

SPECIAL

Roasted Mixed Nuts With Peanuts

Salted or unsalted.

\$3.99
lb.

SPROUTS
FARMERS MARKET

FROZEN FRENZY
Sale!

SUNFLOWER
FARMERS MARKET

Apple Rama

Gala, Granny Smith, Jonathan, Gold or Red Delicious

59¢
lb.

Red or Russet Potatoes

2 \$1
lbs. for

Red Bell Peppers

3 \$1
for

Butternut or Spaghetti Squash.....88¢/lb.

Ripe Hass Avocados

2 \$1
for

Iceberg Lettuce or Bunched Spinach

88¢
ea.

Whole Seedless Watermelons

3 \$1
lbs. for

Red Garnet Yams or Sweet Onions

88¢
lb.

Roma or Beefsteak Tomatoes

88¢
lb.

Red, Green or Black Seedless Grapes

\$1.99
lb.

Cauliflower or Bunched Celery

88¢
ea.

SPECIAL

Golden Ripe Pineapples.....2 for \$5

Grape Tomatoes (1 dry pint).....2 for \$3

Strawberries (1 lb. pkg.) or Raspberries (6 oz. pkg.)...2 for \$5

CERTIFIED Organic



Organic Bartlett Pears 99¢ lb.



Organic Gala Apples 99¢ lb.

Sprouts FROZEN FRENZY

20% OFF

EVERYTHING FROZEN YOU CAN FIT IN THE SALE BAG.

ONE WEEK ONLY! See inside for details.

Sale!

- CHECK OUT THESE BARNSTORMIN' WEEKLY SPECIALS -

Almond Breeze Almondmilk



64 oz.

2 \$5
for

Sprouts Coconut Water



1 Ltr.

\$2.99
select varieties

Mild Cheddar

rBST-free! Made from milk from grass-fed cows.



\$2.99
lb.

Dark Chocolate Walnuts



\$4.99
lb.

Sprouts OLD TIME BUTCHER SHOP Natural Meats!

Center-Cut Pork Loin Roast or Chops

Natural, premium pork at a value!

Extra-Jumbo Wild Raw Shrimp

16/20 ct. Previously frozen. Great on the grill!

Boneless Skinless Chicken Breast

Hand-trimmed and packaged in every store.



\$1.99
lb.



\$6.99
lb.



\$1.99
lb.

Sale prices valid October 3, 2012 - October 10, 2012

10-03-12 SAC-1

Sprouts FROZEN FRENZY

20% OFF

EVERYTHING
FROZEN YOU
CAN FIT IN
THE SALE BAG.

Sale!

PICK UP YOUR BAG IN-STORE! ONE WEEK ONLY

Limit one bag per household. Limited to in-store stock only. Sale valid 10/3-10/10.

BULK FOODS

Blanched Peanuts

Choose from roasted salted, roasted unsalted or raw.



\$2.99
lb.

Thompson Seedless Raisins



\$1.99
lb.

Butter Toffee Peanuts



\$1.99
lb.

Chocolate Cherry Glazed Pecan Walnuts



\$4.99
lb.

Cherry Vanilla Granola



\$1.99
lb.

Volcanic Red Leonarda Estate Reserve Coffee



\$5.99
12 oz.

BAKERY

Sprouts Rye Bread

16 oz.



2 \$6
for
select varieties

Stonefire Naan Bread.....2 for \$5.88 ea.

Sprouts Fresh Baked Cookies

Baked right in our own bakeries!
Everyday low price



\$2.99
doz.
select varieties

Alpine Valley Organic Nine Grain Bread...2 for \$6/18 ea.

Sprouts Mini Turnovers



\$1.79
4 pk.
select varieties

J. Skinner Pumpkin Coffee Cake.....\$3.99/14 ea.



ESSENTIAL 4 SUPPLEMENTS
SWEEPSTAKES



LIKE SPROUTS ON
FACEBOOK & ENTER



DAIRY & FROZEN

Celestial Seasonings Kombucha



16 oz.

