

Nixie Organic Zero Sugar Soda
Select Variety
Nixie Soda, 12 oz. • 4 for \$5 +TAX +CRV

\$4.99
4 pack

USDA ORGANIC

FRAZIER FARMS

A BETTER WAY TO SHOP FOR A BETTER WAY TO LIVE

Frazier Farms
Açaí Bowls

\$1 OFF
Each

Organic Candy Snap Grapes

\$3 Lb.

USDA ORGANIC

Organic Case Ataulfo Mangos

16 count

\$6.99 Ea.

USDA ORGANIC

Fresh Tender Asparagus

\$3 Lb.

Organic Fresh Bunch Baby Broccoli

\$2 Ea.

USDA ORGANIC

CALIFORNIA CA GROWN

Organic White Flesh or Yellow Flesh Peaches or Nectarines

\$3 Lb.

USDA ORGANIC

Organic Large Star Ruby Grapefruit

\$2 Ea.

USDA ORGANIC

Organic Fuji Apples

\$2 Lb.

USDA ORGANIC

Organic Sweet Tommy Mangos

\$2 Ea.

USDA ORGANIC

Black or Red Plums

\$1 Lb.

Navel Oranges

88¢ Lb.

Italian Squash

88¢ Lb.

Red Bell Peppers

\$1 Ea.

HAPPY FATHER'S DAY!

La Tortilla Factory Homestyle Tortillas

Celebrate National Tortilla Day 6/16!

2 FOR \$4
11.57 oz.

Happy Eggs Free Range Eggs

Select Variety

30% OFF
1-1.5 Dozen

Humble Organic Potato Chips

Select Variety

2 FOR \$5
5 oz.

USDA ORGANIC

Bitchin' Sauce Dips

Select Variety

\$3.49 Ea.
7-9 oz.

Great for any BBQ or Beach Snack

Lily of the Desert Aloe Vera Juice

25% OFF
Suggested Retail Price Ea. 32 oz.

USDA ORGANIC

FRESH, ALL NATURAL MEAT

Fresh, All Natural USDA Choice T-Bone or Porterhouse Steak

Great on the Grill!

\$16.99 Lb.

Fresh, USDA Choice Long Bone Tomahawk Steak • \$20.99 lb.

Fresh American Wagyu Carne Asada

Best Carne Asada in Town!

\$10.99 Lb.

Grass Fed Elk Carne Asada • \$16.99 lb.

Fresh, All Natural Pork Shoulder Roasts or Steaks

Great for Pulled Pork!

\$3.99 Lb.

Pedersons Bacon, Apple Wood & No Sugar Bacon 10 oz. • \$1 OFF ea.

Fresh, All Natural Assorted Marinated Chicken Kabobs

\$6.99 Lb.

Lottie's Meats Sausage, 12-16 oz. • \$2 OFF ea.

Largest Fresh Seafood Counters in North & East County!

DELIVERED 6X A WEEK SUSTAINABLY CAUGHT | WILD CAUGHT

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

Cold Water Lobster Tails

Great for Surf & Turf!

\$8.99 Ea.
4-5 oz.

WILD CAUGHT CERTIFIED

Wild Sashimi Ahi Steaks

\$8.99 Lb.

WILD CAUGHT CERTIFIED

Large Peeled and Deveined White Shrimp

16/20 ct

\$7.99 Lb.

Fresh Local Halibut Fillets

Great for Ceviche!

\$9.99 Lb.

Fresh Wild Swordfish Steaks • \$15.99 lb.

local

Fresh Hiddenjord Salmon Fillets

Customer Favorite

\$16.99 Lb.

QUALITY DELI

Dietz & Watson Angus, London Broil or Pastrami

\$7.99 Lb.

CHEDDAR GREAT FOR STUFFED BURGERS • \$8.99 lb.

DIETZ & WATSON

Chicken or Vegan Buddha Bowls

Made Fresh Daily!

\$7.99 16 oz.

