

CAPELLA SALE PRICES GOOD THROUGH JANUARY 17 WHILE SUPPLIES LAST

Frozen

NATURAL SEA
Premium Cod
Fish Fillets
\$4.89
8 oz.



NATURAL SEA
Premium Cod
Fish Sticks
\$4.89
8 oz.



RICE EXPRESSIONS
Organic Brown Rice
\$3.15
30 oz.



MICROWAVE PERFECT IN 3 MINUTES

ALEXIA
Waffle Cut
Sweet Potatoes
\$2.99
20 oz.



ALSO for \$2.99: Sweet Potato Puffs and Crinkle-Cut Sweet Potatoes

CASCADIAN FARM
Organic Concentrated
Fruit Juices
\$2.99
12 oz.



CASCADIAN FARM
Organic Blackberries
\$2.99
10 oz.



ALSO for \$2.99: Organic Peaches

Chilled

SO DELICIOUS
Coconut Milk
Beverage
\$2.89
64 oz.



SO DELICIOUS
Coconut Milk Yogurt
\$1.45
6 oz.



Blueberry, Raspberry, Vanilla
ALSO: 16 oz. Vanilla and Plain Coconut Milk Yogurts are \$2.75

SO DELICIOUS
Coconut Milk
Creamers
\$1.79
16 oz.



Original, Hazelnut, French Vanilla

ORGAIN
Organic Ready-to-Drink
Meal Replacement
\$2.35
11 oz.



Chocolate Fudge and Sweet Vanilla Bean

ALSO: Iced Cafe Mocha is \$2.45

WAYFARE
Gluten-Free Pudding
\$2.49
16 oz.



Chocolate and Vanilla

THE GREEK GODS
Greek Yogurt
\$3.35
24 oz.



Honey Flavored and Plain

Bulk

Organic
Lentils
\$1.45 lb.

Organic
Quinoa
\$2.85 lb.



"Here at R.W. Knudsen Family, we understand the value of connecting with nature! Every drink we bottle is made of all natural ingredients, so drinking our juice helps you connect with nature!"
- www.rwknudsenfamily.com

Aseptic Boxed
Natural Juices
\$1.59
3 pack (8 oz. boxes)



Apple, Pear, Grape, Tropical Punch

Organic
Pineapple
\$2.89
32 oz.



Organic
Pomegranate
Nectar
\$2.89
32 oz.



Organic
Blueberry
Nectar
\$2.89
32 oz.



Organic
Cranberry
Pomegranate
\$2.89
32 oz.



Organic
Goji Berry
\$4.49
32 oz.



Natural Spritzers
\$2.79
4 pack (10.5 oz. cans)



Black Cherry, Mango Fandango, Tangerine, Red Raspberry, Boysenberry, Grape, Peach, Mandarin Lime, and Orange Passion

Organic
Grapefruit
\$2.89
32 oz.



Organic
Mango Nectar
\$2.89
32 oz.



Organic
Concord
Grape
\$2.89
32 oz.




Organic
Cranberry
Blueberry
\$2.89
32 oz.



Organic
Blueberry
Pomegranate
\$2.89
32 oz.



Organic
Acai Berry
\$4.49
32 oz.




LOCAL • NATURAL • ORGANIC
GOURMET • SPECIALTY • VARIETY

8am-10pm • 2489 Willamette • Eugene • 541-345-1014

www.capellamarket.com • www.facebook.com/capellamarket

PRICES GOOD THRU JAN. 17
WHILE SUPPLIES LAST

THANK YOU!
FOR DONATING
1086 LBS.
OF HEALTHY FOOD
TO OUR
NEIGHBORS-
IN-NEED
FOOD DRIVE!!

Capella Market features:

- A wide array of natural, organic, gourmet & local packaged foods.
- Over 500 bulk items.
- Fresh quality produce, emphasizing local & organically grown.
- Chemical-free meats & seafoods. Full-service meat counter.
- Deli kitchen serving sandwiches, soups, entrees, side dishes & food for events!
- Quality nutritional supplements, vitamins, tinctures, homeopathics & natural body care items.
- Over 550 wines and 150 beers from Oregon & around the world.

