Field Day Organic Broth All Varieties 32 FL OZ
Was $3.59 Now $2.99

Field Day Organic Rice Pasta All Varieties, excl. Quinoa Blend 12 OZ
Was $3.89 Now $2.99

Field Day Organic Diced Tomatoes No Salt Added 14.5 OZ
Was $2.89 Now $2.50

Field Day Organic Pretzels All Varieties 8 OZ
Was $3.99 Now $3.49

Field Day Organic Canned Beans All Varieties 15.25 OZ
Was $2.69 Now $1.99

Field Day Organic Sweet Peas 15 OZ
Was $3.19 Now $2.50

Field Day Coconut Water 33.8 FL OZ
Was $4.79 Now $3.99

Field Day Recycled Paper Towel 3 ROLLS
Was $6.19 Now $4.49

Field Day Liquid Dish Detergent All Varieties 25 FL OZ
Was $5.89 Now $3.99

Good 7/1 thru 7/31/23. Quantities are limited. Disclaimers apply.
**QUALITY MEAT**

Our meat, poultry & seafood are always free from nitrates & nitrites, artificial ingredients & preservatives. They are NEVER treated with antibiotics, administered supplemental hormones or fed any animal by-products.

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**SPECIALTY CHEESE**

**Sheep’s Milk**

| Mythology Organic Feta Cheese | $16.89 | 14 oz |
| ATALANTA Imported Feta Cheese | $6.49 | 7 oz |
| KRINOS Greek Feta Cheese | $6.49 | 7 oz |

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**Goat’s Milk**

| Vermont Creamery Goat Cheese Log | $5.99 |

“Strawberry Spritz”
New Product Award | Sofi™ 2023

| BOAR’S HEAD Chèvre | $4.49 |

4 OZ | All Varieties

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**Grass-Fed & Local**

| Filet Mignon | $26.49 | LB |
| Beef Patties | $7.49 | LB |

**Made In-House**

| All-Natural Springer Mountain Farms |
| Chicken Tenderloins | $7.49 | LB |

**Made In-House**

| Mild or Hot Italian Pork Sausage | $5.49 | LB |

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accompaniments & garnishes not included.
SPRITZER
California Rosé remixed with notes of tropical grapefruit, guava and golden kiwi. Bubbles give it a bright refreshing taste.

No Artificial Colors • No Artificial Flavors • No Artificial Sweeteners

McBride Sisters
SHE CAN
Island Citrus
Dry Rosé
375 ML
$7.69
Gold Medal | International Canned Wine Competition 2020

HARD SELTZERS

Amass....$4.29 | 12 FL OZ
Sun Sign
Surfer Rosso
Faerie Fizz

WINE COCKTAILS

Gaze....$3.99 | 375 ML
Kombucha Moscato
Green Tea Moscato
Coconut Water Moscato Chardonnay

A light, low-alcohol, refreshing wine cocktail from California master-blended with natural flavors.

No Artificial Flavors • No Artificial Colors

Juicy mandarin and sweet orange brighten the cool smoke of rich oak, herbal bay, and milky vanilla.

Ripe, tart hibiscus, sweet quince, and a bright squeeze of citrus cut through the warm haze of ginger, clove, turmeric, and star anise.

Soft blooms of rose and jasmine dance around the tongue with bursting red raspberry and the herbal zest of green cardamom and holy basil.

Natural Botanics • Non GMO • No Additives

must be 21+ to enjoy. please drink responsibly.
2/$6 Annie's Homegrown Organic Macaroni & Cheese All Varieties 6 OZ

$3.99 Gardein Meatless Meats All Varieties 8.8-13.7 OZ

$9.49 Udi's Gluten-Free Thin Crust Pizza All Varieties 17.53-18.39 OZ

$3.49 Udi's Gluten-Free Hamburger Buns Classic 10.4 OZ

$5.49 Dr. Praeger's Veggie Burgers All Varieties, excl. Perfect Burger 8-10 OZ

$3.99 Daiya Dairy-Free Slices All Varieties 7.8 OZ

$3.99 Udi's Gluten-Free Hot Dog Buns Classic 14.4 OZ

$12.49 Applegate Organic Hot Dogs Uncured Beef 14 OZ

$6.99 Follow Your Heart Vegenaise Spread Grapeseed Oil 14 FL OZ

Make Mango Relish Dogs
Serves 6

scan for recipe
SANDWICH SPECIAL

BBQ Chicken Wrap
Get your BBQ fix without firing up the grill. Juicy blackened all-natural chicken breast smothered in a mix of locally made BBQ sauce & Vegenaise, sprinkled with shredded parmesan, fresh homemade coleslaw and garnished throughout with crunchy organic carrots & crisp organic romaine packed in a whole wheat wrap.

