



Get our recipe for delicious **COCONUT-POACHED CHICKEN SALAD** on page 2.

Royal Ranch Boneless New York Steak



USDA Choice regenerative beef from the Pacific Northwest that's vegetarian fed, and antibiotic and hormone free.

SAVE \$5 LB



\$19.99 LB

Super Food Kale Salad

SAVE \$3 LB

Nine different super foods in a delicious and hearty kale salad.



\$10.99 LB

Organic Girl Salads

5-7 OZ | SAVE \$1 EA



\$3.99 EA

Fresh Limes



3 FOR \$1

Muir Glen Tomatoes

14.5-15 OZ | SAVE UP TO \$1.50



\$1.99

Spindrift Sparkling Water

8 PK | Select varieties

SAVE \$2.50



\$5.99 +DEP

Boulder Canyon Chips

5.25-6.5 OZ | Select varieties



SAVE 25%

Craft & Kitchen Milk

1 GAL | Select varieties

SAVE 41¢



\$3.58

Meat & Seafood

Carlton Farms Bone In Pork Chops

Humanely raised pork that is vegetarian fed, with no antibiotics or hormones used.

SAVE UP TO \$1 LB



\$5.99 LB

Chicken Cordon Bleu

Stuffed chicken breasts handcrafted by your Market Butchers.

SAVE \$4 LB



\$5.99 LB

Halibut Fillets

Previously frozen.

SAVE \$5 LB



\$24.99 LB

COCONUT-POACHED CHICKEN SALAD

This light and easy Vietnamese-style noodle salad gets its fantastic flavor and texture from coconut-poached chicken, fresh papaya and crisp vegetables, complemented by silky rice noodles, served with a delicious Coconut Nectar and Lime Dressing.

Serves: 4

Prep time: 10 minutes

Difficulty: easy

Cook time: 20 minutes

INGREDIENTS:

- 1 1/2 lb chicken breasts, trimmed
- 14 oz (1 can) coconut milk
- 6 lime leaves
- 2 T lime juice
- 2 t salt, divided
- 3 T fish sauce
- 1 qt water
- 7 oz rice stick (noodles) or Pad Thai noodles
- 1/4 c cilantro leaves, stems removed
- 1/4 c Thai basil leaves, stems removed
- 2 T mint leaves, stems removed
- 1 small red or green chili (optional), sliced thinly
- 1/4 c firm papaya, matchstick cut
- 1 c cucumber, sliced on bias
- lime wedges for garnish

COCONUT NECTAR AND LIME DRESSING:

- 2 T fish sauce
- 1/4 c coconut sugar or cane sugar
- 1/4 c fresh lime juice
- 1/2 t salt

STEPS:

- Place chicken breasts, coconut milk, lime leaves, juice, 1 t salt and fish sauce in small pot. Bring to a boil, reduce to a simmer and cook 15 min, turning a few times. Turn off heat and allow chicken to steep in hot coconut milk mixture until internal temp reaches 165 degrees, then chill in liquid.
- Meanwhile, bring water to a boil. Add 1 t salt and rice stick noodles. Remove from heat and let noodles soften, approx. 3 min. Drain and reserve noodles.
- Remove chicken from coconut milk and slice, approx. 1/4-inch thick. Strain and reserve coconut milk liquid. Toss noodles in liquid, using just enough to moisten and coat well. If desired, reserve remaining mixture for another use.
- To assemble salad, divide noodles among bowls, adding chicken slices, cilantro, basil, mint, chili (if desired), papaya and cucumber. Serve with lime wedges and Coconut Nectar and Lime Dressing on the side.
- To make coconut nectar and lime dressing, combine all ingredients well, taste and adjust, as desired.

Specialty Beverage

Hand on Heart NA Cabernet Sauvignon

750 ML | **SAVE \$9**

Alcohol removed wine that is balanced and has notes of dark cherry, black currant, toasted vanilla and hints of fines herbes on the finish.



\$13.99 +DEP

Casa Emma Zeero Bianco

750 ML | **SAVE \$4**

Fresh, with notes of pineapple, nectarine and passion fruit up front followed by lemon zest and ripe peach.



\$17.99 +DEP

Blind Tiger Cocktails

4 PK | **SAVE \$5**

Delicious, ready to drink zero proof cocktails with classic flavor profiles.



\$8.99 +DEP

Pelican Brewing Sparkle Hops

6 PK | **SAVE \$2.50**

Refreshing sparkling, non-alcoholic hop waters from Pacific City, OR.



\$6.49 +DEP

Produce

Seedless Mandarins



\$2.99 LB

Organic Fuji Apples

SAVE 50¢ LB



\$1.49 LB

Organic Bunched Carrots

SAVE \$1 EA



\$2.99 EA

Organic Chard

Choose from red, green, or rainbow.