GLUTEN FREE "BLUE DOTS"

Capella Market has a growing selection of gluten-free products throughout the store. To aid you in identifying these products, we have placed a small blue dot on shelf tags for gluten-free products.

Cheese



Fontinella Cheese
AGED 2 MONTHS
\$4.99
8 oz. Package



Flaskaas
Premium Gourmet
Dutch Cheese
\$11.99 lb.

Beer & Wine

WIDMER BROTHERS
Hefeweizen,
Rotator IPA, and
Seasonal Ale

YOUR CHOICE:
\$7.49
6 pack



DEL RIO VINEYARDS

Viognier
2009
ROGUE VALLEY
OREGON
\$15.99
750 ml



Meat

CAPELLA MADE
Spicy Boudin Beef
Sausage Links
\$3.99 lb.

FRESH ALASKAN
True Cod Fillet
\$6.99 lb.



Boneless Skinless
Chicken Breasts
\$4.99 lb.

Deli

Hot Soups
made in our Kitchen

\$2.25
8 oz.

\$3.95
16 oz.

\$6.49
32 oz.



Turkey Pastrami
\$8.99 lb.

Produce

Organic
Minneola
Tangelos
\$1.29 lb.

Texas
Rio Star
Grapefruit
\$1.49 lb.

Organic
Parsnips
\$1.99 lb.

Organic
Brussels
Sprouts
\$3.99 lb.

Organic
Kale
All Varieties
GREEN, PURPLE, RED
AND DINOSAUR
YOUR CHOICE:
\$2.29 each

Grocery

GARDEN OF EATIN' **Tortilla Chips** \$2.49 9 oz.
Chili & Lime, Pico de Gallo, Blue Corn, Unsalted Blue Corn, Yellow Corn, Nacho Cheese, and Guacamole

DOS PISTOLAS **Natural Gourmet Salsa** \$3.79 16 oz.
Regular, Black, and Spicy

BEARITOS **Organic Low Fat Refried Beans** \$1.25 16 oz.
Regular, Black, and Green Chili

BOULDER CANYON **Chipotle Cheese Rice & Bean Chips** \$2.59 5 oz.

POPCHIPS **Popped Potato Chips** \$1.89 3 oz.
BBQ, Salt & Pepper, Sea Salt & Vinegar, and Sour Cream & Onion

CELESTIAL SEASONINGS **Natural Wellness Teas** \$3.19 20 bags
Sleepytime Throat Tamer, Sleepytime Extra, Echinacea Complete Care, and Sleepytime Sinus Soothe

GREEN MOUNTAIN GRINGO **Natural Salsas** \$3.55 16 oz.
Mild, Medium, Hot, Roasted Chili, and Roasted Garlic

DOS PISTOLAS **Natural Mango Jalapeño Sauce** \$4.55 12 oz.

BEARITOS **Organic Fat Free Refried Beans** \$1.35 16 oz.
Regular, Black, and Green Chili

BOULDER CANYON **Salted Rice & Bean Chips** \$2.59 5 oz.

GLUTEN FREE CAFÉ **Cream of Mushroom Soup** \$2.19 15 oz.

CELESTIAL SEASONINGS **Natural Teas** \$2.45 20 bags
Authentic Green, Decaffeinated Green, Honey Lemon Ginseng Green, Peach Blossom Green with White Tea, Sleepytime Green Lemon Jasmine Decaf, Sleepytime Vanilla, Madagascar Vanilla, Peppermint, Bengal Spice, Chamomile, Country Peach Passion, Honey Vanilla Chamomile, Lemon Zinger, Mandarin Orange Spice, Mint Magic, Morning Thunder, Raspberry Zinger, Red Zinger, Roastaroma, Sleepytime, True Blueberry Herb, and Wild Berry Zinger. ALSO: Senna Sunrise is on sale for \$2.99.

KOYO

Organic Asian Pasta \$1.99 8 oz.
Udon, Soba, Fine Udon, Round Udon, and Wide Udon

Ramen Noodles 95¢ 2-2.1 oz.
Asian Vegetable, Garlic Pepper, Lemongrass Ginger, Mushroom, Seaweed, Soba and Tofu & Miso

Organic Rice Cakes \$2.55 6 oz.
Unsalted Plain and Unsalted Dulce

Annie Chun's

Rice Noodles \$2.15 8 oz.
White Rice Maifun and Pad Thai, Brown Rice Maifun and Pad Thai

Pad Thai Stir Fry Sauce \$3.45 9.7 oz.

