PROVISIONING AT
WHOLE FOODS MARKET®

Whole Foods Market’s Fort Lauderdale location is proud to offer a FREE Provisioning service. This personal shopping program is open to yachts, jets, hotel guests and private residences.

Let us save you time by shopping for you. We know our customers rely on us for the freshest, most flavorful, highest quality natural and organic products available. We offer:

• Secure individual accounts for easy payment options

• Complimentary full service shopping, complete packaging of your order and temperature appropriate storage until pick-up

• Local delivery via courier service*

• Decorative floral arrangements and beautiful fresh cut flowers

• Case discounts available on items including wine and water

Whole Foods Market empowers customers to celebrate and enjoy eating and living well. Our goal for you is to have everything you need for your trip or home. So if you aren't sure what you need, or are looking for something special...just ask!

To place a provisioning order or to set up an account, please contact:

Provisioning/Concierge Services
Whole Foods Market – Fort Lauderdale
2000 N. Federal Highway
Fort Lauderdale, FL 33305
Tel: 954.398.2031
Fax: 954.206.0021
Email: ftlprovisioning@wholefoods.com

* Shipping your order will incur an additional fee. Please speak with our provisioning specialist for additional details.
Our produce is a visual feast of color, variety and freshness and the quality is second to none. We actively seek out and support organic farmers, local growers and traditional family farms.

*Most international destinations do not allow shipping of produce. We will be glad to assist you in determining regulations at your destination.*

**FRUITS**

**BERRIES**
*(seasonal availability)*
- Strawberries
- Blueberries
- Blackberries
- Raspberries

**STONE FRUITS**
*(seasonal availability)*
- Peaches
- Plums
- Nectarines
- Apricots
- Cherries
- Mangos

**CITRUS**
- Grapefruits
- Oranges
- Clementines *(seasonal)*
- Tangerines
- Kumquats
- Lemons
- Limes
- Key Limes *(seasonal)*

**EXOTIC**
- Star Fruit
- Passion Fruit
- Coconut
- Tamarind
- Lychees *(seasonal)*
- Kiwi
- Manzano *(baby)* Bananas
- Papaya
- Plantains

**STAPLES**
- Apples
- Bananas
- Pears
- Pineapples
- Melons
- Grapes
- Cut Fruit

**ROOT VEGETABLES**

- Beets *(loose or by the bunch)*
- Garlic
- White Turnips
- Rutabaga
- Radishes
- Carrots *(bagged or by the bunch; also available in baby size)*
- Jicama
- Taro Root
- Ginger Root
- Parsnips
- Horseradish Root
- Potatoes *(including fingerling and other varieties)*
- Yams
- Onions *(red, yellow, white, sweet)*
- Green Onion, Scallion
- Leeks
- Shallots

**OTHER**
- Herbs *(fresh or pre-packed; assorted varieties)*
- Mushrooms *(assorted varieties)*
- Squash
- Asparagus
- Tomatoes
- Broccoli
- Celery
- Artichokes
- Avocados *(hass or standard)*
- Peppers
- Hot Peppers
- Cucumbers
- Sea Beans
- Tomatillo
- Eggplant
- Brussels Sprouts
- Corn
- Green Beans *(including haricot verts)*

**GREENS**

**PACKAGED GREENS**
- Baby Spinach
- Baby Romaine
- Spring Mix
- Mache
- Frisée
- Baby Herb Salad
- Wheat Grass
- Rainbow Kale

**GREENS BY THE BUNCH**
- Collard Greens
- Kale *(assorted varieties)*
- Baby Bok Choy
- Chard *(assorted varieties)*
- Arugula
- Dandelion Greens
- Romaine
- Watercress
- Broccoli Rabe
- Endive
- Radicchio

**FLORAL**

We carry a large variety of assorted seasonal and imported cut flowers. Flowers can also be created into vase arrangements, upon request.
**Bakery**

Our highly skilled bakers use only the freshest ingredients that meet our high quality standards and your discerning tastes. Fresh butters and creams, unbleached, unbromated flours, and organic ingredients wherever possible. We can even help you celebrate special events by preparing custom cakes or large quantities of baked goods for celebrations or business meetings.

