

# DEALS

*of the*

# MONTH





# YOUR GUIDE TO WHAT'S INSIDE

Click to explore each department's best deals



**SPROUTS BRAND**



**ONCE UPON A FARM**



**NEW FOR YOU EXCLUSIVE**



**DAIRY**



**GAME DAY**



**SPROUTS CELLAR PICKS**



**BACK-TO-SCHOOL**



**MEAT & SEAFOOD**



**BULK**



**DELI**



**SHAKA TEA**



**BAKERY**



**CEREBELLY**



**BODY CARE**



**GROCERY**



**MEGAFOOD**



**FROZEN**



**KOREAN RED GINSENG**



**WALLABY**



**VITAMINS**



NEW  
FOR YOU!

DISCOVER EXTRAORDINARY  
FINDS FROM OUR FORAGERS!



EXCLUSIVELY AT SPROUTS

 **SPROUTS**  
HEAT AND EAT BEANS

2 for \$5 | Select varieties, 10 oz.

 **GLUTEN-FREE**

 **PLANT-BASED**



 No artificial colors or flavors



**PURAVIDA**   
FROZEN SKILLET MEALS

\$9.99 ea. | Select varieties, 20 oz.

**GLUTEN-FREE** 

-  Ready in just 15 minutes
-  No artificial colors and flavors





**OMNI**  
FROZEN LION'S MANE MUSHROOM STEAK

\$8.99 ea. | 7.05 oz.

**GF** GLUTEN-FREE

- ✓ Vegan
- ✓ Good source of plant-based protein
- ✓ Cooks great in the air fryer



**IZZIO**  
GRILLED CHEESE SANDWICHES

\$4.99 ea. Everyday low price  
Select varieties, 4.5-6 oz.

**ORGANIC**

- ✓ Made on organic sourdough bread
- ✓ Perfect for the panini grill, toaster oven or air fryer

**SPROUTS**  
CHICKEN OR LASAGNA SINGLE SERVE MEALS

\$12.99 lb. Everyday low price

- ✓ Made with grass-fed beef or no antibiotics, ever chicken
- ✓ Ready to heat & enjoy
- ✓ Prepared in-store



SEE ALL OF OUR NEW AND EXCLUSIVE FINDS!

[VIEW MORE](#)



**THERE'S ALWAYS SOMETHING NEW AND UNIQUE TO EXPLORE**

## SPROUTS Fizzy Vitamin C Drink Mix

- ✓ Easy-to-take packs to keep you hydrated on the go
- ✓ Crafted with antioxidants and electrolytes
- ✓ 1,000 mg. of vitamin C per serving



Select varieties,  
15 pk.

**20%** off  
regular retail



## AKASHA SUPERFOODS Sea Moss Supplements

- ✓ May support energy and gut health
- ✓ Crafted with essential nutrients to fuel your body
- ✓ Made with sea moss-based ingredients

Select varieties  
and sizes

**20%** off  
regular retail



**HEALTHFORCE**

## HEALTHFORCE SUPERFOODS Organic Wheat or Barley Grass Juice Powder

- ✓ May support detoxification and energy
- ✓ USDA Organic
- ✓ Mix ½ tsp. into water, juice or smoothies



8 oz.

**20%** off  
regular retail

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



# COSMIC BLISS

Hailey Bieber's Frozen Strawberry Glaze Frozen Dessert

- ✓ Creamy vanilla with strawberry smoothie swirl
- ✓ Dairy-free
- ✓ Gluten-free and kosher



14 fl. oz.  
Everyday low price

**\$9.99**  
ea.

# MALK

Organic Almond or Oat Creamer

- ✓ Organic
- ✓ Gum-free
- ✓ Made with clean and simple ingredients



Select varieties,  
16 fl. oz.

**\$6.99**  
ea.  
+CRV in CA



# SERVE UP A GAME CHANGING SPREAD

SHOP NOW

Tackle hunger with a lineup of delicious, better-for-you game day essentials.



The "salt-free" savory spice to kickoff game day with a flavorful punch.

# MINERAGUA

The "assertively fizzy" sparkling water to hydrate like a champ with added minerals.



# PRIMAL KITCHEN

Slather, Score, Repeat with the "No-Dairy" Buffalo sauce made with honest ingredients and real flavor.





The "100% avocado oil" party chip for a touchdown crunch and food goals with no GMO's.



# JACKSON'S®

Defend against game day hunger with the "avocado oil" sweet potato chip that's non-GMO and vegan.



Tailgate like a pro with the "keto-friendly" smoked sausage that fits a low carb lifestyle and gluten-free.

\*This product contains 1 gram of net carbs, 1g Net Carbs = 1g total carbs – 0g dietary fiber



# ZEVIA®

Hydrate for the day with the "zero sugar" soda that is naturally sweetened.



# Milton's

Score some extra points with a variety of these "irresistibly crispy" gluten free crackers.



# Chosen FOODS

The "100% avocado oil" classic mayo to be the real MVP of the tailgating menu.

# ithaca hummus

Pick up one or four of Ithaca's "cold crafted" game day hummus dips – made with minimal ingredients and maximum taste.





# BACK-TO-SCHOOL DIGITAL COUPONS

Click to clip your coupons and save big on lunchbox essentials.