Make It Vegan with Tofurky Chick’n & Vegan Mozzarella*

DRINK SPECIAL

Watermelon Cooler
Cool off with a refreshing summertime favorite! Featuring juicy watermelon, sweet strawberries & fresh mint leaves blended together with a touch of organic agave & hydrating coconut water.

HOMEMADE SOUPS

Made Fresh From Scratch at The Patch
Amazing flavors rotating daily. Choose between 15+ different soup recipes! Available by the quart in our Grab & Go at both locations.

scan here to order online
2/$5
Mountain Valley Spring
Spring or Sparkling Water
All Varieties
1 LTR

$9.49
Hop Wtr
Sparkling Hop Water
Classic
6/12 FL OZ

$4.99
Nixie
Organic Sparkling Water
All Varieties
8/12 FL OZ

$5.99
Culture Pop Soda
Probiotic Soda
All Varieties
4/12 FL OZ

$5.99
Sweet Leaf
Sweet Drops
Liquid Stevia
1.7-2 FL OZ

$8.99
Equal Exchange
Organic Coffee
All Varieties, excl. Decaf
12 OZ

$4.99
Teeccino
Roasted Herbal Tea
All Varieties
10 CT

$2.49
Almond Breeze
Almondmilk
All Shelf Stable Varieties
32 FL OZ

$4.49
Rebbl
Organic Protein Plant-Powered Elixir
All Varieties
12 FL OZ

2/$7
Gts
Organic Kombucha
All Varieties
16 FL OZ

$4.99
Pressed Juicery
Cold Pressed Juice
All Varieties
12 FL OZ

$3.99
Remedy Organics
Keto Protein Drink
All Varieties
12 OZ
2/$7 You Need This
Plant-Based Churro Puffs
Cinnamon
4 OZ

