

Dish

March 2021

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Hand cooked quality potatoes to crisp perfection, before flavouring them with a unique blend of roasted barley and hops. The result is a mouth-watering crisp with the bitter sweet flavour of the iconic **Irish stout.**



Guinness

Chips
5.3 OZ
Selected Varieties

2/\$7

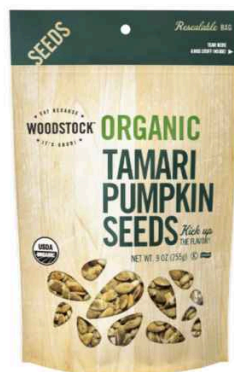


Dare

Crackers
7 to 8.8 OZ
Selected Varieties

BOGO

Buy One Get One Free



Woodstock

Organic
Pumpkin Seeds
Tamari
9 OZ

\$6.99



Midel

Ginger Snaps
10 OZ

\$3.29



Torie & Howard

Organic
Chewie Fruities
4 OZ
Selected Varieties

organic

2/\$5



Gaea

Organic Olives
4.9 to 5.6 OZ
Selected Varieties

\$3.99



Maille

Cornichons
13.5 OZ
Original

\$4.99



Peloponese

Olives
6 to 6.4 OZ
Selected Varieties

2/\$7



Itoen

Organic Green Tea
16.9 FL OZ
Selected Varieties

2/\$3

Navy Hill

Soda Tonic
4/8.45FZ
Selected Varieties

\$5.99 **NEW**



The Navy Hill G & T

What You'll Do:

1 part gin (*vodka can also be used)
1 part Navy Hill Juniper soda + Tonic
or Navy Hill Original Soda + Tonic
cucumber
basil leaves

What You'll Do:

Muddle several basil leaves and cucumber slices in the bottom of your glass. Add crushed ice, gin, your favorite Navy Hill sonic and stir. Spear a few basil leaves and a cucumber slice for garnish!

The Navy Hill Paloma

What You'll Do:

1 part tequila
1 part freshly squeezed lime juice
1 part fresh ruby red grapefruit juice
1 part Navy Hill Original Soda + Tonic
sprig of thyme for garnish

What You'll Do:

Mix all of the ingredients and serve over crushed ice with a fresh sprig of thyme for a fun twist.
Optional: add a salted rim!

NAVY HILL



Think!
Protein & Fiber
Oatmeal Cups
1.76 OZ
Selected Varieties

2/\$4



Bobo's
Toasters
6.6 OZ
Selected Varieties

NEW

2/\$9



Purely Elizabeth
Vibrant Oats
2 OZ
Selected Varieties

2/\$5



Serenity Kids
Veggie Pouches
3.5 OZ
Selected Varieties

organic

3/\$5



Bobo's Oat Bars
All Natural Oat Bars
3 OZ
Selected Varieties

NEW

2/\$5



Purely Elizabeth
Pancake Mix
10 OZ
Selected Varieties

\$5.99



Bob's Red Mill
Steel Cut
Oats
24 OZ

\$3.99



Bob's Red Mill
Extra Thick
Rolled Oats
32 OZ

\$5.49



Bob's Red Mill
Gluten Free Rolled Oats
Old Fashioned
32 OZ

\$6.49

SALTY-SWEET, CRUNCHY GRANOLA CLUSTERS



NON-GMO

GLUTEN FREE

Purely Elizabeth

Ancient Grain

Granola

8 to 12 OZ

Selected Varieties

\$5.99

ALSO AVAILABLE IN GRAIN-FREE + PROBIOTIC VARIETIES

**purely
elizabeth.**

Cheribundi

Juice
32 FL OZ
Selected Varieties

\$8.49



Recover Faster • Rebuild Smarter • Rest Better

PUT A CHERRY ON TOP OF THAT WORKOUT

Add one delicious step to your daily fitness ritual for harder training, deeper sleep and reduced soreness. Extract your best performance with the power of Cheribundi natural tart cherry juice