DIGITAL  
COUPONS

CLIP COUPONS & SHOP

CATALINA  
**CRUNCH**

**SAVE \$1.00**

on any ONE (1)  
Catalina Crunch Product

Exp Date: 10/15/24

CLICK  
TO CLIP



EMMY'S  
ORGANICS

**SAVE \$2.00**

on Emmy's Organics Soft  
& Chewy Coconut Cookies  
When you buy ONE (1) Emmy's  
Organics Soft & Chewy  
Coconut Cookies

Exp Date: 10/15/24

CLICK  
TO CLIP



gomacro

**SAVE \$1.00**

on GoMacro MacroBar  
When you buy any ONE (1)  
GoMacro MacroBar

Exp Date: 10/15/24

CLICK  
TO CLIP







# HIPPEAS®

**SAVE \$2.00**

**On ONE (1) Hippeas Vegan White Cheddar 8oz/6pk**

Exp Date 10/15/24

**CLICK TO CLIP**



# PANAJI

FLAME-BAKED NAAN FLATBREAD

**SAVE \$1.50**

**on Any ONE (1) Panaji Product**

Exp Date 10/14/24

**CLICK TO CLIP**



**SAVE \$1.00**

**on any TWO (2) Planet Oat 52oz Products**

Exp Date: 9/30/24

**CLICK TO CLIP**



**SAVE \$1.00**

**on ONE (1) Simple Mills® Pop Mmms®**

Exp Date: 10/14/24

**CLICK TO CLIP**







  
**WIGGLES**<sup>®</sup>  
 FRUIT JUICE GELS  
**SAVE \$1.00**  
 when you buy any  
**ONE (1) Dole<sup>®</sup> Wiggles.**

Exp Date: 10/14/24

**CLICK  
TO CLIP**



**UNREAL**

**BUY ONE (1),  
GET ONE (1) FREE**  
 when you buy any ONE (1)  
 bag of UNREAL, get any  
 ONE (1) free bag of UNREAL

**CLICK  
TO CLIP**



Exp Date: 10/15/24



**yofiit**

**BUY ONE (1),  
GET ONE (1) FREE**  
 Buy ONE (1) Yofiit high protein  
 non-dairy milk, Get ONE (1) free

Exp Date: 9/14/24

**CLICK  
TO CLIP**





# BULK PACKAGED SNACK MIXES



- ✓ Prepackaged for all your fall adventures
- ✓ Flavored with fall spices
- ✓ Free from artificial colors and flavors

Select varieties,  
7-32 oz.

**20%** off  
regular retail

# BULK SNACK CUPS



- ✓ Perfectly portioned snacks
- ✓ Free from artificial colors and flavors
- ✓ Made with high-quality ingredients

Select varieties, 1.5-9 oz.  
Everyday low price

**\$3.99** - **\$9.99**  
ea. - ea.



# LAIRD SUPERFOOD Pumpkin Spice Instant Latte

- ✓ Add 2 scoops to your beverage of choice and enjoy!
- ✓ Made with plant-based ingredients
- ✓ Gluten and soy-free

1.2 oz

**2 \$4**  
for

# MAPLE FRENCH TOAST WALNUTS

- ✓ Free from artificial colors and flavors
- ✓ Made with high-quality ingredients



Everyday low price

**\$11.99**  
lb.



# SAY ALOHA TO HERBAL ICED TEA FROM HAWAI'I

Made with premium botanicals in refreshing, island-inspired flavors, Shaka Tea practices direct trade sourcing sustainably grown mānaki leaves from local farmers in the Hawaiian Islands.

SPROUTS  
SPOTLIGHT



LEARN MORE

zero  
sugar

zero  
calories

zero  
carbs



naturally  
caffeine-free



# SMART SNACKS FOR BACKPACKS FROM CEREBELLY

Created by a practicing neurosurgeon and mom, each snack blend unites neuroscience, nutrition and organic, farm-fresh food to give your kiddos the very best from the very start!

**SPROUTS SPOTLIGHT**



**cerebelly**<sup>®</sup>

[LEARN MORE](#)



Certified Organic and non-GMO

Plant-based with no added sugar

16 nutrients, like zinc & DHA to support brain development

ORGANIC BABY PUREE  
**purple carrot blueberry**  
with banana

smoothie

**16** brain-supporting nutrients

NET WT 4oz (113g)



16 brain-supporting nutrients

4 g. of fiber



**16** brain-supporting nutrients

**cerebelly**<sup>®</sup>  
**smart bars**

ORGANIC TODDLER BARS WITH WHOLE GRAINS, VEGGIES & FRUIT

**sweet potato blueberry banana**



**cerebelly**<sup>®</sup>  
**smart bars**

sweet potato blueberry banana  
ORGANIC TODDLER BARS WITH WHOLE GRAINS, VEGGIES AND FRUIT

**16** brain-supporting nutrients

NET WT .84oz (24g)