**Desserts**

- Assorted Cakes
- Apple Pie
- Blueberry Pie
- Cherry Pie
- Kosher Hamentashen *(apricot, cranberry)*
- Kosher Rugallah *(raspberry, chocolate, walnut raisin)*
- Vegan Cookies
- Two Bite Snacks *(brownies, scones, pecan tarts, macaroons)*
- Biscotti *(plain, cranberry, chocolate)*

**Breads**

- Artisan Breads *(baked fresh daily; please ask for specific varieties available)*
- Naan *(white, whole wheat, garlic)*
- Lavash *(white, whole wheat)*
- Pita *(white, whole wheat)*
- Multi Grain Wraps
- Rolls *(dinner, seeded, kaiser, petit french bread)*
- Baguettes *(white, whole wheat)*
- Italian Bread
- Garlic Bread
- Croissants *(assorted varieties)*
- Muffins *(assorted varieties)*
- Bagels *(assorted varieties)*
- Cornbread *(plain, blueberry)*
- English Muffins *(white, wheat, cinnamon raisin)*
- Packaged Pre-Sliced Breads *(white, wheat, whole grains)*
- Hot Dog & Hamburger Buns *(white or wheat)*

**Gluten Free** *(frozen)*

In addition to the brands you know best, we have our own dedicated gluten free bakehouse to provide you with the largest assortment of gluten free baked goods available.

- Assorted Cookies
- Assorted Breads
- Pie Shells
- Millet-Flax Chips
- Assorted Muffins
- Assorted Cupcakes
- Hamburger & Hot Dog Buns
SEAFOOD We are your neighborhood fish market! Our seafood department is an expedition of flavors and selection that includes one of the largest varieties of fresh and frozen items, as well as marinades, sauces, and seasonings. We build partnerships with fishermen that are committed to your health, the environment and the integrity of our oceans in order to bring you the freshest catch daily. We source our seafood domestically and locally whenever possible, and with deliveries 6 days a week, you can be sure whatever you receive from our seafood department will be top notch.

FRESH SEAFOOD

- Snow Crab Legs *(previously frozen)*
- Cooked Octopus *(wild caught)*
- Gourmet Crab Cakes
- Raw or Cooked Shrimp *(variety of sizes; farm raised and wild)*
- Atlantic Salmon *(steaks and fillets)*
- Whole Butterfly Trout
- Mahi Mahi Fillets
- MSC Certified Chilean Sea Bass Fillets
- MSC Certified Coho Salmon Fillets
- MSC Certified Halibut Fillets
- Snapper *(whole or fillet)*
- Grouper *(whole or fillet)*
- Yellow Fin Tuna Steaks
- Swordfish Steaks
- Middle Neck Clams *(wild caught or farm raised)*
- Black Mussels
- Flounder Fillets
- Whole Baby Octopus *(raw, wild caught)*
- Stone Crabs *(seasonal availability)*
- Bay Scallops *(previously frozen)*
- Sea Scallops

CRAB MEAT

- Lump Crab Meat
- Claw Crab Meat
- Jumbo Lump Crab Meat

FROZEN SEAFOOD

- Mahi Mahi Fillets
- Wild Alaskan Halibut Fillets
- Wild Alaskan Cod Fillets
- Wild Swordfish Fillets
- Wild Alaskan Sockeye Salmon Fillets
- Yellow Fin Tuna Fillets
- North Atlantic Flounder Fillets
- Gourmet Lobster Meat
- Gourmet Clam Chowder
- Gourmet Lobster Chowder
- Crawfish Tail Meat
- King Crab Legs

Our seafood is also available as oven ready, pre-marinated and seasoned. Please ask for selection.
**Meat**  It’s all about quality, freshness and caring: farmers and ranchers caring about the welfare of the animal, processors caring about the quality of the product, and our skilled butchers caring about you. In addition to the highest quality fresh cuts, we also offer a variety of marinated, stuffed and oven-ready choices that are perfect for family meals or special occasions.

