



Get our recipe for delicious **PRAWNS PEANUT SAUCE CHILI CRISP & BOK CHOY** on page 2.

## Fresh Whole Chicken

Locally raised, free-range.

SAVE \$1.50 LB



**\$1.99 LB**

## Cooked and Peeled Shrimp

Fully cooked. Previously frozen.

SAVE \$5 LB



**\$7.99 LB**

## Bell Peppers

Red, yellow or orange.

SAVE \$2 LB



**\$1.99 LB**

## Organic Fresh Ground Peanut Butter

SAVE \$1 LB



**\$4.99 LB**

## Lucini Pasta Sauce

24 OZ | SAVE \$2



**\$8.99**

## The Flavor Society Chili Crunch

6 OZ | Select varieties

SAVE \$5



**\$9.99 EA**

## Tillamook Shredded Cheese

8 OZ | Select varieties

SAVE UP TO \$2.39



**2 FOR \$6**

## pFriem Brewing

6 PK | Select varieties

World class craft beer brewed in Hood River, OR.

SAVE \$2.50



**\$10.99 + DEP**

# Meat & Seafood

## House Made Italian Romano Meatballs

Made fresh by your Market Butchers.  
**SAVE \$2 LB**



**\$7.99 LB**

## Smokey Jalepeno Marinated Chicken Breast

Handcrafted in house with locally raised chicken that is marinated in a smoky and spicy jalapeño dressing. **SAVE \$3 LB**



**\$5.99 LB**



## Fresh Columbia River Steelhead Fillet

Fresh, local and farm raised.  
**SAVE \$4 LB**



**\$11.99 LB**



# PRAWNS PEANUT SAUCE CHILI CRISP & BOK CHOY

The star of the show here is the peanut sauce recipe made from fresh ground peanut butter from the bulk department and locally made Thai and True Red Curry Paste (Portland). We use this crowd favorite sauce for grilled chicken, tofu, rice bowls and more so make sure to have some extra on hand for easy weekday meal plans.

Serves: 4

Prep time: 15 minutes

Difficulty: easy

Cook time: 15 minutes

Diet: GF

### PEANUT SAUCE:

- 3 T Thai and True Red Curry Paste
- 1 c fresh ground peanut butter
- 1 can (13.5 oz.) coconut milk
- 3 T tamari or GF soy sauce
- 2 T rice vinegar
- ¼ cup sugar
- 1 t toasted sesame oil
- ½ cup water

### SESAME GARLIC SHRIMP AND BOK CHOY:

- ¼ c toasted sesame oil, divided
- 2 baby bok choy, quartered
- 1 lb. large shrimp, peeled (or sub chicken breast, in strips)
- 2 T garlic, minced
- Pinch each salt and pepper
- Lime wedges, chili crisp, sesame seeds for finishes as desired

### STEPS:

- Whisk all sauce ingredients together in a sauce pot over medium high heat; bring to a simmer for 5 min. Chill until ready to use (warm gently, adding a spoonful of water as needed to thin).
- Warm half of sesame oil in a large skillet or wok over medium high heat. Sear bok choy in oil and remove from pan; reserve and keep warm.
- Heat remaining oil in pan and add shrimp with salt and pepper, turning often for 1 min. Add garlic and sauté with shrimp until cooked through, 1 min. more.
- Serve shrimp with warm jasmine rice, sesame seeds, crushed peanuts and lime to garnish, bok choy alongside with chili crisp spooned over, and warm peanut sauce.

# Specialty Beverage

## Blind Tiger Zero Proof Cocktails

**4 PK | SAVE \$4**  
Outstanding zero proof cocktails that are ready to drink.



**\$9.99 +DEP**

## Anne Amie Pinot Gris 2 Estates

**750 ML | SAVE \$6**  
Elegant and balanced with notes of Asian pear, Meyer lemon and rose petal.



**\$16.99**

## Bubbles Project Cava Brut & Rose

**750 ML | SAVE UP TO \$6**  
Delicious and ideal cocktail or brunch wines that can pair with a wide variety of dishes.



**\$10.99 +DEP**

## Purple Hands Pinot Noir Lone Oak Ranch

**750 ML | SAVE \$13**  
Dense and structured with lift provided by notes of raspberry and cherry, followed by notes of black tea and spice.



**\$23.99**

# Produce

## Oregon Jonagold Apples

Grown by Oregon Heritage Farm in Hillsboro.

