

WORLD VEGETARIAN DAY SALE

At Least **30% Off** on more than 100 best selling items
(While Supplies Last)
 Reg. Price



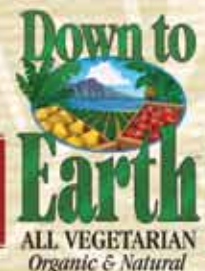
GROCERY

	Reg. Price	Sale Price
Almond Dream Almond Drink Unswt, 64 oz	\$6.39	\$4.39
Barbara's Cheese Bakes, 5.5 oz	\$2.69	\$1.79
Barbara's Cheese Puffs, 7 oz	\$2.69	\$1.79
Barbara's Jalapeno Cheese Puffs, 7 oz	\$2.69	\$1.79
Barbara's White Cheddar Cheese Bakes, 5.5 oz	\$2.69	\$1.79
Blue Diamond Almond Breeze Chocolate, 32 oz	\$2.59	\$1.79
Blue Diamond Almond Breeze Orig, 32 oz	\$2.59	\$1.79
Blue Diamond Almond Breeze Vanilla, 32 oz	\$2.59	\$1.79
Blue Diamond Almond Breeze Unswt Choc, 32 oz	\$2.59	\$1.79
Blue Diamond Almond Breeze Unswt Orig, 32 oz	\$2.59	\$1.79
Blue Diamond Almond Breeze Unswt Van, 32 oz	\$2.59	\$1.79
Bragg's Liquid Aminos, 32 oz	\$7.69	\$5.29
Bragg's Organic Apple Cider Vinegar, 32 oz	\$6.09	\$4.19
Crystal Geyser Alpine Spring Water, 1 gal.	\$1.59	\$1.09
Essentia Water, 1.5 ltr.	\$2.59	\$1.79
Food Should Taste Good Multigrain Tortilla Chips, 6 oz	\$3.39	\$2.29
Food Should Taste Good Olive Tortilla Chips, 6 oz	\$3.39	\$2.29
Food Should Taste Good Swt Potato Tort Chips, 6 oz	\$3.39	\$2.29
Food Should Taste Good Jalapeno Tort Chip, 6 oz	\$3.39	\$2.29
Food Should Taste Good Multigrain Tort Chip, 6 oz	\$3.39	\$2.29
Garden of Eatin' Blue Tortilla Chips Unsalted, 9 oz	\$3.39	\$2.29
Garden of Eatin' Blue Tortilla Chips, 9 oz	\$3.39	\$2.29
Garden of Eatin' Red Hot Blue Tortilla Chips, 9 oz	\$3.39	\$2.29
Kettle Chips Honey Dijon, 5 oz	\$2.99	\$2.09
Kettle Chips Lightly Salted, 5 oz	\$2.99	\$2.09
Kettle Chips Salt Free, 5 oz	\$2.99	\$2.09
Kettle Chips Sea Salt & Vinegar, 5 oz	\$2.99	\$2.09
Knudsen Juice Simply Lemon Echinacea, 32 oz	\$3.69	\$2.49
Knudsen Juice Simply Mega Antioxidant, 32 oz	\$3.69	\$2.49
Knudsen Juice Simply Mega C, 32 oz	\$3.69	\$2.49
Knudsen Juice Simply Mega Green, 32 oz	\$3.69	\$2.49
Knudsen Juice Simply Morning Blend, 32 oz	\$3.69	\$2.49
Knudsen Juice Simply Vita, 32 oz	\$3.69	\$2.49
Pirate's Booty White Cheddar, 4 oz	\$3.29	\$2.29
Reeds Extra Ginger Brew, 12 oz	\$1.99	\$1.39
Reeds Premium Ginger Brew, 12 oz	\$1.99	\$1.39
Rice Dream Enriched Original, 64 oz	\$6.39	\$4.39