<table>
<thead>
<tr>
<th>BEEF</th>
<th>VEAL</th>
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<tbody>
<tr>
<td>• New York Strip</td>
<td>• Leg of Lamb</td>
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<tr>
<td>• Filet</td>
<td>• Rib Rack</td>
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<tr>
<td>• Rib Eye</td>
<td>• Rib Chops</td>
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<tr>
<td>• Porterhouse</td>
<td>• Shoulder Round</td>
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<tr>
<td>• Top Sirloin</td>
<td>• Ground</td>
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<tr>
<td>• Tenderloin</td>
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<td>• Ground</td>
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<thead>
<tr>
<th>DRY AGED BEEF</th>
<th>LAMB</th>
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<tbody>
<tr>
<td>• Rib Eye</td>
<td>• Chops</td>
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<tr>
<td>• New York Strip</td>
<td>• Tenderloin</td>
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<tr>
<td></td>
<td>• Ribs</td>
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<thead>
<tr>
<th>GRASS FED BEEF</th>
<th>PORK</th>
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<tbody>
<tr>
<td>• Rib Eye</td>
<td>• Chops</td>
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<tr>
<td>• Sirloin</td>
<td>• Tenderloin</td>
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<tr>
<td>• Ground</td>
<td>• Ribs</td>
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<tr>
<td>• Round Eye</td>
<td>• Roast</td>
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<tr>
<td>• Flank Steak</td>
<td>• Spare</td>
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<tr>
<th>CHICKEN</th>
<th>TURKEY</th>
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<tr>
<td>(also available in organic or kosher, whole, ground or by the piece)</td>
<td>(ground, tenderloin, breasts or legs; whole turkeys available in November and December)</td>
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<tr>
<th>BUFFALO</th>
<th>OVEN READY MEATS</th>
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<tbody>
<tr>
<td>• Rib Eye</td>
<td>• Chicken Roulades (assorted varieties)</td>
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<tr>
<td>• Top Loin Strip</td>
<td>• Parmesan Chicken Cutlets</td>
</tr>
<tr>
<td>• Ground</td>
<td>• Chicken Kabobs (assorted varieties)</td>
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<tr>
<td>• Hot Dogs</td>
<td>• Bacon (pork or turkey)</td>
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</tbody>
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<tr>
<th>FROZEN MEAT</th>
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<tbody>
<tr>
<td>• Whole Pheasant with Giblets</td>
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<tr>
<td>• Whole Quail</td>
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<tr>
<td>• Duck Breast Fillets</td>
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<tr>
<td>• Beef Ribs</td>
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</tbody>
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**PREPARED FOODS** Our freshly prepared foods are restaurant-quality and created by our in-store chefs using only natural and organic ingredients. With dozens of options, all are available by the pound so you can get as much or as little as you need, all with the convenience and value of eating at home.

Please note that our menus are often supplemented with seasonally themed varieties. Please ask your provisioning specialist for additional items.

**SLICED DELI MEATS & CHARCUTERIE**

- Pepperoni
- Assorted Sliced Meats & Cheeses
- Prosciutto di Parma
- Hand-Tied Maple Ham
- Genoa Salami
- Rosemary Peppercorn Roast Beef
- In-House Roasted Turkey Breast
- Mortadella

**PREPARED SALADS & PARTY FAVORITES**

- Chicken Salad
- Tuna Salad
- Hummus (assorted flavors)
- Coleslaw
- Potato Salad
- Party Dips
- Stuffed Grape Leaves
- Chicken Wings
- Pizza
- Quiche (small and large; assorted varieties)
- Sushi
- Empanadas (beef, chicken, cheese)
SPECIALTY & GOURMET FOODS
Our Specialty Department offers the world’s finest artisan cheeses, a wide variety of olives, pâtés and fresh pastas, as well as a grand selection of fresh dips and gourmet chocolates. Don’t forget about our second-to-none selection of fine wines and unique micro-brewed and hand crafted beers.

CAVIAR
• American Paddle Fish
• Israeli Osetra
• Russian Osetra Prime
• Russian Sevruga
(Please ask to see our full caviar menu)

OLIVES

COFFEE & TEA
• Coffee (ground or whole bean; pre-packed or by the pound; organic options also available)
• Tea (loose, bagged, or by the pound; organic options also available)

BEER & WINE*
We offer a wide variety of beers and wines from around the world, including gluten free beers and eco-friendly or organic wines. Please ask for your favorites or if you prefer, our beer and wine specialists are here to help match your menu with the perfect selections.

* Due to state and federal regulations, we are unable to ship beer and wine outside of the state of Florida or internationally.

CHEESE
Choose from one of the largest selections of hand cut international and domestic artisan cheeses including bries, mozzarellas, parrano, le gruyere, gouda, blues, Parmigiano Reggiano and more. We also offer most of our cheeses sliced, shredded and in blocks. Please ask for your favorite or let us select one for you.
(Whole wheels available upon request)
GROCERY  Our Grocery aisles offer the highest quality pantry items. From the very best in quick and easy frozen selections to organic chips and salsa to artisan pastas accompanied by gourmet sauces. We also offer an excellent selection of options for those with special diet needs as well as eco-friendly cleaning products, bulk items, housewares and pet food.

