

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:
february
while supplies last

!! COFFEE !!

organic!!organic!organic!!
equal exchange
MEXICAN VIENNA
LOVE BUZZ
\$9.69/#reg\$10.69
higher grounds *new!*
HIGHLAND
HUMANITY BLEND
\$9.69/#reg\$11.69
peace 12 oz bag
BIRCHWOOD BLEND
\$8.49/reg\$9.49
organic!!organic!organic!!

SAVE *by* BULK

organic raw brown sesame seeds
\$2.99/# reg\$3.39
organic chunks of energy —
carob super greens
\$7.29/# reg\$8.89
sunridge farms dark chocolate
toffee almonds
\$9.29/# reg\$10.69
sunridge farms yogurt pretzels
\$7.19/# reg\$8.39
organic amaranth
\$1.99/# reg\$2.59

rudi's ORGANIC BREADS
wheat: 100%, colorado,
nut-oat, jewish rye,
sourdough, multigrain
22 oz \$4.89 reg\$5.69

frozen prices

rising moon ORGANIC ENTRÉES
potato, onion cheese pierogi
16 oz \$5.69 reg\$7.59
new! spinach ricotta ravioli
16 oz \$6.59 reg\$8.79
shelton's TURKEY SAUSAGE PATTIES
12 oz \$4.49 reg\$6.49
van's WAFFLES
8.5 oz wf-gf organic blueberry
7.5 oz wf "mini"s; wf-gf french toast sticks
9 oz wf-gf blueberry, cinnamon apple,
"totally natural" \$3.00 reg\$4.29

COOL DEALS

amande ALMOND MILK YOGURT
blueberry / peach / raspberry
6 oz \$1.49 reg\$1.79
zen CHOCOLATE ALMOND MILK PUDDING
new! organic 4-3.8 oz \$3.69 reg\$4.29
indian river select RUBY RED GRAPEFRUIT JUICE
new! 33.7 oz \$4.39 reg\$5.19

herbs. spices. teas

ORGANIC ROOIBOS TEA \$18.00/#reg\$21.00
ORG. FAJITA SEASONING \$22.00/#reg\$24.00
ORGANIC LEMON PEPPER \$18.00/#reg\$20.00
ORG. PEPPERMILL GOURMET 3 PEPPER BLEND
\$27.00/#reg\$30.00

century ORG. SUNFLOWER OIL 16+ OZ \$9.49 reg\$12.69

deli specialties

divina BLUE CHEESE
STUFFED OLIVES
per lb \$9.99 reg\$13.09
divina ROASTED RED
PEPPER STUFFED OLIVES
per lb \$6.99 reg\$8.79
molinari SOPRESSATA
SALAMI
per lb \$13.29 reg\$14.79
TUSCAN SALAMI
per lb \$13.49 reg\$14.99
deli-made GUACAMOLE
per lb \$6.29 reg\$6.99
henri hutin
VALFRAIS: w/ HERBS
w/CHILI PAPRIKA
4.4 oz \$1.99 reg\$2.59
organic valley
BLUE CHEESE CRUMBLES
4 oz \$3.59 reg\$4.49
lorraine SWISS
per lb \$6.99 reg\$7.59
english PORT DERBY
per lb \$18.99 reg\$20.89

-spirituals!

cupcake PROSECCO &
RED VELVET
\$8.99 reg\$9.99/\$10.39
all black box WINES
\$21.39 reg\$23.09
o'fallon's CHERRY
CHOCOLATE BEER
\$9.29 reg\$10.39

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lotus SPECIALTY RICE
forbidden black
new! bhutanese red
1.5 oz \$4.19 reg \$4.89

crofters ORGANIC
JUST FRUIT SPREADS
apricot / raspberry
strawbry / superfruit
wild blackberry
wild blueberry
10 oz \$3.29 reg \$4.99

iyoti 'HEAT & SERVE'
chana dal w/zucchini
mung dal w/spinach
2.03 oz \$3.19 reg \$3.79

triple leaf 20 BAG TEAS
green decaf / detox
/ white / ginger
\$3.39 reg \$4.19 green:
premium \$2.59 reg \$3.19
jasmine \$2.99 reg \$3.69

pamela's WF/GF
CHOCO. BROWNIE MIX
16 oz \$5.29 reg \$7.29

terra SWEETS & BEETS
SWEETS & CARROTS
6 oz \$2.50 reg \$4.19

green & black ORG. FAIR TRADE CHOCOLATE
dark: w/espresso; hazelnut currant; 70%;
85%; cherry; maya gold; white chocolate,
milk: plain; almond 3.5 oz \$3.29 reg \$4.49

ines rosales TORTAS
sweet olive oil / cinnamon sweet olive oil
6.34 oz \$3.89 reg \$5.19

r.w. knudsen 32 oz ORGANIC JUICES
pomegranate: w/cranberry; w/ blueberry
\$4.39 reg \$5.49 prune \$6.19 reg \$7.59
1s very veggie: \$3.39 reg \$4.89

justin's ORGANIC PEANUT BUTTER CUPS
dark / milk 1.4oz \$1.69 reg \$1.99

helva CHOCOLATE
FILLED WAFER COOKIE
3.5 oz \$2.69 reg \$3.19

bella terra SAN MARZANO
TOMATOES
28 oz \$3.79 reg \$4.49

bob's red mill GF ROLLED
OATS 32oz \$5.29 reg \$8.49

imagine ORGANIC
CREAMY SOUPS
portabella mushroom
potato leek
sweet pea
32 oz \$3.00 reg \$5.89

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

bob's red mill 32 oz FLAXSEED MEALS:
reg. \$4.29 reg \$5.59 org. golden \$5.89 reg \$8.99

spectrum OILS/CONDIMENTS
32 oz canola mayonnaise \$6.99 reg \$9.89
6 oz org. coconut spray \$3.99 reg \$6.79
32 oz org. canola oil \$8.99 reg \$14.29
32 oz safflower oil \$6.49 reg \$10.29
25.4 oz org. xv olive oil \$11.99 reg \$19.89

blue sky SELTZERS
lemon / lime / natural
6-12 oz \$3.39 reg \$3.99
SODAS: lemon-lime,
cherry van crème, cola
grapefruit, root beer
6-12 oz \$4.29 reg \$4.99

envirokidz CRISPY BARS
org. g/f: lemur choco.
peanut / berry- rice
6 oz \$3.99 reg \$4.99

clif ICED OATMEAL COOKIE 6-1.2+ \$4.59 reg \$5.49

join 700+ member-owners, own a share of THE KEWEENAW CO-OP!

vita coco COCONUT WATER 34 \$4.79 reg \$6.79