ALL VEGETARIAN Preferred Brands

	Reg. Price	Sale Price
Amy & Brian Coconut Juice W/ Lime, 17.5 oz	\$1.99	\$1.39
Amy & Brian Coconut Juice W/ Pulp, 17.5 oz	\$1.99	\$1.39
Amy & Brian Pulp Free Coconut Juice, 17.5 oz	\$1.99	\$1.39
Amy's Kitchen Chili Medium Org, 14.7 oz	\$4.09	\$2.79
Amy's Kitchen Veggie Burger Amrcn LF Org, 10 oz	\$7.49	\$5.19
Amy's Kitchen Veggie Burger Bistro, 10 oz	\$7.49	\$5.19
Amy's Kitchen Veggie Burger Calif Org, 10 oz	\$7.49	\$5.19
Amy's Kitchen Veggie Burger Chicago Org, 10 oz	\$7.49	\$5.19
Amy's Kitchen Veggie Burger Quarter lb, 16 oz	\$7.49	\$5.19
Amy's Kitchen Veggie Burger Texas LF, 10 oz	\$7.49	\$5.19
Amy's Kitchen Veggie Burger Calif LS, 10 oz	\$7.49	\$5.19
Dr. Bronner's Lavender Hemp Liquid Soap, 32 oz	\$13.39	\$9.49
Dr. Bronner's Peppermint Hemp Liquid Soap, 32 oz	\$13.39	\$9.49
Dr. Bronner's Soap Bar Lavender, 5 oz	\$3.39	\$2.29
Dr. Bronner's Soap Bar Peppermint, 5 oz	\$3.39	\$2.29
Food For Life Ezekiel Sprouted Grain Bread, 24 oz	\$5.79	\$3.99
Nature's Path Cereal Multi Grain Flake, 13.25 oz	\$4.99	\$3.49
Nature's Path Cereal Optimum Slim, 14 oz	\$5.49	\$3.79
Nature's Path Waffle Homestyle, 7.5 oz	\$4.89	\$3.39
Nature's Path Waffles Buckwheat Berry WF, 7.5 oz	\$4.09	\$2.79
Nature's Path Waffles Fig + Flax, 7.5 oz	\$4.09	\$2.79
Nature's Path Waffles Flax Omega 3, 7.5 oz	\$4.09	\$2.79
Nature's Path Waffles Hemp Plus, 7.5 oz	\$4.09	\$2.79
Nature's Path Waffles Maple Cinnamon, 7.5 oz	\$4.09	\$2.79
Nature's Path Waffles Mesa Sunrise, 7.5 oz	\$4.09	\$2.79
Nature's Path Waffles Pomegran Plus, 7.5 oz	\$4.09	\$2.79
Nature's Path Waffles-Flax+/Red Berry, 7.5 oz	\$4.69	\$3.19
Turtle Island Tofurky Slices Crn&Stffng, 5.5 oz	\$3.99	\$2.79
Turtle Island Tofurky Slices Hick Smkd, 5.5 oz	\$3.79	\$2.59
Turtle Island Tofurky Slices Italian, 5.5 oz	\$3.79	\$2.59
Turtle Island Tofurky Slices Oven Roasted, 5.5 oz	\$3.79	\$2.59
Turtle Island Tofurky Slices Peppered, 5.5 oz	\$3.79	\$2.59
Turtle Island Tofurky Slices Phly Steak, 5.5 oz	\$3.99	\$2.79
Veg Life Super Spirulina Shake, 17 oz	\$17.19	\$11.99

For more great sale items
 see reverse side ...



ONE DAY ONLY - SATURDAY, OCTOBER 1ST

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GROCERY CONT.

	Reg. Price	Sale Price
Roberts Veggie Booty LF, 4 oz	\$3.49	\$2.39
Santa Cruz Lemonade Original, 32 oz	\$3.79	\$2.59
Santa Cruz Lemonade Raspberry, 32 oz	\$3.79	\$2.59
Santa Cruz Lemonade Strawberry Org, 32 oz	\$3.79	\$2.59
Santa Cruz Lemonade Mango Org, 32 oz	\$3.79	\$2.59
Santa Cruz Limeade Org, 32 oz	\$3.79	\$2.59
Stacy's Pita Chips Cinnamon Sugar, 8 oz	\$3.79	\$2.59
Stacy's Pita Chips Multigrain, 8 oz	\$3.79	\$2.59
Stacy's Pita Chips Parmesan Garlic Herb, 8 oz	\$3.79	\$2.59
Stacy's Simply Naked Pita Chips, 8 oz	\$3.79	\$2.59
Tasty Bite Entrées, selected varieties 10 oz	\$3.39	\$2.29
Tasty Bite Rice Basmati Ready to Eat, 8.8 oz	\$2.79	\$1.89
Vitacoco Coconut Water, 11.2 oz	\$1.89	\$1.29
Wai Lana Little Yogi Bar Banana Split, 1.2 oz	\$3.99	\$1.99
Wai Lana Little Yogi Bar Oatmeal Raisin, 1.2 oz	\$3.99	\$1.99
Wai Lana Little Yogi Cereal, Org and Gln Free, 9 oz	\$6.99	\$1.99
Zevia Diet Soda, selected flavors 12 oz	\$1.59	\$1.09

