

Fresh Mixed Bouquets

starting at **\$6.99** ea.

while supplies last
exact flowers may vary each week



Asparagus

\$1.49
lb.

**Blackberries, Blueberries
or Strawberries**

6 oz.

6 oz.

16 oz.

2 for \$3

**Hass Avocados
or Hothouse Tomatoes**

lb. ea. **77¢**

**Navel Oranges
or Minneola Tangelos**

lb. **77¢**

**Broccoli Crowns
or Eggplant**

lb. ea. **88¢**

Red or Green Bell Peppers

3 for \$1

Cucumbers

2 for \$1

**Bartlett, D'Anjou
or Bosc Pears**

lb. **88¢**

**Gala, Fuji or
Braeburn Apples**

lb. **99¢**

**Grape Tomatoes
or Cauliflower**

1 DRY PINT ea. **99¢**

SPECIAL Romaine Hearts (3 ct. pkg.).....2 for \$4 Red or Green Seedless Grapes....\$1.99/lb. Fresh Pineapples.....2 for \$4

CERTIFIED Organic



Organic Navel Oranges 99¢ lb.



Organic Braeburn Apples 99¢ lb.

Hot Pepper Jack

BULK CUT
lb. **\$2.99**

Kashi Heart To Heart Cereal

select varieties
12.4-13.4 oz. **\$2.99** ea.

Hugo Naturals Heart Soaps

Choose from Spanish Rose or Creamy Coconut.
4 oz. **\$2.99** ea.

Cupcake Wines

750 ml. **\$7.99** (select varieties)

- CHECK OUT THESE BARNSTORMIN' WEEKLY SPECIALS -

GT's Kombucha Tea

16 oz. **2 for \$5** (select varieties)

Green & Black's Chocolate Bar

3.5 oz. **2 for \$5** (select varieties)

Chocolate Covered Cherries

\$5.99 lb.

J. Rogét Champagne

750 ml. **\$3.99** (select varieties)



Large Exotic Lobster Tails

Sweet, succulent lobster at an incredible value!



\$5.99
5 oz. ea.

All-Natural Top Sirloin Steak

Serve your Sweetheart the best steaks in town!



\$3.99 lb.



The Perfect Pairing!

This Valentine's Day, treat that special someone to something that's decadent, delicious and heart-healthy with our selection of Chocolate Red Wines. Crafted with rich dark chocolate and fine red wine, this tasty indulgence features high amounts of antioxidants that protect cells and promote good health. That's something we can all drink to!



BULK FOODS

Almond Meal



\$3.99
lb.

Roasted Veggie Chips



\$5.99
lb.

Oats

Choose from quick, rolled or steel cut.



69¢
lb.
select varieties

Torn & Glasser Jordan Almonds



8 oz. pkg.
2 for \$5

French Vanilla Almond Granola



\$1.99
lb.

Western or Wild West Trail Mix



\$2.99
lb.

BAKERY

Sprouts Muffins

Moist and flavorful.



4 pk.
2 for \$6
select varieties

Greenlee's Toasting Breads (select varieties)...\$5.49/20 ct.

The Father's Table Cake Rolls

Share with your sweetheart. Strawberry, lemon or red velvet filled.



\$3.19
18 oz.
select varieties

Sprouts French Bread (white or wheat)...\$1.29/14.5-16 oz.

Brooks Street Rugalah

A sweet treat!



\$3.89
10 oz.
select varieties

Sprouts Cherry Pie.....\$3.89/8 in.



Ancient Egyptians and Romans used arugula as an ingredient in aphrodisiac concoctions. It has a spicy peppery taste, and it's a rich source of iron and vitamins A and C.

DAIRY & FROZEN

House Foods Tofu



12-14 oz.
5 for \$5
select varieties

House Foods Organic Tofu.....\$1.69/12-14 oz.

Brown Cow Yogurt



6 oz.
4 for \$3
select varieties

Amy's Pizza



\$4.99
select varieties

12-14.5 oz.

Cascade Fresh Sour Cream



99¢
16 oz.

Organic Valley Large or Extra Large Brown Eggs



6 pk.
2 for \$4
select varieties

Van's Waffles, Pancakes or French Toast Sticks



2 for \$5
select varieties

7-12.4 oz.

CERTIFIED Organic

Hass Avocados



99¢
ea.

Jenagold Apples



\$1.29
lb.

Broccoli



\$1.99
lb.

Vine-Ripe Tomatoes



\$1.99
lb.

