Nature's Temptations

Natural Food Market · Juice Bar & Café

July 2022



Late July
Organic Restaurant Style Tortilla Chips
(selected varieties)

$2.79

10.1 oz



Santa Cruz Organic
Organic Lemonade
(selected varieties)

$2.29

32 oz

Beyond Meat
Beyond Burger

$4.29



8 oz

Garden of Eatin'
Taco Shells

$2.79



12 ct

Wild Planet
Albacore Wild Tuna
(selected varieties)

2/$7



5 oz

Larabar
Fruit & Nut Bar
(selected varieties)

5/$5



1.6-1.7 oz

Dandies
Vegan Marshmallows

2/$6



10 oz

Brown Cow
Cream Top Whole Milk Yogurt
(selected varieties)

5/$5



5.3 oz

Rebbl
Organic Super Herb Elixir
(selected varieties)

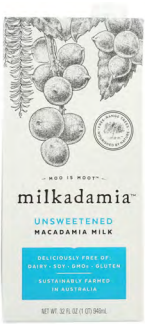
$2.79



12 oz

Milkadamia
Macadamia Milk
(selected varieties)

$3.79



32 oz

Essentia
Alkaline Water

2/$4



1.5 lt

Prices & varieties may vary by location. Some items or varieties may not be available at all stores or on the same days in the month of July.

Tasty Bite
Indian Entrée
(selected varieties)



$2.29
10 oz

Annie's
Organic Mac & Cheese
(selected varieties)



2/$6
6 oz

California Olive Ranch
Extra Virgin Olive Oil
(selected varieties)



$6.79
500 ml

Grilled Corn and Peach Salad

1 cup farro
2 peaches, segmented
2 ears of corn
1 cup cherry tomatoes, halved
1 avocado, sliced
3 cups baby kale

Dressing:
6 tablespoons olive oil
3 tablespoons lemon juice
1 tablespoon cane sugar
1 tablespoon fresh tarragon, minced
¼ teaspoon sea salt



1 In a medium saucepan, cover farro generously with water. Add a pinch of salt and bring to a simmer. Cook for 20-30 minutes or until farro is tender. Drain and set aside to cool.

2 Meanwhile, prepare corn for grilling by pulling back husks to the base and removing the silk. Fold husks back into place and submerge corn in a large bowl of cold water to soak for at least 30 minutes. While soaking, preheat grill to medium-high heat.

3 Remove corn from water and shake off excess. Place the corn on the grill, and grill for 15 to 20 minutes, turning every five minutes, or until kernels are tender. Remove the husks and remove the kernels once cool enough to handle.

4 Combine corn kernels, farro, peaches, tomatoes, avocado, and kale.

5 Whisk together dressing ingredients and toss with salad. Adjust seasoning to taste and serve promptly.

Spectrum
Organic Distilled White Vinegar



$5.29
32 oz

Green Mountain Gringo
Salsa
(selected varieties)



$3.99
16 oz

Sir Kensington's
Classic Mayonnaise



$4.79
12 oz

Mediterranean Organic
Organic Wild Capers



2/$5
3.5 oz

Prices & varieties may vary by location. Some items or varieties may not be available at all stores or on the same days in the month of July.

Siete
Kettle Cooked Potato Chips
(selected varieties)



2/$6
5.5 oz

Kettle
Potato Chips
(selected varieties)



2/$5
5 oz



Primal Kitchen
Organic Unsweetened
Ketchup

$4.29
11.3 oz

PRIMAL KITCHEN

Get more flavor this summer with Primal Kitchen condiments and dressings made with real, delicious ingredients.



Primal Kitchen
Dressing & Marinade
(selected varieties)

$4.79
8 oz

Terra Chips
Sweet Potato Chips
(selected varieties)



$3.29
6 oz

Barnana
Organic Plantain Chips
(selected varieties)



2/$7
5 oz

Angie's
BoomChickaPop
Popcorn
(selected varieties)



2/$5
4.4-7 oz

Lesser Evil
Organic Popcorn
(selected varieties)



$2.79
4.6-6.4 oz

Plant Snacks
Plant Thins
(selected varieties)



$2.79
5 oz

From The Ground Up
Cauliflower Crackers
(selected varieties)



2/$6
4 oz

Louisville Vegan Jerky Company
Vegan Jerky
(selected varieties)



$4.79
3 oz

Luna
Bar
(selected varieties)



5/$5
1.69 oz

Kind
Nut Bar
(selected varieties)



2/$3
1.4 oz

Prices & varieties may vary by location. Some items or varieties may not be available at all stores or on the same days in the month of July.

ESC was founded by an Oregon entrepreneur who had two passions - crafting premium chocolate and conservation. Nearly three decades later, ESC remains passionate about delicious chocolate with responsibly sourced ingredients. 10% of profits are given forward to protecting species, habitats, and humanity across the globe.