3 g. of protein





**Chomps Meat Sticks**  
Select varieties, 1.15 oz.

**15% off**  
regular retail



**Nature Nate's**  
All Items

**10% off**  
regular retail



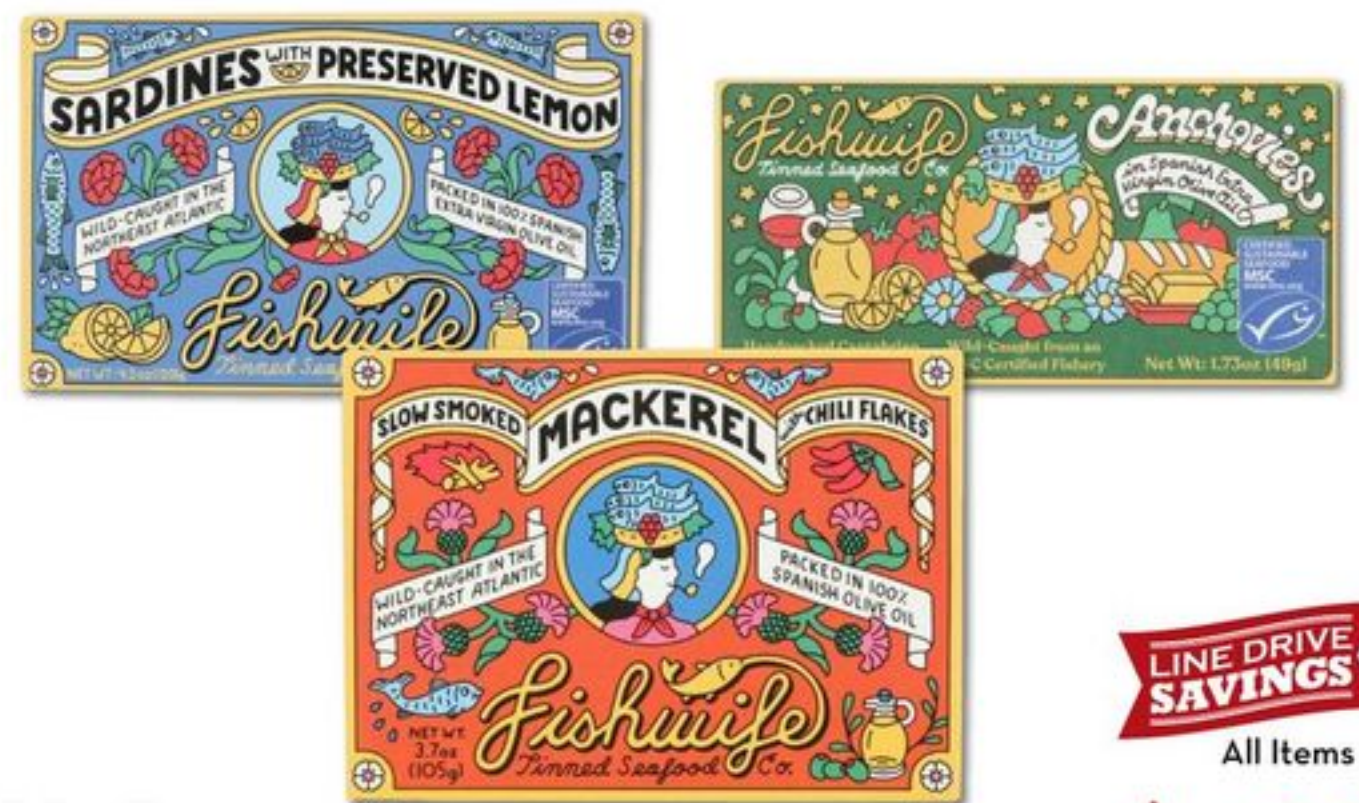
**Unreal Chocolate Bars, Cups or Covered Peanuts**  
Select varieties, 3.4-5 oz.

**\$5.49**  
ea.



**DeLallo Pasta**  
Select varieties, 8.8-16 oz.

**2 for \$5**



**Fishwife Tinned Seafood Co.**  
All Items

**LINE DRIVE SAVINGS**  
All Items  
**\$6.99**  
ea.



**Go Raw Clusters, Salad Toppers or Seeds**  
Select varieties, 3-14 oz.

**35% off**  
regular retail



**Milkadama Macadamia Milk**  
Select varieties, 32 fl. oz.

**20% off**  
regular retail



**Fever-Tree Mixers**  
Select varieties, 4 pk., 6.8 fl. oz.

**\$5.99**  
ea.  
+CRV in CA



**Seeds of Change Organic Ready to Eat Rice**  
Select varieties, 8-8.5 oz.

**2 for \$7**



**Yo Mama's Foods Pasta Sauce**  
Select varieties, 25 oz.

**\$6.49**  
ea.



**Red Plate Foods Granola**  
Select varieties, 11 oz.

**\$4.99**  
ea.





Naked & Saucy  
All Items

**LINE DRIVE SAVINGS**  
All Items  
**\$6.99**  
ed.



Truff  
Black Truffle  
Pasta Sauce  
Select varieties, 18 oz.

**\$10.99**  
ed.



Simply Organic  
Dip or Sauce Mixes  
Select varieties, 0.53-1.5 oz.

**3 for \$5**



Bob's Red Mill  
Granola or Hot Cereal  
Select varieties, 11 or 24 oz.

Everyday low price  
**\$5.99**  
ed.



Happy Baby or Happy Tot  
Organic Baby Food  
Select varieties, 4-4.22 oz.

**2 for \$4**



Southern Recipe  
Krutones  
Select varieties, 2 oz.

**2 for \$7**



4505 Meats  
Chicharrones  
Fried Pork Rinds  
Select varieties, 2.5 oz.

**2 for \$8**



Blue Stripes  
Dried Fruit, Chocolate  
Bars or Trail Mix  
Select varieties, 2.1-8 oz.

**25% off**  
regular retail



Big Picture Foods  
All Items

**LINE DRIVE SAVINGS**  
All Items  
**\$5.99**  
ed.



ONE  
Protein Snack Puffs  
Select varieties, 1.05 oz.

**2 for \$7**



Blue Diamond  
Nut-Thins  
Select varieties, 4.25 oz.

**2 for \$6**





Fillo's  
All Items

All Items  
**25%** off  
regular retail



Sir Kensington's  
Mayonnaise or  
Special Sauce  
Select varieties, 12 fl. oz.

**10%** off  
regular retail



Zevia  
Organic Sugar-Free Tea  
Select varieties, 12 fl. oz.

**3 for \$5**  
+CRV in CA



Pretzelized  
All Items

LINE DRIVE SAVINGS  
All Items  
**\$3.99** ed.



Barbara's Cereal  
Select varieties, 10-14 oz.

