



# Gathering the Best

LOCAL, NATURAL AND ORGANIC FOR YOUR HOME

Open: Monday-Sunday, 7am-8pm  
www.lantmansmarket.com • (802) 482-2361

- Floral
- Produce
- Meat & Seafood
- Deli
- Bakery
- Frozen
- Beer & Wine
- Grocery

## January Specials!

**Saving \$1.00**



**Liberte Yogurt**  
**Organic Whole Milk Yogurt**  
5.5 OZ  
**\$1.59 each**

**Saving \$2.00**



**Woodstock Organic Pomegranate Kernels**  
8 OZ  
**\$4.99 each**

**Saving \$1.00**



**Choice Organic Teas**  
**Organic Fair-Trade Teas**  
16 CT  
**\$3.99 each**

**Saving \$1.99**



**Designer Whey Natural Whey Protein**  
12 OZ  
**\$14.50 each**

**Saving \$3.00**

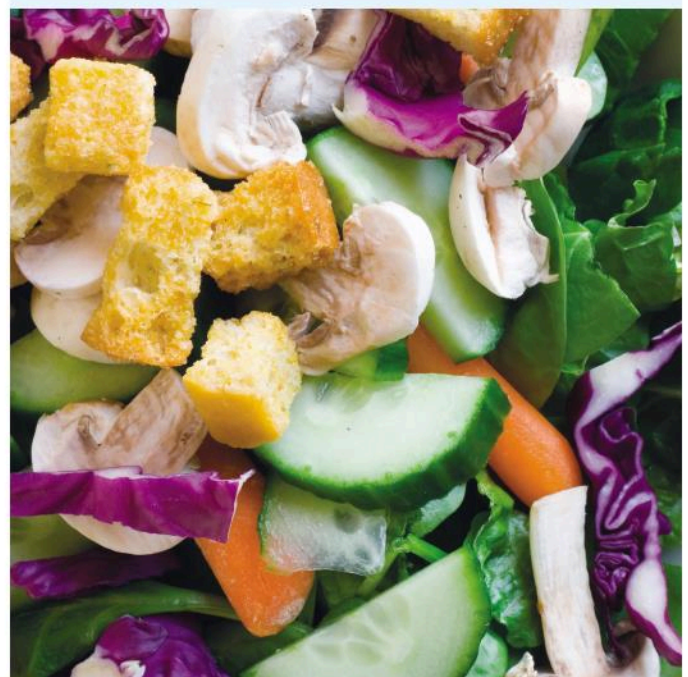


**So Delicious Dairy-Free Coconutmilk Yogurt**  
24 OZ  
**\$4.99 each**

**Saving \$0.30/lb.**



**Organic Small Red Chili Beans**  
In Our Bulk Selection!  
**\$1.79/lb.**



Due to fluctuations in markets, prices and availability may vary.

Good Through: January 31st, 2018

**Saving  
\$3.00/lb.**



**Roasted  
& Salted  
Mixed Nuts  
In Our Bulk  
Selection!**

**\$11.00/lb.**

**Saving  
\$1.70/lb.**



**Organic  
Medjool Dates  
Pre-Packaged  
In Our Bulk  
Selection!**

**\$6.79/lb.**

**Saving  
\$2.30**



**Sambazon  
Organic  
Superfood Packs  
4/100GRM**

**\$5.69 each**

**Saving  
\$1.39**



**GLUTEN  
FREE** **USDA  
ORGANIC**  
**Nature's Path  
Organic  
Oatmeal  
Packets  
11.3 OZ**

**\$4.50 each**

**Saving  
\$1.00**



**USDA  
ORGANIC**  
**Cascadian Farm  
Organic  
Frozen  
Vegetables  
10 OZ**

**\$2.39 each**

**Saving  
\$2.00**



**DAIRY  
FREE** **USDA  
ORGANIC**  
**Good Belly  
Organic  
Probiotic  
Drink  
32 FL OZ**

**\$2.99 each**

**Saving  
\$1.60**



**GLUTEN  
FREE**  
**Bob's Red Mill  
Paleo  
Baking Flour  
16 OZ**

**\$8.19 each**

**Saving  
\$1.50**



**USDA  
ORGANIC**  
**Annie's Naturals  
Organic  
Ketchup  
24 OZ**

**\$2.69 each**

**Saving  
\$1.39**



**NON  
GMO  
Project  
VERIFIED**  
**Barbara's Bakery  
Baked  
Cheese Puffs  
5.5 OZ**

**2/\$4.00**

**Saving  
\$1.50**



**USDA  
ORGANIC**  
**Lundberg Family Farms  
Organic  
Rice Cakes  
9 OZ**

**\$2.99 each**

**Saving  
\$3.00**



**USDA  
ORGANIC**  
**Nature's Path  
Organic  
Heritage Flakes  
Cereal  
32 OZ**

**\$7.99 each**

**Saving  
\$0.70**



**Patak's  
Cooking  
Sauces  
15 OZ**

**\$2.69 each**

**Saving  
\$2.19**



**Kids/Pets/Planet Safe**  
**Better Life  
All Purpose  
Cleaner  
Wipes  
70 CT**

**\$5.50 each**

**Saving  
\$1.00**



**NON  
GMO  
Project  
VERIFIED** **GLUTEN  
FREE**  
**4th & Heart  
Ghee Oil  
Cooking Spray  
5 FL OZ**

**\$8.59 each**

**Saving  
\$0.60**



**NON  
GMO  
Project  
VERIFIED** **VEGAN**  
**Maria And Ricardo's  
8 inch  
White Flour  
Tortillas  
8 CT**

**\$2.99 each**