

NEW ITEMS AT LAKEWINDS, JULY 2023

GROCERY



Baker's Field Good Buns - hamburger & brat

One of your favorite local bakers has revamped their hamburger and brat buns for a softer, chewier texture. Don't worry: They still pack that same delicious flavor! Baker's Field purchases most of their grain, which they stone mill right here in the Twin Cities, directly from local farmers.

\$7.99  LOCAL



Johnson Quail eggs

What do you do with quail eggs? Whether fried, scrambled, or soft boiled, quail eggs have a similar texture and flavor to other poultry eggs. For home chefs, the biggest appeal of quail eggs is their tiny size, which is perfect for topping finger foods like canapes and avocado toast. Hard-boiled quail eggs also make a great bite-sized protein for your favorite salads.

\$7.99  LOCAL



Good Catch plant-based fish sticks

Plant-based proteins aren't just for vegans and vegetarians. With overfishing threatening the oceans, choosing to sub plant-based alternatives for sustainably caught wild seafood from time to time can have a big positive impact. Luckily for all of us, Good Catch has found a way to provide the taste and texture of flaky whitefish without the actual fish!

\$6.49



Treeline plant-based goat cheese

Made from protein-packed and fiber-rich cashews, this line of vegan spreadable cheese alternative recreates the tangy flavor of goat cheese. The original flavor is great tossed in fresh salads and cold summer pastas, while the garlic basil variety is the perfect dip for crackers and veggies.

\$4.49

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GROCERY (CONT.)



Ketchup Please

You can't have summer without a few hot dogs (or veggie dogs), and you can't have hot dogs without ketchup! Made locally in Hudson, Wisconsin, this flavor-forward ketchup is 100% organic and has zero added sugar.

\$6.49  LOCAL



Seven Sundays oat protein cereal

The cool thing about this local, protein-packed breakfast cereal is that it's made from upcycled food! By using the oats left over from oat milk production, they're able to repurpose food that would otherwise be wasted. Considering that about one third of the food produced in the world is thrown away, steps like these can have a major impact on reducing climate change.

\$7.99  LOCAL



Momofuku instant noodles

Crafted by David Chang, founder of Michelin-starred Momofuku Ko, these noodles aren't like any instant ramen you've had before! Eat them on their own or dressed up with add-ins like soft-boiled eggs, sliced scallions, sautéed mushrooms, and toasted sesame seeds. Choose from soy and scallion, tingly chili, and spicy soy varieties.

\$13.99

New soups & broths

- **Kettle & Fire** – low sodium cooking broth (beef, chicken, vegetable), \$4.99
- **Bonafide Provisions** – broth (chicken, no-salt chicken, vegetable, no-salt vegetable), \$4.69
- **Amy's** – canned soup (mushroom bisque, tortilla, butternut squash bisque, sweet potato and corn chowder), \$4.69
- **Pacific Foods** – canned soup (harvest black bean chili, white bean verde chili, fire roasted vegetable), \$4.99

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New snacks & crackers

- **Jovial** – einkorn sourdough sea salt crackers, \$4.49
 - **Doctor in the Kitchen** – flax and fonio garden vegetable crackers, \$5.99
 - **Back to Nature** – multi-seed rice thins, \$4.29
 - **Annie's Homegrown** – neapolitan bunny grahams, \$4.99
 - **Annie's Homegrown** – s'mores sandwiches, \$6.99
 - **Annie's Homegrown** – original snack mix, \$6.49
 - **Annie's Homegrown** – extra cheesy cheddar bunnies, \$4.99
 - **Crunchmaster** – multi-seed roasted garlic and multi-seed white cheddar crackers, \$3.99
 - **Mary's Gone Kookies** – honey, cinnamon, chocolate, \$4.99
 - **Once Again** – peanut butter and sun butter graham cracker sandwiches, \$11.99
 - **Schar** – gluten-free table crackers, \$5.69
 - **Simple Mills** – black pepper almond flour crackers, \$5.29
 - **Simple Mills** – almond flour sea salt crackers 6-pack, \$6.59
 - **Simple Mills** – Sweet Thins (honey cinnamon, chocolate brownie, chocolate mint), \$5.49
 - **Tates Bake Shop** – white chocolate macadamia nut cookies, \$6.49
 - **Wasa** – original gluten-free and light rye crispbreads, \$3.99-4.99
 - **Wellington** – assorted crackers, \$6.99
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New Grab and Go beverages

- **Harmless Harvest** – smoothies (coconut, chocolate coconut, coconut mango), \$4.49
- **De la Calle** – tepache (ginger manzana), \$2.99
- **Olipop** – lemon lime, \$2.49
- **Ardor** – sparkling energy water (Mexican lime, pink grapefruit, white peach), \$3.29
- **Guru** – tropical punch energy drink, \$2.99
- **Machu Picchu** – energy drink (ginger peach, pineapple blueberry), \$3.29
- **Odyssey Elixir** – blackberry lemon, dragon fruit lemon, orange ginger), \$3.29

WELLNESS



Wild Carrot Herbals

This woman-owned, Oregon-based company crafts plant-based products to support healthy skin. Founder Jody believes strongly in reducing waste by using whole plants for her products and packaging them using sustainable materials. The labels on their glass bottles are made from ground stone, which doesn't require any water to manufacture and doesn't need plastic coating for protection.

\$11.99-39.99



MegaFood supplements - new varieties

We've added a bunch of new supplements from MegaFood, including magnesium, zinc, and a number of probiotics from their MegaFlora line. MegaFood is committed to people and planet, backed up with numerous third-party certifications.

\$19.99-69.99



Himalaya supplements - new varieties

Family-owned Himalaya has been crafting herbal supplements since 1931. Today, they offer a full line of herbal formulations and body care products. Look for new supplement blends featuring ashwagandha, the Hello Alert Mind blend that supports focus, and the Party Smart blend for helping your body recover from late nights.

\$11.99-29.99



Host Defense mushroom powders - new varieties

Based on the extensive knowledge of mushroom expert Paul Stamets, Host Defense products can help support a whole host of body functions, from immunity to focus to sleep. The new-to-our-shelves Lion's mane powder can support gut and heart health, while the MyCommunity powder blends 17 different mushrooms for comprehensive immune support.

\$29.99-44.99