

Naturally

the best



HUCKLEBERRY'S

NATURAL MARKET



926 S. MONROE • 624-1349 • OPEN 7AM-10PM DAILY • WWW.HUCKLEBERRYSNATURALMARKET.COM

Build Your Own Sandwich!
In the 9th Street Bistro

Now you can create your own gourmet sandwich by completing the "Build Your Own Sandwich Form" (available in the Bistro). Just choose your favorite organic, natural and homemade gourmet ingredients. We'll do the rest!



HUCKLEBERRY'S
Build Your Own Sandwich

For Here To Go Toasted?

Whole \$6.99 Half \$3.99

Bread (choose one)	Cheeses (choose one)	Spreads
<input type="checkbox"/> White <input type="checkbox"/> Multigrain <input type="checkbox"/> Rye <input type="checkbox"/> Sesame <input type="checkbox"/> Olive Oil <input type="checkbox"/> Whole Grain	<input type="checkbox"/> Cheddar <input type="checkbox"/> Swiss <input type="checkbox"/> Pepper Jack <input type="checkbox"/> Monterey <input type="checkbox"/> Brie <input type="checkbox"/> Provolone <input type="checkbox"/> Feta <input type="checkbox"/> Blue Cheese <input type="checkbox"/> Goat Cheese <input type="checkbox"/> Ricotta <input type="checkbox"/> Cream Cheese <input type="checkbox"/> Vegan Cheese	<input type="checkbox"/> Mayo <input type="checkbox"/> Mustard <input type="checkbox"/> Ketchup <input type="checkbox"/> Hot Sauce <input type="checkbox"/> BBQ Sauce <input type="checkbox"/> Pesto <input type="checkbox"/> Aioli <input type="checkbox"/> Hummus <input type="checkbox"/> Olive Oil <input type="checkbox"/> Vegan Spread
Proteins (choose one)	Veggies (choose 2)	Seasonings
<input type="checkbox"/> Turkey <input type="checkbox"/> Chicken <input type="checkbox"/> Beef <input type="checkbox"/> Pork <input type="checkbox"/> Salmon <input type="checkbox"/> Tofu <input type="checkbox"/> Veggie <input type="checkbox"/> No Meat	<input type="checkbox"/> Lettuce <input type="checkbox"/> Tomato <input type="checkbox"/> Onion <input type="checkbox"/> Pickle <input type="checkbox"/> Cucumber <input type="checkbox"/> Bell Pepper <input type="checkbox"/> Mushroom <input type="checkbox"/> Avocado <input type="checkbox"/> Artichoke <input type="checkbox"/> Spinach <input type="checkbox"/> Kale <input type="checkbox"/> Carrot <input type="checkbox"/> Celery <input type="checkbox"/> Zucchini <input type="checkbox"/> Eggplant <input type="checkbox"/> Cauliflower <input type="checkbox"/> Broccoli <input type="checkbox"/> Asparagus <input type="checkbox"/> Green Beans <input type="checkbox"/> Potatoes <input type="checkbox"/> Sweet Potatoes <input type="checkbox"/> Corn <input type="checkbox"/> Peas <input type="checkbox"/> Lentils <input type="checkbox"/> Chickpeas <input type="checkbox"/> Black Beans <input type="checkbox"/> Kidney Beans <input type="checkbox"/> Pinto Beans <input type="checkbox"/> Navy Beans <input type="checkbox"/> Great Northern Beans <input type="checkbox"/> Cannellini Beans <input type="checkbox"/> Lima Beans <input type="checkbox"/> Garbanzo Beans <input type="checkbox"/> Mung Beans <input type="checkbox"/> Soybeans <input type="checkbox"/> Lentils <input type="checkbox"/> Tofu <input type="checkbox"/> Tempeh <input type="checkbox"/> Seitan <input type="checkbox"/> Quinoa <input type="checkbox"/> Wild Rice <input type="checkbox"/> Brown Rice <input type="checkbox"/> White Rice <input type="checkbox"/> Jasmine Rice <input type="checkbox"/> Basmati Rice <input type="checkbox"/> Arborio Rice <input type="checkbox"/> Farro <input type="checkbox"/> Bulgur <input type="checkbox"/> Couscous <input type="checkbox"/> Farfalle <input type="checkbox"/> Penne <input type="checkbox"/> Spaghetti <input type="checkbox"/> Macaroni <input type="checkbox"/> Orzo <input type="checkbox"/> Farfalle <input type="checkbox"/> Penne <input type="checkbox"/> Spaghetti <input type="checkbox"/> Macaroni <input type="checkbox"/> Orzo	<input type="checkbox"/> Salt <input type="checkbox"/> Pepper <input type="checkbox"/> Garlic <input type="checkbox"/> Onion <input type="checkbox"/> Mustard <input type="checkbox"/> Ketchup <input type="checkbox"/> Hot Sauce <input type="checkbox"/> BBQ Sauce <input type="checkbox"/> Pesto <input type="checkbox"/> Aioli <input type="checkbox"/> Hummus <input type="checkbox"/> Olive Oil <input type="checkbox"/> Vegan Spread

Lighter Fare Grilled Cheese PB & J PB & Honey

\$2.99 Each

Name: Jake



\$5 Lunch!
Choice of a Cup of Soup,
Half a Cold Sandwich or a
Veggie Wrap.



