

SPECIAL
Fresh Meaty
Pork Spare Ribs
\$1.99
lb.



**Buy a \$100 Sprouts
Gift Card for
\$89.99**

1 Day Only! Friday, October 12th!
Take advantage of these incredible savings!
No rain checks on gift cards.



Red Seedless Grapes

Carving Pumpkins
3 for \$10

77¢
lb.

**Bunched Red Radishes,
Cilantro or Green Onions**
2 for \$1

**On-the-Vine
Cluster Tomatoes**
99¢
lb.

Yellow or White Onions
2 lbs. for \$1

**English Hothouse Cucumbers
or Eggplant**
99¢
ea.

Cantaloupes
2 lbs. for \$1

**Red or Yellow
Bell Peppers**
99¢
ea.

**Broccoli Crowns
or Cauliflower**
99¢
lb.

Italian or Yellow Squash
99¢
lb.

**Bartlett, Bosc, or
D'Anjou Pears**
99¢
lb.

SPECIAL Mangos or Fresh Young Coconuts..... **2 for \$3** Strawberries, Blackberries or Raspberries (5.6-16 oz.)..... **2 for \$5** Russet Potatoes (5 lb. bag)..... **2 for \$3**

Organic Hass Avocados **99¢** ea. **Organic** Red Garnet Yams **99¢** lb.

**Van's Waffles,
Pancakes or
French Toast Sticks**
7-12.4 oz.
2 for \$4

Hansen's Soda
6 pk. 12 oz. cans
2 for \$5

Lactaid Milk
64 oz.
2 for \$5

Roasted Pistachios
Choose from salted or unsalted.
\$5.99
lb.

- CHECK OUT THESE BARNSTORMIN' WEEKLY SPECIALS -

**Sprouts
Whey Protein**
NEW!
16-32 oz.
25% off

**Hansen's
Organic Apple Juice**
64 oz.
2 for \$5

**Oroweat 100% Whole
Wheat Bread**
24 oz.
\$2.99

Cupcake Wines
750 ml.
\$7.99



**Fresh Atlantic
Salmon Fillets**
Delivered fresh up to six days a week!
\$4.99
lb.

**99% Fat-Free
Chicken Breast Tenders**
A great addition to any healthy meal.
\$1.99
lb.

**98% Super Lean
Ground Sirloin**
The best ground beef in town, nothing added!
\$3.99
lb.

Sale prices valid October 10, 2012 - October 17, 2012

10-10-12 54C-1

GO NUTS!

Health Benefits of Nuts

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



BULK FOODS

Australian Licorice

Choose from red or black.



\$4.99
lb.

Coconut Almond Granola



\$1.99
lb.

Inka Plantain Chips

Roasted and salted.



\$4.99
lb.

Peanut Butter & Chocolate Trail Mix



\$3.99
lb.

California Grown Raw Almonds



\$4.99
16 oz.

Torn & Glasser Dried Apricots



\$2.99
14 oz.

BAKERY

Sweet Paradise Gourmet Cinnamon Bread



\$4.99
20 oz.
select varieties

Sprouts Mini French Bread.....79¢/lb.

Sprouts Sliced Loaf Cakes



\$3.49
15 oz.
select varieties

Kimberly Gourmet Cupcakes (6ct. var).....\$3.99/11.7 oz.

Give & Go Two-Bite Macaroons



\$3.79
10.5 oz.
select varieties

Dee's Flourless Muffins (6ct. var).....\$5.99/15 oz.



ESSENTIAL 4 SUPPLEMENTS SWEEPSTAKES



LIKE SPROUTS ON FACEBOOK & ENTER



DAIRY & FROZEN

Florida's Natural Orange Juice



2 for \$6
select varieties

59 oz.

Noosa Yogurt



\$1.69
8 oz.
select varieties

Breyers Ice Cream



\$3.99
48 oz.
select varieties

Humboldt Organic Butter



\$3.99
1 lb.
select varieties

Sprouts Coconut Milk



2 for \$5
select varieties

64 oz.



Organic



Organic Bunched Broccoli or Cauliflower



2 for \$3
lbs. for

Organic Acorn, Butternut or Spaghetti Squash



99¢
lb.