$6.49
Alden’s Organic
Ice Cream Sandwich
Old School Vanilla
6 CT

$4.49
Goodpop
Frozen Popsicles
Red, White & Blue
8/1.75 FL OZ

2/$7 Bobo’s Oat Bars
Oat Bites
All Varieties
5/1.3 OZ

$4.49
Udi’s
Gluten-Free Muffins
All Varieties
10 OZ

$5.49
Pamela’s
Gluten-Free Figgies
& Jammies Cookies
All Varieties
9 OZ

$4.99
Bare Fruit
Organic Apple Chips
Granny Smith
3 OZ

2/$5
Think!
Keto Protein Bar
All Varieties
1.2 OZ

$3.49
Dandies
Vegan Marshmallows
Vanilla
10 OZ

$4.99
Fruit Bliss
Organic Fruit Medley
Apricot, Plums & Fig
5 OZ

2/$6
Theo Chocolate
Organic Chocolate Bar
All Varieties
3 OZ

$4.99
Unreal
Almond Butter Cups
Dark Chocolate
3.2 OZ
**2/$7**

**Popcorners**
Popped Corn Chips
All Varieties
7 OZ

**Epic**
Pork Rinds or Cracklings
All Varieties
2.5 OZ

**From The Ground Up**
Cauliflower Potato Chips
All Varieties
3.5 OZ

**$4.49**

**Mary's Gone**
Organic Crackers
All Varieties, excl. Real Thins
5-6.5 OZ

**Siete**
Grain-Free Tortilla Chips
Dairy-Free Nacho
4 OZ

**$8.99**

**Miyoko's Creamery**
Cashew Milk Cheese
Smoked English Farmhouse
6.5 OZ

**Late July Snacks**
Salsa Verde
Mild
15.5 OZ

**$3.99**

**Hope**
Organic Hummus
All Varieties
8 OZ

**$3.99**

**Bhuja**
Assorted Snack Mix
All Varieties
7 OZ

**Boulder Canyon**
Thin & Crispy Potato Chips
All Varieties
6 OZ

**Quinn**
Pretzel Nuggets
All Varieties
5-7 OZ
Shop MORE

wallet friendly PRICES

Shampoo • Conditioner • Body Wash • Hand & Body Lotion • Liquid Hand Soap

$7.99
Andalou Naturals
Shower Gel
All Varieties
8.5 FL OZ

$6.49
Sukin
Shampoo or Conditioner
All Varieties
16.9 FL OZ

$5.49
Himalaya Botanique
Complete Care Toothpaste
All Varieties
5.29 OZ

$12.99
Weleda
Diaper Care Cream
With Calendula
2.8 OZ

$2.49
Sappo Hill Soapworks
Glycerine Creme Soap
All Varieties
3.5 OZ

$4.99
Lafe's Natural
Roll-On Deodorant
All Varieties
3 FL OZ

25% Off
Entire Brand thru 7/31

$7.99
Quantum Health
Buzz Away Extreme Spray
Deet-Free Insect Repellent
4 FL OZ

$10.99
Alba Botanica
White Wet Sunscreen Spray
SPF 30
5 FL OZ
Wellness Event
July 23-29

Country Life

35% Off

$29.99
Wiley's Finest
Wild Alaskan Fish Oil
Vitamin K2
60 FISH SOFTGELS

$36.99
Vital Planet
Vital Omega Gold
Ultra Potent Fish Oil
60 FISHGELS

$20.99
Himalaya
LiverCare®
450mg
90 VEG CAPS

$19.49
Nordic Naturals
Children's DHA Vegetarian Berry Lemonade
120 MINI SOFTGELS

$29.99
Solgar
Advanced Sleep Support Probiotic
With Gaba & Melatonin
30 VEG CAPS

$14.99
Jarrow Formulas
BoneUp

$27.99
Garden of Life
Vitamin Code Multivitamin
50 & Wiser Women
120 CAPS

$20.99
Ancient Nutrition
SBO Probiotics

$25.99
WishGarden Herbs
Chlorella

$25.99
BodyHealth
Perfect Amino Power Meal
Vanilla

30% Off
Entire Brand thru 7/31

25% Off
Entire Brand thru 7/31

see website for event details & disclaimers.
### July 2023

**When Life Gives You Lemons**

- **Brew Dr.**
  - Organic Kombucha
  - All Varieties
  - 14 FL OZ

- **Santa Cruz**
  - Organic Lemonade
  - All Varieties
  - 32 FL OZ

- **Lenny & Larry's**
  - Complete Cookie
  - All Varieties
  - 4 OZ

- **Think!**
  - High Protein Bar
  - All Varieties, excl. Protein+
  - 2.1 OZ

- **Bragg**
  - Organic ACV Refresher
  - All Varieties
  - 16 FL OZ

- **Swoon**
  - Zero Sugar Lemonade
  - All Varieties
  - 12 FL OZ

- **Pamela's**
  - Gluten-Free Shortbread Cookies
  - All Varieties
  - 6.25 OZ

- **Laird Superfood**
  - Protein Bar
  - All Varieties
  - 1.6 OZ

**Promotions**

- **2/$6**
  - Brew Dr.
  - Organic Kombucha
  - All Varieties
  - 14 FL OZ

- **2/$5**
  - Santa Cruz
  - Organic Lemonade
  - All Varieties
  - 32 FL OZ
  - Lenny & Larry's
  - Complete Cookie
  - All Varieties
  - 4 OZ
  - Think!
  - High Protein Bar
  - All Varieties, excl. Protein+
  - 2.1 OZ

- **2/$7**
  - Bragg
  - Organic ACV Refresher
  - All Varieties
  - 16 FL OZ

- **2/$4**
  - Swoon
  - Zero Sugar Lemonade
  - All Varieties
  - 12 FL OZ

- **$4.99**
  - Pamela's
  - Gluten-Free Shortbread Cookies
  - All Varieties
  - 6.25 OZ

- **$1.79**
  - Laird Superfood
  - Protein Bar
  - All Varieties
  - 1.6 OZ

**Quantities are limited. Sorry, no rain checks. Some items & sales may vary by location. Exclusions apply. These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, cure, or treat any disease. Some items may not be available. Not responsible for typographical errors.**