

Austin Alfred,  
Founder - Royal Ranch

## HIGHER STANDARDS *better* BEEF



**ROYAL RANCH** is setting a new standard in regenerative agriculture, and raising beef in a way that's sustainable for the animals, soil, earth and community. Read more on page 2.

### Royal Ranch Boneless Beef London Broil

USDA Choice regenerative beef that is humanely and locally raised, vegetarian fed and antibiotic and hormone free.

SAVE \$2.50 LB

**\$5.99 LB**

### Rustic Baguette

SAVE \$1 EA

Made with Shepherd's grain flour.  
Baked fresh daily.



**\$1.99 EA**

### Organic Russet Potatoes

SAVE 60¢ LB



**\$1.39 LB**

### Organic Cherry Tomatoes

11 OZ | SAVE \$1 EA



**\$3.99 EA**

### Naked Bread

22.5 OZ | SAVE \$2.19



**2 FOR \$6**

### HOPWTR

6 PK | *Select varieties*  
SAVE \$7



**\$5.99 + DEP**

### Angie's Boom Chicka Pop

4.4-7 OZ | *Select varieties*  
SAVE UP TO \$1.49



**2 FOR \$6**

### Craft & Kitchen Milk

.5 GAL | *Select varieties*  
SAVE 41¢



**\$2.58**

# Meat & Seafood

## Carlton Farms Boneless Pork Loin Chops

Raised in the Northwest with no hormones.

**SAVE \$1.50 LB**



**\$5.99 LB**

## Stuffed Flank Pinwheel

Made in house by your Market Butchers using USDA Choice locally raised beef, fresh spinach, sun-dried tomatoes and Gorgonzola cheese.

**SAVE \$3 LB**



**\$16.99 LB**

## Peeled & Deveined Shrimp

**26/30 CT | SAVE \$2 LB**

Farm raised and BAP Certified. *Previously frozen.*



**\$7.99 LB**



Located in the heart of the Columbia Basin, Royal Ranch combines three generations of family-owned orchards, field crops, dairy and ranch for a full-circle approach to raising beef. Cattle are born and nurtured on open, fertile land where the majority of their nutrient-rich, diverse feed is grown, and they are never given added hormones or antibiotics. The animals' health and comfort are of the utmost importance to Royal Ranch from birth and beyond. That's why we're proud to offer USDA Choice beef from this pioneer in modern ranching.

# Specialty Beverage

## Sunriver Brewing

**6 PK | SAVE \$2.50**

World class craft beer brewed in Sunriver, OR.



**\$11.49 +DEP**

## pFriem Kriek

**12.7 OZ | SAVE \$4**

Made with cherries grown in Mosier and aged in French oak, it shows ripe cherry, woody nuttiness, and juicy berries.



**\$9.49 +DEP**

## Mouton Noir in Sheep's Clothing

**750 ML | SAVE \$4**

Cabernet Sauvignon with layers of cassis, blueberry, and dark cherry with good structure and a hint of oak.



**\$18.99**

## Twill Chardonnay

**750 ML | SAVE \$9**

Complex and a great value, it has notes of key lime, nectarine, tangerine, pastry and a hint of salinity on the finish.



**\$24.99**



**WATCH A VIDEO  
TO LEARN MORE  
ABOUT ROYAL  
RANCH**



# Produce

## Cuties Mandarins

2 LB BAG



**\$3.99 EA**

## Broccoli Crowns

SAVE \$1 LB



**\$1.99 LB**

## Organic Kale



**2 FOR \$5**

## Organic Leeks

SAVE \$1 LB



**\$2.99 LB**

## Organic Bunched Carrots

SAVE \$1 EA



**\$2.99 EA**

# Bulk

## Organic Pitted Prunes

SAVE \$1.40 LB



**\$8.99 LB**

## Organic French Vanilla Almond Granola

SAVE 40¢ LB



**\$6.99 LB**

## Fresh Groud Almond Butter

SAVE \$1 LB



**\$8.99 LB**

# Bakery

## Biscuit Box

6 PK | SAVE \$1 EA

Fluffy buttermilk biscuits in plain and cheddar with a side of honey butter.



**\$7.99 EA**

## Blueberry Bran Muffins

4 PK | SAVE \$1 EA

Scratch made bran muffins with local blueberries.



**\$6.99 EA**

## ChuaO Chocolate Bars

2.8 OZ | SAVE \$2 EA

Uniquely flavored chocolate made with premium, ethically sourced ingredients.



**\$3.99 EA**

# Floral, Home & Gift

## Early Spring Bulbs

4-6 IN | Select varieties

SAVE \$1 EA

Beautiful, assorted bulbs perfect for early spring.



**\$6.99 - \$13.99**

# Kitchen

## Apricot Chipotle Meatloaf

This all-time favorite is sweet, spicy, savory and so satisfying.



**\$14.99 LB**



## Creamy Mac & Cheese

Extra creamy and satisfying, with four varieties of cheese. Available in our Gourmet Takeaway.



**\$11.99 EA**

## Creamy Pesto Artichoke Tortellini Salad

Three-cheese tortellini with artichoke hearts, Parmesan cheese and garlic in a creamy pesto dressing.