SAVE \$1 LB



**99¢ LB**

## Minneola Tangelos

SAVE \$1 LB



**\$1.99 LB**

## Organic Yellow & Brown Asian Pears

SAVE \$1 LB



**\$2.99 LB**



## Organic Baby Bok Choy

SAVE \$1 LB



**\$2.99 LB**



## Organic Kiwi Berries

6 OZ | SAVE \$1 EA



**\$3.99 EA**



# Bulk

## Strawberry Vanilla Hemp Granola

SAVE \$1 LB

**\$4.99 LB**



## Organic Dark Chocolate Almonds

SAVE \$3 LB



**\$19.99 LB**



## Organic Whole Medjool Dates

SAVE \$2 LB



**\$7.99 LB**



# Bakery

## Pumpkin Muffins

4 PK | SAVE \$1 EA

Scratch made pumpkin muffins topped with a brown sugar streusel.

**\$6.99 EA**



## Pumpkin Pie

Hand poured pumpkin pies baked on site with creamy, aged pumpkin. **SAVE \$3 EA**



**\$14.99 EA**

## Spokandy Dulce De Leche Caramels

2.25 OZ | SAVE \$1 EA

Dulce de leche caramels made the traditional way in the Pacific Northwest.



**\$2.99 EA**



# Floral, Home & Gift

## Pumpkin Carving Kit

This kit has all the tools you need to carve your own pumpkin.

**SAVE \$2 EA**

**\$4.99 EA**



# Kitchen

## Miso Chili Crisp Salmon

Our classic salmon fillet marinated in savory miso and Mama Teev's hot garlic chili crisp.



**\$29.99 LB**

## Gourmet Take Away Salad

Hearty, freshly made salads that make a great lunch or dinner option. Look for your favorite in our Gourmet Takeaway case.



**\$9.99 EA**

## Black Rice & Yam Salad

Rich and nutty black rice pairs with tender, sweet yams dressed in a white balsamic vinaigrette in this nourishing side dish.



**\$11.99 LB**

## Spicy Sichuan Eggplant

Tender, juicy Chinese eggplant roasted with sriracha, brown sugar, garlic and spices, then topped with green onions and cilantro.



**\$10.99 LB**

## Applewood Smoked Ham

Natural, uncured Applewood smoked ham with no nitrates or nitrites.

**SAVE \$1 LB**



**\$12.99 LB**

# Cheese & Provisions

## Cypress Grove Lamb Chopper

**SAVE \$5 LB**

A buttery sheep's milk Gouda with a sweet and nutty flavor, and a smooth texture that's great for melting



**\$29.99 LB**

## Vermont Creamery Bijou

**2 OZ | SAVE \$2 EA**



**\$11.99 EA**

## Point Reyes Toma

A semi hard table cheese made with pasteurized cow's milk and has a waxed rind.

**SAVE \$3 LB**



**\$24.99 LB**

## Säch Paneer

**6 OZ | SAVE \$1 EA**

Fresh, Indian style cheese.



**\$7.99 EA**

## Levoni Sliced Italian Salami

**2-2.5 OZ | SAVE \$1 EA**



**\$6.99 EA - \$7.99 EA**

# Whole Health

## Natural Factors Immune Support

Select varieties  
Stock up and save on Natural Factors immune support supplements.

