



## **GLUTEN FREE**

Rudi's grew up in Boulder making bread, with a goal to make delicious bread that people would love. From day one, they believed that passionate people, shared values and small batch baking techniques make for better bread. Making bread this way—the traditional way—with simplicity, quality and honesty, has always been a source of pride for everyone at Rudi's.



OMEGA-3 M ANTURE RAISED OMEGA ORGANIC Lifeway milkadamia KEFIR KEFIR THEFAM Forage USDA ORGANIO orager 15.2-oz. Strawberry Lemonade CREAM CHEESE ORGA

Wilcox **Pasture Raised** Large Brown Omega-3 Eggs Dozen

\$5.99

Bizzy Cold Brew Coffee Selected Varieties

48-oz. \$6.99

Milkadamia Macadamia Milk Selected Varieties

**\$4.99** 

32-oz.

Lifeway Kefir Selected Varieties 32-oz

\$4.29

32-oz. Organic 4-ct. Probugs

\$4.99

Forager Organic Dairy-Free Cashew Yogurt

Selected Varieties 5.3-oz.

2/\$4

\$6.49

**Evolution Fresh Organic Juice** 

Selected Varieties

2/\$6

\$4.99

Tofutti

8-oz. Cream Cheese or Slices 12-oz. Sour Cream

\$3.99

Miso Master **Organic Miso** 

Selected Varieties 8-oz. Mellow White

**\$5.99** 

8-oz. Traditional Red or Country Barley

\$6.29 16-oz. Mellow White

**\$9.99** 

16-oz. Chickpea Rice

\$10.99 16-oz. Traditional Red

\$11.99

Aug 30 - Sept 26

USDA Ferndale Organic A2/A2 Whole or 2% Milk 64-oz. \$5.99 Chameleon Organic COLD-BREW Cold-Brew Coffee CHMELEON Selected Varieties 10-oz. COLD-BREW \$3.29 USDA 32-oz. Concentrate \$9.99 **Brown Cow Cream Top Yogurt** Selected Varieties 5.3-oz. 4/\$5 **Bitchin' Sauce** Selected Varieties 7 or 8-oz. \$4.99 Nellie's Free Range TINNEDS Sea Salt and KEE KUNDI **Unsalted Butter** OLYRA \$4.99 Olyra Organic **Breakfast Biscuits** Selected Varieties 4-ct. \$3.99 bear **Bear Naked Granola** naked Selected Varieties 11 to 12-oz. \$6.49 **Bob's Red Mill Bob's Bar** Selected Varieties 1.76-oz. 4/\$5 Thunderbird CHOCOLATE ALMOND BUTTER SEA SALT Superfood Bar Selected Varieties AVES 1.7-oz. 2/\$4 This Saves Lives UNICORN

That's it USDA 3.5-oz. Squeeze Vitality Snack USDA Organi COCONOL PNW 1.3-oz. Peanut Butter Cups

That's It. Selected Varieties 1.2-oz. Bar

2/\$3 1.2-oz. Probiotic Bar

2/\$4 3.5-oz. Truffles

\$4.99

Mamma Chia **Organic** Selected Varieties

\$1.69

10-oz. Beverage 2/\$6

4-ct. Squeeze Vitality Snack

\$5.99

Kashi **Organic Cereal** Selected Varieties 10.3 to 16.3-oz.

**S6.99** 

**Grandy Oats** Coconola Selected Varieties 9-oz.

\$7.99

The GFB Gluten Free Selected Varieties

2.05-oz. Bar

\$1.89 4-oz. Bites

\$4.99

UnReal **Chocolate Snacks** 

Selected Varieties 1-oz. to 1.5-oz.

\$1.69 3.2-oz. to 5-oz.

\$5.49

Theo **Organic Chocolate** Selected Varieties

\$1.89

1.9-oz. Fantasy Bars

2/\$4 1.3-oz. Almond Butter Cups

2/\$5

3-oz. Bars

2/\$6 4-oz. Baking

\$3.99

1.4-oz. Bar S1.89 6-ct. Krispy Treats \$6.89

THIS

Aug 30 - Sept 26

SAVES

Selected Varieties

Quantum **Energy Squares** 

Selected Varieties 1.69-oz.

2/\$4



CHIANTU



SIMPLY GUM Natural

Smart Sweets Candy

Selected Varieties 1.6 or 1.8-oz. Gummy

2/\$6 3-oz. Lollipops

\$5.49

Simply Gum Selected Varieties 15-ct.