Blueberries (6 oz.).....	\$2.99 ea.
Bosc Pears.....	\$1.29 lb.
Tangelos.....	99¢ lb.
Grape Tomatoes (1 dry pint).....	\$2.49 ea.
Red Leaf Lettuce.....	\$1.29 ea.

Fuji Apples.....	\$1.29 lb.
D'Anjou Pears.....	\$1.29 lb.
Lemons.....	49¢ ea.
Potatoes (5 lb. bag).....	\$2.99 ea.
Green Leaf Lettuce.....	\$1.29 ea.

Ethnic Gourmet Entrees



10-11 oz.
2 for \$6
select varieties

Ling's Chicken



\$5.99
select varieties

21-22 oz.

Almond Dream Frozen Dessert



1 pint
2 for \$5
select varieties



Research suggests that high fiber intake can significantly lower the risk of heart attacks.

GROCERY SPECIALS

<p>Good Health Avocado Oil Potato Chips</p>  <p>5 oz. 2 for \$3 select varieties</p>	<p>Lakewood Organic Pomegranate Blend Juice</p>  <p>32 oz. \$2.99 select varieties</p>	<p>Envirokidz Cereal</p>  <p>10-14 oz. 2 for \$6 select varieties</p>
<p>Imagine Organic Soup</p>  <p>32 oz. \$2.99 select varieties</p>	<p>Muir Glen Organic Tomatoes</p>  <p>28 oz. 2 for \$4 select varieties</p>	<p>Eternal Water</p>  <p>1 ltr. 4 for \$5 select varieties</p>
<p>Food Should Taste Good Sweet Potato Chips</p>  <p>4.5 oz. 2 for \$5 select varieties</p>	<p>Wholesome Sweetener Organic Blue Agave</p>  <p>44 oz. \$7.99 select varieties</p>	<p>Crystal Geyser Juice Squeeze</p>  <p>23.9 oz. 2 for \$3 select varieties</p>
<p>Sprouts Organic Spices</p>  <p>0.15-2.68 oz. 2 for \$6 select varieties</p>	<p>Sprouts Pasta Sauce</p>  <p>24 oz. 2 for \$5 select varieties</p>	<p>Annie's Naturals Organic Dressing</p>  <p>8 oz. 2 for \$6 select varieties</p>
<p>Annie's Homegrown Snack Mix</p>  <p>9 oz. \$3.29 select varieties</p>	<p>Crofter's Premium Spread</p>  <p>10 oz. select varieties 2 for \$5 Crofter's Just Fruit Spread...2 for \$6/10oz.</p>	



Flax seeds and chia seeds are good sources of heart-healthy Omega-3 essential fatty acids. They're also a good source of fiber, which helps support normal functioning of the digestive tract and can have a positive effect on cholesterol.

VITAMINS & BODY CARE

<p>Twinklab</p>  <p>LINE DRIVE SAVINGS All Items 20% Off our everyday low prices</p>	<p>Spectrum Chia Seed</p>  <p>12 oz. \$6.99 GREAT EVERYDAY VALUE</p>	<p>Country Life Omega-3 1000mg Fish Oil 200 softgels</p>  <p>Buy 1 Get 1 FREE</p>
<p>Bluebonnet Nutrition Magnesium 400mg</p>  <p>\$8.99 100 v-caps</p>	<p>Spectrum Ground Flaxseed</p>  <p>14 oz. \$5.99 GREAT EVERYDAY VALUE</p>	<p>Boiron Oscilloccinum 6 doses</p>  <p>\$9.99</p>
<p>Natrol Alpha Liponic Acid-300mg 50 caps</p>  <p>\$9.99</p>	<p>Nature's Way Sambucus Syrup</p>  <p>4 oz. \$11.49 select varieties</p>	<p>MRM CoQ10 100mg 60 softgels</p>  <p>\$11.99 GREAT EVERYDAY VALUE</p>
<p>Himalaya Heart Care 120 v-caps</p>  <p>\$15.99</p>	<p>MRM Digest-All 100 v-caps</p>  <p>\$18.99 GREAT EVERYDAY VALUE</p>	<p>Sun Harvest Oregano Oil 1 oz.</p>  <p>\$19.99</p>
<p>Shikai Hand & Body Lotion 8 oz.</p>  <p>\$5.99</p>	<p>Irwin Naturals Steel Libido 75 softgels</p>  <p>\$21.99</p>	<p>Nature's Way Alive! Liquid 30 oz.</p>  <p>\$25.99</p>
<p>Michael's Naturopathic Cardio Pack Plus Resveratrol 30 pk.</p>  <p>\$25.99</p>	<p>Everyday Shea Baby Products 16 oz.</p>  <p>\$6.99</p>	

Sprouts OLD TIME BUTCHER SHOP
Natural Meats!

