

## MARYLAND

**ANNAPOLIS** 2504 Solomons Island Road 410.573.1800  
**BETHESDA** 5269 River Road 301.984.4860  
**HARBOR EAST** 1001 Fleet Street, Suite A, Baltimore 410.528.1640  
**KENTLANDS** 316 Kentlands Boulevard, Gaithersburg 301.258.9500  
**MT. WASHINGTON** 1330 Smith Avenue, Baltimore 410.532.6700  
**ROCKVILLE** 1649 Rockville Pike 301.984.4880  
**SILVER SPRING** 833 Wayne Avenue 301.608.9373

## VIRGINIA

**ALEXANDRIA** 1700 Duke Street 703.706.0891  
**ARLINGTON** 2700 Wilson Boulevard 703.527.6596  
**FAIR LAKES** 4501 Market Commons Drive 703.222.2058  
**CHARLOTTESVILLE** 300 Shoppers World Court 434.973.4900  
**RESTON** 11660 Plaza America Drive 703.736.0600  
**RICHMOND** 11173 West Broad Street 804.364.4050  
**SPRINGFIELD** 8402 Old Keene Mill Road 703.644.2500  
**TYSONS CORNER** 7511 Leesburg Pike 703.448.1600  
**VIENNA** 143 Maple Avenue East 703.319.2000

## WASHINGTON, DC

**GEORGETOWN** 2323 Wisconsin Avenue, NW 202.333.5393  
**P STREET** 1440 P Street, NW 202.332.4300  
**TENLEY** 4530 40th Street, NW 202.237.5800

## PENNSYLVANIA

**CENTER CITY** 2001 Pennsylvania Avenue 215.557.0015  
**DEVON** 821 Lancaster Avenue 610.688.9400  
**JENKINTOWN** 1575 The Fairway 215.481.0800  
**NORTH WALES** 1210 Bethlehem Pike 215.646.6300  
**PITTSBURGH** 5880 Centre Avenue 412.441.7960  
**SOUTH STREET** 929 South Street 215.733.9788  
**WYNNEWOOD** 339 East Lancaster Avenue 610.896.3737

## NEW JERSEY

**MARLTON** 940 Route 73 North 856.797.1115  
**PRINCETON** 3495 Us Route 1 South 609.799.2919

## KENTUCKY

**LOUISVILLE** 4944 Shelbyville Road 502.899.5545  
**LEXINGTON** 161 Lexington Green Circle 859.971.8600

## OHIO

**CINCINNATI** 2693 Edmondson Road 513.531.8015  
**MASON** 5805 Deerfield Road 513.398.9358  
**COLUMBUS** 3670 W. Dublin-Granville Road 614.760.5556  
**UPPER ARLINGTON** 1555 West Lane Avenue 614.481.3400  
**CLEVELAND** 13998 Cedar Road 216.371.5320  
**WOODMERE** 27249 Chagrin Boulevard 216.464.9403



*Happy Thanksgiving from the Whole Foods Market Family to Yours..*



# THANKSGIVING MENU



BRING HOME  
THE HOLIDAYS







# OUR TURKEYS

All of our turkeys are raised by Duane Koch and family in Berryville, Virginia or Tamaqua, Pennsylvania and by Gene Lager and family in Fulton, Maryland, where we work closely with them to ensure our standards are upheld for each and every bird. These turkeys are fed a 100% vegetarian diet of high quality grains. They are allowed room to roam in large open barns with access to the outside where fresh air and sunlight create optimal conditions for healthy growth. They are given adequate time to mature so that their size is the result of nature. All of this guarantees a tender, flavorful, all natural turkey for your dinner table.

## NATURAL FREE RANGE TURKEYS

Our turkeys are available in sizes from 8 to 30+ pounds. Visit our Holiday Table to order and assure the bird of your choice. **\$2.49 LB**

## IF YOU PREFER AN ORGANIC BIRD

Whole Foods Market also offers a delicious, all natural, organically fed turkey. This turkey is available in sizes from 8 to 20 pounds. Be sure to order your organic bird early as supplies are limited. **\$3.49 LB**

## *A Twist on the Traditional*

### TURKEY BRINING KIT

For a wonderfully moist, flavorful turkey. Kit includes a brining bag and brine blend in herb or apple sage. **\$8.99 EA**

### TURKEY GLAZE

Whole Foods Market's own signature glazes available in apple thyme or bourbon. **\$6.99 11OZ**

## BONE-IN TURKEY BREAST

When your guest list is a bit smaller, a turkey breast is ideal. Our fresh, juicy and flavorful all natural turkey breast is the perfect centerpiece. **\$3.99 LB**

## OVEN READY TURKEY

Skip the mess! Our oven ready turkey comes ready to cook, rubbed with herb butter, resting on a bed of mire poix in a disposable roasting pan. Just unwrap and place in the oven.