\$2.69

\$4.99

Sillycow Farms **Hot Chocolate** 

16.9-oz.

\$8.49

**Rip Van Wafels** Selected Varieties 1.16-oz.

4/\$5

**Panda Licorice** Selected Varieties

1.1-oz. **89**¢

2/\$7

**Ocho Organic Candy** 

selected Varieties 1.5-oz. Bars

2/\$4 3.5-oz. Mini Caramels

**\$4.99** 

Gatsby

Low Sugar Chocolate

1.41-oz. Cups 2/\$5

Selected Varieties

2.8-oz. Bars \$4.99

**Endorfin Foods Organic Chocolate Bars** Selected Varieties

1.4-oz. \$3.99

**Endangered Species** Chocolate Bars

Selected Varieties 3-oz.

\$3.29

**Boulder Canyon Kettle Style Potato Chips** Selected Varieties

5 to 6.5-oz.

\$3.99

\$6.99

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Recycle This Flyer

CHASSIF STA SALT

## FROZEN

## Cascadian Farm Frozen Vegetables

Selected Varieties 8 or 10-oz.

\$5.29 28 to 36-oz.

\$16.99

Evive Smoothie Cubes

Selected Varieties 10.58-oz. **\$6.99** 

Cosmic Bliss Grass-Fed Dairy Ice Cream or Plant-Based Frozen

> USDA ORGANIC

**Dessert** Selected Varieties 14-oz.

\$6.99

**Keto Pint Ice Cream** 

Selected Varieties 16-oz.

\$6.39 4-ct. Bars

\$6.99

Katz Gluten Free

Selected Varieties 6-oz. Donut Holes 9-oz. Pot Pies

\$4.99

7 to 14-oz. Cakes or Donuts

\$6.99

Nobull Veggieburger

Selected Varieties 8-oz.

\$5.99

Outer Aisle Plantpower

Selected Varieties 5-oz. Pizza Crust 6.75-oz. Sandwich Thins

\$6.79

Blackbird Vegan Pizza Selected Varieties

\$9.99

14-oz.



FLATBREAD

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ABBOT'S

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BEYOND

BEYOND

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American Flatbread Pizza Selected Varieties

Selected Varieties 10.8-oz. Uncured Pepperoni and Bacon

\$7.99 13.8 or 16.8-oz. \$10.99

Foodies Pumfu

Selected Varieties 8-oz.

\$6.99

Dr. Praeger's Veggie Burgers Selected Varieties 8 or 10-oz.

\$5.99

Beyond Plant-Based Meat 8-oz. Burger

8.3-oz. Classic Breakfast Sausage \$5.49

14-oz. Hot Italian or Original Brats 16-oz. Ground

\$8.99

Abbot's Butcher Plant-Based Meat Selected Varieties

\$7.99

**Sol Cuisine Entrees**Selected Varieties
9 to 10.6-oz.

\$5.99

**Bubbies Hawaii Mochi Ice Cream**Selected Varieties
7.5-oz.

\$5.99

Applegate Naturals Chicken Nuggets or Tenders 8-0%

\$7.99





Aug 30 - Sept 26

HUCKEBERRYS

NATURAL \* MARKET







Waterloo Sparkling Water Selected Varieties

\$4.79

\$6.99

Super Natural Zero Sugar Soda Selected Varieties

\$5.99

6-ct.

Boxed Water is Better 33.8-oz.

\$1.89

\$8.99

Tulua Organic Ginger Shots Selected Varieties

<sup>2-oz.</sup> **2/\$6** 

Swoon Zero Sugar Ice Tea or Lemonade Selected Varieties

12-oz. \$1.89

**Steaz Organic Tea** Selected Varieties 16-oz.

\$1.89

Sparkling Botanicals by Rishi

Selected Varieties 12-oz.

2/\$4

TeaRIOT Energy Drink Selected Varieties

2/\$5

La Colombe Draft Latte Selected Varieties 9-oz.

2/\$6

\$3.29

Kevita Sparkling Probiotic or Master Brew Kombucha

Selected Varieties 15-oz. or 15.2-oz.

2/\$6





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HUEKEBERRYS

Recycle This Flyer

Nancy's Probiotic

Yogurt

Selected Varieties 5.3-oz. Oatmilk

\$1.89

24-oz. Grass-Fed

\$5.49

24-oz. Oatmilk

\$5.69



**Huney Jun Organic** Jun Kombucha Selected Varieties 12-oz.

\$3.29

Hoptonic Sparkling Tea Selected Varieties 12-oz.

