



2132 Tamiami Trail North • (239) 213-2222 • Monday - Saturday 7am-9pm • Sunday 8am-6pm

foodandthought1.com

April 30th - May 6th

While supplies last

PRODUCE

Locally Grown
Green or Yellow
Squash
\$1.99 LB



Locally Grown
Grape
Tomatoes
2 for \$4



Locally Grown
Roma
Tomatoes
\$1.99 LB



Mini
Cucumbers
1 LB Bag
2 for \$5



Hass
Avocados
2 for \$4



Bananas
79¢ LB



JUICE BAR

Cold Brew
Coffee
16 oz



\$1.00 OFF

Sunset
Juice
16 oz



\$1.00 OFF

BREAD

Honey
Wheat Loaf
\$4.99 EA



Save \$1.00

White Toasting
Loaf
\$4.99 EA



Save \$1.00

GROCERY & DAIRY

ANNIES
Mac & Cheese
\$3.99 EA



Save \$1.00

ANNIES
Dressings
\$4.99 EA



Save \$1.00

LESSER EVIL
Popcorn
\$3.29 EA



Save \$1.00

GIMME
Seaweed
6 Pack
\$5.99 EA



Save \$1.00

PICKLED
Raw Sauerkraut
16 oz



\$8.99 EA

Save \$1.00

RED'S
Burritos
\$2.89 EA



Save \$1.00

CAFE & BAKERY

House
Salad
\$11.95 EA

SAVE \$1.00

Lunch Box
Ham
\$5.99 EA

SAVE \$1.00

Egg Salad
Wrap
\$8.95 EA

SAVE \$1.00

Garbanzo
Soup
\$5.99 LB

SAVE \$1.00

GF & VG
Chick Pea
Salad
\$8.99 LB

SAVE \$1.00

GF & VG
Lentil
Salad
\$8.99 LB

SAVE \$1.00

Raw
Cashew
Cheese
\$7.95 EA

SAVE \$1.00

Spanish
Flan
\$5.99 LB

SAVE \$1.00

CALIFIA
Coconut, Oat
& Almond
Milk
48 oz



\$7.29 EA

Save \$1.00

WONDER BEET
Beet Juice
8.45 oz



\$2.99 EA

Save \$1.00

WINE & CHEESE

STELLAR
ORGANICS
Pinotage
\$12.99 EA



SAVE \$2.00

Food & Thought
Albala Rosemary
Cheese
\$17.99 LB



SAVE \$2.00

CLOS-PONS
Flocs
Brut Rose
& Reserve
\$18.99 EA



SAVE \$2.00

Food & Thought
Pecorino
Romano
\$14.99 LB



SAVE \$2.00

SUPPLEMENTS

Bio Active
Silver 8 oz
\$28.99 EA

Save \$4.00

Bio Active
Silver 16 oz
\$42.49 EA

Save \$7.50

Bio Active
Silver 32 oz
\$62.99 EA

Save \$15.00



Olbas

Black Currant
Lozenges
24 Count
\$4.99 EA

SAVE \$2.70

Original Price \$7.69

