

NEW ITEMS AT LAKEWINDS, MARCH 2025



Chunk Chunk ice cream (new flavors)

These rich ice cream bars and sandwiches have been a hit at the co-op now for a few years. Not only do they taste great, they're locally made using many local brands you might recognize from our shelves, including Kalona cream and Larry Schultz eggs. Try the new birthday cake ice cream sandwich or raspberry cheesecake bar.

\$4.99  LOCAL



Ice Cream for Bears

Ice Cream for Bears is as basic and natural as ice cream gets, made from three simple ingredients: cream from grass-fed cows, eggs from regeneratively raised chickens, and raw, unfiltered honey. Choose from the cutely named Butterbear (butterscotch) Chocturnal (chocolate), and Queen & Bean (vanilla) flavors.

\$7.99



Maazah lentil dips

The sisters behind local Maazah chutney and vegan aioli have yet another way to spice up your meal! Whether dipping or spreading, the basil jalapeno, lemon tahini, and roasted red pepper lentil dips are sure to become a mainstay on your shopping list.

\$5.99



Mezcla protein bars

Satisfyingly crunchy with boldly delicious flavors, these plant-based bars are packed with a whopping 10 grams of protein. Puffed pea protein, pumpkin seeds, and sunflower butter are combined with unique flavor combos like matcha vanilla and maple blueberry.

\$2.79

(cont. on next page)



One Love (new flavors)

You may or may not have noticed the return of this local bakery to our shelves last year. After a brief hiatus, One Love is back to baking fantastically fresh, fluffy, and flavorful sourdough loaves. This month the selection is expanded to include fiery cheddar jalapeño and kalamata with roasted garlic.

\$8.99  LOCAL



Recess mocktails

Summer is around the corner, and we're looking forward to relaxing outside and enjoying a beverage. The mocktail 4-packs from Recess give you all the flavor of a cocktail, but are alcohol-free. Enjoy the uplifting benefits of guayusa and adaptogens of the lime margarita, grapefruit paloma, watermelon mojito, or ginger lime mule.

\$12.99



Zyn turmeric wellness drinks

The turmeric-infused beverages from Zyn are a great way to unwind after a day paddling, hiking, peddling, or climbing. The blend of electrolytes and turmeric supports hydration and rapid recovery. Plus, it's got vitamins C and D for a little post-activity energy. To sweeten the deal, Zyn is a certified B Corp, ensuring their business is good for people and the planet.

\$3.49

Meat & Seafood



Eddie M's smoked salmon

Seafood lovers take note, because this Norwegian smoked salmon is for you. Thick-sliced fillets of Atlantic salmon are slowly smoked over oak boards, giving them a rich and robust smoky flavor. You'll want to keep a few in the fridge or freezer to eat as a protein-packed snack, mixed into salads, or served on a Scandinavian-style charcuterie board.

\$6.99

(cont. on next page)

More New Items

- **Bob's Red Mill** chocolate and oats peanut butter bars, \$6.99 for a box of 5
- **Bob's Red Mill** honey and oats peanut butter bar, \$1.79
- **Bobo's** oat bars new flavors (stuffed chocolate peanut butter and stuffed chocolate chip peanut butter), \$2.99
- **Bobo's** PB & J bars (strawberry and grape), \$1.49 each or \$5.29 for a box of 6
- **Bobo's** Dip'd oat bars (original dark chocolate and peanut butter and dark chocolate), \$4.69 for a box of 6
- **Clif Bar** chocolate chip, \$9.99 for a box of 5
- **Clif Bar** builder bar chocolate peanut butter, \$13.99 for a box of 6
- **GoMacro bars** (salted caramel chocolate chip and white chocolate macadamia nut), \$2.99 ❤️ LOCAL
- **GT's** wildflower kombucha, \$3.79
- **Honey Stinger** waffle bars (honey, gluten-free salted caramel, and cookies and cream), \$1.99
- **JohnnyPops** mini Neapolitan ice cream pops, \$6.99 ❤️ LOCAL
- **Kate's Real Food** new oatmeal cranberry almond flavor, \$2.99 ❤️ LOCAL
- **Kind Bar** breakfast bars (honey oat, blueberry almond, and peanut butter banana dark chocolate protein), \$7.99 for a box of 5
- **Kodiak Cakes** frozen French toast sticks, \$6.99
- **Kodiak** granola bars (chewy chocolate chip and crunchy cookie butter), \$6.49 for a box of 12
- **Kodiak** blueberry oat breakfast bar, \$6.49 for a box of 12
- **Made Good** chocolate drizzled granola bar, \$4.99 for a box of 6
- **Made Good** morning bars (chocolate chip, blueberry, and cinnamon bun), \$4.99 for a box of 6
- **Meyenberg** goat milk kefir, \$2.99-\$8.99
- **Nature's Path** wildberry acai toast pastry, \$4.49 for a box of 12
- **Owyn** no nut butter cup protein drink, \$10.99 for a 3-pack
- **Poppi** soda 4-packs (cherry limeade, Doc Pop, grape), \$9.49
- **Probar** strawberry energy chews, \$2.79
- **Proud Source** alkaline spring water, \$8.99
- **Red's** egg, cheese, and turkey sausage breakfast sandwich, \$6.49
- **Rishi** Schisandra berry sparkling tea, \$3.49 ❤️ LOCAL
- **RX Bar** chocolate sea salt protein bar 5-pack, \$11.99
- **San Pellegrino** sparkling water (ciao lime, ciao cherry, blood orange, peach), \$7.99
- **Talenti** sorbet (summer strawberry and zesty lemon), \$5.99
- **Think** creamy peanut butter bar, \$10.99 for a box of 6
- **Uncle Matt's** unsweetened organic black tea, \$4.29

(cont. on next page)

More New Items (cont.)

- **Virgil's** zero sugar root beer and cherry soda 6-pack, \$6.99
- **Vita Coco** coconut water, \$3.49
- **Waterloo** sparkling water (summer berry, raspberry nectarine, and summer guava), \$6.99
- **Zevia** cran raspberry soda, \$7.49
- **Zing bars** (chocolate peanut butter, chocolate coconut, dark chocolate sunflower mint), \$2.99