

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:
january
while supplies last

!! COFFEE !!

organic!!organic!!organic
equal exchange
BLACK SILK ESPRESSO
\$9.69/#reg\$10.69
MIND, BODY
& SOUL
\$9.69/#reg\$10.69
higher grounds
MAYA VINIC
\$9.69/#reg\$11.69
peace 12 oz bag
FRENCH ROAST
\$8.49/reg\$9.49
organic!!organic!!organic

SAVE *by* BULK

golden temple vanilla macaroon
granola
\$3.99/#reg\$4.79
golden temple low fat apple
cinnamon granola
\$3.99/#reg\$4.79
spectrum naturals balsamic vinegar of
modena
\$1.79/#reg\$2.29
great river organic milling buckwheat
flour
\$3.69/#reg\$4.29
sunspire carob chips
\$6.49/#reg\$7.89

coming soon!
NEW CLASSES & NEWSLETTER

frozen prices

annie chun ORGANIC POTSTICKERS
chicken veg. / pork veg. / shitake veg.
7.6 oz \$3.99reg\$4.69
annie chun MINI WONTONS
chicken / spicy vegetable
8 oz \$3.49reg\$3.99
kinnikinnick PIE CRUSTS
10.2 oz/2 ct. \$4.99reg\$5.79
shelton's CHICKEN FRANKS
12 oz \$3.99reg\$4.69

COOL DEALS

tofuti 'BETTER THAN RICOTTA'
CHEESE SUBSTITUTE
16 oz \$4.69 reg\$5.49
daiya CHEESE SUBSTITUTE 'SHREDDS'
cheddar style / mozzarella style
8 oz \$4.99reg\$5.99

herbs. spices. teas

ORG. EARL GREY TEA \$34.00/#reg\$40.00
APPLEWOOD SMOKED SALT
\$15.00/#reg\$18.00
DANDELION ROOT \$14.00/#reg\$17.00
ORG. YELLOW MUSTARD SEED
\$7.00/#reg\$9.00

alo *new!* ALOE VERA HYDRATION DRINKS
pomegranate-cranberry-alo
wheat grass-alo 16.9 oz \$1.50reg\$2.29

deli specialties

divina BLUE CHEESE
STUFFED OLIVES
per lb \$11.79reg\$13.09
divina ROASTED RED
PEPPER STUFFED OLIVES
per lb \$7.99reg\$8.79
silver creek VENISON
SUMMER SAUSAGE
w/ BEEF & PORK
each \$4.99reg\$5.59
cranberry ROULE
per lb \$14.99reg\$16.29
p'tit per lb BASQUE
cut \$19.99reg\$21.99
whole \$16.99reg\$18.49
swiss GRUYERE
per lb \$15.49reg\$16.69
french MIMOLETTE
per lb \$13.99reg\$15.49

-spirituals!

moobuzz CHARDONNAY
\$12.59reg\$13.99
avignonesi ROSSO
\$13.89reg\$15.39
bogeda RED BLEND
\$10.69reg\$11.89

wickles PICKLED GARDEN
new! MIX VEGGIES
16 oz \$4.99reg\$5.89

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rapunzel BOUILLON
2.9 oz veg. w/sea salt
2.4 oz veg. w/ no salt
3.1 oz veg. w/herbs
\$2.50 reg \$3.69

kind 'PLUS' OR SNACK BARS
almond-apricot
fruit & nut delight
bluebry-pecan-fiber
macademia-apricot
peanut butter-dark
chocolate antioxidant
1.4 oz \$1.29 reg \$1.99

imagine 'RICE DREAM'
enriched: org. original,
vanilla, chocolate
32 oz \$2.50 reg \$4.39

yogi BAGGED TEAS
*organic ginger
*organic bed time
*org. egyptian licorice
*organic lemon ginger
*organic peach detox
*kava stress relief
*detox
16 bags
\$3.00 reg \$5.49

green mountain CHIPS AND SALSAS
tortilla strips 8 oz \$2.00 reg \$2.89
salsas: mild, medium, hot, fire roasted chili,
fire roasted garlic 16 oz \$4.69 reg \$5.69

lundberg ORGANIC RICE CAKES
no salt brown / salted brown / mochi
sweet / koku seaweed / sesame tamari /
wild rice 6 oz \$2.79 reg \$4.19

r.w. knudsen 'SIMPLY NUTRITIOUS' JUICES
ginger echinacea / mega antioxidant /
mega green / morning blend
32 oz \$3.79 reg \$4.69

sheltons CHICKEN BREAST 5oz can \$3.49 reg \$3.99

THANKS CO-OP MEMBER-OWNERS! CO-OP INFO @ www.keweenaw.coop

bob's red mill SOUP MIXES
28 oz vegetable \$4.39 reg \$5.59
29 oz 13 bean \$4.59 reg \$6.29

amy's ORGANIC SOUPS
chunky tomato bisque / thai coconut /
cream of mushroom / spanish rice & red
beans / curried vegetable / hardy italian
veg. / fire roasted southwest veg. / hardy
french country veg. / tuscan beans & rice
14.5 oz \$2.79 reg \$4.19-\$4.49

annie's new! ORGANIC
FRUIT BITES
apple / cherry
3.15 oz \$3.79 reg \$5.89

chatham village new!
CROUTONS
herb / large cut
cheese & garlic
5 oz \$2.19 reg \$2.49

dr. mcDougal ASIAN
NOODLE ENTRÉES
roasted peanut /
pad thai / teriyaki /
kung pao
1.9 oz \$1.39 reg \$2.29

field day ORGANIC
CEREALS
golden flax
multi grain
oat bran
raisin bran
14 oz \$4.29 reg \$4.69

natural brew SODAS
chai cola / ginger ale
/ root beer / vanilla
cream 4 packs
12 oz \$3.99 reg \$5.99

consider joining 700+ member-owners, who own a share of THE KEWEENAW CO-OP!