

NEW ITEMS AT LAKEWINDS, OCT. 2023



Alexandre Family Farms grass-fed A2 yogurt

This organic yogurt is made from the country's first certified regeneratively produced dairy! Regenerative farming goes above and beyond organic to ensure that grazing and growing practices restore and rejuvenate the land. A2 milk is easier for your gut to digest than the more common A1, leading to less indigestion and inflammation.

\$5.69



Chia Smash jams

Not only do chia seeds give these jams a satisfying bit of crunch, they're packed with vitamins and nutrients. Give your morning toast, bagel, or muffin a healthy boost with chia-infused strawberry, raspberry, wild blueberry, or concord grape jam.

\$7.99



Foodies Vegan Pumfu

October is the perfect time to sample this tofu alternative made from organic pumpkin seeds! Pumfu is soy-free, gluten-free, nut-free, and packed with 17 grams of protein per 4-ounce serving! It's versatile and adaptable, so use it for all your favorite plant-based stir-fries, soups, and curries.

\$6.49



Jack & Annie's jackfruit meatballs

Jackfruit is beloved by plant-based foodies for having a texture similar to beef and pork, making it a perfect stand-in for classic meat-based recipes like pulled pork or meatballs. Jack & Annie's jackfruit meatballs are minimally processed and contain only a handful of other whole food ingredients like flour, oil, and bread crumbs.

\$5.99

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No Bull burgers

It's a good month for plant-based eaters! No Bull makes an organic, whole food burger that's 100% vegan and gluten-free. We're talking lentils, brown rice, carrots, quinoa, chia seeds, and spinach coming together to create a full-flavored patty that goes with everything. Grilling season may be over, but No Bull might inspire you to fire it up a few more times!

\$5.49



Quince & Apple company preserves


This line of artisanal preserves comes in some of the most distinctive flavors we've ever seen, like cherry and white tea, and pear with honey and ginger. Try them on sandwiches, smeared over pastries, or drizzled over ice cream. They're also great for meat and cheese boards, so keep them in mind when the holidays roll around!

\$7.99  LOCAL

Seasonal Flavors


- **Alden's Organic** pumpkin cheesecake ice cream sandwiches, \$6.99
- **Califia Farms** pumpkin spice coffee creamer, \$4.99-5.99
- **Flax 4 Life** pumpkin chocolate chip muffins, \$7.99
- **Silk** dairy-free maple brown sugar oat milk creamer, \$5.49
- **Sweet Lorens** pre-cut vegan, gluten free pumpkin spice cookie dough, \$6.99
- **Talenti** seasonal gelato (pumpkin pie and caramel apple pie), \$5.99-6.99

More New Items

- **Amy's** California veggie burger, \$7.49
- **Crystal Ball Farms** whipping cream, \$5.99  LOCAL
- **Epic** bison jerky strip, \$2.29
- **Good Culture** lactose free cottage cheese, \$5.99
- **Kodiak** granola bars (chewy double chocolate and chewy s'mores), \$6.49
- **Lifeway** oat drink (plain, mixed berry), \$6.99
- **Nancy's** cottage cheese (whole milk and low fat), \$5.49
- **Nature's Path** crispy rice cereal, \$5.99
- **No Cow** chocolate peanut butter cup bar, \$2.99

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More New Items (cont.)

- **Quantum Energy** squares (peanut butter dark chocolate, dark chocolate pink Himalayan salt, salted peanut butter crunch), \$2.69
- **Stony Creek Dairy** half and half, \$3.49  LOCAL
- **Upton's Naturals** seitan (traditional and chorizo), \$5.49
- **Violife** unsalted plant butter, \$4.99