2 \$4
for
select varieties

Westsoy Low Fat Soymilk



2 \$3
for
select varieties

Sprouts Butter Solids

1 lb.



2 \$5
for
select varieties

Naked Juice



\$6.99
64 oz.
select varieties

Yves Meat Alternatives

4.2-12 oz.



25% off
select varieties

Sprouts Organic Large Omega-3 Eggs



2 \$7
for
select varieties



CERTIFIED
Organic



Organic Hass Avocados



99¢
ea.

Organic Garnet Yams



99¢
lb.

Organic Red Seedless Grapes



2 \$5
lb. for

Organic Grape Tomatoes



2 \$5
for

Cilantro or
Red Radishes.....88¢/ea.

Valencia Oranges.....99¢/lb.

Red or Green
Leaf Lettuce.....2 for \$3

Honeycrisp Apples.....2 lbs. for \$5

Russet Potatoes
(5 lb. bag).....\$2.99/ea.

Yellow
Onions.....88¢/lb.

Butternut Squash.....99¢/lb.

Baby Peeled Carrots
(1 lb. bag).....2 for \$3

Living Butter Lettuce2 for \$5

Bulk Spring Mix or
Baby Spinach\$3.99/lb.

FROZEN FRENZY

20% OFF

Sale!

Including all
frozen brands...



ONE WEEK ONLY!

Valid October 3-10
See top of this page for details.

GROCERY SPECIALS

Kettle Potato Chips  SAVE UP TO \$1.80 \$2.99 13 oz. select varieties	ThinkThin Bars  SAVE UP TO \$2.56 4 for \$5 1.41-2.1 oz. select varieties	Arrowhead Water  SAVE UP TO \$3 \$2.99 24 pk. select varieties	
Celestial Seasonings Tea  2 for \$5 20 bags select varieties	Bragg Liquid Aminos  \$5.99 32 oz. select varieties	Thai Kitchen Coconut Milk  2 for \$4 13.66-14 oz. select varieties	Tasty Bite Rice Mixes  2 for \$4 8.8 oz. select varieties
Lakewood Juice  \$6.99 32 oz. select varieties	Earth's Best Baby Food Pouches  10 for \$10 select varieties	California Olive Ranch Extra Virgin Olive Oil  \$8.99 500 ml. select varieties	Newman's Own Organics Cat Food  4 for \$5 5.5 oz. select varieties
Sprouts BRAND Products Quality that you can trust!			
Sprouts Pretzels  \$1.99 10-15 oz. select varieties		Sprouts Organic Spices  \$2.99 1.5-2.68 oz. select varieties	
		Sprouts Secret Stash  \$1.99 6 oz. select varieties	

EACH WEEK IN OCTOBER, SPROUTS IS GIVING AWAY A ONE-YEAR SUPPLY OF PROBIOTICS, SUPERFOOD SUPPLEMENTS, MULTIVITAMINS OR OMEGA-RICH OILS.*
*PURCHASE NECESSARY ONLINE SWEEPSTAKES MUST BE 18 OR OLDER & US RESIDENTS. SEE WWW.SPROUTSFARMERSMARKET.COM FOR COMPLETE DETAILS.

VITAMINS & BODY CARE

Himalaya Herbal Healthcare  LINE DRIVE SAVINGS All Items 20% off	Spectrum Ground Flaxseed  \$5.99 15 oz.	NRM Alpha Lipoic Acid 300mg  60 v-tabs Buy 1 Get 1 FREE
Alacer Emergen-C  \$8.99 30 ct. select varieties	Organic India Whole Husk Psyllium  \$8.99 12 oz.	Alba Botanica Very Emollient Body Lotion  32 oz. 30% off select varieties
Solaray B Complex 100  \$13.99 100 v-caps	Doctor's Best Hyaluronic Acid With Chondroitin Sulfate  \$14.99 60 caps	Nature's Gate Body Wash  \$4.99 18 oz. select varieties
Aura Cacia Pure Essential Oils  25% off select varieties	American Health Enzyme Probiotic Complex  \$14.99 90 v-caps	Country Life Maxi-Hair Time Release  \$15.99 90 tabs
Jarrow Formulas Curcumin 95  \$19.99 60 caps	Devita  LINE DRIVE SAVINGS All Items 20% off	Natural Factors Ultra Strength RxOmega-3 Factors  25% off
Inner-Eco Dairy-Free Probiotic Kefir  \$9.99 15 oz.	Green Foods Green Magma  \$19.99 5.3 oz.	Garden Of Life Vitamin Code Multivitamin  \$29.99 120 caps