BULK
- Flour
- Dried Fruit
- Nuts
- Cereal & Granola
- Beans
- Grains
- Seeds

SHELF STABLE ITEMS
- Sodas *(cans only)*
- Sports Drinks, Energy Drinks
- Water *(sparkling, still, coconut, flavored)*
- Bottled Iced Tea
- Snacks
- Salsa & Dips
- Juices
- Cookies
- Crackers
- Canned Fruit
- Nut Butters
- Jams & Jellies
- Honey, Syrups & Sweeteners
- Hot & Cold Cereals
- Breakfast Bars
- Rice, Soy, Hemp, Oat & Almond Milk *(shelf stable)*
- Baking Goods
- Spices
- Canned Beans & Vegetables
- Rice, Grains, & Pasta
- Japanese Noodles
- Gluten Free Items
- Oils & Vinegars
- Canned Fish
- Salad Dressing & Condiments
- Pet Food & Supplies
- Paper Products *(plates, napkins, towels, tissues)*
- Cleaning Supplies

FROZEN
- Ice Cream, Gelato, Sorbet & Non-Dairy Ice Cream
- Frozen Fruit & Vegetables
- Waffles
- Pizza
- Entrées
- Appetizers
- Breads, Bagels, Pie Shells & Gluten Free Breads
- Meat Alternatives
- Potatoes
- Desserts

DAIRY
- Eggs *(chicken, quail)*
- Egg Whites
- Ricotta Cheese
- Sour Cream
- Cottage Cheese
- Milk
- Coconut, Almond & Soy Milk
- Half & Half
- Whipped Cream *(dairy, soy)*
- Kefir Cheese
- Yogurt *(soy, dairy, Greek)*
- Assorted Butters
- Cream Cheese *(soy, dairy)*
- Vegan Mayonnaise *(non-dairy mayonnaise substitute)*
- Meat Substitutes including Seitan & Tofu
WHOLE BODY  We believe that what you put on your body is just as important as what you put in your body. We dedicate an entire section of our stores to pampering, nurturing and caring for your whole body with an abundant selection of luxurious personal care items as well as nutritional supplements, herbal and homeopathic remedies and vitamins.

VITAMINS & SUPPLEMENTS

• Herbal Supplements
• Multi-Vitamins
• Weight Maintenance Supplements
• Immune Health Supplements
• Bone & Joint Support Supplements

BODY CARE

• Soap
• Hair Care
• Face Care
• Deodorant
• Toothpaste, Floss & Mouthwash
• Sun Block
• Bath Salts & Bubble Bath
• Hairbrushes
• Razors & Shaving Cream
• Adhesive Strips
• Witch Hazel
• Bug Repellent
• Cotton Balls

WOMEN’S ESSENTIALS

• Feminine Hygiene
• Pre & Post Natal
• PMS Support
• Herbal Hormonal Balance
• Makeup
• Tweezers

PROBIOTICS & NUTRITIONAL OILS

(available in refrigerated liquid and shelf-capsule forms)

GIFTS & OTHER ITEMS

• Candles
• Votives – Scented & Unscented
• Assorted Incense & Incense Holders
• Reading Glasses
• Sun Glasses
• Music CDs
ALTERNATIVE FOOD ITEMS
Eating foods outside the standard American diet can be quite challenging. Whether you’ve made a personal lifestyle choice or have a specific dietary need, we’re here to help you choose foods that are perfect for your family’s needs.

- Gluten Free
- Dairy Free
- Soy
- Vegetarian or Vegan
- Sugar Conscious

Please ask our provisioning specialist for assistance.

KID-FRIENDLY ITEMS
We know how challenging a “young palate” can be, and that the last thing you want are foods with artificial flavors, colors, sweeteners or preservatives. When you shop with us, you can be sure that what you’re giving the little ones in your family is real food... pure and simple.

- Chicken Nuggets
- Lollipops & Candy
- Crackers & Cookies
- Fruit Strips
- Apple Sauce
- Juice Boxes
- Boxed Macaroni & Cheese
- Breakfast Pastry Tarts
- Frozen Kid’s Meals
- Refrigerated Cookie Dough
- Yogurt
- String Cheese
- Shelf Stable Individual Milk (chocolate, vanilla, strawberry)
- Baby Products (diapers, wipes, bottles, snacks, food, body care)
- Children’s Health (supplements, vitamins, soaps, shampoos)