**BUY 1, GET 1 50% OFF**  
regular retail  
of equal or  
lesser value



Beyond Good  
Chocolate Bars  
Select varieties, 2.64 oz.

**2 for \$7**



Yum Earth  
Organic Fruit Snacks  
Select varieties, 10 pk., 0.7 oz.

**\$7.99** ed.



Ardor Energy  
Organic  
Sparkling Water  
Select varieties, 12 fl. oz.

**2 for \$5**  
+CRV in CA



It's Skinny  
Organic Pasta  
Select varieties, 9.52 oz.

**2 for \$7**



Popcorners  
Popped-Corn Snacks  
Select varieties, 7 oz.

**\$4.49** ed.



Yamasa  
Broth or Katsu Sauce  
Select varieties, 8 fl. oz.

**15%** off  
regular retail





**GF**

Lily's  
Chocolate Bars

Select varieties, 2.8-3 oz.

**2 for \$7**



NON  
GMO  
Project  
VERIFIED  
nongmoproject.org

YoFit  
All Items

LINE DRIVE  
SAVINGS  
All Items  
**\$4.99**  
ea.



Gorgie  
Sparkling Energy Drink  
Select varieties, 12 fl. oz.

**2 for \$5**  
+CRV in CA



USDA  
ORGANIC

Lemon Perfect  
Organic Hydrating Lemon Water  
Select varieties, 15.2 fl. oz.

**2 for \$3**  
+CRV in CA



The Blue Buffalo Co.  
All Items

LINE DRIVE  
SAVINGS  
All Items  
**20% off**  
regular retail



**GF**

NuTrail Granola  
Select varieties, 8 oz.

**\$6.99**  
ea.



**GF**

Somos  
Rice or Salsa  
Select varieties, 8.8-12 oz.

**2 for \$7**



Dr. McDougall's or  
Mike's Mighty Good  
Soup Cups  
Select varieties, 1-2.5 oz.

**2 for \$5**



USDA  
ORGANIC

Westbrae  
All Items

LINE DRIVE  
SAVINGS  
All Items  
**2 for \$5**



Milk Bar  
Crunchies  
Select varieties, 4.5 oz.

**2 for \$7**





Smartwater

Select varieties, 1 or 1.5 L

**20% off**  
regular retail  
+CRV in CA



Shaka Tea  
Herbal Tea

Select varieties, 12 fl. oz.

**2 for \$4**  
+CRV in CA



Serenity Kids  
World Explorer  
Baby Food

Select varieties, 3.5 oz.

**2 for \$7**



Purely Sprouted  
All Items

GF

LINE DRIVE SAVINGS  
All Items  
**\$5.99**  
ed.



Primal Kitchen  
Condiments, Dressing, Sauce, Oil or Dip  
Select varieties and sizes

**20% off**  
regular retail



Cerebelly  
Organic Baby Puree  
or Smart Bars

Select varieties,  
4 oz. or 4 pk., 0.84 oz.

**20% off**  
regular retail



The Ryl Co. Tea

Select varieties, 16 fl. oz.

**2 for \$4**  
+CRV in CA



Waiakea  
Alkaline Water

1.5 L

**3 for \$6**  
+CRV in CA



Planet Oat  
Oatmilk

Select varieties, 32 fl. oz.

GF

**2 for \$7**



Maya Kaimal  
Everyday Rice, Dal or Chana

Select varieties, 8.5-10 oz.

**2 for \$7**

USDA ORGANIC



# SPROUTS

## Frozen Burritos

- ✓ At least 11 g. of protein per serving
- ✓ Made with real cheese and no artificial ingredients
- ✓ Ready in minutes



Select varieties,  
5 oz.  
**2 for \$5**



Bubbies  
Mochi Ice Cream  
Select varieties, 6 pk., 1.25 oz.

**BUY 1 GET 1  
50% OFF**  
regular retail  
of equal or  
lesser value



Jolly Llama Dairy-Free  
Frozen Novelties  
Select varieties, 3-4 pk.

**\$4.99**  
ed.



Talenti  
Gelato or Sorbetto  
Select varieties, 1 pint

**\$4.99**  
ed.



Cosmic Bliss  
Grass-Fed Ice Cream or  
Dairy-Free Frozen Dessert  
Select varieties, 14 fl. oz.

**\$5.99**  
ed.



Craig's Non-Dairy  
Frozen Dessert  
Select varieties, 16 fl. oz.

**\$6.49**  
ed.



Jeni's Dairy-Free  
Frozen Dessert  
Select varieties, 16 fl. oz.

**\$8.49**  
ed.





Van Leeuwen Frozen  
Dessert Sandwiches

Select varieties, 5.8 fl. oz.

**2 \$7**  
for



Van Leeuwen  
French Ice Cream Bars

Select varieties, 6 ct., 3 fl. oz.

**\$6.99**  
ea.



Stahlbush Island Farms  
Frozen Fruit

Select varieties, 10 oz.

**\$4.99**  
ea.



Pitaya  
Frozen Fruit

Select varieties, 12 oz.

**\$4.99**  
ea.



Stahlbush Island Farms  
Frozen Raspberries

10 oz.

**\$5.99**  
ea.



BobaBam  
Frozen Instant Boba Drink Kits

Select varieties, 3-4 pk.

**\$6.99**  
ea.



Evive  
Frozen Smoothie Cubes

Select varieties, 9.52-10.58 oz.

**\$7.99**  
ea.



Sprouts  
Frozen Fruit

Select varieties, 3 lbs.

**\$10.99**  
ea.





Mad Minis  
Ice Cream Bonbons  
Select varieties, 6 oz.