2 FOR \$5

Organic Bunched Broccoli



\$2.99 LB

Bulk

13 Bean Soup Mix

SAVE 50¢ LB



\$2.99 LB

Organic French Vanilla Almond Granola

SAVE 40¢ LB



\$6.99 LB

Organic Roasted & Salted Pistachios

SAVE \$1 LB



\$9.99 LB

Bakery

Sailor Jack Muffins

4 CT | SAVE \$2 EA

Hearty, scratch made spice muffins topped with a light glaze.



\$5.99 EA

Spelt Scones

All-butter spelt scones topped with a light glaze.

8 CT | SAVE \$1 EA



\$6.99 EA

Red Plate Foods Granola

11 OZ | SAVE \$1.50 EA

Allergy friendly granola made locally in Bend, OR.



\$5.49 EA

Floral, Home & Gift

Local Lilies

3 CT | SAVE \$2 EA



\$12.99 EA

Kitchen

Spanakopita

Spinach, ricotta, feta, spices and fresh herbs encased in flaky phyllo dough.

\$14.99 LB



Market Kitchen Quesadillas

Choose from Southwest Chicken, Smokehouse BBQ Pulled Pork or vegetarian Roasted Corn & Poblano.

\$7.99 EA



Senegalese Black Eyed Pea Salad

This flavorful, refreshing and gluten free friendly salad is sure to add flavor and flare to your dinner table.



\$8.99 LB

Oregon Orchard Chicken Salad Croissant

A flakey, buttery croissant loaded with chicken salad made with hazelnuts, apples, cherries, cranberries, green onions, fresh herbs and a tangy dressing.

\$11.99 EA



Smoked Mozzarella Penne

Creamy and flavorful penne pasta salad with chunks of smoked mozzarella, Parmesan, roasted red peppers, and garlic.

\$11.99 LB



Cheese & Provisions

34 Degrees Crackers

4.5 OZ | SAVE \$1 EA

These light and thin crackers are an ideal base for hors d'oeuvres. Choose from several varieties.

\$4.99 EA



Cowgirl Creamery Mt Tam Triple Cream Brie

7 OZ | SAVE \$2 EA

A luscious triple cream made with all organic milk from Straus Family Dairy, and covered in a beautiful snow white rind.

\$17.99 EA



Marieke 1000 Day Aged Gouda

Winner of multiple awards at the 2024 World Cheese Awards.

SAVE \$5 LB



Cypress Grove Chèvre Discs

4 OZ | SAVE \$1 EA

Fresh, creamy chèvre in a variety of mouthwatering flavors that will elevate salads, sandwiches, pasta and more.

\$6.99 EA



Monger's Choice Brie

SAVE \$1 LB

\$12.99 LB



\$29.99 LB

Whole Health

Simply Tera's Whey Protein

12 OZ | *Select varieties*
Made with real, simple and clean ingredients.



SAVE 20%

Primal Kitchen Collagen Powder

Select varieties



SAVE 30%

Natural Factors WellBetX Berberine



SAVE 30%

Mickelberry Gardens Fire Cider

2-8 OZ



SAVE 25%

Ancient Nutrition Clean Energy

4.3 OZ



SAVE 30%

WishGarden Herbs Relaxation Tinctures

.66-4 OZ | *Select varieties*



SAVE 25%

MicroJoy Mushroom Gummies

5-30 CT



SAVE 20%

Everyone Hand Soap

12.75-32 CT | *Select varieties*



SAVE 20%

The Unscented Co. Skin Care

Select varieties



SAVE 20%

Enzymedica Digestive Enzymes & Supplements

Every product is based on sound science and cutting edge research. *Select varieties*



