





EASTBAYNATURALGROCERS.COM



Kettle Potato Chips selected varieties



Bob's Red Mill Muesli

18 oz

Hello, summer! Hello, savings!

Nixie Organic Soda selected varieties

12 oz



KIND Snacks Nut Bar

selected varieties

1.4 oz



C20 Coconut Water

selected varieties

17.5 oz



Lily's **Chocolate Bar**

selected varieties

2.8-3 oz



cocojune **Organic Coconut Yogurt**

selected varieties



Organic Valley Organic Sliced Cheese

selected varieties

6 oz



Gardein **Plant-Based Meat**

selected varieties

8.1-13.7 oz



Manitoba Harvest Organic Hemp Hearts

12 oz



Lightlife **Organic Tempeh** selected varieties

8 oz







Harvest Snaps Green Pea Snacks

selected varieties



3-3.3 oz

Milton's **Organic Crackers**

selected varieties

6 oz



Mela Watermelon Water

selected varieties

16.9 oz



Back to Nature—bringing sunshine to snack time since 1960. Remaking America's favorite snacks with honest-togoodness ingredients. Simple joys, no regrets, happy days.





Back to Nature Crackers

selected varieties

Chameleon **Organic Coffee Concentrate**

selected varieties

32 oz



Roasted Salmon and White Bean Spread

15 MIN · SERVES 4 · GLUTEN-FREE

INGREDIENTS

- 1 15-ounce can white beans, drained and rinsed
- 4 tablespoons olive oil, divided
- 2 tablespoons lemon juice
- 2 large garlic cloves, minced
- ½ teaspoon sea salt 1/4 teaspoon coarse ground
- black pepper
- 4-6 ounces smoked trout or smoked salmon, flaked
- 2 tablespoons chopped chives 2 tablespoons fresh oregano
- leaves or ¼ teaspoon dried oregano
- 1 tablespoon capers, drained Crackers or bread to serve

DIRECTIONS

- 1 In a food processor combine beans, olive oil, lemon juice, garlic, salt, and pepper. Run processor until mixture is smooth.
- 2 Spread bean mixture onto a service plate creating swirls. Drizzle on remaining olive oil and top with flaked smoked fish, fresh herbs, and capers.
- 3 Serve with crackers or sliced artisan bread.





Spreading integrity since 1976, Once Again is a 100% employee-owned company that produces clean ingredient nut & seed butters and snacks. Our passionate employee owners take pride in fueling healthy lifestyles with small-batch, high-quality products crafted as close to homemade as possible.



Once Again Organic Peanut Butter

selected varieties

16 oz



Once Again Organic Tahini

16 oz

selected varieties

59 oz

siggi's

Evolution Fresh

Organic Orange Juice

Icelandic Style Yogurt

4.4-5.3 oz

Melt Organic

Organic Buttery Spread



GT's CocoYo

selected varieties



Green Valley Organic Lactose Free Cream Cheese

8 oz

Every Man Jack

Deodorant

selected varieties

13 oz

Ancient Nutrition Multi Collagen Protein Powder selected varieties

454-472 g



Natural Factors Stress-Relax Tranquil Sleep Chewable

60 tab



Solgar **Gentle Iron**



Country Life Coenzyme B-Complex

60 vcap



90 vcap



3 oz

Mango Relish Dogs

15 MIN • MAKES 6 • VEGAN

INGREDIENTS

1 cup sweet pickle relish

½ cup mango chutney

1 teaspoon rice vinegar

1 teaspoon dry mustard powder

1 teaspoon chili flakes

½ teaspoon curry powder

6 plant-based classic smoked hot dogs

6 hot dog buns

½ small red onion, julienned

½ cup plant-based mayo

DIRECTIONS

- 1 Combine all relish ingredients in a bowl and adjust seasoning to taste.
- 2 Butterfly hot dogs and sear each side in a hot skillet with olive oil until golden crisp, approximately three minutes per side. Alternatively, grill hot dogs.
- **3** To assemble, place hot dogs in buns then fill with relish. Drizzle on mayo and garnish with red onion.





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SW-B