Buy your favorite
cut of meat in our Meat
Department and our Bistro
will cook it for you for
\$3.49 (\$4.99 w/salad)!

This week's specials:

Effective dates 8/10 - 8/16/11.

Grocery Department

Chobani Greek Yogurt
6-oz. Cup
Selected Varieties
\$1.29 Ea.



Organicville Salad Dressing
8-oz. Bottle
Selected Varieties
2/\$6



Balance Bars
1.76-oz. Package
Selected Varieties
4/\$5



Pyure Organic Stevia
40-ct. Box
\$3.79 Ea.



Produce Department

Organic Peaches
\$1.59 Lb.



Organic Zucchini or Yellow Summer Squash
\$1.49 Lb.



Organic Spring Mix
\$4.29 Lb.



Organic Cantaloupe
79¢ Lb.



Organic Nectarine
\$1.89 Lb.



Boulangerie

Monterey Jack or Muenster
\$2.99 Lb.



Smoked Muenster
\$4.99 Lb.



New York Cheddar with Horseradish
\$7.99 Lb.



Garcia Baquero Goat Cheese
Selected Varieties
\$15.99 Lb.



Spokane Wine Co.

Bookwalter Subplot Red
750-ml. Bottle
\$10.99 Ea.

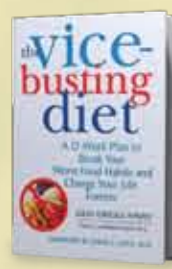


Natural Living

Natural Factors PGX
Selected Sizes & Varieties
25% Off



Free book w/purchase!



The Vice-Busting Diet
by Julia Havey
Also available online as a free download at www.pgx.com
See store for details

Nordic Naturals

Nordic Berries
120-ct. Bottle
\$13.99 Ea.



Vega

Shake&Go Smoothies
Selected Varieties
300g. Package - **\$17.99** Ea.
12-ct. Package - **\$21.99** Ea.



New Chapter

Zyflamend
60-ct. to 120-ct. Bottle
Selected Varieties
30% Off



Make your own buckwheat & lavender pillow:
Fill the pillowcase of your choice with buckwheat hulls, leaving enough space for the hulls to move around; add lavender. For a small pillow (about 1/4 standard pillow size), use about 2 pounds of buckwheat hulls and 3 cups of lavender. Adjust amounts for larger pillow if desired. Sew the pillow shut. Enjoy!

Buckwheat Hulls
25% Off

Camden Lavender Flowers
25% Off

Upcoming Events

Saturday 8/13, 7pm

LIVE MUSIC

JOHN WATSON & BILL BUNZE

Ahhhhh. It's time to relax, and you know what that means. Original and collaborative guitar compositions, surreal singer songwriters and weirdly wonderful musical acts. Come and enjoy great music, food, wine & micros in our 9th Street Bistro.

Saturday 8/20, 7pm

LIVE MUSIC

1 MATCH LEFT

A glass of wine, your favorite chair, and of course local musicians playing live for you in our bistro every Saturday at 7pm. Come early to get your dinner at our Pasta Bar and choose from the Inland Northwest's largest selection of micro-brews and wines to accompany your meal!

Saturday 8/27, 7pm

LIVE MUSIC

CANNED MUSIC

So go on, indulge yourself, that's right, go to the pasta bar, have another micro, lean back and just enjoy the melodies. After all, music soothes even the savage beasts.

Customer Testimonial

"On Wednesday, 7/27, I had a busy day with appointments in Spokane, and yet, I was to attend a potluck/meeting at 6pm back in Ritzville, my hometown. I decided to stop at Huckleberry's on Monroe, and, after looking at their case of salads, chose the Farmers Market salad - two large containers of it! Came home and placed it in one of my own bowls and off I went to my Potluck. Well! The next day I had a request for the recipe... was initially embarrassed to admit I fudged and got it ready-made. But when this gal heard I got it at Huckleberry's, she said, "Oh, wonderful!! I love Huckleberry's!" Guess I made an excellent choice. Thank you, Huckleberry's! I'll do it again."

Kathryn Schaffer