**BUY 1 GET 1  
50% OFF**  
regular retail  
of equal or  
lesser value



The Bear & The Rat Frozen  
Yogurt Dog Treat  
Select varieties, 4 pk., 3.5 fl. oz.

**BUY 1 GET 1  
50% OFF**  
regular retail  
of equal or  
lesser value



Delizza Patisserie  
Frozen Mini Eclairs or Mini Cream Puffs  
7.58 or 7.76 oz.

**\$5.99**  
ed.



Cappello's Frozen  
Cookie Dough  
Select varieties, 12 ct.

**\$8.99**  
ed.



Jack & Annie's Frozen  
Breakfast Sandwiches  
Select varieties, 3.7-3.85 oz.

**2 for \$6**



Tucson Tamale  
Frozen Tamales  
Select varieties, 5 oz.

**2 for \$6**



Feel Good Foods  
Frozen Mozzarella Sticks  
8 oz.

**\$5.99**  
ed.



Urban Pie Pizza Co.  
Frozen Mini Calzones  
Select varieties, 8 oz.

**\$5.99**  
ed.





**Stahlbush Island Farms**  
Frozen Vegetables  
Select varieties, 10 oz.

**2 for \$7**



**PuraVida**  
Frozen Fire Roasted Vegetables  
Select varieties, 10 oz.

**\$3.99**  
ea.



**Path of Life** Frozen  
Quinoa or Rice Blend  
Select varieties, 10 oz.

**\$3.99**  
ea.



**Grain Trust**  
Frozen Rice or  
Grain Mix Pouches  
Select varieties, 2-4 pk.

**\$4.99**  
ea.



**Sprouts**  
Grain Free Frozen Original Tortillas  
8 ct.

**\$6.99**  
ea.



**Sprouts**  
Grain Free Frozen Burrito Tortillas  
6 ct.

**\$7.99**  
ea.



**Siete**  
Grain Free Frozen Tortillas  
Select varieties, 8 ct.

Everyday low price  
**\$8.99**  
ea.



**Cappello's**  
Frozen Biscuits  
Select varieties, 6 ct.

**\$8.99**  
ea.





Bonafide Provisions  
Frozen Bone Broth  
Select varieties, 8 fl. oz.

**\$4.49**  
ed.



Bonafide Provisions  
Organic Frozen  
Bone Broth  
Select varieties, 24 fl. oz.

**\$9.99**  
ed.



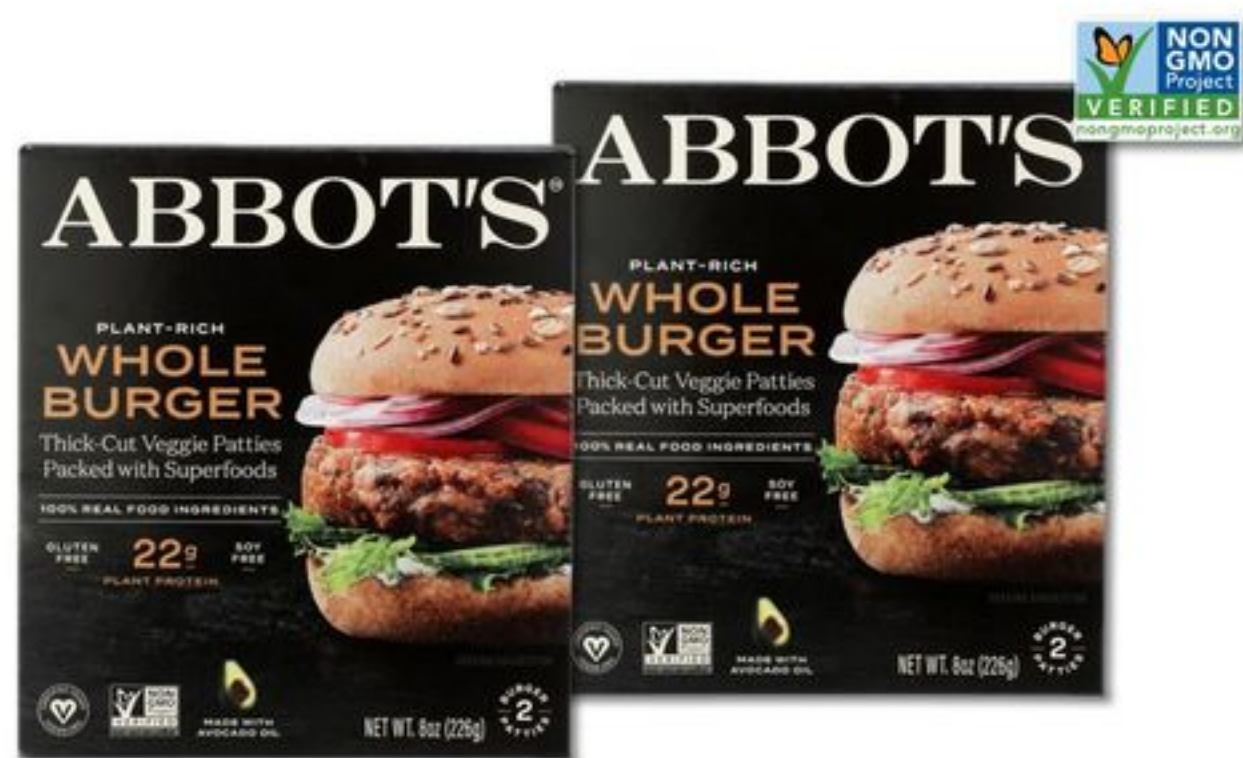
Blake's  
Frozen Entrées  
Select varieties, 10-12 oz.

**\$5.99**  
ed.



Urban Pie Pizza Co.  
Frozen Pizza  
Select varieties, 16.7-22.05 oz.

