



**THE NATURAL
GROCERY COMPANY**

The Natural Grocery Company Meat Department Thanksgiving Hams



Niman Ranch Hams

Boneless Applewood Smoked Ham \$9.99/lb

Slow smoked over real Applewood and seasoned with a touch of salt and sugar to enhance the mild and slightly sweet smoke flavor. 5-6 lbs.

Cream Co. Hams

Bone-In No-Sugar Ham \$13.29/lb

This sugar-free spiral sliced ham is made from heritage breed hogs and that provide a naturally robust flavor. Mildly spiced and applewood smoked low and slow. Our smokiest ham. Made with Beelers non-GMO Pork. 7-9 lbs.

Bone-In Maple Ham \$13.29/lb

Bone-In spiral sliced ham. Seasoned with winter spices and maple syrup for a touch of sweetness. Made with Beelers non-GMO pork. 7-9 lbs.

All Hams must be special ordered through the El Cerrito Store to insure availability