**SAVE 30%**



## Life Seasons Gummies

Select varieties



**SAVE 25%**

## Nature's Way Sambucus Supplements

Select varieties



**SAVE 25%**

## Kos Protein Powder

13.05-20.6 OZ | Select varieties



**SAVE 20%**

## Organic India Stress Support

Select varieties



**SAVE 30%**

## Host Defense Mushrooms Immune Support

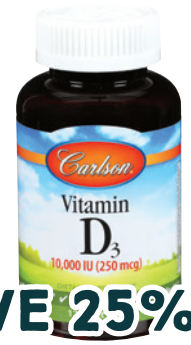
Select varieties



**SAVE 25%**

## Carlson Vitamin D3

Select varieties



**SAVE 25%**

## Weleda Hand Creams & Lotions

Select varieties



**SAVE 20%**

## Desert Essence Hair Care

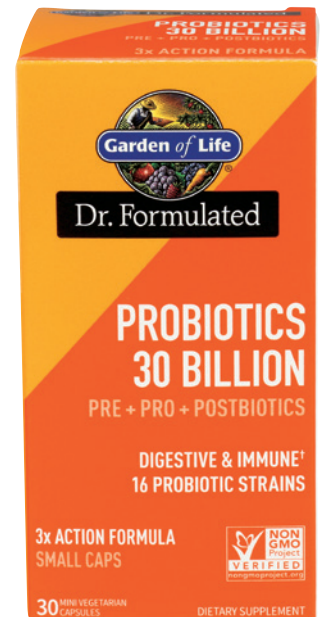
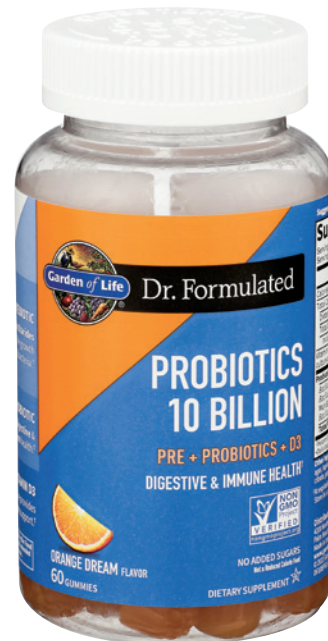
Select varieties



