

JAN 3-16



HOUSEMADE  
**PORK BELLY  
BÁNH MÌ** \$9.99

or try our  
Housemade  
Mushroom  
Bánh Mì,  
only \$8.99!



**coop**  
deals

pacific natural foods  
**bone broths**

**\$5.99**

32 oz  
reg.  
\$8.79



athletic brewing  
**upside dawn  
golden n/a**

**\$9.99**

6 pk  
reg.  
\$10.99



wyman's  
**blueberries**

**\$11.99**

48 oz  
reg.  
\$18.49



**FRESH and LOCAL SINCE 1973**





primal kitchen  
avocado oil  
mayonnaise

**\$8.49**

12 oz  
reg.  
\$12.99



jovial  
organic  
flour

**\$6.99**

32 oz  
reg.  
\$10.99



malk  
almond  
milk

**\$4.99**

28 oz  
reg.  
\$7.79



lundberg family farms  
organic  
rice

**\$7.49**

2 lbs  
reg.  
\$11.99



bob's red mill  
gluten free  
rolled oats

**\$6.99**

32 oz  
reg.  
\$9.99



straus family creamery  
whole milk  
plain yogurt

**\$4.99**

32 oz  
reg.  
\$7.49



go macro  
protein  
bars

**\$8.99**

4 pk  
reg.  
\$12.99



cascadian farm  
organic  
cereals

**2/\$8**

9.2 oz  
reg.  
\$5.79



bellwether farms  
organic jersey cow  
plain yogurt

**\$5.29**

32 oz  
reg.  
\$7.99



bragg  
apple cider  
vinegar

**\$4.99**

32 oz  
reg.  
\$8.49



four sigmatic  
mushroom  
coffees

**\$13.99**

12 oz  
reg.  
\$19.99



three tree organics  
almond  
milk

**\$5.79**

28 oz  
reg.  
\$8.79



4th & heart  
grass fed  
ghee

**\$9.49**

9 oz  
reg.  
\$12.99



avaline wines  
organic white  
blend

**15%  
OFF!**

750 ml  
reg.  
\$22



laird superfood  
coffee  
creamers

**\$3.99**

16 oz  
reg.  
\$5.79



**WE SOURCE FROM OVER  
270 LOCAL VENDORS**



wild caught, prev. frozen  
**sockeye fillets**

**\$13.99/lb**

reg-  
\$17.99/lb



housemade  
**large super greens salad**

**\$6.99**

each  
reg-  
\$7.99



housemade  
**chicken caesar salad**

**\$8.99**

each  
reg-  
\$9.99



farmed, prev. frozen  
**shrimp 31/40**

**\$10.99/lb**

reg-  
\$13.99/lb



housemade  
**steelhead caesar salad**

**\$8.99**

each  
reg-  
\$9.99



housemade  
**shaved kale & apple salad w/almonds**

**\$9.99**

each  
reg-  
\$10.99



wild caught, fresh  
**dungeness crab**

**\$8.99/lb**

reg-  
\$13.99/lb



bulk  
**antioxidant trail mix**

**\$11.99/lb**

reg-  
\$15.99/lb



salmon creek farms  
**pork stew meat**

**\$3.99/lb**

reg-  
\$4.99/lb



bulk  
**organic white quinoa**

**\$2.39/lb**

reg-  
\$3.29/lb



salmon creek farms  
**boneless pork shoulder roast**

**\$4.49/lb**

reg-  
\$5.49/lb



**LOCAL MEANS FROM IDAHO OR WITHIN 150 MILES FROM OUR STORES**





LOOK FOR **YELLOW SALE TAGS** AROUND THE STORE TO FIND EVEN MORE GREAT DEALS!

giesen  
sauvignon blanc  
0% alcohol

**15% OFF!**

750 ml  
reg.  
\$16.99



waterbrook  
clean cabernet  
sauvignon

**15% OFF!**

750 ml  
reg.  
\$13.99



just ice tea  
assorted  
teas

**2/\$4**

16 oz  
reg.  
\$2.99



odyssey elixir  
mushroom  
elixirs

**2/\$5**

12 oz  
reg.  
\$3.49



wildwood  
assorted  
tofus

**\$3.49**

16 oz  
reg.  
\$5.29



grillo's  
pickle  
spears

**\$5.99**

32 oz  
reg.  
\$8.49



dr. bronner's  
organic  
toothpaste

**\$4.39**

5 oz  
reg.  
\$5.99



dr. bronner's  
liquid soaps

**\$7.69**

16 oz  
reg.  
\$10.99



food for life  
ezeziel 4:9  
bread

**\$5.49**

24 oz  
reg.  
\$8.29



evolution fresh  
orange  
juice

**3/\$10**

15.2 oz  
reg.  
\$5.49



ancient nutrition  
multi collagen  
protein powder

**\$24.99**

8.6 oz  
reg.  
\$28.99



ancient nutrition  
organic  
super greens

**\$29.99**

250 g  
reg.  
\$39.99



avaline wines  
organic red  
blend

**15% OFF!**

750 ml  
reg.  
\$22



epsosak  
pure epsom  
salts

**\$4.49**

2 lbs  
reg.  
\$5.99



four sigmatic  
mushroom  
coffee packs

**\$8.99**

10 pk  
reg.  
\$12.99



**BOISE CO-OP  
MARKET**

north end • the village  
pet supply • wine shop • uncorked!

\* restrictions may apply • cannot be used or combined with other offers or discounts limited to stock on hand • we reserve to right to correct printing errors • pictures are for illustration purposes only, and may not reflect actual product