Organic Gala Apples



\$3.99
ea.
3 lb. bag

Organic Green D'Anjou Pears



\$3.99
ea.
3 lb. bag

Red Bell Peppers.....4 for \$5

Red Delicious or Granny Smith Apples.....2 lbs. for \$3

Bartlett Pears.....2 lbs. for \$3

Red Seedless Grapes.....2 lbs. for \$5

Sweet Baby Broccoli (6 oz. pkg.).....2 for \$5

Valencia Oranges.....4 lbs. for \$5

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

Green Curly Kale.....2 for \$3

Grape Tomatoes (1 dry pint).....2 for \$5

Red or Yellow Onions (3 lb. bag).....2 for \$5

Michael Angelo's Entrées



\$2.99
10 oz.
select varieties

Vitalicious VitaMuffin VitaTops



\$3.99
8 oz.
select varieties

Organic Bistro Entrées



2 for \$7
select varieties

GROCERY SPECIALS

Kashi Organic Promise Cereal  10.4-17.5 oz. \$3.99 select varieties	Kind Bars  1.4-1.6 oz. 4 for \$5 select varieties Kind Granola Clusters (sel. var.) \$4.99/11 oz.	Kettle Tias! Tortilla Chips  8 oz. 2 for \$5 select varieties	
Spectrum Extra Virgin Olive Oil  33.8 oz. \$12.99 select varieties	Stash Tea  18-20 bags 2 for \$5 select varieties	Soy Joy Bars  1.05 oz. 79¢ select varieties	Zico Coconut Water  11-11.2 oz. 4 for \$5 select varieties
Back To Nature Mac & Cheese  5.5-6.5 oz. 2 for \$3 select varieties	Muir Glen Organic Soup  14-14.9 oz. 2 for \$5 select varieties	Wasa Crispbreads or Flatbreads  4.9-10.9 oz. 2 for \$5 select varieties	Real Water Alkalized Antioxidant Water  1 Ltr. 2 for \$3 select varieties
 Sprouts BRAND Products <i>Quality that you can trust!</i>			
Sprouts Veggie Sticks or Chips  6 oz. \$2.49 select varieties		Sprouts or Sunflower Broth  32 oz. \$1.99 select varieties	
Sprouts Paper and Cleaning Products  25% off select varieties			

EACH WEEK IN OCTOBER, SPROUTS IS GIVING AWAY A ONE-YEAR SUPPLY OF PROBIOTICS, SUPERFOOD SUPPLEMENTS, MULTIVITAMINS OR OMEGA-RICH OILS.*
*NO PURCHASE NECESSARY. ONLINE SWEEPSTAKES. MUST BE 18 OR OLDER. ENDS 10/31/16. SEE WWW.FACEBOOK.COM/SPROUTSFARMERSMARKET FOR COMPLETE DETAILS.

VITAMINS & BODY CARE

Liddell  All Items 25% off	Nutrition Now  All Items 20% off	Jakemans Lozenges  30 ct. \$1.99 select varieties
Bluebonnet Vitamin E 200 IU Mixed Tocopherols  50 softgels \$5.99	Nature's Way Organic Coconut Oil  16 oz. \$9.99	Nature's Gate Shampoo & Conditioner  18 oz. \$4.99 select varieties
Jarrow Formulas PS-100 100mg  30 softgels \$12.99	Flora Udo's Choice 3-6-9 Oil Blend  8.5 oz. \$13.99	Natrol Hyaluronic Acid with MSM & Glucosamine  90 caps \$14.99
CleanWell  All Items 25% off	Michael's Immune System Factors  60 tabs \$15.99	Gaia Herbs Black Elderberry Syrup  5.4 oz. \$18.99
Sprouts, Sun Harvest or Sunflower Oregano Oil  120 caps \$19.99	Light Mountain Henna Hair Color  4 oz. \$4.99 select varieties	Ascenta NutraSea  200 ml. \$19.99
Kyolic Cardiovascular Formula 100  300 caps \$24.99	Boiron Oscillococcinum  30 dose \$28.99	Dr. Bronner's Castile Liquid Soap  32 oz. \$10.99 select varieties



Oktoberfest!

Pork or Chicken Sausage Bonanza

All varieties on sale! Handmade with no MSG or nitrates added! Links or bulk.

