

NEW ITEMS AT LAKEWINDS, SEPT. 2023

GROCERY



AcreMade scrambles

Powered by pea protein, Acremade's delicious vegan egg substitute tastes as good as the real thing. Now you can have it on the go with easy scramble cups available in a variety of flavors.

\$3.99  LOCAL



Better Booch

Enjoy the gut support of kombucha but find the flavor a bit overpowering? You're not alone! Better Booch is on a mission to deliver smooth, drinkable kombuchas that you'll want to sip like a craft beer or cocktail. This month look for the new guava cooler and strawberry lemonade flavors.

\$3.99



Chiya ayurveda masala caffeine-free chai

Chiya premade chais are locally brewed from direct-sourced organic tea. The family behind Chiya (who also own Minneapolis's beloved Namaste Café), have been importing tea from Nepal since the 1970s. This caffeine-free blend is perfect for sipping in the evening, especially when it starts to get chilly. We recommend pairing with ginger snaps!

\$10.99  LOCAL



Falafel King dips and spreads

Here's another new item from an established local eatery! Since 1984, family-owned Falafel King has been serving Mediterranean food to the Twin Cities. Now you can enjoy their hummus, baba ganoush, garlic dip, and tzatziki from home.

\$4.49  LOCAL

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GROCERY (CONT.)



The Greater Goods Snacking Co. biscotti

The women who founded Greater Goods believe in snacking that goes beyond “good enough.” That’s why they’ve crafted flavorful treats made from organic, responsibly sourced, allergy- and special-diet-friendly ingredients. Pair these yummy biscotti with favorite mug of coffee for a little “you” time.

\$5.59



Inkakaw hazelnut chocolate spread

This indulgent hazelnut-infused dessert spread is sure to become your next obsession! Inkakaw is made in partnership between the chocolatiers at Hacienda San José and the American Hazelnut Company team that grows native perennial hazelnuts prized for their sustainability.

\$13.99  LOCAL



Magic Spoon grain-free cereal

Magic spoon has ditched the sugar of popular kid-friendly breakfast cereal but kept the kid-friendly flavors. With options like peanut butter, cinnamon roll, and birthday cake, it won't be hard to get your kiddos to eat them. And parents will love the fact that in addition to containing zero added sugars, they also pack 13 grams of plant-based protein in each serving.

\$9.99



Once Upon a Farm immunity baby food blends

The immunity blends from this popular baby food maker feature fruits and veggies to help support your kiddos' health. In addition to being a certified B corporation and Green-e certified for renewable energy use, Once Upon a Farm has earned a Purity Award from the Clean Label Project for their high quality ingredients and product standards.

\$3.69

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GROCERY (CONT.)



Sunday Night dessert sauces

You won't run short of ideas for how to use these rich, decadent chocolate sauces. They're obviously perfect for drizzling over ice cream sundaes, cakes, or waffles. But they're also great for scratch-made treats like brownies, frosting, and pudding, or for dipping fresh fruit like strawberries and bananas. Yum!

\$9.99  LOCAL

More to love:

- **Aloha** bars (peanut butter chocolate chip, peanut butter cup, chocolate chip cookie dough, coconut chocolate almond), \$2.99
- **Artisana** raw tahini butter, \$10.99
- **BarUEat** bars (original, coffee pecan, peanuts n' cherries, oatmeal raisin), \$2.99
- **Bellwether Farms** plain sheep yogurt, \$7.49
- **Bliss Gourmet Foods** lemon blueberry granola, \$7.49
- **Bobo's** protein bars (peanut butter chocolate chip, double chocolate almond). \$2.99
- **Bonne Maman** preserves (plum and blackberry), \$6.49
- **Bubbie's** sweet relish, \$5.99
- **California Olive Ranch** (balsamic vinaigrette, garlic apple cider vinaigrette, Caesar vinaigrette, carrot miso vinaigrette), \$6.99
- **Cascadian Farms** cereal (fruity crispy rice and no sugar added vanilla crisp), \$5.79 – \$5.99
- **Catalina Crunch** cereal (chocolate peanut butter and honey graham), \$8.99
- **Cocojune** plant-based kids yogurt pouches (peach mango, strawberry banana, mixed berry) \$2.99
- **Crofter's** fruit spread (peach and four fruit), \$6.59
- **Elmhurst** unsweetened milked walnuts, \$6.59
- **Esti Foods** dips (everything bagel and Cool as a Cucumber), \$3.99
- **Forager Project** honey cashewgurt, \$6.99
- **Go Macro** bars (cashew caramel and maple sea salt), \$2.99
- **Grandy Organics** Coconola (cran orange and peanut butter), \$8.49
- **GT's** new Cocoyo (cacao, raspberry), \$6.99
- **GT's** new beverage flavors (Alive Lemon Lime, elderberry juniper kombucha), \$3.79
- **Harmless Harvest** coconut yogurt (unsweetened plain, vanilla, and strawberry), \$2.49
- **Ithaca** hummus (lemon dill, lemon garlic, everyone bagel, lemon beet and buffalo ranch), \$5.49
- **Ithaca** fire-roasted salsa (mild and medium), \$6.99
- **Kite Hill** black cherry almond milk yogurt, \$2.19
- **La Tourangelle** salad dressing (balsamic vinaigrette, citrus Chipotle vinaigrette, sesame tahini vinaigrette), \$5.99

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More to love:

- **Lemonette** salad dressing (lemon garlic, Mediterranean herb, zesty cumin, Italian herb, sesame tahini), \$6.99
- **Lifeway** individual kefir (low fat blueberry, low fat strawberry, whole milk mixed berry) \$1.99 – \$2.49
- **Lifeway** 32 oz. whole milk mango kefir \$5.99
- **Maple Hill Creamery** whole milk strawberry kefir, \$7.49
- **Michele's granola** (almond butter and original), \$7.99
- **Nancy's** oatmilk yogurt (plain, blueberry, passionfruit banana, strawberry, vanilla), \$2.29
- **Nancy's** kefir (low fat raspberry, whole milk plain) \$6.49
- **Nature's Bakery** fig bars (blueberry, strawberry, original, gluten-free raspberry), \$5.49
- **Norr Organic** skyrr (whole milk plain), \$2.49
- **Petitpot** new flavors (cheesecake, strawberry cheesecake, and creme brulee), \$6.99
- **Pitaya** frozen dragon fruit and avocado bite-sized pieces, \$4.79 – \$5.79
- **Pickle Juice** (sport and sport shot), \$2.29 – \$3.99
- **Primal Kitchen** new salad dressings (buffalo ranch, plant-based Caesar), \$8.49
- **Redwood Hill Farm** blueberry pomegranate goat milk kefir, \$9.49
- **Siggi's** skyrr (cherry creamy, vanilla honey creamy), \$2.19
- **So Delicious** oat milk (original and extra creamy), \$5.99
- **Sweet Earth** new frozen items (Curry Tiger burrito and pad thai bowl), \$3.99
- **Three Trees** organic pistachio nut milk, \$7.49