**\$11.99 LB**



## Tomato Feta Quinoa Salad

This bright and light vegetarian salad is packed with protein-rich quinoa, ripe tomatoes and feta cheese.



**\$11.99 LB**



## Twice Baked Potatoes

Loaded with plenty of cheese and toppings. Choose from Bacon & Cheddar or Four Cheese.



**\$5.99 EA**



# Cheese & Provisions

## Tillamook Farmer's Collection

7 OZ | SAVE \$2 EA

A variety of locally made jacks and cheddars that are great for snacking or adding to your next cheesy dish.



**\$5.99 EA**



## Rustic Bakery Flatbread Crackers

4-6 OZ | SAVE \$2 EA

Handmade sourdough flatbread crackers made with all organic ingredients, naturally fermented, and perfect with your favorite cheese.

**\$4.99 - \$6.99 EA**



## Olli Sliced Salamis

4 OZ | SAVE \$2 EA

Olli Salumeria is the culmination of old world recipes and methods handed down through four generations of salami makers.



**\$6.99 EA**



## Uplands Pleasant Ridge Reserve

Made in the style of Gruyere and Beaufort, this Wisconsin cheese has won more awards than any other American cheese.

SAVE \$5 LB

**\$29.99 LB**



## Appel Farms Gouda Verities

7 OZ | SAVE \$1 EA

This PNW farmstead Gouda, is creamy, sweet, and packed with flavor. Available in smoked or spicy.

**\$7.99 EA**



# Whole Health

## MoC apothecary Essential Oil

Quality products sourced by a brand you can trust.

Select varieties



**SAVE 20%**

## Ceramedx Skin Care

2-12 OZ | Select varieties



**SAVE 25%**

## Good Day Chocolate Calm Supplement

8-80 CT | Select varieties

A relaxing treat that is doctor formulated and will not cause drowsiness. Made with fair trade chocolate



**SAVE 20%**

## Host Defense Mushrooms Powders

3.5 OZ | Select varieties



**SAVE 25%**

## Barlean's Omega Smoothies

A great source of raw, vegan omega-3 fatty acids and dietary fiber from cold-milled, North American flaxseeds.

Select varieties



**SAVE 20%**

## Nature's Way Gummies

Select varieties



**SAVE 25%**

## Boiron ColdCalm

60-160 CT | Select varieties

Multi-symptom and targeted solutions for the whole family.



**SAVE 30%**

## Mineral Fusion Lip Color

Natural mineral makeup and cosmetics.

Select varieties



**SAVE 25%**

## Suzi's Lavender Facial Care

1-8 OZ | Select varieties

Handmade with therapeutic doses of locally grown lavender.



**SAVE 20%**

## Nordic Naturals Heart Health Essentials

High-quality omega-3 supplements from fish oil and algae.

Select varieties



**SAVE 25%**



## The Original Tom's of Maine Toothpaste

4-8 OZ | Select varieties



**SAVE 20%**

## WoolAid Bandages

5-15 CT | Select varieties

Merino wool bandages offer superior comfort and breathability.



