



WEEKLY SPECIALS!

November 18th - November 24th
Santa Cruz & Capitola edition

Wild, USA, Previously Frozen
Large Shrimp
21-25 per lb

Happy Shrimpsgiving! These sweet, tender shrimp are naturally low in fat and calories and offer plenty of beneficial minerals and omega-3 fatty acids. Pick up some cocktail sauce in the Seafood Department, too.

Save
\$7
lb

\$7.99 lb
reg \$14.99 lb

Country Natural Beef
Boneless NY Steaks

From one of our favorite rancher partners! This tender, flavorful cut is high in iron and protein. Bake up some oven fries and make it steakhouse night at home.

Save
\$7
lb

\$8.99 lb
reg \$15.99 lb

Whole Foods Market™
Apricot Raisin Apple Filone

Made with organic flour, our crusty Italian loaf is filled with harvest-fresh fruit. Try toasting a thick slice and topping it with butter and drizzle of honey.

Save
\$1.70
ea

\$1.79 ea
reg \$3.49 ea - 16 oz

Made In-House
Roasted Chicken Drumsticks
assorted varieties

Our ready-to-pack drumsticks are an easy, delicious lunch idea and a great bargain to boot.

Save
\$4
on 3

3 for \$2
reg 3 for \$6

Near East
Rices & Pilafs
assorted varieties

For weeknight dinners or special occasions, these blends of rice, pasta and spices are a complement to any meal. Add nuts or fresh vegetables for a nutritious kick.

Save
\$2.58
on 2

2 for \$3
reg. \$2.79 ea - 5.1-6.75oz

Aura Cacia
Aroma Bubble Bath
four varieties

Make sure to squeeze a little relaxation into your Thanksgiving prep. Soak all your stresses away with aromatherapy bubble bath made with 100% pure essential oils.

Save
\$7.98
on 2

2 for \$10
reg \$8.99 ea - 13 oz

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

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Made In-House Assorted Dips, Salsa, and Spreads

Dive in with your favorite chips, crackers or crudites. Our made in-house dips and spreads make hors d'oeuvres a snap.

Save
\$2
lb

\$3.99-\$7.99 lb
reg \$5.99-\$9.99 lb

Marques Riscal Rueda Special Selection

This crisp, dry white is a perfect sipper, but it also pairs well with poultry, seafood and salads.

Save
\$5
ea

\$7.99 ea
reg \$12.99 ea - 750 ml

American Homestead Boneless Center Cut Pork Chop

Sustainably-raised pork from family farms in the Midwest. Cook these lean, tender cuts with apples for a fall dinner.

Save
\$2
lb

\$5.99 lb
reg. \$7.99 lb

New Chapter Vitamins

Vitamins made without artificial ingredients are a great way to supplement your diet and get the nutrients your body needs.

Save
every
day

Up to 30% OFF

Calabro Ricotta organic, whole milk, part skim, fat free

Fresh, rich and creamy ricotta made from the best Vermont farm milk using old-fashioned artisan methods.

Save
\$1.50
ea

\$4.49-\$5.49 lb
reg \$5.99 - \$7.99ea - 16 oz

Wellshire Farms Sliced Turkey roasted or smoked

With our new, lower price you can load up on natural proteins with a deli sandwich piled high. Don't forget the pickles and crusty bread.

New
LOW
everyday
price

\$4.99 ea
7 oz ea

Grown In California and Mexico Organic Raspberries

Fresh raspberries are a sweet way to get your vitamin C and dietary fiber. Try them on Greek yogurt for breakfast or a light dessert in the week leading up to the big meal.

Save
\$1.98
on 2

2 for \$6
reg \$3.99 pack

Whole Foods Market™ Vanilla Marshmallows

Great melted on yams, dipped in chocolate or in hot cocoa, these all-natural marshmallows are handmade with brown rice syrup instead of corn syrup.

Save
\$1.50
ea

\$4.49 ea
reg \$5.99 ea- 10.5 oz

Holmquist Organic Duchilly Hazelnuts

From fifth-generation farmers in Washington. DuChilly hazelnuts have no bitter skin so they're the sweetest variety around.

Save
\$1.50
lb

\$9.99 lb
reg \$11.49 lb

Pamela's Cheese Cake NY, agave NY, white chocolate raspberry

Rich, creamy and gluten-free! Mix and match them with our buy one get one offer.

Save
\$5.99
on 2

BUY 1 GET 1 FREE mix & match
reg \$5.99 ea - 5 oz

North Coast Organic Apple Cider

Pressed in Sebastopol, CA. Even if the leaves aren't changing where you live, one sip of this cider and you'll be transported to the perfect fall day.

Save
\$1.60
ea

\$2.99 ea
reg \$4.59 ea - 64 oz

Grown In California French Green Beans

For a classic side dish packed with flavor, vitamins and fiber, sauté green beans in olive oil and toss with toasted almonds.

Save
\$1
lb

\$3.99 lb
reg \$4.99 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