

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:
 november
 while supplies last

COFFEE !!

fair trade fair trade
 fair trade fair trade
 equal exchange
 BRKFST BLEND
 REGULAR
 \$7.99 reg \$8.99
 DECAF
 \$9.69 reg \$10.69
 fair trade fair trade

SAVE by BULK

pistachio nuts ORG.
 roasted, salted
 \$7.49/# reg \$8.69
 fantastic foods:
 falafel mix
 \$3.49/# reg \$4.59
 nature's burger mix
 \$3.89/# reg \$5.19
 vegetarian chili mix
 \$4.39/# reg \$5.79

!spices & herbs

indian white tea
 fair trade certified
 \$35.00/# reg \$55.00

jennies *new!* OMEGA
 ALMND MACAROON
 80 oz \$5.39 reg \$6.69

frozen prices

shelton's
 8-16 lb ORGANIC WHOLE TURKEYS
 per # \$3.99 reg \$6.29
 tofurky VEGETARIAN ROAST
 20 oz \$9.79 reg \$14.69
 wholly wholesome PIES AND CRUSTS
 25.5 oz unbaked pumpkin pie \$5.99 reg \$9.19
 25.5 oz vegan pumpkin pie \$7.79 reg \$10.39
 14 oz 9" pie shells: traditional/
 whole wheat / spelt \$3.89 reg \$5.19

COOL DEALS

house foods 8 oz TOFU PASTAS
 spaghetti / fettuccine \$1.69 reg \$2.19
 tofuti 8 oz TOFU CHEESE SUBSTITUTE
 "better than cream cheese" \$2.59 reg \$3.99
 melt buttery spread \$4.59 reg \$5.39

supplement specials

barlean's *new!* 20% OFF 8 oz OLIVE LEAF COMPLEX
 liquid, peppermint flavored \$15.99 reg \$19.99
 * look for other *new* barlean's products:
 flax and fish oils!
 immune support & cold / flu relief: select products
 on sale - look at the end cap for specials!

reeds *new!* SPARKLING GINGER BREW
 extra / spiced apple 750 ml \$3.19 reg \$4.59

deli specialties

busetto SALAMIS
 black pepper
 herbes of provence
 rosette de lyon
 10 oz. \$7.49 reg \$8.25
 local JUUSTOA CHEESE
 bootjack, mi per #
 \$15.25 reg \$17.25

SPIRITUALS!

estancia SHIRAZ
 750 ml
 \$10.99 reg \$11.89
 columbia winery SYRAH
 750 ml
 \$11.99 reg \$15.99

in produce...

mycological
 MUSHROOMS
 shiitakes - dried
 \$29.99 reg \$39.99
 wild oregon porcinis
 \$46.99 reg \$57.99

kinnikinnick *new!* GF
 ANGELFOOD CAKEMIX
 16 oz \$4.99 reg \$6.29

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:
november
while supplies last

bob's red mill GF OATS
32 oz rolled oats
\$5.29 reg\$8.19
24 oz steel cut oats
\$4.39 reg\$6.69

nature's path OATMEAL
POUCH PACKS – ORG.
flax n' oat
maple nut
optimum power
original
variety
8 pac \$3.19 reg\$4.79

health valley ORGANIC
CREAM SOUPS
mushroom
new! celery; chicken
14.5 oz \$2.99 reg\$3.69

sticky EGGNOG SCONE
MIX 15z \$3.89 reg\$5.19

rw knudsen CRANBERRY
100% natural
cranberry sauce
9 oz \$4.39 reg\$5.19
sparkling
cranberry juice
750 ml \$3.99 reg\$4.79

nairn's IMPORTED OAT BISCUITS
7.1 oz mixed berry / stem ginger –or–
7 oz "mini" cracker \$3.49 reg\$4.79
8.8 oz org. oat cake cracker \$3.59 reg\$4.49
7 oz oat cake chez cracker \$3.99 reg\$4.99

chocolove CHOCOLATE BARS
dark with cherries & almonds
raspberries in dark / dark with orange /
strong dark / toffee & almonds in milk
new! "holiday": fruits & nuts in dark
3.2 oz \$2.39 reg\$3.19

boulder POTATO CHIPS
balsamic vinegar / totally natural /
spinach & artichoke / malt vinegar
5 oz \$1.99 reg\$2.99

new! SALES FLYER NOW ON OUR NEW WEBSITE: www.keweenaw.coop!

if you care *new!* BAKING CUPS
60 ct. jumbo sized \$1.29 reg\$1.89
90 ct. mini sized \$.99 reg\$1.49

clif SEASONAL FLAVOR CLIF BARS
cranberry orange nut / iced gingerbread
/ spiced pumpkin 2.4 oz \$1.49 reg\$1.79

simply organic *new!* ORGANIC DESSERT MIXES
honey ginger cookie / coco cayenne cake
10.6 oz \$3.99 reg\$5.79

imagine ORG. GRAVY
roasted turkey
savory beef
16 oz \$2.19 reg\$2.99

sheltons *new!* CANNED
CHICKEN BREAST
5oz \$2.99 reg\$3.99

arrowhead mills TAHINI
organic, roasted
16oz \$6.89 reg\$9.19
HERB STUFFING MIX
10 oz \$3.49 reg\$4.39

jim HOLIDAY COFFEE
12oz \$9.99 reg\$12.59

farmer's market ORG.
CANNED ROOT VEG.
pumpkin
swt. potato puree
15 oz \$2.50 reg\$3.49

explore asian PASTAS
new! mung bean
fettuccine / black
bean spaghetti
7 oz \$3.79 reg\$4.39