**SAVE 20%**

## Garden of Life Probiotics

Promotes powerful digestive and immune support.  
Select varieties



**SAVE 30%**

## Alaffia Body Wash

Select varieties



**SAVE 20%**

## The Honey Pot Company Products

Select varieties



**SAVE 20%**

# Shop the Aisles

## Carbone Pasta Sauce

24 OZ | *Select varieties*  
SAVE \$2.50

**\$8.99**



## Bigelow Tea

18-20 CT | *Select varieties*  
SAVE \$1

**\$2.99**



## Béquet Caramel

3.6 OZ | *Select varieties*  
SAVE \$1

**\$4.99**



## Artisan Tropic Sea Salt Plantain Strips

6 OZ | SAVE \$1.30



**\$6.99**



## Buddy Fruits Squeeze Pack

3.2 OZ | *Select varieties*  
SAVE 20¢

**\$1.19**



## Chum Bites

5 PK | *Select varieties*  
SAVE 90¢

**\$3.79**



## Haven's Kitchen Aioli

7 OZ | *Select varieties*  
SAVE \$1.10

**\$7.49**



## Generous Land Extra Virgin Olive Oil

34 OZ | SAVE \$3



**\$14.99**



## Great River Milling Whole Wheat Flour

32 OZ | SAVE 70¢

**\$7.29**



## I and Love and You Canned Cat Paté

5.5 OZ | *Select varieties*  
SAVE 50¢

**\$2.19**



## Café Mexicano Coffee

12 OZ | *Select varieties*  
SAVE \$1.50

**\$9.29**



## North Coast Apple Juice

32 OZ | *Select varieties*  
SAVE \$1.20



**\$5.79+DEP**



## Mooala Plant Based Milk

32 OZ | *Select varieties*  
SAVE 80¢

**\$4.49**



## Yolélé Fonio Chips

5 OZ | *Select varieties*  
SAVE 80¢

**\$3.69**



## Safe Catch Ahi Yellowfin Tuna

3 PK | SAVE \$1.50

**\$11.49**



## Bakeology Cookies

5 OZ | *Select varieties*  
SAVE \$1.20

**\$4.19**



## Flock Chicken Chips

2.5 OZ | *Select varieties*  
SAVE \$1.50

**\$5.49**



## Beanstalk Plant Based Snack Stick

1 OZ | *Select varieties*  
SAVE 30¢

**\$1.39**



## Nuts 'N More Spread Squeeze Pack

1.1 OZ | *Select varieties*  
SAVE 20¢

**\$1.39**



## Watcharee's Sauce & Noodle Bowls

7.4-9.88 OZ | *Select varieties*  
SAVE \$1

**\$5.29**



# Shop the Aisles

**Umpqua Chocolate Milk**  
1 QT | SAVE 30¢



**\$1.99**

**Alpha Meatless Breakfast Sandwich**  
5.5 OZ | Select varieties  
SAVE \$1.20



**\$3.29**

**Cappello's Pizza**  
10.82-12 OZ | Select varieties  
SAVE \$2.50



**\$8.99**

**Kite Hill Pasta**  
9 OZ | Select varieties  
SAVE \$2



**\$6.99**

**Bibigo Mini Wontons**  
24 OZ | Select varieties  
SAVE \$2.30



**\$7.69**

**Quorn Meatless Chiqin**  
9.2-12 OZ | Select varieties  
SAVE UP TO \$1.50



**\$4.99**

**Earth Balance Plant Based Butter**  
13-16 OZ | Select varieties  
SAVE \$2.30



**\$5.69**

**Forager Cashew Yogurt**  
24 OZ | Select varieties  
SAVE \$1.30



**\$5.69**

**Rudi's Gluten Free Garlic Texas Toast**  
11.8 OZ | SAVE \$1.70



**\$6.99**

**Florida's Natural Juice**  
14 OZ | Select varieties  
SAVE 20¢



**\$1.99+DEP**

**Frigo String Cheese**  
12 OZ | SAVE \$1



**\$6.99**

**Daisy Cottage Cheese**  
6 OZ | Select varieties  
SAVE 79¢



**2 FOR \$3**

**Daisy Original Sour Cream**  
8 OZ | SAVE 30¢



**\$1.69**

**Mom Pops**  
6 OZ | Select varieties  
SAVE 79¢



**2 FOR \$7**

**Norr Organic Skyr**  
4.4 OZ | Select varieties  
SAVE 50¢



**\$2.29**

**Suja Juice**  
12 OZ | Select varieties  
SAVE \$1



**\$3.69+DEP**

**Evol. Bowl**  
8-9 OZ | Select varieties  
SAVE \$1.20



**\$4.49**

**KeVita Probiotic Drink**  
12 OZ | Select varieties  
SAVE 60¢



**\$2.69+DEP**

**Dible Dough Cookie Dough Bar**  
1.7 OZ | Select varieties  
SAVE 50¢



**\$1.99**

**Sol-Ti Superade**  
14.9 OZ | Select varieties  
SAVE \$1.10



**\$3.39+DEP**

# Shop the Aisles

**Eternal  
Artesian Water**  
1.5 LT | SAVE 31¢



**\$2.48+DEP**

**Garden of Eatin'  
Blue Tortilla Chips**  
16 OZ | SAVE \$2.20



**\$5.79**

**Sparkling ICE**  
8 PK | *Select varieties*  
SAVE \$2.29



**2 FOR \$9+DEP**

**Hood-Crest  
Applesauce**  
16 OZ | *Select varieties*  
SAVE 50¢



**\$4.99**

**Nabisco Saltine  
Crackers**  
16 OZ | *Select varieties*  
SAVE \$1



**\$3.99**

**Kikkoman Takumi  
Teriyaki Sauce**  
20.5 OZ | *Select varieties*  
SAVE \$1



**\$4.99**

**Wild Harvest  
Vegetables**  
14.5-15 OZ | *Select varieties*  
SAVE 49¢



**2 FOR \$3**

**General Mills Large  
Size Cereal**  
12-16.7 OZ | *Select varieties*  
SAVE \$3.50



**\$4.49**

**Quaker Oats**  
42 OZ | *Select varieties*  
SAVE \$3



**\$4.99**

**Progresso Soup**  
18.5-19 OZ | *Select varieties*  
SAVE UP TO \$1.99



**2 FOR \$5**

**Barilla Pasta**  
16 OZ | *Select varieties*  
SAVE 70¢



**\$1.99**

**Morning Star Plant  
Based Protein**  
5.25-10.5 OZ | *Select varieties*  
SAVE \$1



**\$4.99**

**Planet Oat Oatmilk**  
52 OZ | *Select varieties*  
SAVE \$1.49



**2 FOR \$7**

**Urban Pie  
Thin Crust Pizza**  
16.7-20.45 OZ | *Select varieties*  
SAVE \$2.50



**\$10.49**

**SkinnyPop Popcorn**  
4.4 OZ | *Select varieties*  
SAVE \$1



**\$3.99**

**Athenos Hummus**  
8 OZ | *Select varieties*  
SAVE 99¢



**2 FOR \$5**

**Chobani Yogurt**  
4.5-5.3 OZ | *Select varieties*  
SAVE 60¢



**\$1.99**

**Umpqua  
Cottage Cheese**  
24 OZ | *Select varieties*  
SAVE \$1



**\$4.49**