

Saint James Organic Tea
Select Variety

2 FOR \$4
+CRV
16 oz.

USDA ORGANIC

FRAZIER FARMS

A BETTER WAY TO SHOP
FOR A BETTER WAY TO LIVE

Frazier Farms Bottled Cold Brew

\$1 OFF
16 oz.

California Grown Hass Avocados

4 FOR \$5

CA GROWN

Sweet Cantaloupe

2 LBS \$5

Jumbo Size!

Organic Gala Apples

4 LBS \$5

USDA ORGANIC

Organic Artichoke

\$3 Ea.

USDA ORGANIC

Organic Creamy, Buttery Local Grown Gem Avocado

\$2 Ea.

USDA ORGANIC

Organic Honeycrisp Apples

\$3 Lb.

USDA ORGANIC

Organic Red, Green Romaine Lettuce

2 FOR \$3

USDA ORGANIC

Organic Green, Dino, Red Kale

2 FOR \$3

USDA ORGANIC

Low Acid Roma Tomatoes

\$1 Lb.

Cara Cara Oranges

2 LBS \$3

Sweet Red or Black Plums

2 LBS \$3

Red, Yellow, Orange Bell Peppers

\$1 Ea.

FRAZIER FARMS STORE WIDE SUPER SAVINGS!

Frazier Farms Petite Dulce De Leche Cheesecake

\$5 Ea.

Celebrate National Duke de Leche Day 10/11!

Milk Plant Based Milk
Select Variety

\$4.99
+CRV
28 oz.

USDA ORGANIC

Delallo Fine Italian Foods
Select Variety

35% OFF
5.3-28 oz.

Dietsel Sliced Turkey

\$7.99 Ea.
6 oz.

Himalaya Oral Care

30% OFF
Suggested Retail Price



FRESH, ALL NATURAL MEAT



Fresh All Natural Boneless, Skinless Chicken Thighs

\$3.49 Lb.

FAMILY PACK

Fresh House Made Chicken Basil or Spinach Feta Chicken Sausage • \$4.99 lb.

Fresh Chuck Roast or Steak

\$8.99 Lb.

U.S.D.A. CHOICE BEEF

Fresh, GRASS FED Tri Tips

\$14.99 Lb.

Fresh USDA Choice Bone-In New York Steak

\$12.99 Lb.

U.S.D.A. CHOICE BEEF

Fresh USDA Choice Boneless New York Steak • \$16.99 lb

DELIVERED 6X A WEEK
SUSTAINABLY CAUGHT | WILD CAUGHT

Largest Fresh Seafood Counters
in North & East County!

GUARANTEED CATCH OF THE DAY
SUPPORT LOCAL FISHERMAN | DOCK TO DOOR

Atlantic Salmon Portions

\$9.99
1 Lb. Ea.

Fresh, Wild Pacific Rockfish Fillets

\$7.99 Lb.

WILD CAUGHT CERTIFIED

Extra Large, Wild, Argentinian Red Shrimp

\$10.99 Lb.
16/20 ct

WILD CAUGHT CERTIFIED

Large, Wild Corvina Fillets

\$12.99 Lb.

WILD CAUGHT CERTIFIED



QUALITY DELI



Dietz and Watson Black Forest or Honey Ham

\$8.99 Lb.

Mexican Chicken Meatloaf Meal

\$7.99
14 oz.

NEW!

Roasted Veggie Lemon Orzo

\$6.99 Lb.

Stuffed Chicken Breasts
Jalapeño Popper or Primavera

\$7.99 Lb.

Customer Favorite!



GROCERY



Epic Pork Rinds
Select Variety

2 FOR \$5
2.5 oz.

Cascadian Farm Cereal
Select Variety

2 FOR \$6
9.2-14.6 oz.

Pacific Foods Organic Soups
Select Variety

2 FOR \$7
32 oz.

C20 Coconut Water
Select Variety

2 FOR \$4
16 oz. +CRV



DAIRY & FROZEN



Vital Farms Pasture-Raised Butter
Select Variety

\$3.99
8 oz.

Laird Superfood Coconut Creamers
Select Variety

\$4.99
25.4 oz.

Evergreen Waffles
Select Variety

2 FOR \$9
9 oz.

Cascadian Farm Frozen Potatoes
Select Variety

2 FOR \$7
12-16 oz.



BAKERY & BULK



Frazier Farms Pumpkin Chocolate Chip Scones

2 FOR \$7
2 pk.

Frazier Farms Pumpkin Oat Chocolate Chip Cookie

\$6
6 pk.

Choice Medjool Dates

\$4.49
Lb.

Lentils Red or Green

\$1.49
Lb.

Frazier Farms Fruit & Flax Bran Muffins

\$6
4 pk.

Silver Hills Plant-Based Organic Sprouted Whole Grain Bagels
Assorted Varieties

\$5
14 oz.

Pretzels Assorted Varieties

\$1.99
Lb.

Natural Chamoy Gummy Rings
Assorted

\$4.99
8.5 oz.



CHEESE



Rogue Creamery Blue Assorted

\$3 OFF
Per Lb.

La Bonne Vie Mini Wheel Brie Triple or Double

\$5.99
Lb.

Old Quebec 7-Year Cheddar

\$5 OFF
Per Lb.



BEER & WINE



LA PLAYA Sauvignon Blanc Chile

\$7.99
750 ml.

IDE Wines Assorted Sonoma County

\$16.99
750 ml.

SAMUEL ADAMS October Fest Lager

\$1 OFF
Ea. 6 Pack

PORTLAND CIDER CO. Hard Cider Assorted

2 FOR \$8
19.2 oz.



SUPPLEMENTS & HEALTHY LIVING



Four Sigmatic Plant Protein

\$29.99
60 ct.

Ancient Nutrition Creatine Formulas

40% OFF
Suggested Retail Price

Nordic Naturals Vitamin C and Vitamin D3 Gummies

25% OFF
Suggested Retail Price

Blue Bonnet Immune Formulas
Select Variety

25% OFF
Suggested Retail Price

Youtheory Shilajit
Select Variety

\$17.49
60 ct.

Snap Heart Beets

25% OFF
Suggested Retail Price

Inesscents Bath Salts
Select Variety

20% OFF
Suggested Retail Price

Desert Essence Toothpaste
Select Variety

\$5
Ea.

October 7th, 2025 Thru October 13th, 2025

Tue 7	Wed 8	Thu 9	Fri 10	Sat 11	Sun 12	Mon 13
Vista 225 Vista Village Dr. (760) 758-7175	Oceanside 1820 Oceanside Blvd. (760) 429-2092	La Mesa 8401 Fletcher Pkwy. (619) 309-4024				

Store Hours: 8am - 9pm Daily
We reserve the right to change prices & modify items.

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SUPPORT OUR TROOPS!

10% OFF

MILITARY DISCOUNT

OFFERED EVERY WEDNESDAY

TO ALL VETERANS, ACTIVE DUTY, MILITARY, & FAMILY MEMBERS WITH ID.

IN STORE ONLY. EXCLUDES GIFT CARDS.



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