Center-Cut Pork Loin Chops or Roast
Hand-cut, trimmed and tied in every store!

99% Fat-Free Chicken Breast Tenders
A great addition to any healthy meal! Extra-lean!

Your Choice

\$2.99 lb.

BONELESS

SPROUTS FISH MARKET
Wild species, weather permitting.

Boneless Tilapia Filets
Great broiled, baked or sautéed! Previously frozen.

\$4.99 lb.

Farm-Fresh Whole or Cut-Up Chicken
Hand-packaged in each store to ensure quality!

FRESH

\$1.49 lb.

Marinated Chicken Kabobs.....\$3.99/lb.

Pork or Chicken Italian Sausage
Handmade with no MSG or nitrates added. Links or bulk.

HOT OR SWEET

\$2.99 lb.

Extra-Large Texas Raw Shrimp
26/30ct. Previously frozen.

GO TEXAS

\$5.99 lb.

SPECIAL Farm-Fresh Chicken Leg Quarters (value pack)...\$1.19/lb. USDA Choice Lamb Breast.....\$3.49/lb.

Wild Caught Sockeye Salmon Filets (previously frozen)....\$9.99/lb.

Pork Shoulder Roast, Steak or Country Style Ribs
Great on the grill or for carnitas.

BONELESS

\$2.49 lb.

All-Natural Chuck Roast or Steak
Great for crack pot BBQ beef!

BONELESS

\$4.49 lb.

Nolan Ryan Beef Short Ribs (Bone-In)...\$4.49/lb.

90% Super-Lean Ground Beef
The best ground beef in town!

Nolan Ryan's

\$4.79 lb.

Not the cook-from-scratch type? Let Sprouts Country Kitchen do it for you.

Country Kitchen

Roast Beef Dinner for Two
Share a romantic meal for two without the fuss. Includes dessert!

\$29.99 ea.

Heart-Shaped Cheesecake
Handmade with quality ingredients.

Buy 1 Get 1 FREE
9 oz. regular retail \$5.99 ea.

Country Chicken or Salmon Salad
Made fresh in our stores.

\$3.99
10-12 oz.

the Cellar
Save 10% when you buy 6 bottles of wine.

Chocolate Shop or Chocovine
Better than a box of chocolates.

\$7.99
750 ml. select varieties

Red Wax Gouda or Jalapeño Cheddar

BULK CUT

\$4.99 lb.

Boar's Head EverRoast Chicken Breast

SLICED

\$7.99 lb.

Barefoot Bubbly Pink Moscato

\$6.99
750 ml.

Creamy or Dill Havarti
Mild and buttery with a slightly nutty flavor that is distinctively Havarti.

BULK CUT

\$5.99 lb.

Water Wheel Fine Wafer Crackers
A unique "melt-in-your-mouth" wafer cracker.

Buy 1 Get 1 FREE
3.5 oz. select varieties regular retail \$3.49 ea.

Free of Life Pomegranate Wine

\$8.99
750 ml.

Verdi Sparkling Wines

\$5.99
750 ml. select varieties

Deschutes Ales

\$6.99
6pk. 12oz. btl. select varieties

Gazela Vinho Verde

\$2.10
750 ml. select varieties

DOUBLE AD WEDNESDAYS!
Come in on Wednesday while this week's ad and last week's ad are effective for twice as many items on sale!

Effective February 8, 2012 - February 15, 2012

WED	THURS	FRI	SAT	SUN	MON	TUE	WED
8	9	10	11	12	13	14	15

Open daily 7am - 10pm

SPROUTS FARMERS MARKET

San Antonio
17700 N. US Hwy 281 Ste. 200
San Antonio, TX 78230
210-499-1446

Nacogdoches
2502 Nacogdoches Rd.
San Antonio, TX 78232
210-824-7800

Callaghan
8101 Callaghan Rd.
San Antonio, TX 78230
210-979-8121

Corpus Christi
1440 Airline Rd.
Corpus Christi, TX 78412
361-993-2850

McAllen
2008 N. 10th St.
McAllen, TX 78501
956-618-5388
(open 8am-9pm)

OFFERS VALID ONLY IN THE SPROUTS STORES LISTED HERE.

BEER & WINE IS NOT AVAILABLE AT OUR McALLEN LOCATION.

SATISFACTION GUARANTEED!
If you don't like it, bring it back!

If for any reason you are not delighted with your purchase at Sprouts, we'll be happy to exchange it or (with a proper receipt) refund your money. We want you to use this guarantee as a license to be adventurous, and try new products without risk.

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