**SM \$54.99** SERVES 6 TO 8

**MD \$69.99** SERVES 9 TO 12

**LRG \$84.99** SERVES 12 OR MORE

## OVEN READY BONELESS TURKEY BREAST

Ideal for the smaller Thanksgiving feast or to supplement a whole turkey, this turkey breast is prepared just like the Oven Ready Turkey, rubbed with herb butter and ready to roast in its own disposable pan. Enough for up to 6 people. **\$29.99 EA**

## *Order Now through November 23rd!*

Visit our Holiday Table during normal business hours or call 866-554-4WFM. Our Holiday Call Center is open 9am - 9pm every day. Orders available for pickup in store from November 24th through November 26th.





# THE COMPLETE FEAST

## DINNER FOR EIGHT

What could be easier? Our Oven Ready Turkey comes ready to cook, already rubbed with herb butter, resting on a bed of mire poix in a disposable roasting pan. Simply unwrap it and place it in the oven in the morning and by afternoon, a golden roasted turkey is ready for your table. Heat the prepared sides, dish up the cranberry relish and the feast is on!

### TRADITIONAL DINNER

Includes sage stuffing, homestyle mashed potatoes, cranberry orange relish, turkey gravy, dinner rolls, your choice of two of our vegetables or homestyle casseroles, and a choice of pumpkin or apple pie. **\$159.99**

### SOUTHERN DINNER

Includes bourbon glaze for the turkey, cornbread stuffing, homestyle mashed potatoes, cranberry apple conserves, turkey gravy, dinner rolls, your choice of two of our vegetables or homestyle casseroles, and a choice of sweet potato or pecan pie. **\$169.99**



## DINNER FOR TWO-PLUS A FEW

All the flavors of the season combine in this easy and elegant dinner for 2 to 4 people. Everything you need is right here, from the succulent roasted turkey breast to fragrant truffled wild rice stuffing – even a miniature pumpkin pie is provided to round out the meal. All you need to do is heat the entrée and sides and enjoy your friends' company.

### HOLIDAY DINNER FOR 2 to 4

Fully cooked, ready to heat, roasted herb turkey breast, turkey gravy, truffled wild rice stuffing, orange cranberry relish, homestyle mashed potatoes, lemon green beans with almonds and a pumpkin pie. **\$65.99**

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## NIBBLES & STARTERS

### CANDIED PECANS OR GINGER ALMONDS

Package of crispy sweet nuts. **\$7.99** 10OZ

### SOUP FROM OUR KITCHEN

Choose from triple squash, curried pumpkin and brandied mushroom. **\$5.99-\$6.99** 23 OZ

### BRIE EN CROUTE

Ready to bake **\$13.99** EA

## APPETIZER PLATTERS

### SMALL PLATTERS

Cheeses, antipasto or crudite.

**\$14.99 - \$21.99** SERVES 4 TO 8

### SMOKED FISH TRIO

**\$22.99** SERVES 10 TO 14

### SMOKED ROASTED SALMON PLATTER

**\$35.99** SERVES 10 TO 12

### MINI CRAB CAKE PLATTERS

**\$29.99** SM SERVES 10 TO 12

**\$59.99** MED SERVES 20 TO 24

**\$89.99** LRG SERVES 30 TO 36

### COCKTAIL CRAB CLAW PLATTERS

**\$31.99** SM SERVES 10 TO 12

**\$61.99** MED SERVES 20 TO 24

**\$89.99** LRG SERVES 30 TO 36

## HOLIDAY ENTREES

### ROASTED TURKEY BREAST

Three varieties of whole boneless turkey breast, Herb Roasted, Apple Thyme Glazed or Bourbon Glazed. **\$39.99** EA SERVES UP TO 6

### ROASTED BUTTERNUT SQUASH TART

A tasty vegetarian option. **\$6.99** EA 8OZ

## SAUCES AND GRAVIES

### TURKEY GRAVY

**\$6.99** 23OZ

### WILD MUSHROOM GRAVY (VEGAN)

**\$7.99** 23OZ

### CRANBERRY ORANGE RELISH (VEGAN)

**\$4.99** 11OZ

### CRANBERRY APPLE CONSERVES (VEGAN)

**\$5.49** 11OZ

## SIDES

### HOMESTYLE CASSEROLES

Choose from Corn Pudding, Butternut Sweet Potato with marshmallow topping, Green Bean with fried onion topping and Macaroni & Cheese.

**\$8.99-\$10.99** SERVES 4 TO 6

### STUFFINGS FROM OUR KITCHEN

Choose from Traditional Sage, Sausage Apple Raisin, Southern Cornbread and Truffled Wild Rice.

