



THE NATURAL GROCERY COMPANY

ORGANIC PRODUCE

Hard Skin "Winter" Squash CA	1.29/lb
Seedless Grapes red, green & black CA	2.99/lb
<u>Marian Farm Thompson Grapes</u> seedless CA	3.59/lb
Heirloom & DRY-Farmed Tomatoes CA	4.59/lb
Black Mission & Brown Turkey Figs CA	5.99/lb

WELLNESS

PLUSCBD • Non-GMO, Vegan, Gluten Free

CBD Daily Topical Balm 1.3oz	30% Off
CBD Relief 30ct	30% Off
CBD Calm Gummies 30ct	30% Off
CBD Daily 50mg 30ct	30% Off

FROZEN & REFRIGERATED

BREW DR. • Organic, Non-GMO

Kombucha 14oz reg. \$2.99	2.29
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WILDWOOD • Organic, Non-GMO

Tofu 14oz reg. \$3.29	2.49
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RUMIANO • Organic, Non-GMO

Cheese Blocks 8oz reg. \$5.99	4.79
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COSMIC BLISS • Organic, Gluten Free

Frozen Desserts vegan 14oz reg. \$6.99	5.49
Ice Cream 14oz reg. \$7.99	6.49

STRAUS • Organic, Non-GMO, Local

Greek Yogurt 32oz reg. \$9.79	7.99
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HARMLESS HARVEST • Organic, Fair Trade

Coconut Water 32oz reg. \$10.99	8.99
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GROCERY

JUST ICE TEA • Organic, Fair Trade

Bottled Tea 16oz reg. \$2.79	2.29
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SAN PELLEGRINO • Glass Bottle

Sparkling Water 25.3oz reg. \$3.29	2.49
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WILD PLANET • Non-GMO, Sustainably Caught

Sardines 4.25-4.4oz reg. \$3.29	2.79
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MILTON'S • Organic, Non-GMO

Crackers 6oz reg. \$4.79	3.99
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LATE JULY • Organic, Non-GMO, Vegan, Gluten Free

Tortilla Chips thin & crispy 10.1oz reg. \$5.29	4.29
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MUIR GLEN • Organic, Non-GMO

Pasta Sauce 23.5oz reg. \$5.79	4.29
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MAYA KAIMAL • Organic, Vegan

Everyday Dal 10oz reg. \$5.29	4.49
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MONTEBELLO • Organic, Non-GMO

Pasta 16oz reg. \$5.79	4.49
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MARY'S GONE CRACKERS • Organic, Non-GMO

Crackers 5.5-6.5oz reg. \$5.99	4.79
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CASCADIAN FARM • Organic, Non-GMO

Cereal 8.6-14.6oz reg. \$8.29	5.99
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WATERLOO • Non-GMO

Sparkling Water all flavors 12/12oz cans reg. \$8.29 ...	6.79
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SPECTRUM • Organic, Non-GMO

Mayonnaise 32oz reg. \$19.99	15.99
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www.naturalgrocery.com • open seven days a week

Berkeley Natural Grocery Company, 1336 Gilman St, Berkeley
 El Cerrito Natural Grocery Company 10367 San Pablo Ave., El Cerrito
 Prepared Food Annex, 10387 San Pablo Ave., El Cerrito



SPECIALS



SEPTEMBER 3-31

**CAFE | JUICE BAR
WINE & BEER | DELI**

**SALAD BAR | FLORAL
BAKED GOODS | SOUP**

COMMUNITY - IT'S ABOUT PEOPLE!

Come build **community** with us!



The Annex Sessions

Every Wednesday from 6:00pm - 8:30pm

Free Live Music



www.sunjams.org

@JavierNavarreteMusic

To Learn Who Is Playing

Watch Our Facebook Page Or Visit The Calendar On Our Website !

Facebook



These music nights are fundraisers to help fund music education in our schools. Musicians are paid as well as receiving a portion of the collections, the rest goes to the benefit of music education programs via SunJams.

Website



Stop by and join us for music, organic food, beverages and community!

Annex Wine & Beer Department Mini Tastings

- September 5 - Farmstead Cider, Wyoming
- September 12 - Champagne with Montot Imports
- September 19 - Broc Cellars, California
- September 26 - Jupiter Wines, California



Thursdays in September 5pm-6pm
\$5 Tasting Fee
Must Be 21+ To Participate

Save-the-Date

Grand Wine Tasting

Sunday, October 20th, 2024 – 2 to 5pm

Prepared Food Annex
10387 San Pablo Avenue, El Cerrito, 94530