



Read about **NOURICHE BONE BROTH** on our website.



Royal Ranch Boneless Chuck Roast



Regeneratively ranches USDA Choice beef from the PNW, vegetarian-fed, antibiotic and hormone free.

SAVE \$1 LB



\$7.99 LB

Medium Hass Avocados

SAVE \$1 EA



99¢ EA

Don Froylan Creamery



12 OZ | SAVE UP TO \$3 EA

Traditional Mexican cheese handcrafted in Salem, OR.



\$8.99 EA

Tres Leche

12 OZ | SAVE \$1 EA



\$4.99 EA

Nouriche Bone Broth



SAVE \$2 EA | Select varieties

Locally and sustainably produced, small batch bone broth.



\$14.99 EA

Dave's Killer Bread & Buns

17.6-27 OZ | Select varieties

SAVE UP TO \$2.30



\$4.99 EA

Boulder Canyon Chips

5.25-6.5 OZ | Select varieties

SAVE 79¢



2 FOR \$7

Essential Everyday Cheese

8 OZ | Select varieties

SAVE 89¢



2 FOR \$5

Meat & Seafood

Royal Ranch Boneless Beef Skirt Steak

Regeneratively ranched USDA Choice beef from the PNW, vegetarian-fed, antibiotic and hormone free.

SAVE \$3 LB



\$16.99 LB

Organic Boneless Skinless Chicken Thighs

Organic, boneless, skinless chicken thighs that are air chilled and perfect for grilling. Track pack.

SAVE \$2 LB



\$6.49 LB

Honey Habanero Boneless Pork Chops

SAVE \$3 LB



\$5.99 LB

Wild Caught Sockeye Salmon Fillets

Wild caught out of the cold waters of Alaska. Previously frozen.

SAVE \$4 LB



\$12.99 LB

Tequila Lime Fish Taco Mix

Made in house by our Market Mongers using wild caught fish and our house made tequila lime marinade.

SAVE \$4 LB



\$8.99 LB

Specialty Beverage

Terminal Gravity Brewing

6 PK | SAVE UP TO \$2.50

Outstanding craft beer from Enterprise, OR.



\$10.49 +DEP

Bend Cider Co.

Huckleberry Ginger Cider



16 OZ | SAVE \$1.50

Crisp and refreshing with fruity apple, blueberry, spicy ginger notes and a tart finish.

\$2.99 +DEP



Community Cellars Rosé

750 ML | SAVE \$5

A fruit driven rosé with strawberry, cherry, watermelon and raspberry balanced by crisp acidity.



\$14.99

Community Cellars Tempranillo

750 ML | SAVE \$7

Bright and vibrant with cherry, blackberry and excellent structure. It can be served with a slight chill.



\$18.99

Keia & Martyn's Colombia Yamid Quinayas



12 OZ | SAVE \$4

A farm gate coffee from a farm that does their own processing and is transitioning to organic farming that is sweet with notes of light citrus, vanilla and flowers.



\$13.99

Produce

Oregon Bartlett Pears

SAVE 50¢ LB



\$1.49 LB

Mixed Fall Squash



\$1.49 LB

Organic Sugar Pie Pumpkins

SAVE 50¢ LB



\$1.49 LB

Organic Heirloom Tomatoes

SAVE \$1 LB



\$4.99 LB

Oregon Heritage Cider

64 OZ | SAVE \$1 EA



\$4.99 EA

Bulk

Fruit & Nut Granola

SAVE 60¢ LB



\$8.99 LB

Organic Red Flame & Thompson Raisins

SAVE 20¢ LB



\$3.99 LB

Roasted & Salted Pumpkin Seeds

SAVE \$1 LB



\$10.99 LB

Bakery

Chocolate Mousse Trio Dome

3 OZ | SAVE \$2 EA



\$7.99 EA

Buttermilk Biscuits

8 CT | SAVE \$1 EA

Flakey biscuits made in house with real butter.



\$4.99 EA

Ranger Dark Chocolate Cherries

170 GR | SAVE \$3 EA

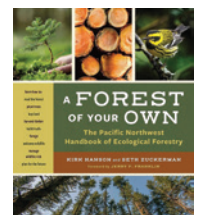
Bing cherries from Hood River, OR coated in classic dark 70% chocolate.