Endangered Species Chocolate Bar
(selected varieties)

2/$5

3 oz

Tillen Farms Cherries
(selected varieties)



$5.29

13.5 oz

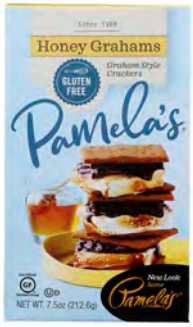
Navitas Organic Cacao Powder



$5.99

8 oz

Pamela's Graham Crackers
(selected varieties)



$4.29

7.5 oz

Lily's Chocolate Bar
(selected varieties)



2/$6

2.8-3 oz

Theo Organic Chocolate Bar
(selected varieties)



$2.49

3 oz

Tony's Chocolonely Chocolate Bar
(selected varieties)



$3.29

6.35 oz

The Mountain Valley Spring Water



$1.99

1 lt

Nixie Organic Sparkling Water
(selected varieties)



$4.29

8 ct

Zevia Zero Calorie Soda
(selected varieties)



$4.29

6 ct

Lakewood Organic Pure Carrot Juice



$4.99

32 oz

R.W. Knudsen Organic Just Tart Cherry Juice



$5.79

32 oz

Prices & varieties may vary by location. Some items or varieties may not be available at all stores or on the same days in the month of July.

Roar Organic Organic Vitamin Enhanced Beverage
(selected varieties)

2/$3

18 oz



Vita Coco Coconut Water

2/$6

1 lt



Almond Breeze Almondmilk
(selected varieties)

2/$4

32 oz



Bragg Organic Apple Cider Vinegar Refreshers
(selected varieties)

$2.79

16 oz



Health-Ade Organic Kombucha
(selected varieties)

2/$5

16 oz



Harmless Harvest Organic Coconut Water

$3.79

16 oz



So Delicious Organic Coconutmilk
(selected varieties)

$4.49

64 oz



Oatly Oatmilk
(selected varieties)

$3.79

64 oz



Silk Soymilk
(selected varieties)

$3.79

64 oz



Bitchin' Sauce
(selected varieties)

$4.29

8 oz



Ithaca Hummus
(selected varieties)

$3.29

10 oz



Wyman's Wild Blueberries

$3.79

15 oz



Organic Valley Organic Shredded Cheese
(selected varieties)

$4.29

6 oz



Forager Project Organic Dairy-Free Cashewmilk Yogurt
(selected varieties)

$4.29

24 oz



Prices & varieties may vary by location. Some items or varieties may not be available at all stores or on the same days in the month of July.

Alden's Organic
Organic Ice Cream
(selected varieties)

$6.79

48 oz



Cosmic Bliss
Organic Plant-Based Dairy-Free Frozen Dessert
(selected varieties)

$4.49

14 oz



Vital Proteins
Collagen Peptides

$18.49

10 oz



Classic Strawberry Milkshake

8 ounces fresh strawberries, hulled and sliced
1 teaspoon vanilla extract
2 tablespoons cane sugar
1 pint vanilla ice cream
½ cup milk

1 Combine strawberries, sugar, and vanilla extract in a bowl and stir well. Let sit for 30 minutes to macerate.

2 In a blender, place the macerated strawberries, ice cream, and milk. Blend until smooth. Enjoy!

Amazing Grass
Greens Blend
(selected varieties)

$22.99

7.4-8.5 oz



Wiley's Finest
Peak EPA Wild Alaskan Fish Oil

$26.99

60 ct



Garden of Life
mykind Organics
Organic B-12 Spray

$13.99

2 oz



Natural Factors
Tranquil Sleep Chewable

$22.99

60 tab



Prices & varieties may vary by location. Some items or varieties may not be available at all stores or on the same days in the month of July.

Nordic Naturals
Ultimate Omega



$20.99

60 ct

Jarrow Formulas
Jarro-Dophilus EPS 5 Billion



$18.99

60 vcap

MegaFood
Blood Builder



$12.49

30 tab

American Health
Super Papaya Enzyme Plus Chewable



$7.29

180 tab

Lily of the Desert
Aloe Vera Gelly



$3.29

4 oz

Badger
Mineral Sunscreen Cream
(selected varieties)



$11.99

2.9 oz

Acure
Brightening Facial Scrub



$6.79

4 oz

Jason
Toothpaste
(selected varieties)



$3.79

4.2-6 oz

Ecos
Laundry Detergent
(selected varieties)



$11.49

100 oz

DIY Turmeric Face Mask

1 teaspoon turmeric powder
1 teaspoon apple cider vinegar
1 ½ tablespoons honey
2 tablespoons aloe vera gel
1 tablespoon yogurt

1 Add the turmeric powder, apple cider vinegar, honey, aloe vera gel, and yogurt into a mixing bowl. Mix well until you get a paste-like consistency.

2 Cleanse your face and pat dry. Apply the face mask with your hands or a brush, leaving the mask on for 15 minutes.

3 Rinse with cold water. Apply your usual moisturizer.

Prices & varieties may vary by location. Some items or varieties may not be available at all stores or on the same days in the month of July.