



Cupcake Wines
\$7.99
select varieties
750 ml.



Strawberries

16 oz.

4 for \$5

Gala, Red Delicious,
Jonathan or
Granny Smith Apples



99¢ lb.

Hass Avocados



77¢ ea.

Red Bell Peppers
or Fresh Cucumbers



77¢ ea.

D'Anjou or Bartlett Pears
or Fall Glow Tangerines



99¢ lb.

Broccoli Crowns, Artichokes
or Baby Carrots



99¢ ea. **1LB. BAG**

Cluster Tomatoes



\$1.49 lb.

Acorn, Butternut, Spaghetti,
Kabocha or Delicata Squash



88¢ lb.

Green Leaf, Red Leaf
or Romaine Lettuce



88¢ ea.

Large Cantaloupes
or Honeydew Melons



2 for \$3

SPECIAL Fresh Celery.....88¢/ea. Green Bell Peppers.....49¢/ea. Green or Red Seedless Grapes.....\$1.29/lb.

Organic



Organic Bartlett Pears **99¢** lb.



Organic Fuji Apples **\$1.49** lb.

Chobani Greek Yogurt



FREE Sale!

Chobani Greek Yogurt (select varieties)...5 for \$5/6 oz.

Sprouts Spring Mix or
Baby Spinach Salads



FREE Sale!

10 oz. clamshell regular retail \$4.99

Hansen's Apple Juice



FREE Sale!

64 oz. regular retail \$4.59

- MORE GREAT BOGO DEALS INSIDE -

Kashi GoLean Cereal



FREE Sale!

regular retail \$5.49 select varieties

New Chapter Zyflamend



FREE Sale!

120 softgels

Sun Tree Roasted Almonds



FREE Sale!

16 oz. regular retail \$6.99 select varieties



Atlantic Salmon Filets

Delivered fresh up to 6 days a week!
Farm raised.

WOW!

Farm-Fresh Pork Baby Back Ribs

Lightly season and grill to perfection!



\$4.99 lb.



\$2.99 lb.

Sale prices valid October 5, 2011 - October 12, 2011

10-05-11 TX-1

Sprouts

Nuts for life!

- No cholesterol
- Great source of healthy EFAs
- Provide healthy antioxidants
- Naturally low in carbs
- You only need a 1 oz. serving to receive all the benefits!

Bulk Coffee
100% pure Arabica beans, over 40 flavors to choose from.



\$8.99 lb.

Roasted Mixed Nuts
Salted or unsalted.



\$4.99 lb.

Kontos Flatbreads
Authentic!



FREE Sale!
regular retail \$2.99 select varieties

Chocolate Caramel Popcorn
Popcorn covered in confection.



NEW!
\$1.99 lb.

Brown Rice
Short or long grain.



69¢ lb.

Sprouts Multigrain or 6-Grain Bread
The goodness of grain the appeal of flavor.



FREE Sale!
regular retail \$3.49

Natural Honey Almond Granola
Start your day with a healthy breakfast.



\$2.49 lb.

Chocolate Maltballs
Classic candy.



\$2.99 lb.

Oasis Sprouted Wheat Fruit Bars
Wholesome goodness.



FREE Sale!
regular retail \$3.49

October is Autism Awareness

Amande Cultured Almond Milk



FREE Sale!
regular retail \$1.49 select varieties

Bolthouse Farms Juice
ALL-NATURAL!



FREE Sale!
regular retail \$6.99 select varieties

Michael Angelo's Entrees



FREE Sale!
regular retail \$4.69 select varieties

Earth Balance Organic Soymilk



FREE Sale!
regular retail \$4.29 select varieties

Organic Perfect Food Bars



FREE Sale!
regular retail \$2.19 select varieties

CERTIFIED Organic



Gala Apples **\$1.29** lb.

D'Anjou Pears **\$1.69** lb.

Celery.....99¢ ea.	California Valencia Oranges..\$1.29 lb.
Romaine Lettuce.....\$1.29 ea.	Avocados.....\$1.99 ea.
Iceberg Lettuce.....\$1.49 ea.	Grape Tomatoes (1 dry pint)\$2.99 ea.
Carrots (5 lb. bag).....\$3.99 ea.	Acorn Squash.....\$1.29 lb.
Red Grapes.....\$2.49 lb.	Butternut Squash.....\$1.29 lb.
Honeycrisp Apples.....\$2.49 lb.	Spaghetti Squash.....\$1.29 lb.

Kashi Waffles



FREE Sale!
regular retail \$4.49 select varieties

Cascadian Farm Vegetables



FREE Sale!
regular retail \$3.49 select varieties

Vitalicious VitaTops



FREE Sale!
regular retail \$5.49 select varieties

Hansen's Lo-Cal Juice



The BUY ONE GET ONE
FREE
Sale!

regular retail \$4.59
select varieties

Hubert's Lemonade



The BUY ONE GET ONE
FREE
Sale!

regular retail \$1.99
select varieties

Celestial Tea



The BUY ONE GET ONE
FREE
Sale!

regular retail \$3.29
select varieties

Kind Bars



The BUY ONE GET ONE
FREE
Sale!

regular retail \$1.69
select varieties

Pop Chips



The BUY ONE GET ONE
FREE
Sale!

regular retail \$2.49
select varieties

Hawaiian Springs Artesian Water



The BUY ONE GET ONE
FREE
Sale!

regular retail \$1.19
select varieties

Stacy's Pita Chips



The BUY ONE GET ONE
FREE
Sale!

regular retail \$2.99
select varieties

Annie's Homegrown Deluxe Mac N Cheese



The BUY ONE GET ONE
FREE
Sale!

regular retail \$3.89
select varieties

Castor & Pollux Ultramix Pet Food



The BUY ONE GET ONE
FREE
Sale!

select varieties

Sprouts Organic Extra Virgin Olive Oil



\$5.99

750 ml.