**\$9.99**  
ed.



Abbot's Plant-Rich  
Frozen Burgers  
2 ct., 4 oz.

**\$5.99**  
ed.



Actual Veggies  
Frozen Veggie Burgers  
Select varieties, 4 ct.

**BUY 1, GET 1  
50% OFF**  
regular retail  
of equal or  
lesser value



Actual Veggies  
Frozen Super Fries  
Select varieties, 14 oz.

**BUY 1, GET 1  
50% OFF**  
regular retail  
of equal or  
lesser value



Applegate  
Frozen Chicken Strips,  
Nuggets or Patties  
Select varieties, 8-12 oz.

**\$5.99**  
ed.

## BEECHER'S Frozen Entrées

- ✓ Crafted with cheeses that are free of artificial ingredients
- ✓ Ready to heat
- ✓ Made with fresh milk from local farms



Select varieties,  
18-21 oz.

**\$12.99**  
ed.



# ORGANIC, PROTEIN-PACKED YOGURT FROM WALLABY

Make every day smoother with twice-cultured, infinitely delicious Greek yogurt.

SPROUTS  
SPOTLIGHT

wallaby  
organic®

LEARN MORE



Contains live and active cultures



Made with real organic vanilla specks

USDA Organic Certified



# ORGANIC SNACKS TO FUEL YOUR KIDS

Fuel your kids on and off the field this season with clean ingredient, no added sugar\* snacks.

SPROUTS  
SPOTLIGHT

ONCE  
UPON A  
FARM™

LEARN MORE



Made with real fruit, veggies and 100% whole grain oats—this is a winning combination to keep your champions energized throughout the day.



Give their gut a beneficial boost with added probiotics with an Immunity Blend that tastes delicious. Plus, it has no added sugar\* and is sweetened with only real fruit.

\*not a low calorie food





GF

Noosa Yoghurt  
Select varieties, 8 oz.

3 for \$5



Miyoko's Creamery  
Organic Plant Milk  
Cream Cheese  
Select varieties, 8 oz.

\$4.49  
ea.



Two Good  
2G Sugar Greek  
Lowfat Yogurt  
Select varieties, 5.3 oz.

4 for \$6



Olipop  
Sparkling Probiotic Tonic or Soda  
Select varieties, 12 fl. oz.

2 for \$4  
+CRV in CA



Perfect Bar  
Mini Protein Bars  
Select varieties, 6-8 pk.

\$7.99  
ea.



STÖK  
Cold Brew Coffee  
Select varieties, 48 fl. oz.

\$5.99  
ea.  
+CRV in CA



Malk  
Almond or Oat Malk  
Select varieties, 28 fl. oz.

\$5.49  
ea.  
+CRV in CA



Laird  
Plant-Based  
Superfood Creamer  
Select varieties, 16 fl. oz.

2 for \$7



Magic Mind  
Mental Performance Shot  
2 fl. oz.

2 for \$7  
+CRV in CA



La Colombe Coffee Latte  
Select varieties, 9 fl. oz.

2 for \$6  
+CRV in CA





Silk Almondmilk  
Select varieties, 64 fl. oz.

**2 for \$7**



Sown Organic Oat Creamers  
Select varieties, 32 fl. oz.

**\$4.99** ed.



Siggi's Sykr Yogurt  
Select varieties, 24 oz.

**\$5.49** ed.



So Delicious Dairy Free Coconutmilk Yogurt Alternative  
Select varieties, 5.3 oz.

**BUY 1 GET 1 50% OFF**  
regular retail of equal or lesser value



Uncle Matt's Organic Black Tea or Black Tea Lemonade  
Select varieties, 52 fl. oz.

**2 for \$7**  
+CRV in CA



The a2 Milk Company Milk  
Select varieties, 59 fl. oz.

**\$4.99** ed.



The a2 Milk Company Grass Fed Milk  
Select varieties, 59 fl. oz.

**\$5.99** ed.



OrgaNick Pastures Pasture Raised Organic Heirloom Colored Eggs  
Large, mixed, grade A, doz.

**\$5.99** ed.



Just Egg Plant-Based Egg  
16 oz.

**\$7.99** ed.



Vital Farms Pasture-Raised Butter  
Salted or unsalted, 8 oz.

**\$3.99** ed.



# SPROUTS™

Cellar Picks

## SELECTED BY OUR IN-HOUSE SOMMELIER

### REPUBLIC OF WINE

Travel the world with Republic of Wine and explore the unique tastes and flavors of different countries and regions around the globe.

All products may not be available in all locations and may vary based on local regulations.

### TRY THESE PERFECT PAIRINGS



#### CABERNET SAUVIGNON

Enjoy with hearty stews and rich, roasted veggies



#### RED BLEND

Compliments rich pastas and chilis.



#### SHIRAZ

Great with roasted lamb, beef and meaty lasagna



#### PINOT NOIR

Pairs well with roasted chicken and risotto



#### RIESLING

Goes nicely with seafood, pork dishes and tart desserts



#### MALBEC

Ideal with rich pastas, roasted veggies and venison







# SPROUTS PREMIUM MARINATED

## Colossal Shrimp or Chicken Skewers

Chicken is all-natural and has no steroids or antibiotics. Shrimp is previously frozen, raw, peeled & deveined, select varieties, 2.75 or 4 oz.

**2 for \$6**

Available in the service case



- ✓ Marinated, skewered and ready to cook
- ✓ Responsibly sourced shrimp
- ✓ No antibiotics ever, chicken



Garrett Valley Farms  
All Items

NO ANTIBIOTICS EVER

LINE DRIVE SAVINGS

All Items

**20% off**  
regular retail



Impossible Chicken Nuggets or Meatballs Made From Plants

Select varieties, frozen, 13.5 or 14 oz.

