

OVER
30%
OFF

GROWN IN MEXICO
AVOCADOS

Rich, creamy Hass avocados from Mexico make the best guac and dips around. We carefully select 'em, so they're ripe and recipe-ready within days. Grab a few extra for salads, sandwiches, salsas and smoothies. Deliciously packed with folate, potassium and vitamins E and K.

REG. \$2.29 EACH

2 for
\$3.00

**WEEKLY
BUYS**
NOVEMBER 4 -
NOVEMBER 10

SAVE
\$2

**BONELESS BEEF
CHUCK ROAST**

A comfort classic for fall. This is one of the richest, tastiest cuts and a terrific value. Cook low and slow for melt-in-your-mouth pot roast and stews — great choice for boeuf bourguignon. From cattle raised on 100% vegetarian feed with no added hormones or antibiotics ever.

REG. \$5.99

\$3.99
PER POUND

SAVE
\$4

PRODUCT OF USA

**FRESH FLOUNDER
FILLET**

This is flounder at its best: Wild-caught and shipped fresh (never frozen) to our stores for one of the sweetest, tenderest fillets available. Broil with butter and herbs or stuff with shrimp or crabmeat for a New England favorite.

REG. \$12.99

\$8.99
PER POUND

SAVE TIME, ORDER ONLINE

Order your Thanksgiving Day feast with us online at www.wholefoodsmarket.com/holidays, and delight family and friends with a tantalizing lineup of premium turkeys, seasonal soups and sides, awarding-winning cheeses, fresh baked pies, and a whole lot more.



BAKED FRESH

Blueberry Scones

Tender, flaky, and packed with plump berries.

REG. \$4.99

SAVE
\$1

\$3.99
3 PACK

BAKED FRESH THROUGHOUT THE DAY

Organic* Fresh Rosemary Boule

Chewy, crusty and herby. Made with fresh rosemary!

REG. \$3.99

* Not organic in our
Tribeca store.

25%
OFF

\$2.99
EACH

DELALLO

Organic Whole Wheat Pasta

Made from organic durum wheat harvested in
Puglia, Italy.

REG. \$2.99 EACH

33%
OFF

**3 for
\$6.00**
16 OZ

SMART JUICE

Organic Juice

No added sugar, full of vitamins and antioxidants.

REG. \$6.99

SAVE
\$2

\$4.99
33.8 OZ

OIKOS ORGANIC

Organic Nonfat, Greek-Style Yogurts

Rich, thick, European-style yogurt cultured from fat-
free organic milk.

REG. \$2.19 EACH

OVER
50%
OFF

**5 for
\$5.00**
5.3 OZ

GLUTINO

Gluten-Free Pizzas

Crisp, flaky crusts and all-natural topping. Ready in
minutes. Vegetarian varieties.

REG. \$4.99

SAVE
\$1

\$3.99
6.2 OZ

BACK TO NATURE

Sandwich Creme Cookies

For the cookie monster in everyone. Zero trans fats
or high-fructose corn syrup.

REG. \$3.99 EACH

SAVE
99¢

**2 for
\$6.00**
12 OZ

BELL & EVANS

Boneless, Skinless Thighs

Big flavor, low fat. From poultry raised on a
vegetarian diet with no antibiotics.

REG. \$4.69

SAVE
\$1.70

\$2.99
PER POUND

GROWN IN NEW YORK

Macoun Apples

From our local orchards. Excellent choice for pies or
snacking.

REG. \$1.99

25%
OFF

\$1.49
PER POUND

PRODUCT OF PERU

Bay Scallops

Supersweet addition to pastas, stir-fries, ceviche.
Previously frozen, 40 – 60 count.

REG. \$8.99

SAVE
\$2

\$6.99
PER POUND

APPLEGATE

Organic Oven-Roasted or Smoked Sliced Chicken

Certified organic; free of preservatives and additives.

REG. \$6.99

SAVE
\$1.40

\$5.59
6 OZ

GENJI

Multigrain Spicy Shrimp Tempura Roll

Made fresh throughout the day by our in-house sushi
experts.

REG. \$9.49

OVER
25%
OFF

\$6.99
12 PIECE

STORE LOCATIONS

250 Seventh Avenue, NYC 212-924-5969 | The Shops at Columbus Circle, NYC 212-823-9600 | 4 Union Square South, NYC 212-673-5388 | 95 East
Houston Street, NYC 212-420-1320 | 270 Greenwich Street, NYC 212-349-6555 | 808 Columbus Avenue at 97th Street, NYC 212-222-6160

Grocery Weekly Buys

Check your local store for selection and price.



DeLallo Organic Whole Wheat Pastas

Assorted Varieties 1 lb.

SALE 2 for \$4



Back to Nature Crackers

Assorted Flavors 4-8 oz.

SALE 2 for \$5

Organic Saltine Crackers

SALE 2 for \$6



Smart Juice Organic Juices

Assorted Flavors 33.8 fl oz.

SALE \$4.99



Odwalla Smoothies

Assorted Flavors 450 ml.

SALE 2 for \$5



Whole Body Weekly Buys

Check your local store for selection and price.

365 Everyday Value[®]

Be Well[™]

Complete Herbal Immune



90 ct.

Featured Item

365 Everyday Value[®]

Flu Ease



6 ct.

Featured Item

Alba Botanica

Body Washes



Value Size 32 oz.

Featured Item