Sprouts Pomegranate or Cranberry Juice



The BUY ONE GET ONE
FREE
Sale!

regular retail \$6.99
select varieties

Sprouts Stuffed Olives



\$5.99

21 oz. select varieties

Month at Sprouts!

Make a tax deductible donation of **\$1, \$5, \$10**



Sprouts Turmeric



The BUY ONE GET ONE
FREE
Sale!

60 v-caps

Sprouts CoQ10 100mg.



The BUY ONE GET ONE
FREE
Sale!

30 softgels

New Chapter Zylamend



The BUY ONE GET ONE
FREE
Sale!

120 softgels

Sprouts Basic Multi



The BUY ONE GET ONE
FREE
Sale!

60 v-tabs

Sprouts Vitamin D3 1000 IU



The BUY ONE GET ONE
FREE
Sale!

250 softgels

MRM Relax-All



The BUY ONE GET ONE
FREE
Sale!

60 caps

Natrol Sleep'n Restore



The BUY ONE GET ONE
FREE
Sale!

20 tabs

Doctor's Best Natural Vitamin K2-Mena Q7



The BUY ONE GET ONE
FREE
Sale!

60 v-caps

Natural Factors



LINE DRIVE SAVINGS
All Items

25% off
our everyday low prices

Pure Essence Labs



LINE DRIVE SAVINGS
All Items

20% off
our everyday low prices

Irwin Naturals



LINE DRIVE SAVINGS
All Items

20% off
our everyday low prices

Solgar



LINE DRIVE SAVINGS
All Items

20% off
our everyday low prices

Sprouts Vitamin E Creme



The BUY ONE GET ONE
FREE
Sale!

4 oz.

Aura Cacia Lavender Essential Oil



The BUY ONE GET ONE
FREE
Sale!

.5 oz.

Desert Essence



LINE DRIVE SAVINGS
All Items

25% off



Choice Natural New York Steak

Serve your family the best!

Extra Large Raw Shrimp

Great on the grill or for scampi. Peeled and deveined.



\$8.99 lb.



Starfish Breaded Cod, Haddock or Sole



FREE Sale!

Ahi Tuna Steak.....\$9.99/lb.

Farm-Fresh Chicken Drumsticks or Thighs

Hand-packaged in every store to ensure quality and freshness!

Sprouts Pork Sausage Sweet & Hot Italian or Bratwurst

Handmade in every store with no MSG or nitrates added. Links or bulk.



\$1.49 lb.



\$2.99 lb.

Gourmet Stuffed Clams

Heat and eat for a great party treat!



10 \$10 for 5 oz.

Fresh Tilapia Filets.....\$6.99/lb.

Farm-Fresh Chicken Wingettes (value pack)...\$2.69/lb.

Choice Natural London Broil or Brisket...\$4.99/lb.

Pork Sirloin Chops, Roasts or Ground Pork

No sodium-based enhancers or solutions added.

99% Fat-Free Chicken Tenders

A great addition to any healthy meal!



\$2.99 lb.



\$2.99 lb.

Boneless Skinless Chicken Thighs (value pack)...\$2.79/lb.

Extra-Lean Ground Beef

The best ground beef in town!



\$3.79 lb.



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

Roasted Chicken

Fully cooked and ready to serve.

Chicken Caesar Salad

Perfect for a light lunch, fresh and crisp!

Seafood Salad

Our own recipe.



\$5.49 ea.



\$3.99 12 oz.



\$3.99 lb.



Save 10% when you buy 6 bottles of wine.

Naked Grape Wines

Simple and delicious.



\$5.99 750 ml. select varieties

Allure Pink Moscato.....\$8.99/750 ml.

Havarti Cheese

Smooth and creamy for the perfect grilled cheese! Creamy or Dill.

Chicken Breast

A tender, moist and delicious chicken, perfect for sandwiches.



\$5.99 lb.



\$5.99 lb.

Tillamook Medium or Sharp Cheddar (bulk art)...\$4.99/lb.

Santiago Ridge Wines



2 \$10 for 750 ml. select varieties

Jindalee Wines.....3 for \$10/750 ml.

Cedar's Mediterranean Hummus

Instantly transport your taste buds to the Mediterranean.

Chuckanut Bay Cheesecakes

We use the freshest, most natural ingredients from local farms and dairies. Each cake is handmade from scratch.



FREE Sale! regular retail \$3.99 select varieties



FREE Sale! regular retail \$2.99 select varieties

Goldmine Lager



\$6.99 12 pk., 12 oz. cans

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 5, 2011 - October 12, 2011

WED	THURS	FRI	SAT	SUN	MON	TUE	WED
5	6	7	8	9	10	11	12

Open daily 7am - 10pm

Cedar Hill
FM 1382 & HWY 67 • 972-637-5108

Dallas
Forest & Marsh • 214-350-0574

Flower Mound
Cross Timbers & Morriss • 972-874-7380

Fort Worth
I-20 & Hulen • 882-747-5790

Frisco
Preston & Lebanon • 972-464-5776

Murphy
E. FM 544 & Murphy • 972-265-4770

Plano
Coit & Legacy • 972-618-8902

Richardson
Coit & Campbell • 214-442-5961

Southlake
Randol Mill & Southlake • 682-223-5805

OFFERS VALID ONLY IN THE SPROUTS STORES LISTED HERE.

BEER & WINE IS NOT AVAILABLE AT OUR CEDAR HILL LOCATION.

Always Satisfied Always Guaranteed

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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