\$2.99 lb.

SPROUTS FISH MARKET

Wild species, weather permitting!

Boneless Tilapia Fillets

Great broiled, baked or sautéed!

FRESH

\$6.99 lb.

Easy-Peel Raw or Cooked Shrimp

Top vein removed for your convenience! 41/50 ct. previously frozen.

\$5.99 lb.

Wild Ahi Tuna Steaks (previously frozen).....**\$12.99/lb.**

Farm-Fresh Pork Sirloin Chops or Roast

Natural, premium pork at a value!

ALL-NATURAL!

\$2.99 lb.

Fresh Super Lean Ground Pork.....**\$2.99/lb.**

Turkey Tenders, Cutlets or Ground Turkey Breast

A great addition to any healthy meal!

ALL-NATURAL!

\$3.99 lb.

Fresh All-Natural Lamb Loin Chops.....**\$7.99/lb.**

SPECIAL Marinated Chicken Kabobs or Fresh Ground Chicken Breast...**\$3.99/lb.**

USDA Choice Center-Cut Boneless Top Sirloin Steak

The best steaks in town! Hand-cut and trimmed in every store!

ALL-NATURAL!

\$6.99 lb.

USDA Choice New York Cut Sirloin Steak...**\$7.99/lb.**

USDA Choice Boneless Rump Roast or Stew Meat

"Old Tyme" natural meat cut with old-fashioned skill!

ALL-NATURAL!

\$3.99 lb.

Sprouts Famous Marinated Carne Asado...**\$3.99/lb.**

Boneless Skinless Chicken Thighs

Hand-trimmed in every store. Fresh never frozen!

ALL-NATURAL!

\$2.49 lb.

Sprouts Famous Marinated Pollo Asado...**\$2.99/lb.**



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

Roasted Boneless Turkey Breast

Fully cooked and ready to eat!

HOT!

\$5.99 lb.

Cobb Salad

Made fresh daily!



\$4.99 12 oz.

Chicken Pot Pie

Just heat and serve!



\$3.49 11 oz.

Macaroni & Cheese.....**\$3.99/lb.**

60% Double Cream Brie

Deliciously creamy.

BULK CUT!

\$7.99 lb.

Pauly Cream Cheese.....**\$1.99/8 oz.**

Applegate Organic Deli Meats

Changing the meat we eat!



\$5.99 4-6 oz.

Mild Cheddar Slices.....**\$4.99/lb.**

Cranberry Sage Turkey Breast

Available for a limited time!

SLICED!

\$5.99 lb.

Old Amsterdam Aged Gouda.....**\$4.99/5.28 oz.**

4-Year-Aged Sharp Cheddar

BULK CUT!

\$6.99 lb.

Frankly Fresh Natural Soups.....**2 for \$6/25 oz.**



Save 10% when you buy 6 bottles of wine.

Newcastle Beer

SAVE UP TO \$6

12 pk., 12 oz. btl.



\$10.99 +CRV select varieties

Liberty Creek Wines

1.5ltr.



2 \$10 for select varieties

Redbridge or Shock Top Beer



\$6.99 +CRV select varieties

Mi Chiamo Wines

750 ml.



\$5.99 select varieties

Pepperwood Grove Wines



3 \$10 select varieties

Apothic Red or White Wine

750 ml.



\$8.99

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 10, 2012 - October 17, 2012

WED	THURS	FRI	SAT	SUN	MON	TUE	WED
10	11	12	13	14	15	16	17

For store hours visit us online at sprouts.com



Citrus Heights

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

Elk Grove

Laguna & Big Horn Blvd.
916-478-9595

Modesto

McHenry & Briggsmore
209-527-7575

Sacramento Land Park

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

Roseville

Five Star Blvd. & Sanford Ranch Rd.
916-774-1120

OFFERS ONLY GOOD AT

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.

sprouts.com ★ Coupons, free products and more when you join our FREE mailing list. ★ Visit us online



These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure or prevent disease. Some items may be subject to local, county or state sales tax, and in Fort Collins and Aurora, CO to a Public Improvement Fee (PIF). We are not responsible for any typographical errors.

10-10-12 SAC-4