



# WEEKLY SPECIALS!

March 17th - March 23rd  
Santa Cruz-Capitola edition

Muir Glen

## Organic Tomatoes

whole, diced, fire roasted  
diced, crushed with basil

Sweet, juicy tomatoes make it easy to get your vitamins. Just add garlic, heat and toss with fresh pasta for an easy spring dinner.

Save  
**\$2.98**  
on 2

**2 for \$3**

reg \$2.99 ea - 28 oz

## New Chapter Bone Strength Take Care

All calcium supplements are not created equally. Support your bone health with one made from real foods, not limestone.

Save  
**50%!**

**\$17.49** pk

reg \$34.99 - 60 ct

## Country Natural Beef Lean Ground Beef Value Pack

not to exceed 16% fat

Take a break from turkey with lean ground beef, a smart and flavorful way to get your protein.

Save  
**50¢**  
lb

**\$3.99** lb

reg \$4.49 lb

Grown In Mexico

## Organic Bell Peppers

red, yellow, orange

Slice them up and serve with a creamy yogurt-garlic dip for a healthier start to your spring get-togethers.

Save  
**\$3**  
lb

**\$2.99** lb

reg \$5.99 lb

## St. Hallett Gamekeeper's Shiraz

This complex Australian will knock you out with its ripe, jammy flavors. Try it with something straight off the barbie, mate.

SAVE 10% MORE  
on 6 bottles  
**\$8.99** ea

Save  
**\$4**  
ea

**\$9.99** ea

reg \$13.99 - 750 ml

Prepared Foods

## Rotisserie Bison Tri Tip

Bison meat offers sweet, rich flavor with more protein, fewer calories and less fat than beef.

Save  
**\$5**  
lb

**\$9.99** lb

reg \$14.99 lb

**ONE DAY SALE:** Stop in every Friday for our special ONE-DAY SALE item!

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Santa Cruz-Capitola edition  
March 17th - 23rd

## Grown in Washington Organic Pink Lady Apples

One medium apple may provide up to 20% of your recommended daily vitamin C! Pack one for lunch tomorrow.

Save  
**80¢**  
lb

**\$1.69** lb

reg. \$2.49 lb

## UnieKaas Gouda

Gouda lovers rejoice! The smooth and spicy flavor of this aged cheese is great with a beer and a chunk of hearty bread.

Save  
**\$1**  
lb

**\$5.99** lb

reg. \$6.99 lb

## Aqua Beauty Shrimp Rings

Complete with cocktail sauce, this makes an easy high-protein, low-fat appetizer that's always a hit.

Save  
**50¢**  
ea

**\$9.49** ea

reg. \$9.99 - 16 oz total

## Natures Way Vitamins & Supplements

Spring is a great time to start a healthy new habit. Try adding vitamins and supplements to your daily routine to fill the nutritional holes in your diet.

Stock  
up and  
Save

**20% OFF**

## 365 Organic Everyday Value Organic Extra Virgin Olive Oil

Our own value-conscious brand means you can use this delicious, heart-healthy oil as generously as you'd like.

Save  
**\$4**  
ea

**\$8.99** ea

reg. \$12.99 - 1L

## DeLallo Organic Whole Wheat Pasta

fusilli, penne rigate, shells, orzo  
DeLallo's whole wheat pastas add extra heart-healthy fiber to a quick-and-easy dinner.

Save  
**\$2.98**  
on 2

**2 for \$3**

reg. \$2.99 ea - 1 lb

## Washington Bulb Daffodils

10-stem bunches  
Is there a cheerier sign of spring than daffodils? Not in our book! Ours come from a family farm and spruce up your table or desk for a song.

Save  
**\$1**  
on  
3 bu.

**3 bunches for \$5**

reg. 2 bunches for \$4

## La Quercia All Sliced-to-order Charcuterie

La Quercia's artisan-cured, handmade charcuterie is made with meat raised responsibly on American family farms.

Save  
**\$5**  
lb

**\$14.99** lb

reg. \$19.99 lb

## American Homestead St. Louis Style Ribs

Sustainably-raised pork from family farms in the Midwest. Grill low and slow and slather with BBQ sauce for a tasty spring supper.

Save  
**\$1.50**  
lb

**\$3.99** lb

reg. \$5.49 lb



We believe in promoting the health and wellness of our customers and community through education and support.

## Wild, Fresh Dover Sole Fillets

Find your sole mate in this delicate and versatile fish that makes it easy to prepare gourmet seafood dishes.

Save  
**\$1**  
lb

**\$7.99** lb

reg. \$8.99 lb

## Made In-House Party Wings

assorted varieties  
Our house-made party wings make super easy appetizers that everyone will love.

Save  
**\$4**  
lb

**\$3.99** lb

reg. \$7.99 lb

Please note:  
Not all products may be available in all our stores.

See our specials before you come to the store:

Sign up for our e-newsletter at [wholefoodsmarket.com](http://wholefoodsmarket.com)