



2132 Tamiami Trail North • (239) 213-2222 • Monday - Saturday 7am-9pm • Sunday 8am-6pm

foodandthought1.com

November 13th - November 19th

While supplies last

PRODUCE

Asparagus
\$4.99^{LB}



Hass Avocados
2 for \$3



Ginger Root
\$1.99^{LB}



Snow White Cauliflower
2 for \$5



Lacinato Kale
2 for \$4



Green Onions
99¢ EA



JUICE BAR

Yerba Matte Latte
16 oz



\$1.00 OFF

Brewthie
16 oz
\$1.00 OFF



BREAD

White Toasting Loaf

\$4.99 EA
Save \$1.00



Jewish Rye Loaf
\$4.99 EA
Save \$1.00



GROCERY & DAIRY

FARMERS MARKET
Pumpkin, Sweet Potato, Butternut Squash
Prices Vary
Save \$1.00



ORGANIC VALLY
Salted & Unsalted Butter
\$9.99 EA
Save \$1.00



NATIVE FOREST
Coconut Milks
2 FOR \$6
Save \$1.98



PACIFIC FOOD
Broths 32 & 8 oz
Prices Vary
Save \$1.00



WOODSTOCK
Sugars
Prices Vary
16 oz Save \$1.00
70.5 oz Save \$2.00



RUMIANO
Block Cheese
\$5.99 EA
Save \$1.00



WOODSTOCK
Frozen Veggies
10-12 oz
Prices Vary
Save \$1.00



ARROWHEAD
MILLS
Bread & All Purpose
\$11.99 EA
Save \$2.00



CAFE & BAKERY

Raw Taco Salad
\$12.95 EA
SAVE \$1.00

Caesar Salad
\$10.95 EA
SAVE \$1.00

Ham Sandwich
\$8.95 EA
SAVE \$1.00

Garbanzo Soup
\$5.99 LB
SAVE \$1.00

Raw Vegan Sour Cream
\$7.95 EA
SAVE \$1.00

Costa Rica Coleslaw
\$8.99 LB
SAVE \$1.00

Banana Walnut Mini Muffins
\$6.95 EA
SAVE \$1.00

Banana Mini Muffins
6 Count
\$6.95 EA
SAVE \$1.00

WINE & CHEESE

FREY
Sauvignon Blanc
\$17.99 EA
SAVE \$3.00



Food & Thought
Albala Rosemary
\$16.99 LB
SAVE \$3.00



PACIFIC
REDWOOD
Cabernet Sauvignon
\$20.99 EA
SAVE \$3.00



Food & Thought
Queso Cerron Fresco
\$16.99 LB
SAVE \$3.00



SUPPLEMENTS



Pure Castile Soup
32 oz
\$14.99 EA
SAVE \$3.00



Super Echinacea
4 oz
\$27.99 EA
SAVE \$15.00