Bee Harmony

Honey
12 OZ
Selected Varieties

\$7.99



Traditional Medicinals

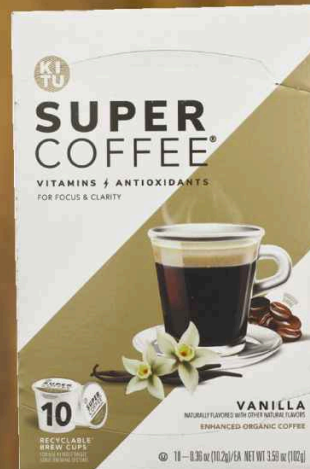
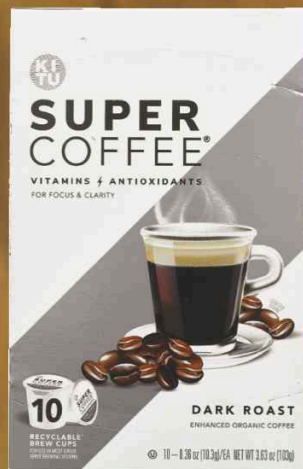
Herb Tea
16 BAG
Selected Varieties

organic

\$3.99



POD LIFE, BEST LIFE.




Kitu

K-Cups
3.63 to 3.59 OZ
Selected Varieties

\$7.99

CHOOSE POSITIVE ENERGY

 0G ADDED SUGAR

 NOTHING ARTIFICIAL

 KETO FRIENDLY



Kitu

Super Creamer

25.4 FL OZ

Selected Varieties

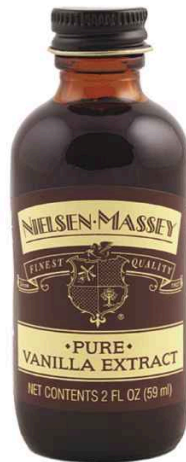
2/\$7





Nielsen-Massey
Pure Almond Extract
2 OZ

\$5.29



Nielsen-Massey
Vanilla Extract
Pure
2 FL OZ

\$9.49



Nielsen-Massey
Madagascar Bourbon
Vanilla Beans
2 CT

\$15.99



NIELSEN-MASSEY
FINE VANILLAS & FLAVORS



Nielsen-Massey
Pure
Vanilla Bean Paste
2 FL OZ

\$12.49

**ELEVATE YOUR RECIPES WITH
PURE VANILLA BEAN PASTE**

Home bakers have a friend in the kitchen with Nielsen-Massey Pure Vanilla Bean Paste. Conveniently add rich, complex vanilla flavor and real vanilla specks to recipes like crème brûlée, cakes, cookies and more. Vanilla bean paste can be substituted 1:1 for vanilla extract in any recipe.

*Banana Bread
Breakfast Cookies*



Visit NielsenMassey.com/BananaBreadCookies



Wholesome

Organic Sugar
16 OZ to 2 LB
Selected Varieties.....



\$4.49



Bob's Red Mill

Tapioca Flour
16 OZ.....



\$3.49

Bob's Red Mill

Gluten Free Oat Flour
18 OZ.....

\$4.99

Bob's Red Mill

Cassava Flour
20 OZ.....

\$7.99

Bob's Red Mill

Almond Flour
Super-Fine
16 OZ.....

\$9.99



Midel

Gluten Free
Pie Crust
Graham Style
7.1 OZ

2/\$7



Vegan Gluten-Free Avocado Key Lime Pie

3 ripe avocados,
halved, pitted and peeled
1/2 cup maple syrup
1 tbsp key lime zest
1/4 cup key lime juice
3 tbsp coconut oil , melted and cooled
1 Mi-Del Gluten Free
Graham Style Pie Crust
1 1/2 cups dairy-free whipped topping

In food processor, mix together avocados, maple syrup, lime zest, lime juice and coconut oil until blended. Spoon filling into pie crust. Refrigerate for 45 to 60 minutes or until set. To serve, top pie with whipped topping.

Tip: Substitute regular lime for key lime; if desired.