\$10.49 EA

Floral, Home & Gift

Assorted Books



SAVE 30%

Kitchen

Paleo Kaleo Salad

Our robust kale salad features plenty of healthy vegetables, crunchy pepitas and almonds, and sweet golden raisins in a cider vinegar maple dressing.



\$13.99 LB



Cilantro Lime & Spanish Rice

Buttery, herby, and savory side dishes that can be eaten on their own and also make for a perfect side. It's the ultimate comfort food, easy and ready to go.



\$6.99 EA

Apple Cider Pecan Crusted Pork Tenderloin

Tender, juicy pork tenderloin marinated in flavor-packed apple cider and warm spices, and finished with a crunchy pecan crust.



\$13.99 LB

Black Rice & Yam

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



\$11.99 LB

Shiba's Dal Bhat Samosas

Authentic, plant-based samosas made with the freshest spices, legumes, veggies and basmati rice.



\$3.99 EA

Cheese & Provisions

Liliana's String Cheese

8 OZ | SAVE \$2 EA



Locally made string cheese ranked best in the country by the American Cheese Society in 2024.



\$6.99 EA

Coro Sliced Salami

3 OZ | SAVE \$2 EA

Sliced salami in unique flavors make the perfect addition to any charcuterie board.



\$6.99 EA

Tillamook Farmer's Collection Cheese

7 OZ | SAVE \$1 EA

Assorted and versatile cheeses that are perfect for snacking or adding to your favorite dishes.



\$6.99 EA

Willamette Valley Cheese

4-8 OZ | SAVE \$2 EA

Organic Cheddars, Jacks, and Brie made with locally sourced milk in the Willamette Valley.



\$7.99 EA

Willamette Valley Cheese Triple Crème Brie

4 OZ | SAVE \$2 EA

New triple crème Brie from Willamette Valley Cheese is rich and decadent.