Budget Boosters

Succulent Shrimp
Skewers or Gourmet
Stuffed Clams

2 oz.

WOW!

5 oz.

99¢

Your
Choice

Whole Legs,
Drums, Thighs or
Whole Chickens

1 lb.

**VALUE
PACK!**

Sprouts Gourmet Stuffed Chicken Breast

Hand-trimmed and packaged in our stores.
All varieties on sale!

- Cordon Bleu
- Spinach/Feta
- Asparagus/Jack
- Broccoli/Cheddar



\$2.99
lb.

Marinated Chicken Breast.....\$2.99/lb.

Sprouts Bulk Pork Sausage or Ground Pork

Handmade with no MSG or nitrates added.



**HOT OR
SWEET**

\$1.99
lb.

Sprouts Bulk Pork Sausage or Ground Pork.....\$1.99/lb.

SPROUTS FISH MARKET

Wild species, weather permitting

Wild Alaskan Coho Salmon Fillets

Caught in icy northern waters!
Stock up before the season ends!



FRESH

\$8.99
lb.

Wild Alaskan Cod Fillets

Great for fish 'n' chips! Previously frozen.



\$7.99
lb.

Wild Fresh Red Rock
Snapper Fillets.....\$5.99/lb.

Zack's, Foster Farms or Jennie-O Ground Turkey

A great addition to any healthy meal!



\$4.49
1.25 lb.
pkg.

Sprouts Handmade Turkey Basil Loaf.....\$3.99/lb.

USDA Choice Sirloin Tip Roast or Steak

"Old Tyme" natural meat cut with
old-fashioned skill and quality.



\$4.49
lb.

USDA Choice Sirloin Tip Roast or Steak.....\$4.49/lb.

85% Extra-Lean Ground Beef

The best ground beef in town!
Nothing added!



**VALUE
PACK!**

\$4.49
lb.

Gourmet Beef Burgers or Sliders.....\$4.49/lb.



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

Pork Chop Dinner

Available with mashed
potatoes or stuffing.



\$4.99
10 oz.

8-inch Take & Bake Pizza

Made fresh in our kitchens.



**20%
OFF**

price marked reflects discount
Koslo's Pierogies.....20% OFF/13-14 oz.

Chef Salad



\$4.99
12 oz.



Save 10%
when you buy
6 bottles of wine.

Red Hook or Kona Beer

6 pk.,
12 oz. btl.



SAVE UP TO
\$3

\$5.99
+CRV

select varieties

Sutter Home Wines

SAVE UP TO
\$3



\$3.99

select varieties

Warsteiner Beer



12 pk.,
11.2 oz. btl.

\$10.99
+CRV

select varieties

Madria Sangria or Moscato



2 for \$10

Hahn Wines



\$9.99

select varieties

Baguala Malbec



\$3.99

DOUBLE AD WEDNESDAYS!

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

Effective October 3, 2012 - October 10, 2012

WED	THURS	FRI	SAT	SUN	MON	TUE	WED
3	4	5	6	7	8	9	10

For store hours visit us online at sprouts.com



**OFFERS
ONLY GOOD AT**

Citrus Heights

Greenback Ln. & Sunrise Blvd.
916-560-2000

Elk Grove

Laguna & Big Horn Blvd.
916-478-9595

Modesto

McHenry & Briggsmore
209-527-7575

Roseville

Douglas Blvd. & North Harding Blvd.
916-960-1201

Sacramento Land Park

Del Rio Rd. & Sutterville Rd.
916-455-4200

**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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10-03-12 SAC-4