 oz.	\$3.29	Arm & Hammer Liquid Laundry Detergent 80 oz.	\$6.99

Frozen Foods

Ben & Jerry's Ice Cream All Varieties 1 pint	2^f or \$7	California Pizza Kitchen Pizzas All Varieties	\$5.99
Stalbash Farms Frozen Vegetables 10 oz	\$1.99	Lean Cuisine Cafe Classics Assorted Varieties	2^f or \$5
Stalbash Farms Frozen Fruits 10 oz	\$2.99	Amy's Enchiladas Assorted Varieties 9.5 oz. packages	\$3.59
Marie Callendar Dinners 13 - 21 oz.	\$2.99		

Hogue Cellars -Chardonnay -Cabernet Sauvignon and other selected varieties 750 ml.	Fine \$6.99	Wines Magnificent -House Red and other selected varieties 750 ml.	TASTE! WASHINGTON! <i>The winemaker's wine experience</i>  \$8.99
Abbey Page -Merlot -Cabernet Sauvignon and other selected varieties 750 ml.	\$7.99	Hogue 'Genesis' -Merlot -Cabernet Sauvignon and other selected varieties 750 ml.	\$10.99
Barnard Griffin -Chardonnay -Cabernet / Merlot and other selected varieties 750 ml.	\$8.99	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	Get your Irish eyes a-smilin' Glory be! 6 pk. bottles } 4 pk. cans } \$6.99 6 pk. bottles } \$7.49 6 pk. bottles } \$7.99	
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