SUPPLEMENTS

	Reg. Price	Sale Price
Alacer Emergen C Super Orange, 30 ct	\$15.59	\$10.89
Barleans Organic Oils Forti-Flax, 16 oz	\$9.89	\$6.89
Jarrow Formulas Jarro-Dophilus EPS, 60 vcap	\$24.99	\$17.49
New Chapter Take Care Bone Strength, 120 tab	\$58.79	\$40.99
Pure Essence Ionic Fizz Calcium Plus, 7 oz	\$19.09	\$13.29
Pure Essence Ionic Fizz Magnesium Plus, 6.3 oz	\$19.09	\$13.29
Vibrant Health Green Vibrance Powder, 12 oz	\$55.59	\$38.89
Wai Lana Acai Caps, 60 vcap	\$24.99	\$17.49
Wai Lana Acai Powder, 7 oz	\$43.69	\$30.49
Wai Lana Mangosteen Caps, 60 vcap	\$24.99	\$17.49
Wai Lana Mangosteen Powder, 7 oz	\$24.99	\$17.49
Wai Lana Pomegranate Caps, 60 vcap	\$24.99	\$17.49
Wai Lana Pomegranate Powder, 7 oz	\$24.99	\$17.49

FROZEN

	Reg. Price	Sale Price
Alvarado Street Bakery Bread Sprtd Cali Style, 24 oz	\$5.09	\$3.39
Alvarado Street Bakery Bread Sprtd Wheat, 24 oz	\$5.09	\$3.39
Rudi's Bakery Bread Slcd Multigrain Org, 19 oz	\$5.89	\$4.09
Rudi's Bakery Multigrain English Muffin, 12 oz	\$5.59	\$3.89
Rudi's Bakery Spelt English Muffin, 12 oz	\$5.59	\$3.89
Rudi's Bakery Whole Grain Eng Muffin, 12 oz	\$5.59	\$3.89
Rudi's Organic Bakery Colrdo Crckd Wt Bread, 22 oz	\$5.79	\$3.99
Rudi's Organic Bakery Honey Swt WW Bread, 22 oz	\$5.79	\$3.99
Sambazon Acai Fruit, 14.11 oz	\$6.99	\$4.89

PRODUCE

	Reg. Price	Sale Price
Local Apple Bananas, per lb.	\$1.49	\$0.99
Local Solo Papayas	\$1.89	\$0.59
Okinawan Potatoes, per lb.	\$1.69	\$1.09
Organic Carrots, 5 lb.	\$7.99	\$5.59
Organic Cauliflower, per lb.	\$3.99	\$2.79
Organic Celery, per lb.	\$1.89	\$1.29
Organic Red Delicious Apples, per lb.	\$3.69	\$2.49
Organic Yellow Onions, per lb.	\$1.99	\$1.39
Organic Zucchini, per lb.	\$3.99	\$2.79

CHILL

	Reg. Price	Sale Price
Brown Cow NF Yogurt Greek Plain, 16 oz	\$4.89	\$3.39
Follow Your Heart Vegenaize, 32 oz.	\$7.99	\$5.59
GTs Kombucha, various 16 oz	\$5.09	\$3.49
GTs Kombucha Synergy, various 16 oz	\$5.09	\$3.49
House Foods Tofu Firm, 14 oz.	\$1.99	\$1.39
Silk Light Soymilk, various 64 oz	\$5.59	\$3.89
Silk Soymilk, various 64 oz	\$5.59	\$3.89
Sodelicious Coco Milk Unswt, 64 oz	\$5.19	\$3.59

BULK

	Reg. Price	Sale Price
Almonds, per lb.	\$7.99	\$5.59
Cashew Raw Pieces, per lb.	\$6.59	\$4.59
Golden Temple French Van Almond Granola, per lb.	\$4.39	\$2.99
Golden Temple Wild Blueberry Flax Granola, per lb.	\$4.49	\$3.09
Grain Mill Rolled Oats, per lb.	\$1.19	\$0.79
Grind Your Own Almond Butter, per lb.	\$6.99	\$4.89
Organic Flax, per lb.	\$2.99	\$2.09
Organic Lundberg Short Grain Brown Rice, per lb.	\$2.29	\$1.59
Organic Quinoa Grain, per lb.	\$5.79	\$3.99
Shelled Walnuts, per lb.	\$8.49	\$5.89

COSMETICS

	Reg. Price	Sale Price
Crystal Roll On Deodorant, 2.25 oz	\$3.49	\$2.39
Desert Essence Tea Tree & Mint Toothpaste, 7 oz	\$6.09	\$4.19
Giovanni Tea Tree Triple Treat Shampoo, 8.5 oz	\$6.79	\$4.69

DELI

	Reg. Price	Sale Price
Down to Earth Deli Hot Food, per lb.	\$9.59	\$6.69
Down to Earth Deli Salad Bar, per lb.	\$9.59	\$6.69

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