**\$8.99-\$11.99** SM, **\$14.99-\$19.99** LRG

### MASHED POTATOES

Choose from Homestyle, Buttermilk Blue, Cheddar, Olive Oil (VEGAN), Maple Sweet Potatoes (VEGAN), Garlic & Crème Fraiche.

**\$10.99-\$12.29** SM **\$16.99-\$18.99** LRG

### CREAMY SUCCOTASH WITH BACON

**\$11.99** SM **\$18.99** LRG

### MAPLE GLAZED CARROTS (VEGAN)

**\$8.99** SM **\$15.99** LRG

### CREAMED SPINACH WITH ROASTED GARLIC

**\$8.99** SM **\$15.99** LRG

### ROASTED AUTUMN VEGETABLES (VEGAN)

**\$7.99** SM **\$14.99** LRG

### ROASTED BRUSSELS SPROUTS (VEGAN)

**\$7.99** SM **\$14.99** LRG

### LEMON GREEN BEANS WITH ALMONDS (VEGAN)

**\$7.99** SM **\$14.99** LRG

SMALL SERVES 4, LARGE SERVES 8.





# FROM OUR BAKERY

Let our Bakery bring you the scent of lovely browned rolls fresh from the oven, the tart-sweet flavor of moist cornbread dotted with cranberries, the silky texture of our pumpkin pie in a flaky crust. Our all natural, quality ingredients and impeccable standards mean you will serve only the best this Thanksgiving. And with our gluten free and vegan choices, most anyone can savor the deliciousness.

## ORGANIC HEAT & SERVE ROLLS

Wheat or White.

**\$2.99** 12-PK

## CORNBREAD AND CORNBREAD WITH CRANBERRIES

Sweet and moist.

**\$3.89 & \$3.99** LB

## PUMPKIN BREAD

A savory loaf dotted with roasted pumpkin seeds.

**\$4.99** LOAF

## STUFFING CUBES OR GLUTEN FREE STUFFING CUBES

Made from our own bread.

**\$3.99** LB



## PIE

Choose from Pumpkin, Pecan, Dark Chocolate Pecan, Apple, Apple Cranberry and our decadent Pumpkin Pumpkin.

**\$10.99 - \$19.99** EA 9 INCH

## VEGAN PIE

Egg and dairy free Pumpkin, Harvest Berry and Apple.

**\$6.99** EA 8 INCH

## GLUTEN FREE PIE

Pecan **\$9.99** EA 6 INCH

Pumpkin **\$8.99** EA 6 INCH

## PUMPKIN ROLL

Pumpkin spongecake with creamy pumpkin filling. **\$15.99** EA

## PUMPKIN COGNAC CHEESECAKE

**\$17.99** EA 6 INCH

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# Holiday Calculator

TO PREORDER FROM OUR MENU

|                                    | PER PERSON               | 4 GUESTS       | 12 GUESTS                              | 20 GUESTS                                  |
|------------------------------------|--------------------------|----------------|--|--|
| SOUP                               | 3/4 to 1 1/2 cups        | 1 container    | 4 containers                           | 5-6 containers                             |
| BRIE EN CROUTE                     | 1 serves 6 to 8          | 1 brie         | 2 brie                                 | 3 to 4 brie                                |
| RAW TURKEY                         | 1 1/4 lbs                | 8 to 10 lbs    | 18 lbs                                 | 24 lbs                                     |
| RAW WHOLE TURKEY WITH LEFTOVERS    | 1 3/4 lbs                | 8 to 10 lbs    | 21 lbs                                 | 2 18-lb turkeys                            |
| OVEN READY TURKEY                  | n/a                      | small          | medium or small plus oven ready breast | 2 medium or 1 large plus oven ready breast |
| OVEN READY OR COOKED TURKEY BREAST | 1 serves 2 to 6          | 1 each         | 3 each                                 | 4 each                                     |
| MASHED POTATOES                    | 4 to 8 oz                | 1 small        | 2 large                                | 4 large                                    |
| STUFFING                           | 4 to 8 oz                | 1 small        | 2 large                                | 4 large                                    |
| VEGETABLE SIDES                    | 4 to 8 oz                | 1 small        | 2 large                                | 4 large                                    |
| HOMESTYLE CASSEROLES               | one serves 4             | 1 casserole    | 3 casseroles                           | 5 casseroles                               |
| GRAVY                              | 3 oz to 4oz              | 1 container    | 2 containers                           | 4 containers                               |
| RELISH & CONSERVE                  | 2 oz                     | 1 container    | 2 containers                           | 4 containers                               |
| PIE                                | 9" pie feeds 8-12        | 1 pie          | 2 pies                                 | 3 pies                                     |
| ROLLS                              | 1 to 2                   | 12-pack        | 12-pack                                | 2 12-packs                                 |
| WINE                               | 4-5 servings to a bottle | 1 to 2 bottles | 4 to 5 bottles                         | 7 to 8 bottles                             |