**\$6.99**  
ea.



Just Bare  
All Items

NO ANTIBIOTICS EVER

LINE DRIVE SAVINGS

All Items

**\$9.99**  
ea.

# GREAT AMERICAN SEAFOOD

## Coho Salmon Portions

- ✓ Responsibly sourced
- ✓ No antibiotics
- ✓ All-natural sashimi grade



All-natural, no antibiotics, sashimi grade, farm-raised, frozen, 32 oz.

**BUY 1 GET 1 50% OFF**  
regular retail of equal or lesser value



The Better Fish  
All Items

LINE DRIVE SAVINGS

All Items

**BUY 1, GET 1 50% OFF**  
regular retail of equal or lesser value



Pacific Sustainable  
All Items

LINE DRIVE SAVINGS

All Items

**10% off**  
regular retail



Great American Seafood  
Colossal Raw Peeled & Deveined Shrimp

16/20 ct. Phosphate-free, farm-raised, frozen

**\$8.99**  
lb.





# SERVE UP A GAME CHANGING SPREAD



Make a game day touchdown with over 20 artfully arranged party trays to pick from.

**ORDER NOW**



## LOVE & LADLE Soup

- ✓ Ready-to-heat soups for any occasion
- ✓ A great source of protein
- ✓ Made with high-quality ingredients

Select varieties, 16 oz.

**BUY 1, GET 1 50% OFF**  
regular retail of equal or lesser value

## DISCOVER ORGANIC IN THE DELI

### ZEAL CREAMERY Organic Mature Sharp Cheddar Cheese

- ✓ Made with milk from cows that graze outdoors at a regenerative farm
- ✓ Aged for up to 18 months
- ✓ No antibiotics or added hormones

OVER 40 ORGANIC CHEESES AVAILABLE!



7 oz.

**\$9.49** ea.

Pressed Cold-Pressed Juice  
Select varieties, 12 fl. oz.



**BUY 1, GET 1 50% OFF**  
regular retail of equal or lesser value

+CRV in CA



# SPROUTS

## Muffins or Vegan Muffins



- ✓ Baked fresh daily in-store
- ✓ Made with simple ingredients

**FRESH BAKED!**



**Sprouts Bagels**  
Select varieties, 6 ct.

Everyday low price

**\$6.99**  
ed.



**Sprouts French Bread**  
12 oz.

**FRESH BAKED!**

Everyday low price

**\$2.49**  
ed.



**Lucky Spoon Bakery Gluten Free Cupcakes**  
Chocolate or vanilla, 4 ct.

Everyday low price

**\$7.29**  
ed.



**Flax 4 Life Muffins or Brownies**  
Select varieties, 4 or 12 ct.

Everyday low price

**\$9.99**  
ed.



**The Grain Escape Gluten Free Bread**  
Select varieties, 18.6 oz.

**\$7.99**  
ed.



# PURE & HONEST

From cruelty-free and vegan to paraben-free and transparency in labeling, we offer a clean selection of body care for goodness you can feel!

## WE STAND FOR:



Cruelty-free



Vegan



Sustainability



Transparency



## WE SAY NO TO:



Parabens



Phthalates



Artificial colors



Synthetic fragrance



**ALTEYA**  
organics

# ALTEYA ORGANICS

## Facial Care



- ✓ Skin and body care essentials crafted with traditional rose oil recipes
- ✓ Formulations to meet the unique needs of your skin
- ✓ Designed to improve the skins resistance and slow down aging

Select varieties,  
1-4 fl. oz.

**BUY 1, GET 1  
50% OFF**  
regular retail  
of equal or  
lesser value

# AVALON ORGANICS

AVALON  
ORGANICS®

- ✓ Crafted from plant-based botanicals for health, wellness and sustainability
- ✓ Formulations made with science and nature to nourish your body
- ✓ Vegan and cruelty-free



**LINE DRIVE  
SAVINGS**  
All Items

**BUY 1, GET 1  
50% OFF**  
regular retail  
of equal or  
lesser value

**NATURTINT**

# NATURTINT



- ✓ Achieve radiant, soft and shiny hair at home
- ✓ Ammonia-free hair color made with plant-based alternatives
- ✓ Vegan and cruelty-free

**LINE DRIVE  
SAVINGS**  
All Items  
**20% off**  
regular retail



# AURA CACIA



- ✓ Natural and plant-based body care
- ✓ Made from simple and pure botanical ingredients
- ✓ Tested for purity and quality



# DERMA·E



# DERMA E

- ✓ Natural skin care to protect and nourish your skin
- ✓ Rich in vitamins, antioxidants and botanicals
- ✓ Dermatologist recommended and cruelty-free



**LINE DRIVE SAVINGS**  
All Items  
**20% off**  
regular retail

# HERITAGE STORE

Skin Care



- ✓ Clean and pure formulas made with only essential ingredients
- ✓ Plant-based products with botanical formulations
- ✓ Skin care products crafted for people and planet





# PLANT-POWERED VITAMINS & SUPPLEMENTS FROM MEGAFOOD

SPROUTS SPOTLIGHT

Tested for quality and 150+ pesticides, MegaFood supplements are passionately produced with the planet in mind to grow a healthier world.