Thai Shrimp & Chicken Salad

Customer Favorite

\$8.99 Lb.

Assorted Chicken Wings • \$7.99 lb

Stuffed Chicken Breasts

Jalapeño Popper or Primavera

HEAT & EAT!

\$7.99 Lb.

GROCERY

Mom's Best Cereal
Select Variety

2 FOR \$9
17.5-24 oz.

Back to Nature Crackers
Select Variety

2 FOR \$6
4-7 oz.

Back To Nature Cookies, 7.5-9 oz. • \$3.99

Terra Chips
Select Variety

2 FOR \$6
5 oz.

Health A-De Kombucha
Select Variety

2 FOR \$5
16 oz.

+CRV
USDA ORGANIC

DAIRY & FROZEN

Bizzy Espresso Shots
Select Variety

4 FOR \$5
2 oz.

+CRV

Nancy's Pouches and Yogurt

\$3.99
4 pk-32 oz.

NON-GMO VERIFIED
USDA ORGANIC

Deep Indian Kitchen Dumplings
Select Variety

\$4.99
7.8 oz.

Gardein Plant Based Ultimate Chick'n and F'sh
Select Variety

\$5.99
14.7-15 oz.

BAKERY & BULK

Great for your Father's Day BBQ
Frazier Farms
Brioche Hamburger or Hot Dog Buns
Select Varieties

20% OFF
4 Pack, 6 Pack

Frazier Farms Lemon Bars

\$7 Ea. 2 pk.
HOUSE-MADE

Organic Raw Honey

\$5.99 Lb.
USDA ORGANIC

Hulled Sunflower Seeds
Raw, Roasted Salted and Roasted Unsalted

\$2.99 Lb.

Frazier Farms Ginger Molasses Cookies

\$6 Ea. 18 pk.
FRESH BAKED

Frazier Farms Gramp's Potato Bread

2 FOR \$7
HOUSE-MADE

Chamoy Mango

\$7.99 Lb.

Organic Garbanzo Beans

\$1.99 Lb.
USDA ORGANIC

CHEESE

Point Reyes Toma
Assorted Flavors

\$6.99 Ea. 8 oz.

Cowgirl Creamery Mt. Tam
Organic Cow's Milk Cheese

\$12.99 Ea. 7 oz.

Somerdale 1776 Aged Cheddar

\$5 OFF Per Lb.

BEER & WINE

SAND POINT WINERY Wines
Assorted

\$7.99 750 ml.
+TAX +CRV

BLANK CANVAS Wines
Assorted

\$11.99 750 ml.
+TAX +CRV
Leave Your Own Personal Message for Dad!

SOCIETE Beer
San Diego

\$10.99 Ea. 6 Pack
+TAX +CRV

BURGEON Craft Beer
Assorted

\$1 OFF Ea. 4 Pack
+TAX +CRV

SUPPLEMENTS & HEALTHY LIVING

Naturals Factors Total Body Collagen

25% OFF
Suggested Retail Price

KAL Minerals
Select Variety

30% OFF
Suggested Retail Price

Irwin Naturals Men's Formulas

30% OFF
Suggested Retail Price

Toms of Maine Oral Care

30% OFF
Suggested Retail Price

Country Life Activated Charcoal

25% OFF
Suggested Retail Price

Frazier Farms Creatine 5000 MG

\$21.49 Ea. 1.1 lb.
100 Servings!
S.R.P. 39.99

Frazier Farms Alpha Lipoic Acid 600mg

\$9.99 Ea. 60 count
S.R.P. 18.49

Viking Revolution Men's Care

25% OFF
Suggested Retail Price

June 16th, 2026 Thru June 22nd, 2026

Tue 16	Wed 17	Thu 18	Fri 19	Sat 20	Sun 21	Mon 22
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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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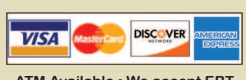
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10% OFF MILITARY DISCOUNT

OFFERED EVERY WEDNESDAY

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

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