Chinese Stir Fry Sauce \$3.45 9.7 oz.

Korean Barbecue Sauce \$3.45 10.3 oz.

Noodle Bowls \$2.39 7.8-8.8 oz.
Pad Thai, Korean Sweet Chili, Kung Pao, Peanut Sesame, and Teriyaki

Soup Bowls \$2.39 5.4-6 oz.
Miso, Chicken, Kim Chi, Tom Yum, and Vietnamese Pho

Cascadian Farm ORGANIC

Organic Oats & Honey Granola \$3.49 17 oz.

Organic Purely O's \$3.39 9 oz.

Organic Raisin Bran \$3.39 14 oz.

Organic Multigrain Squares \$3.39 13 oz.

Organic Honey Nut O's \$3.39 10.4 oz.

Natural Health

MacroLife Naturals

Miracle Reds \$32.15 10 oz.
"Miracle Reds® Super Fruit Anti-Aging Blend provides a full spectrum of antioxidant protection. It contains key compounds that help mop up unstable free radicals that damage healthy cells and cause premature aging."*

Macro Greens \$32.15 10 oz.
"Macro Greens® is a non-allergenic nutrient-rich super food supplement that optimizes pH for stimulant-free health and surpasses the nutrition of five servings of fruits and vegetables without the calories or carbohydrates. The benefits of using Macro Greens® daily include increased energy, weight loss, increased mental clarity, balanced blood sugar, strengthened immune system and improved digestion."*

*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.

Santa Cruz ORGANIC

"We produce the world's finest organic products made from the highest quality ingredients available." -www.scojuice.com

Organic Applesauce Cups \$2.85 6 pack
Assorted Varieties

Organic Peanut Butter \$3.89 16 oz.
Dark Roasted Creamy and Crunchy, Light Roasted Creamy and Crunchy

Organic Fruit Spreads \$2.55 9.5 oz.
Apricot, Blackberry Pomegranate, Red Raspberry, and Strawberry

biokleen™

"Tough on Dirt, Gentle on the Earth."
-biokleenhome.com

Bac-Out Stain & Odor Eliminator \$5.59 32 oz.

Bac-Out Spray Bathroom Cleaner \$5.29 32 oz.

Bac-Out Multi-Surface Floor Cleaner \$5.29 32 oz.

Cold Water Formula Laundry Liquid \$8.39 64 oz.

Natural Laundry Liquid \$8.39 64 oz.
ALSO for \$8.39: Free & Clear Laundry Liquid (64 oz.)

Grocery

BLUE SKY **Organic Sodas** \$3.99 6 pack
Assorted Varieties

LUNDBERG **Organic Rice Cakes** \$2.45 8.5-10 oz.
Flax with Tamari, Brown Rice (Salted & Unsalted), Koku Seaweed Wasabi, Mochi Sweet, Sesame Tamari, Sweet Green Tea with Lemon, Tamari Seaweed, Wild Rice

DR. KRACKER **Organic Seeded Spelt Crackers** \$2.79 7 oz.

DR. KRACKER **Organic Seedlander Crackers** \$2.79 7 oz.

MADHAVA **Organic Agave Nectar** \$4.39 23.5 oz.
Light, Amber, and Raw

BOB'S RED MILL **Organic Coconut Flour** \$4.95 16 oz.

IMAGINE **Rice Dream Enriched Ricemilk** \$2.49 32 oz.
Chocolate, Vanilla, and Organic Original

IMAGINE **Rice Dream Classic Ricemilk** \$2.49 32 oz.
Original and Vanilla

PACIFIC **Organic Soups** \$2.65 32 oz.
Roasted Red Pepper & Tomato, Creamy Butternut Squash, Creamy Tomato (Regular & Low Sodium), and French Onion

PACIFIC **Natural Soups** \$2.49 32 oz.
Curried Red Lentil and Cashew Carrot Ginger

NEWMAN'S OWN **Adult Dry Cat Food Formula** \$10.79 3 lb.

NEWMAN'S OWN **Advanced Dry Cat Food For Seniors** \$10.79 3 lb.