2/\$5

Zico Chocolate **Coconut Water** 33.8-oz.

\$4.49

GT's Kombucha Selected Varieties

16-oz. Agua de Kefir

2/\$6 16-oz.

2/\$7

Goldthread **Plant Based Tonic** 

Selected Varieties 2-oz. Shot

> 2/\$6 12-oz.

**\$3.29** 

**Eternal Alkaline Spring Water** Liter

\$1.89

Just Ice Tea Selected Varieties 16-oz.

**\$2.39** 

De La Calle! Tepache Selected Varieties

12-oz.

2/\$6

**Culture Pop Soda** Selected Varieties 12-oz.

\$1.79

Aura Bora Herbal **Sparkling Water** Selected Varieties

12-oz.

\$1.79

**Amy & Brian Coconut Water** Selected Varieties

> 2/\$6 33.8-oz.

17.5-oz.

\$5.99

Lakewood Organic Cranberry or Pomegranate Juice Concentrate 12.5-oz.

\$10.99

Brooklyn Delhi Simmer Sauce Selected Varieties 12-oz.

\$6.99

Wild Planet Skipjack Tuna 5-oz. Sea Salt or No Salt Added

2/\$7

Tru Roots Organic Bulk Navy Beans

\$3.29 lb.

8-oz. Sprouted Quinoa Trio **\$4.29** 

12-oz. Sprouted Quinoa \$5.39

Tonnino Tuna

Selected Varieties 4.94-oz.

2/\$7 6.7-oz. Fillets

\$8.99

Teeccino Herbal Coffee Selected Varieties 11-oz.

\$10.99 10-oz. Mushroom

\$12.99 10-oz. Prebiotic

\$13.99

SweetLeaf Stevia Sweetener Selected Varieties 70-ct. Packets

\$4.99

2-oz. Sweet Drops

\$8.99 2-oz. Organic Sweet Drops

\$9.99

**Simply Organics** Spices & Extracts Selected Varieties

.14 to 8-oz. **20% Off** 

Frontier Co-op Spices, Seasonings & Extracts Selected Sizes & Varieties

20% Off









Aug 30 - Sept 26

NATURAL ★ MARKET

## TAZO

People have been drinking tea forever. And for hundreds of years, blends never strayed far from the typical black, green, and Earl Greys you often find on store shelves.

When Tazo's founder, Steven Smith, traveled the world, he realized there were bolder, more unique blends to brew. He discovered a plethora of mesmerizing flavors that global cultures and communities have cultivated, perfected, and brewed for centuries.

His taste buds tingling and head swirling with tantalizing flavor combinations, Steven realized tea blends could be so much more.
So in 1994, he created TAZO® Tea.

In the years since, they've continued crafting unexpected blends that pop with flavor, sourcing ingredients guaranteed to invigorate the senses and inspire new possibilities.





Seeds of Change Organic Grains

Selected Varieties 8.5-oz.

\$3.89

Seggiano Organic Selected Varieties

13.25-oz. Pasta **\$5.99** 

24-oz. Pasta Sauce

\$8.69

Shady Maple Farms Organic

8.5-oz. Honey or Maple Stroopwafels

\$5.29

12.7-oz. Grade A or B Maple Syrup

\$13.99

RxSugar Organic 0 Sugar Syrup Selected Varieties 16-oz.

\$8.49

Plantstrong

Selected Varieties 16.9-oz. Broth

**\$3.99** 16.9-oz. Chili or Stew

\$5.99

Plant Boss Organic Meatless Crumbles

Selected Varieties 3.35-oz.

\$6.79

Pascha Organic Baking Chips 7.1-oz. White

\$5.49

8-oz. Zero Sugar Dark Chocolate

\$6.99

Pacific Organic Soup
Selected Varieties
32-oz.

\$4.99

Native Forest Organic Coconut Milk 13.5-oz. Classic or Unsweetened

2/\$6

Napa Valley Naturals
Selected Varieties
8 to 25.4-oz.

**20% Off** 

Aug 30 - Sept 26

HUÇKEBERRYS









Saavy Naturals
Selected Varieties
3 to 8-oz. Baby
\$5.99
8.5-oz. Body Wash or Cream
12-oz. Bath Bomb Duo
\$8.99
12-oz. Scrub
\$10.99

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