**SAVE 25%**

# Shop the Aisles

## GoodSam Fruit Chips

.7 OZ | *Select varieties*  
SAVE 49¢



**2 FOR \$5**

## Marukan Organic Rice Vinegar

12 OZ | SAVE 70¢



**\$3.79**

## Snapdragon Noodle Bowl

2.1 OZ | *Select varieties*  
SAVE 49¢



**2 FOR \$5**

## Colavita Spray Oil

5 OZ | *Select varieties*  
SAVE \$1.10



**\$7.49**

## Terlato Kitchen Sauce

24 OZ | *Select varieties*  
SAVE \$2



**\$8.99**

## Homade Chili Sauce

12 OZ | *Select varieties*  
SAVE \$1



**\$3.99**

## Kewpie Mayonnaise Squeeze

12 OZ | SAVE 70¢



**\$3.69**

## Carrington Farms Crounons

4.75 OZ | *Select varieties*  
SAVE \$1.20



**\$4.49**

## Leclerc Celebration Cookies

8.4 OZ | *Select varieties*  
SAVE 80¢



**\$4.49**

## Minor Figures Organic Oat Milk

32 OZ | SAVE 70¢



**\$3.99**

## David Rio Chai Cart Masala Chai Brew 1:1

32 OZ | SAVE \$2.40



**\$11.99**

## Good Idea Sparkling Water

12 OZ | *Select varieties*  
SAVE 60¢



**\$2.19<sup>+DEP</sup>**

## Nick's Sticks Meat Snacks

1.7 OZ | *Select varieties*  
SAVE 60¢



**\$2.79**

## North Coast Apple Juice

32 OZ | *Select varieties*  
SAVE \$1.20



**\$5.79<sup>+DEP</sup>**

## Tony's Coffee

12 OZ | *Select varieties*  
SAVE \$2.50



**\$11.99**

## Credo Foods Oatmilk Queso

11 OZ | *Select varieties*  
SAVE \$1.30



**\$5.99**

## Kinder's Seasoning Packet

.8-1 OZ | *Select varieties*  
SAVE UP TO 74¢



**4 FOR \$5**

## Gimme Seaweed Snacks

.32-.35 OZ | *Select varieties*  
SAVE UP TO 80¢



**\$1.79**

## Cascadian Farm Granola

11 OZ | *Select varieties*  
SAVE UP TO \$4



**\$4.49**

## Mela Coconut Water

16.9 OZ | SAVE \$2



**\$1.79<sup>+DEP</sup>**

# Shop the Aisles

## Daiya Plant Based Cheese

7.1-7.8 OZ | Select varieties  
SAVE \$1.10

**\$4.39**



## Strong Roots Meal

10 OZ | Select varieties  
SAVE \$1.10

**\$4.49**



## La Fermière Yogurt

4.9-5.6 OZ | Select varieties  
SAVE 70¢

**\$2.99**



## Suja Essentials Juice

12 OZ | Select varieties  
SAVE \$1

**\$3.69+DEP**



## Dr. Praeger's Veggie Burgers

10 OZ | Select varieties  
SAVE \$1.50

**\$5.49**



## Green Valley Creamery Shreds & Slices

6 OZ | Select varieties  
SAVE \$1

**\$4.49**



## Umpqua Buttermilk

1 QT | SAVE 50¢

**\$1.69**



## Umpqua Half & Half

1 QT | SAVE 60¢

**\$2.69**



## Culinary Circle Pizza

14.1-33.5 OZ | Select varieties  
SAVE \$2.30

**\$6.69**



## Trimona Bulgarian Yogurt

32 OZ | Select varieties  
SAVE \$1.50

**\$6.49**



## We Guac Original Guacamole

8 OZ | SAVE 79¢

**2 FOR \$9**



## Gold Peak Tea

52 OZ | Select varieties  
SAVE 50¢

**\$3.29**



## Lactaid Milk

64 OZ | Select varieties  
SAVE \$1.70

**\$4.79**



## Philadelphia Cream Cheese Spread

12 OZ | SAVE \$1

**\$7.99**



## Daily Harvest Bowls, Grains & Pasta

9-16 OZ | Select varieties  
SAVE \$1.80

**\$9.99**



## Van Leeuwen Ice Cream

14 OZ | Select varieties  
SAVE \$1.80

**\$5.99**



## Nancy's Organic Sour Cream

8 OZ | SAVE \$1

**\$2.29**



## Tofurky Sausage

13 OZ | Select varieties  
SAVE 80¢

**\$5.99**



## Stumptown Cold Brew

10.3 OZ | Select varieties  
SAVE 70¢

**\$4.29+DEP**



## Florida's Natural Juice

14 OZ | Select varieties  
SAVE 30¢

**\$1.99+DEP**



# Shop the Aisles

**Vita Coco  
Coconut Water**  
16.9 OZ | *Select varieties*  
SAVE \$1.29



**2 FOR \$5**

**Rao's Pasta Sauce**  
15-24 OZ | *Select varieties*  
SAVE UP TO \$1.80



**\$8.99**

**Pamela's Pancake &  
Baking Mix**  
4 LB | SAVE \$2



**\$17.99**

**California Olive  
Ranch Extra Virgin  
Olive Oil**  
33.8 OZ | SAVE \$6



**\$23.99**

**Montebello Pasta**  
8.8-16 OZ | *Select varieties*  
SAVE \$1.30



**\$4.49**

**LaCroix  
Sparkling Water**  
12 PK | *Select varieties*  
SAVE \$1.50



**\$5.49+DEP**

**Post Great  
Grains Cereal**  
14-16 OZ | *Select varieties*  
SAVE \$4



**\$3.99**

**Oreo Cookies**  
9.21-14.03 OZ | *Select varieties*  
SAVE UP TO \$3



**\$3.99**

**Lärabar**  
1.06-1.7 OZ | *Select varieties*  
SAVE 96¢



**3 FOR \$4**



**Near East Rice  
& Grains**  
4.7-10 OZ | *Select varieties*  
SAVE UP TO \$1.29



**2 FOR \$5**

**Charmin Essentials  
Bath Tissue  
Mega Rolls**  
6 PK | *Select varieties*  
SAVE \$3



**\$5.99**

**Stone Ridge  
Creamery Ice Cream**  
48 OZ | *Select varieties*  
SAVE \$2



**\$3.99**

**Essential Everyday  
Cheese Block**  
8 OZ | *Select varieties*



**SAVE 25%**

**Essential  
Everyday Cream  
Cheese Spread**  
8 OZ | *Select varieties*



**SAVE 25%**

**RioGood  
Ch-Easy Bread**  
4.8 OZ | *Select varieties*  
SAVE \$1



**\$6.49**



**Oatly! Oatmilk  
Original Barista  
Edition**  
32 OZ | SAVE 60¢



**\$4.99**

**Nancy's  
Organic Butter**  
8 OZ | *Select varieties*  
SAVE 70¢



**\$4.99**

**Siggi's Skyr**  
4-5.3 OZ | *Select varieties*  
SAVE UP TO 60¢



**\$1.79**