

HOURS mon-sat
10 to 8
sunday
10 to 5

keweenaw co-op

natural & organic foods / earth friendly products / helpful staff!

SPECIALS!
prices valid through:
august
while supplies last

!! COFFEE !!

fair trade fair trade fair
equal exchange
CAFÉ PERU
FRENCH ROAST
per pound
\$7.99/#reg\$8.99
peace
GUATEMALAN
DARK ROAST
per pound
\$8.59/#reg\$9.59
fair trade fair trade fair

SAVE *by* BULK

organic thick rolled oats
\$.99/# reg\$1.19
organic dried apple rings
\$8.39/# reg\$10.59
sunspire sunflower seed
sundrops candy
\$7.19/# reg\$11.29

qtonic *new!* SUPERIOR
TONIC WATER
750 ml \$6.29reg\$7.89

efferve *new!* SPARKLING
DRINKS
pink rose lemon-lime
blood orange energy
25.4 oz \$4.39reg\$5.89

frozen prices

woodstock ORGANIC FROZEN VEGETABLES
asparagus / baby limas / french baby
beans / mixed / tri-colored peppers /
spinach 10 oz \$2.49reg\$3.79-\$4.89
vermont mystic *new!* APPLE PIE FOR 4
16 oz \$7.49reg\$8.69

COOL DEALS

nancy's ORGANIC NON-FAT PLAIN YOGURT
32 oz \$3.29 reg\$4.99
zola ORGANIC ACAI POWER JUICE
light / original / blueberry / pineapple
12 oz \$1.99 reg\$3.19
galaxy RICE SLICE CHEESE SUBSTITUTE SINGLES
cheddar flavor / *new!* swiss flavor
32 oz \$3.00 reg\$4.49

for home & house

blueQ RECYCLED PVC BAGS - 2 styles 30% OFF!
handy totes 9"x10" \$6.99reg\$9.99
shopper totes 15"x16" \$8.39reg\$11.99

new items! INFORMATIONAL DVD'S 40% OFF!
"the world according to Monsanto"
"the future of food"
"the gmo trilogy"

froose *new!* NATURAL FRUIT GUMMY SNACK
5 - .9oz pouches \$2.99reg\$3.89

deli specialties

deli-made EGG SALAD
free range fresh eggs
per # \$4.49reg\$4.99
italian RICOTTA
SALATA CHEESE
per # \$5.69reg\$6.29
italian PIAVE CHEESE
random weights
per # \$12.89reg\$14.29

SPIRITUALS!

the great summer wine sale!
50% OFF A WIDE
SELECTION OF WINES:
look for these on the
"specials" table -
try something new,
while supplies last,
and enjoy!

meditalia *new!*
NATURAL SPREADS
green olive tapenade
/ sundried tomato
6.35 oz \$4.49reg\$5.29

wellness DOG FOOD
new! canned no-grain
chicken stew
12.5 oz \$2.39reg\$2.99

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annie chun *new!* BROWN
RICE NOODLES
pad thai / maifun
8 oz \$2.79 reg \$3.69

dr. mcDougall's *new!* ASIAN NOODLE ENTREES
kung pao / szechuan / teriyaki
1.9 - 2 oz \$1.79 reg \$2.29

near east COUSCOUS
new! original plain,
pearled
6 oz \$2.79 reg \$3.49

michael seasons REDUCED
FAT POTATO CHIPS
light salt / rippled
new! mediterranean
8 oz \$2.99 reg \$4.29

natural brew NATURAL SODAS
root beer / ginger ale / vanilla creme
4- 12 oz \$4.69 reg \$5.89
new! chai cola 4- 12 oz \$4.39 reg \$5.89

back to nature COOKIES
chocolate chunk
crispy oatmeal
9.5 oz \$3.79 reg \$4.89

techino *new!* HERBAL
COFFEE "TEE-BAGS"
organic french roast
organic hazelnut
organic mayan
chocolate
10 bags
\$3.89 reg \$5.19

kitchen of india INDIA INSPIRED MEALS
black gram lentil / chili pepper /
vegetables & curry / red kidneys /
spinach & cottage cheese /
mashed vegetable curry / chick peas
10 oz \$2.39 reg \$3.39

think! "THIN" BARS
chocolate fudge
crunchy peanut
butter
2.1 oz \$1.39 reg \$2.49

CO-OP MEMBERSHIP DRIVE IN AUGUST! *check out:* www.keweenaw.coop

back to nature *new!*
FLATBREAD
CRACKERS
multigrain flax
white cheddar flax
5.5 oz \$3.19 reg \$4.19

back to nature CRACKERS
8.5 oz classic rounds
8 oz crispy wheat
7.5 oz crispy cheddars
6 oz organic stoneground
\$3.19 reg \$4.19

santa cruz ORGANIC
LEMON OR LIME JUICE
16 oz \$4.39 reg \$5.49

rudi's ORGANIC
BREADS
100% whole wheat
nut and oat
multigrain oat
22 oz \$3.29 reg \$5.49

r.w. knudsen ASEPTIC PAC JUICES
org. apple / pear / grape / lemonade
3 pack - 8 oz \$1.99 reg \$3.59

spectrum REFINED OILS
canola
32 oz \$6.19 reg \$8.89
high oleic safflower
32 oz \$6.79 reg \$9.59

westbrae *new!* ORGANIC BEANS
fava / black lentils 15 oz \$1.89 reg \$2.49

gundelsheim RED CABBAGE
german barrel recipe
19.4 oz \$3.79 reg \$4.39