MegaFood  
SINCE 1973

LEARN MORE



## RELAX + CALM MAGNESIUM SOFT CHEWS

- ✓ New doctor-formulated soft chews in tasty strawberry
- ✓ 250 mg. of magnesium per serving
- ✓ Made with highly absorbable malate and citrate

## WOMEN'S 55+ ONE DAILY MULTIVITAMIN

- ✓ Convenient, one daily multivitamin
- ✓ Crafted with real food, like carrots and organic oranges



SAME TRUSTED FORMULA ·  
**New Look** ·  
SAME TRUSTED FORMULA



## MEN'S 55+ ONE DAILY MULTIVITAMIN

- ✓ Take any time of day, even on an empty stomach
- ✓ Unique pairing of 19 nutrients plus real food



# REV YOUR ENERGYFLOW WITH KOREAN RED GINSENG

Improve blood circulation naturally with on-the-go red ginseng — a key to natural energy, immunity and cognitive function.

SPROUTS SPOTLIGHT

The World's No.1 Ginseng Brand  
**JUNG KWAN JANG**

LEARN MORE



Korean red ginseng 2,000 mg. blended with licorice, propolis and ginger, designed to offer strong potency.

Premium grade deer antler extract combined with Korean red ginseng, jujube and schisandra to enhance workout routines.



Korean red ginseng 1,000 mg. with honey. A great introductory product for those new to ginseng.



# ESSENTIAL 4 SUPPLEMENTS FOR EVERY BODY

## MULTIVITAMINS

Vital for growth, repair and optimal health.\*

**NEW  
CHAPTER**



New Chapter  
Multivitamins  
Select varieties, 48-120 count

**15%**  
off  
regular retail

## OMEGA-RICH OILS

Promotes healthy joint, brain and heart function.\*

*Carlson*



Carlson Labs  
Omega-Rich Supplements  
Select varieties and sizes

**15%**  
off  
regular retail

## PROBIOTICS

Supports a healthy digestion and immune system.\*

*Nature's  
way*



Nature's Way  
Probiotics  
Select varieties, 30-90 count

**15%**  
off  
regular retail

## SUPERFOODS

Helps to support overall health and vitality,  
while balancing alkalinity.\*

**ANCIENT  
NUTRITION**



Ancient Nutrition  
Superfoods  
Select varieties and sizes

**20%**  
off  
regular retail

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



# OREGON'S WILD HARVEST



- ✓ Family-owned and operated for over 25 years
- ✓ Dedicated to sustainable farming since the beginning
- ✓ Utilizing the wisdom of plants to help support your wellness needs



Host Defense Mushrooms  
All Items

LINE DRIVE SAVINGS  
All Items  
**20%** off  
regular retail



Wiley's Finest  
All Items

LINE DRIVE SAVINGS  
All Items  
**20%** off  
regular retail



# SOLARAY

- ✓ Made with the power of science and clean ingredients
- ✓ Nutrients designed for your unique needs
- ✓ Each product is rigorously tested for purity and potency

# GARDEN OF LIFE



- ✓ Crafted with clean, high-quality ingredients
- ✓ Filled with whole food nutrients to support overall health







**LINE DRIVE SAVINGS**

All Items

**20% off**  
regular retail

Hyland's Naturals  
All Items



**LINE DRIVE SAVINGS**

All Items

**20% off**  
regular retail

KOS  
All Items



**LINE DRIVE SAVINGS**

All Items

**20% off**  
regular retail

Ancient Nutrition  
All Items

# MEGAFOOD



- ✓ For over 50 years, MegaFood has combined the power of plants and science to create effective vitamins and supplements
- ✓ Member of the 1% for The Planter, and B-Corp certified and Plastic Neutral Certified by Repurpose Global
- ✓ Tested for 150+ herbicides and pesticides and committed to regenerative farming practices

**MegaFood**  
From Farm to Tablet®

**LINE DRIVE SAVINGS**

All Items

**20% off**  
regular retail



# SPROUTS

## Herbal Supplements

- ✓ Pure and natural herbal supplements
- ✓ Made with high-quality ingredients
- ✓ Crafted to support your best self



# SPROUTS

## Collagen Powder



- ✓ 12-20 g. of collagen per serving
- ✓ Gluten-free and Paleo-friendly
- ✓ Add a scoop to your favorite morning beverage to support hair, skin and nails

# SPROUTS

## Vegan 10 Mushroom Blend Protein Powder

- ✓ 20 g. of protein per serving
- ✓ Gluten and soy-free
- ✓ Add a scoop to your favorite morning beverage for an energizing boost



Vanilla, 32 oz.  
**\$39<sup>99</sup>**  
 ea.





# JARROW FORMULAS Supplements

Select varieties, 30-120 count

**20% off**  
regular retail

- ✓ Pure and potent formulations to support optimal health
- ✓ Founded in 1977 with over 40 years of science-backed research



Ener-C  
Multivitamin Drink Mix  
Select varieties, 30 count

**20% off**  
regular retail



JungKwanJang or  
CheongKwanJang  
Sports Nutrition  
Select varieties, 10 count

**20% off**  
regular retail

## NATURE'S ANSWER Immune Health Support

- ✓ Manufacturing quality products for over 50 years
- ✓ Mullein-X to help clear mucus and soothe coughs
- ✓ Sambucus Immune formulated with organic elderberries to support year-round



Select varieties and sizes

**20% off**  
regular retail



OM  
Mushroom Functional  
Beverage Mix  
Select varieties, 0.28-8.47 oz.

**20% off**  
regular retail



The Nue Co.  
Multivitamins or  
Vitamin C  
Select varieties, 30 or 60 caps

**20% off**  
regular retail



Natrol  
Melatonin  
Select varieties, 10-100 count

**20% off**  
regular retail



# SCENTS OF THE SEASON

Cozy up and discover the perfect blend of clean ingredients and fall fragrances with our limited-time lineup of beauty, body and home care essentials.



\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.