

EVEN MORE DEALS IN STORE!

Fresh Deals

March 13 - March 19, 2024

WHEATSVILLE
FOOD  CO-OP

Heart of the Community



SUPER AWESOME
weekly
deals

Wheatville Deli
Popcorn Tofu Po'Boys

\$5

save \$3.99



Wheatville Deli

Vegan
Reuben Sandwich

\$8.99 /ea

save \$1 /ea



Kerrygold
Blarney
Cheese

\$5.99 /ea

save \$1 /ea



Wheatville Bakehouse

Vegan Irish
Soda Bread

\$6.99 /ea

save \$1 /ea



Dakota

Uncured Grassfed
Corned Beef

\$11.49 /lb

save \$1.50 /lb



Guinness

Draught
Stout
(4 pack)

\$9.49 /ea

save \$1 /ea

WHILE SUPPLIES LAST. ITEM SIZES AND PRICES SUBJECT TO CHANGE WITHOUT NOTICE.



Greener Pastures • Organic • Pasture Raised
Chicken Breast & Thighs **\$1 OFF**
 (boneless • skinless) regular \$9.99-\$11.99



Organic
Asparagus **50% OFF**
 save \$3 /lb



Organic
Strawberries **\$7.49 /ea**
 16 oz save \$1.50 /ea



House-Made
Marinated Sirloin Flap **\$14.99 /ea**
 save \$2 /ea



Organic
Green Cabbage **99¢ /lb**
 save 70¢ /lb



Organic
Naval Oranges **\$1.99 /lb**
 save \$1 /lb



Meyer Natural
Pork Shoulder Roast **\$4.49 /lb**
 save \$1.50 /lb



Organic
Red Potatoes **99¢ /lb**
 save \$1 /lb



Organic
Honeycrisp Apples **\$1.49 /lb**
 save \$2.50 /lb

VENDOR OF THE MONTH

The
CULTURED CARROT

Co-founded by Palak Sadarangani (an Ayurvedic health coach) and Kristin Simpson (a holistically focused pharmacist), The Cultured Carrot has taken the world of fermented foods to the next level. The Cultured Carrot has made it easy for busy people to get the benefits of fermented foods daily. Their innovative solution? Incorporating an ancient fermentation process into plant-based and natural salad dressings, marinades, and sauces. And the benefits? They're significant. Up to 80% of our immune system is found in the gut, and eating fermented foods adds good bacteria to our gut, which helps maintain the balance we need for a healthy immune system.



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OPEN DAILY 7:30am - 11pm
 wheatsville.com