www.midelcookies.com



Knorr

Sauce Mix
.50 to 1.6 OZ
Selected Varieties

2/\$3

Knorr

Recipe Mix
1.4 OZ
Selected Varieties

2/\$4

Knorr

Gravy Mix
1.2 OZ
Selected Varieties

4/\$5



Better Than Bouillon

Bouillon Base
8 OZ
Selected Varieties

\$3.99

Kettle And Fire

Soup
16.9 OZ
Selected Varieties

\$5.99

Kettle And Fire

100% Grass-Fed
Bone Broth
16.9 OZ
Selected Varieties

\$5.99



Alessi

Balsamic Vinegar
8.5 FL OZ
Selected Varieties

2/\$5

Brianna's

Dressing
12 FL OZ
Selected Varieties

\$2.99

Cardini's

Caesar Dressing
Original
12 FL OZ

2/\$6



Frontera Foods

Sauce
8 OZ
Selected Varieties

2/\$4



Maille

Mustard
7.3 to 7.5 OZ
Selected Varieties

2/\$5



Deviled Eggs with Shrimp

½ cup chopped cooked shrimp

2 Tbsp. fresh lemon juice

8 large eggs

3-4 Tbsp. Legal Seafoods House Tartar Sauce

1 tsp. honey

Put the chopped shrimp into a glass bowl. Cover with lemon juice and toss. Set aside. Place the eggs in a medium saucepan and cover with water. Bring to a boil. Reduce the heat slightly to a slow boil and cook for 11 minutes. Remove eggs, crack slightly and run under cold water. Peel and halve the eggs. Scoop out the cooled yolks and place in a bowl. Mash yolks with 3 tablespoons of tartar sauce and the honey. Add additional tartar to taste, or if the mixture seems dry. Drain the chopped shrimp and gently combine them into the yolk mixture. Stuff the whites with the shrimp and yolk mixture, garnish with chopped chives, cover with plastic wrap and place in the refrigerator to chill before serving.

www.stonewallkitchen.com

Legal Sea Foods

Spicy Cocktail Sauce

8.75 OZ

\$3.99



Legal Sea Foods

Chipotle Tartar Sauce
7.75 OZ.....

\$4.99

Legal Sea Foods

Sauce or Dressing
11 FL OZ
Selected Varieties.....

\$5.99





Ancient Harvest
Organic Gluten Free Quinoa
Supergrain Pasta
8 to 9.6 OZ
Selected Varieties

