



PALEO BAKERY & GROCERY ITEMS

BREADS

Paleo Breads	10.05
White	
Wheat Style	
Pumpkin	
Cinnamon Raisin	10.25
Paleo Vegan Bread	10.50
Paleo Low Carb Bread (Keto)	10.05
Paleo Bagels	
Plain	
Toasted Onion	
Cinnamon Raisin	
Paleo Tortillas 6 pack	
10 inch / 6 inch	16.00 / 11.99
Paleo Pizza Crust 2 pack	12.99
Original	
Vegan	
Paleo Bread Sticks	10.20
Garlic	
Plain	
Paleo Vegan Bread Sticks	10.25
Garlic	
Plain	
Paleo Bread Crumbs	10.20
Seasoned	
Plain	
Paleo Vegan Bread Crumbs	10.25
Seasoned	
Plain	
Paleo Stuffing Cubes	12.99
Original	
Vegan	

SNACKS

Crackers 2 oz	3.99
Cheddar Cheezie	
Cinnamon Grahams	
Graham	
Crackers 6 oz	9.99
Wheat Free Thins	
Saltines	
Grahams	
Protein Snack Bars	4.25
Chocolate Chip	
Cranberry	
Enjoy Life Chocolate Chip (singles)	2.05
Semi Sweet	
Dark Chocolate	
Plantain Chips	
Large 10oz / Small 5oz	9.75 / 5.75

PALEO BAKED TREATS

Cupcakes	4.05
Chocolate	
Vanilla	
Carrot	
Coconut flour cookies	2.05
Chocolate Chip	
Chocolate	
Pumpkin	
Almond Flour Cookies	2.10
Chocolate Chip	
Snickerdoodle	
Lemon	
Brownies	4.50
Chocolate	
Chocolate Walnut	
Pound Cakes	5.10
Chocolate	
Vanilla	
Cinnamon	
Lemon	
Cinnamon Rolls	4.99

VEGAN BAKED TREATS

Cupcakes	4.05
Chocolate	
Vanilla	
Carrot	
Almond Flour Cookies	2.10
Chocolate Chip	
Snickerdoodle	
Lemon	
Brownies	4.50
Chocolate	
Chocolate Walnut	

KETO BAKED TREATS

Cupcakes	4.05
Chocolate	
Vanilla	
Almond Flour Cookies	2.10
Chocolate Chip	
Snickerdoodle	
Lemon	
Pound Cakes	5.10
Chocolate	
Vanilla	
Cinnamon	
Lemon	

PERSONAL ITEMS

Hand Sanitizer 2oz.	2.99
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GROCERY ITEMS

Eggs	TBD
Black olives	3.99
Pumpkin Puree	4.09
Canned Sweet Potato	4.09
Tomato Sauce	
Diced Tomatoes	
Tomato Basil Pasta Sauce	4.99
Tropical Fruit Salad	4.69
Pineapple Chunks	4.69
Koops Spicy Brown Mustard	4.99
Albacore Tuna	3.99
Eggs	call for pricing

NUT & COCONUT MILK

Full Fat Coconut Milk	4.99
Coconut Cream	5.10
Sweetened Condensed Coconut Milk	4.99
Evaporated Coconut Milk	
Coconut Milk Powder	4.99
Coconut Cream Powder	4.10
Almond Breeze Almond Milk	10.25
(unsweetened) 64 oz	5.25
Malk Almond Milk	
(unsweetened) 32 oz	7.50

SEASONINGS & DRY RUB

Cilantro Lime Dry Rub	10.99
Barbecue Dry Rub	10.99
Umami Dry Rub	10.99
All Purpose Seasoning	10.99
Laura's Seasoning	10.99
Himalayan Pink Salt	10.99

PROTEINS AND GELATINS

Grass Fed Collagen Peptides	26.99
Pure Egg White Protein Powder	21.99
Grass Fed Gelatin	9.99

FLOURS & BAKING INGREDIENTS

Coconut Flour 1lb	12.99
Almond Flour 1lb	13.99
Cassava Flour 1lb	10.99
Tapioca Flour 1lb	10.99
Arrowroot Flour 1lb	8.99
Tiger Nut Flour 1lb	18.99
Gold Flax Meal 1lb	8.99
Brown Flax Meal 1lb	8.99
Chia Seed Meal 1lb	12.00
Sunflower seed Meal 1lb	13.99
Almond Extract	6.99
Vanilla Extract (alcohol free) 4oz	20.50
Peppermint Extract	6.99
Coconut Sugar 1lb	10.99
Sugar free Cinnamon Toast Sprinkle	10.99
Maple Syrup 12oz	11.99
Coconut Syrup 12oz	9.99
Honey	9.99

NUTS, SEEDS & DRIED FRUIT

Sprouted Almonds 1lb	20.99
Sprouted Walnuts 1lb	29.99
Sprouted Pumpkin Seeds 1lb	17.99
Sprouted Sunflower Seeds 1lb	11.99
Dried Cranberries	6.99
Dried Blueberries	12.50

OILS & VINEGARS

Avocado Oil 12oz	11.99
Extra Virgin Avocado Oil 12oz	11.99
MCT Oil 12oz	11.99
Coconut Vinegar	6.99
Fermented Honey	15.99
Coconut Aminos	11.99

NUT BUTTERS & JAMS

Sunflower Seed Butter.	9.99
Almond Butter	9.99
St Dalfour Conserves	6.99
Strawberry	
Raspberry Pomegranate	
Royal Fig	

CHOCOLATE & CAROB

Chocolate Chip Minis 12 pack	12.30
Semi Sweet	
Dark Chocolate	
Organic 61% Dark Chocolate 1lb	24.00
Organic 100% Dark Chocolate 1lb	26.00
Organic Cocoa Powder 1lb	13.00
Organic Carob Chips 1lb	10.99
Unsweetened	
Semi Sweet	
Mint	
Carob Powder 1lb	10.24
Carob Syrup	10.75
Oh Fudge Chocolate Syrup	9.99