

The Merc **November In-Store Specials & Owner Bonus Buys**

Deli Coffee Bar

Mayan Mocha

cinnamon and a dash cayenne add a hint of spice and heat to this velvety mocha.

\$3.50 12 oz

Deli Features

new! Roasted Brussels Sprouts & Local Apples

perfect for your holiday table

\$6.99 lb

Roasted Red Beets with Rosemary & Balsamic Vinegar

caramelized onions and aged balsamic make this an elegant salad or side

\$6.99 lb

new! Blue Cornmeal & Buttermilk Oven Fried Chicken

made from scratch by cooks who love their fried chicken! 100% free-range, crispy and fabulous. grandma could not do better! pick it up hot or cold every night in our deli case.

\$6.99 lb

Meat & Seafood Specials

Local Beef Chuck Roast

save \$1 lb

Fresh Wild Caught Haddock

save \$1 lb

Beeler's Maple Breakfast Sausage · 16 oz

save \$1

save \$1

Shelton's Free Range Ground Turkey · 16 oz

save \$1

save \$1

Applegate Farms Sliced Pepperoni · 7 oz

save 50¢

Invite a local bird to Thanksgiving dinner



Our pasture raised turkeys are from Clark's Family Farm, Bauman's Cedar Valley Farm and the Gingrich Farm.

- no hormones
- no antibiotics

Call our meat department to reserve your bird today.

Bulk Specials

Deluxe Roasted Salted Mixed Nuts

\$6.99 lb

Save 30¢ lb

Organic Dark Chocolate Chips

\$7.39 lb

Save \$1.30 lb

Turbinado Sugar

\$1.19 lb

Save 30¢ lb

Organic Black Turtle Beans

\$1.19 lb

Save 30¢ lb

Organic Green Lentils

\$1.29 lb

Save 30¢ lb

Organic Green Split Peas

\$1.29 lb

Save 30¢ lb

Owner Bonus Buys

Grocery

Marantha Organic Peanut Butters · 16 oz

no salt creamy · creamy

no salt crunchy · crunchy

Save 70¢

Local Treehouse Berry Farm Spreads · 11.5 oz

peach butter · pear honey

apple butter · pumpkin butter

Save \$1

Seeds of Change

Organic Simmer Sauces · 12 oz

jalfrezi · korma · madras · tikka masala

Save \$1

Grace's Best Sunflower Seed Cookies

12 oz

Save 90¢

Ryvita Crispbread · 8.8 oz

sesame rye · dark rye

Save 50¢

Refrigerated

Cultural Revolution Organic Cream Top Yogurt · 6 oz

blueberry · peach · strawberry

Save 30¢

Myenberg Farms European Style Goat Butter · 8 oz

Save 90¢

Rice Dream Rice Milk · 64 oz

original · vanilla

Save 60¢

Sunja's Kimchee Cabbage · 16 oz

Save 80¢

Frozen

Alvarado Street Bakery Sprouted Breads

20-24 oz · wheat bagels · cinnamon bagels ·

barley bread · california bread · rye bread ·

multigrain bread · sourdough bread

Save 50¢

Wellness

Rainbow Light Counter Attack

30 tablets

Save \$1.90

Rainbow Light Food Based Calcium

180 tablets

Save \$3.30

Body Care

Giovanni Hair Care Products

tea tree conditioner · 8.5 oz

Save 90¢

tea tree shampoo · 8.5 oz

Save 90¢

frizz be gone · 2.75 oz

Save \$1.50

Thanksgiving Dinner Ready-to-Go

new! This year The Merc Deli is creating a Thanksgiving Dinner, complete with free-range turkey breast, for you to pick up, take home, and enjoy!

Dinner for 4: \$60

2 additional people, add \$30

1 additional person, add \$17

Please place your order by Friday, November 20.

Each dinner includes...

- Herb Roasted Free-Range Turkey Breast
- Quinoa and Sage Stuffing
- Bourbon Mushroom Gravy
- Roasted Brussels Sprouts & Local Apples
- Sweet Potato Ginger Mash
- Port Poached Cranberry & Walnut Relish