2/\$7



Amish Kitchen
Noodles
12 OZ
Selected Varieties

\$2.99



Armbruster
Noodles
16 OZ
Selected Varieties

2/\$6



Cucina Antica
Pasta Sauce
25 OZ
Selected Varieties

\$5.99



Alessi
Risotto or Farro
6.5 to 7 OZ
Selected Varieties

\$2.99



**Ralston
Family Farms**
Rice
24 OZ
Selected Varieties

2/\$7



Daiya Foods

Frozen Pizza
15.7 to 16.7 OZ
Selected Varieties

\$8.99



Caulipower

Chicken Tenders
14 OZ
Selected Varieties

BOGO
Buy One Get One Free



Cappello's

Naked
Pizza Crust
6 OZ

GLUTEN FREE

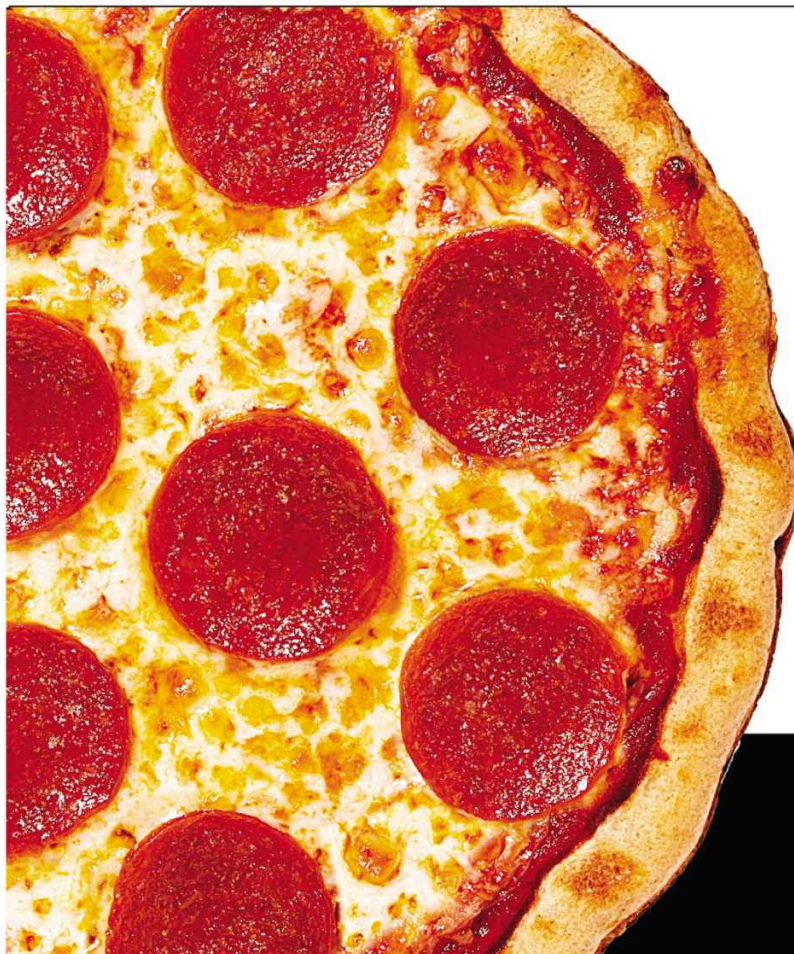
\$6.99



Cappello's

Almond Flour Pasta
9 OZ
Selected Varieties

\$8.99
Select Stores
GLUTEN FREE



CAPPELLO'S[®]

ALMOND FLOUR CRUST

Clean Eating Starts With Pizza



Cappello's

Pizza
11 to 12 OZ
Selected Varieties

\$8.99

Certified



Gluten-Free



Naked Crust



Grain Free

Protein



Per Serving



GOAN COCONUT BUTTERNUT SQUASH SOUP

INGREDIENTS:

- 1 16-oz package frozen butternut squash puree
 - 2 cup frozen peas
 - 1 container Maya Kaimal Goan Coconut
 - 1½ cup water
 - 2 tablespoons chopped, fresh cilantro (optional)
- Curry Leaf and Mustard Seed Tarka (optional)

RECIPE:

Combine the squash puree, Maya Kaimal Goan Coconut and water in a soup pot. Cook over low heat, stirring occasionally, until the mixture is thoroughly hot.

Season with salt to taste.

Ladle into soup bowls. If you like, garnish with chopped, fresh cilantro or with Curry Leaf and Mustard Seed Tarka.



INSPIRED INDIAN FOOD



www.mayakaimal.com



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Maya Kaimal

Everyday Chana or Dal
10 OZ
Selected Varieties

2/\$7

Maya Kaimal

Organic Rice
8.5 OZ
Selected Varieties

\$2.99

Maya Kaimal

Indian Simmer Sauce
12.5 OZ
Selected Varieties

\$3.99

Celebrate Spring and New Beginnings



Holi-March 28th & 29th



Patak's

Simmer Sauce
15 OZ
Selected Varieties.....

\$3.99

Patak's

Spice Paste
10 to 11 OZ
Selected Varieties

\$4.49

Patak's

Sweet
Mango Chutney
12 OZ.....

\$4.99

Sukhi's

Sharing
Exceptional
Indian food
that will
delight with
every bite.



Sukhi's

Street Wrap
5.5 OZ
Selected Varieties

\$3.29



Sukhi's

Ready to Eat Meals
11 OZ
Selected Varieties

\$6.49



Sukhi's

Cilantro & Chutney
Samosas
12 OZ

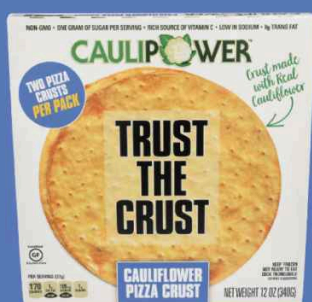
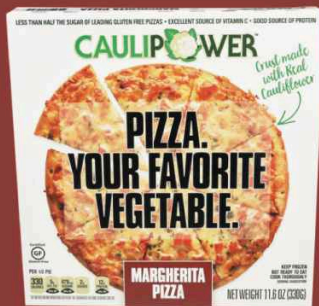
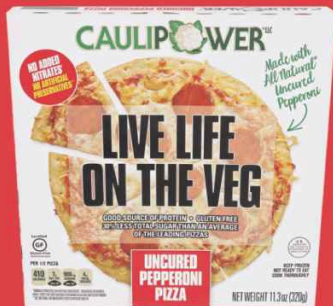
\$7.49





Caulipower
Cauliflower Pizza
10.9 to 11.3 OZ
Selected Varieties

BOGO
Buy One Get One Free



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