\$7.99 EA

Whole Health

Himalaya Herbal Supplements

Select varieties



SAVE 20%

Mary Ruth's Supplements

Select varieties



SAVE 30%

CV Sciences CBD Supplements

Select varieties



SAVE 25%

Vitanica Supplements



SAVE 20%

Herb Pharm Herbs On-the-Go

1 OZ | Select varieties



SAVE 20%

CV Sciences Topical CBD Products

1.13-2 OZ | Select varieties



SAVE 25%

South of France Hand Soap

8 OZ | Select varieties



SAVE 25%

Humble Bar Soap

1-4 OZ | Select varieties



SAVE 20%

Derma E Therapeutic Topicals

Select varieties



SAVE 20%

Primal Kitchen Collagen Fuel

13.1-19.2 OZ | Select varieties



SAVE 30%

Ancient Nutrition Super Greens

3.2-8.82 OZ | Select varieties



SAVE 25%

Himalaya Toothpaste

.75-5.29 OZ | Select varieties



SAVE 20%

Shop the Aisles

Soom Tahini

11-12 OZ | Select varieties
SAVE \$2.50



\$5.49

Sideaway Veggie Noodles and Rice

8.5 OZ | Select varieties
SAVE 20¢



\$3.79

Raincoast Sockeye Salmon

5.65 OZ | SAVE \$1.30



\$6.29

Violet Crumble Candy Honeycomb

6 OZ | Select varieties
SAVE 70¢



\$4.79

San J Sauces

10 OZ | Select varieties
SAVE 50¢



\$4.29

Native Forest Coconut Milk

13.5-14 OZ | Select varieties
SAVE 80¢



\$2.99

Imagine Soup

32 OZ | Select varieties
SAVE \$1.30



\$5.29

Lotus Foods Rice Ramen

2.8 OZ | Select varieties
SAVE 40¢



\$1.99

Tazo Tea

16-20 CT | Select varieties
SAVE \$1



\$4.79

Safely Hand Soap

16 OZ | Select varieties
SAVE \$1



\$6.99

Maté Party Sparkling Yerba Maté

12 OZ | Select varieties
SAVE 79¢



2 FOR \$6 + DEP

Boneyard UltraPop

12 OZ | Select varieties
SAVE 46¢



3 FOR \$4 + DEP

Essentia Water

1 LT | SAVE \$1.12



3 FOR \$5 + DEP

Ablis Sparkling CBD Beverage

12 OZ | Select varieties
SAVE \$1.30



\$3.19 + DEP

Blue Diamond Almonds Nut Thins

7.7 OZ | Select varieties
SAVE \$1.50



\$4.99

Nutella Hazelnut Spread

13 OZ | SAVE \$1



\$4.49

Old El Paso Taco Shells

4.6-6.6 OZ | Select varieties
SAVE \$1.49



2 FOR \$5

Ortega Chiles

4 OZ | SAVE 50¢



\$2.19

Rao's Homemade Pasta Sauce

24 OZ | Select varieties
SAVE \$2.80



\$7.99

Kikkoman Panko & Tempura Mix

8-10 OZ | Select varieties
SAVE UP TO \$1



\$2.29

Shop the Aisles

Outshine Bars

18 OZ | Select varieties

SAVE \$1.80



\$5.99

Daiya Dairy Free Cheese

7.1-8 OZ | Select varieties

SAVE \$1.10



\$4.39

Nancy's Oatmilk Yogurt

24 OZ | Select varieties

SAVE UP TO \$1.50



\$5.49

De La Calle! Tepache

12 OZ | Select varieties

SAVE 90¢



\$2.39+DEP

Marco Ice Cream

1 PT | Select varieties

SAVE \$1.80



\$5.69

Lumen Shot

1.8 OZ | Select varieties

SAVE 80¢



\$2.99

Umpqua Sour Cream

24 OZ | SAVE \$1



\$3.99

Essential Everyday Frozen Vegetables

12 OZ | Select varieties

SAVE UP TO \$1.04



4 FOR \$5

Sukhi's Gourmet Indian Entrée

11 OZ | Select varieties

SAVE \$1.30



\$5.69

Rumiano Cheese Slices

6 OZ | Select varieties

SAVE \$1



\$3.99

Higher Taste Burrito

8 OZ | Select varieties

SAVE 80¢



\$3.69

Oscar Mayer Lunchables

8.9-10.7 OZ | Select varieties

SAVE \$1



\$2.99

Marie Callender's Pot Pie

10 OZ | Select varieties

SAVE \$1.39



2 FOR \$7

Giovanni Rana Pasta

10 OZ | Select varieties

SAVE 50¢



\$5.49

Wilcox Family Farms Medium White Eggs

18 CT | Select varieties

SAVE 30¢



\$4.99

Shop the Aisles

Bobo's Oat Bar

3 OZ | Select varieties
SAVE 49¢



2 FOR \$5



Sanpellegrino Sparkling Drink

6 PK | Select varieties
SAVE \$1.50



\$6.99+DEP

Nature's Path Envirokidz Cereal

9.5-13.25 OZ | Select varieties
SAVE \$1.80



\$3.99

Tejava Tea

1 LT | Select varieties
SAVE UP TO \$1.49



2 FOR \$5+DEP

Lundberg Family Farms Rice

32 OZ | Select varieties
SAVE \$2



\$5.99

Bob's Red Mill Flour

5 LB | Select varieties
SAVE \$1.50



\$3.99

Angie's Boom Chicka Pop Popcorn

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



2 FOR \$6

Lärabar

1.06-1.7 OZ | Select varieties
SAVE UP TO 94¢



4 FOR \$5

Jif Peanut Butter

28 OZ | Select varieties
SAVE \$1.90



\$5.49

Bonne Maman Preserves

13 OZ | Select varieties
SAVE \$1.50



\$5.49

General Mills Cheerios

18-18.8 OZ | Select varieties
SAVE \$3.50



\$4.99

Kraft Original Mac & Cheese

7.25 OZ | SAVE 99¢



5 FOR \$5

Kraft Dressing

16 OZ | Select varieties
SAVE \$3.49



2 FOR \$5

Daisy Sour Cream

14-14.72 OZ | Select varieties
SAVE 49¢



2 FOR \$7

Umpqua Organic Milk

1 GAL | Select varieties
SAVE 20¢



\$6.79

Alexandre Family Farm A2 Yogurt

24 OZ | Select varieties
SAVE \$1



\$5.99

Seal the Seasons Frozen Fruit

32 OZ | Select varieties
SAVE \$1.80



\$9.99

Simply Potatoes Hashbrowns

20 OZ | Select varieties
SAVE \$1.09



2 FOR \$7

Häagen-Dazs Ice Cream

28 OZ | Select varieties
SAVE \$2.30



\$8.69