SAVE 25%

Boiron Oscilloccinum

6 CT



SAVE 30%

WellLife Covid Test



\$4.99 EA

Shop the Aisles

RW Knudsen Juice

32 OZ | Select varieties
SAVE \$1.50



\$8.49 + DEP

Milkadamia Milk

32 OZ | Select varieties
SAVE 90¢



\$4.99

Otto's Naturals Grain Free Baking Powder

8 OZ



SAVE 25%

Unite Protein Bar

1.59 OZ | Select varieties



SAVE 25%

Canterbury Naturals Soup

6.5-6.8 OZ | Select varieties
SAVE \$1.50



\$5.49

Napoleon Quartered Artichokes

14 OZ | SAVE 70¢



\$4.29

Ancient Harvest Gluten Free Pasta

8 OZ | Select varieties



SAVE 25%

Chosen Foods Avocado Oil

16.9 OZ | SAVE \$2.60



\$11.39

Evolve Protein Shakes

4 PK | Select varieties



SAVE 25%

Miracle Noodle Meals

9.2 OZ | Select varieties
SAVE \$1



\$5.29

Dave's Gourmet Creamy Hot Sauce

8 OZ | Select varieties
SAVE \$1.50



\$5.49

Extra White Gold Flour & Baking Mix

14.1-17.64 OZ | Select varieties



SAVE 25%

Holle Fruit & Grain Puree

3.5 OZ | Select varieties
SAVE 40¢



\$1.99

Laurel Hazelnut Kernels

4 OZ | Select varieties

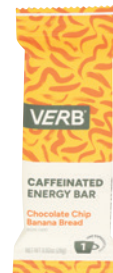


SAVE 25%

Verb Energy Bar

.92 OZ | Select varieties

SAVE 50¢



\$1.49

Simply Protein Tortilla Chips

4.58 OZ | Select varieties
SAVE \$1



\$3.69

Cobram Estate Extra Virgin Olive Oil

25.4 OZ | Select varieties
SAVE \$5



\$14.99

Singing Pastures Pork Roam Sticks

1 OZ | SAVE 40¢



\$1.99

De Soi Non-Alcoholic Apéritifs

4 PK | Select varieties

SAVE \$3



\$14.99 + DEP

Wild West Chocolate Bar

2.3 OZ | Select varieties

SAVE \$1



\$4.49

Shop the Aisles

Umpqua Lactose Free Milk

.5 GAL | *Select varieties*
SAVE 30¢



\$3.69

Earth Balance Plant Based Spread & Sticks

13-16 OZ | *Select varieties*
SAVE \$2.20



\$5.79

Upton's Naturals Seitan

5-8 OZ | *Select varieties*
SAVE \$1.30



\$4.69

Rao's Frozen Entree

8.4-9.5 OZ | *Select varieties*
SAVE UP TO \$1.70



\$4.99

Essential Everyday Bread

10.5-11.25 OZ | *Select varieties*
SAVE \$1



\$2.99

Quorn Meat Free ChiQin

9.2-12 OZ | *Select varieties*
SAVE \$1.10



\$5.39

House Foods Tofu

12-14 OZ | *Select varieties*



SAVE 25%

The Coconut Cult Probiotic Yogurt

8 OZ | *Select varieties*



SAVE 25%

Ascent Kombucha

12 OZ | +DEP | *Select varieties*



SAVE 25%

Stahlbush Island Farms Frozen Vegetables

10 OZ | *Select varieties*
SAVE UP TO 80¢



\$2.69

Essential Everyday Frozen Waffles

12.3 OZ | *Select varieties*
SAVE 89¢



2 FOR \$5

Essential Everyday Frozen Vegetables

12 OZ | *Select varieties*
SAVE UP TO 79¢



2 FOR \$3

Morning Star Farms Sausage

8 OZ | *Select varieties*
SAVE 50¢



\$5.49

Kozy Shack Pudding

22 OZ | *Select varieties*
SAVE \$1.29



2 FOR \$9

Blake's Frozen Dinner

10-12 OZ | *Select varieties*
SAVE \$1.70



\$5.99

Brazi Bites Waffles

7.4-8.4 OZ | *Select varieties*



SAVE 25%

Funny Farm Goat Milk Ice Cream

14 OZ | *Select varieties*



SAVE 25%

Bellwether Farms Plain Sheep Yogurt

24 OZ | SAVE \$2.20



\$9.29

Loli's Probiotic Dressing

8 OZ | *Select varieties*



SAVE 25%

Backporch Cold Brew

12 OZ | *Select varieties*
SAVE \$1.10



\$3.69 +DEP

Shop the Aisles

Nixie Sparkling Water

8 PK | Select varieties
SAVE \$1.50



\$5.49+DEP

Lucini Extra Virgin Olive Oil

1 LT | SAVE \$4



\$24.99

Boneyard Ultra Pop Soda

12 OZ | Select varieties
SAVE 54¢



4 FOR \$5+DEP

Rosarita Refried Beans

16 OZ | Select varieties
SAVE \$1.02



3 FOR \$5

Quaker Oats

42 OZ | Select varieties
SAVE \$2



\$5.99

Post Great Grains Cereal

14-16 OZ | Select varieties
SAVE \$4



\$3.99

Progresso Soup

18-19 OZ | Select varieties
SAVE UP TO \$1.99



2 FOR \$5

Club & Townhouse Crackers

12.7-13.8 OZ | Select varieties
SAVE UP TO \$2.90



\$3.99

Heinz Ketchup

38 OZ | SAVE \$3



\$5.99

Essential Everyday Coconut Milk

13.5 OZ | SAVE 82¢



3 FOR \$5

Essential Everyday Canned Beans

15 OZ | Select varieties
SAVE 69¢



10 FOR \$10

Califia Farms Plant Based Milk

48 OZ | Select varieties



SAVE 25%

Straus Family Creamery Organic Greek Yogurt

32 OZ | Select varieties



SAVE 25%

Health-Ade Kombucha

16 OZ | Select varieties
SAVE 70¢



\$3.29+DEP

Savorease Crispy Melts

23 GM | Select varieties
SAVE 50¢



\$5.49



Nancy's Organic Kefir

32 OZ | Select varieties
SAVE \$2



\$4.99

Amy's Burritos

6 OZ | Select varieties
SAVE UP TO 99¢



2 FOR \$7

Essential Everyday Shredded Cheese

8 OZ | Select varieties
SAVE \$1.09



2 FOR \$5