



Made from cassava meal, pumpkin seed meal, & avocado oil • Grainfree, paleo, & vegan • 5.5oz.



SIETE



LAKEFRONT BREWERY **Box of Beer**

Four of Lakefront's aluminum-clad crowd-pleasers, together at last in a stackable, crackable, twelve-packable, easy-to-carry carton • 12-pk

open daily



NATURAL FOODS

≓GRAIN FREE≦ Tortilla chips SIETE L'ine, FOODS **Tortilla Chips**

Grain-free, paleo, & vegan • Select varieties • 5oz.

4.59





Almond, cassava, or chickpea flour • Gluten-free & vegan • 7 oz.



SIETE FOODS **Canned Beans & Seasoning Packets** Vegan • Select varieties • 1.29 oz. - 16 oz.

2 for 4.00



OUTPOST'S OWN Fiesta Taco Dip

Delicious layers of organic black beans, tomatoes, scallions & cilantro, black olives, chipotle lime Neufchatel cheese, salsa, cheddar & Monterey jack cheeses

May 1 - 7, 2024





may the savings be with you



MILLER POULTRY Chicken Drumsticks or Bone-In Thighs

Raised with no hormones or antibiotics & vegetarian-fed • Orland, IN





ORGANIC VIDALIA ONIONS Georgia Grown 1.39 *lb*.

owner savings*



ORGANIC COSMIC CRISP APPLES Washington Grown **1.69** per lb.



WISCONSIN MEADOWS Pasture-Raised Bone-In Pork Butt Roast Humanely raised with no antibiotics or hormones • Viroqua, WI

6.49 per lb.



Pea-protein based • Shelf stable & perfect for the pantry • Select varieties • Norway, IA • 3.35 oz.

99



Florida Grown • Lady Moon Farms

2.99 per lb.



WISCONSIN MEADOWS 100% Grassfed Beef Skirt Steak

Perfect for tacos or fajitas • Humanely raised on Wisconsin family farms • Viroqua, WI



Sin Sector

Deliciously

juicy!





ORGANIC GRAPE TOMATOES

Canada or Mexico Grown

1.99 per pint





owner savings* – Join the Co-op today & start enjoying these and all the benefits of ownership!

FRESH & DELICIOUS

owner savings*



GRAB & GO Veggie Rainbow Sandwich

A delightful combination of organic carrots, tomatoes, red onions, sprouts & sunflower seeds on Tribeca multigrain bread with our homemade hummus

/egan chili available daily!

3.99 ea.



co-op made

OUTPOST'S OWN Pork Chorizo Sausage

Made fresh in our meat departments • Seasoned with paprika, garlic, oregano, cumin & a hint of lemon juice

5.99 per lb.

cheese special



OUTPOST'S OWN Horseradish Cheddar Spread

This delicious cheddar horseradish spread is great on crackers & bread • Especially delicious with raw veggies & pretzels



MADE FROM SCRATCH

owner savings*



Our favorite banana flax muffins made with chocolate chips & drizzled with chocolate ganache • 4-pk

5.99 ea.

deli special



FERNDALE Roasted Turkey Breast

- Fresh sliced in the Cafe!

Third generation free-range turkey farm

• All-natural & humanely raised



we made you dinner • MAY I - 7



OUTPOST'S OWN

Available hot or cold in the

grab & go case • Scan the code

to view our April soup calendar

Soup of the Day





Irish Beef Stew

Butter Chicken

Chickpea Dumplings w/ Collard Greens (wheat-free, vegan)

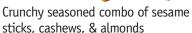
4-Cheese Mac & Cheese

Vegan Mac & Cheese (vegan)

MADE FROM SCRATCH • ORGANIC INGREDIENTS • ALL NATURAL

co-op deals • co-op deals • co-op deals • co-op

BULK Thunder Crunch **Snack Mix**



SAVE 1.00 per lb.

BULK PACK Organic



Dried Cranberries Sweetened with organic cane sugar • Grown in Canada • 1 lb.

SAVE 2.00

BULK **Organic Fair** Trade Jasmine Rice

Aromatic long



or white • Grown on family farms in Cambodia



BULK

Organic Black or Pinto Beans

per lb.

Doudlah Farms are advocates for organic, regenerative & biodynamic farming practices (fancy names for growing nutrient-rich foods that's good for you, our planet & the future of human health) • Grown in Evansville, WI



WIGGLE WORM



BLUE RIBBON ORGANICS Organic Compost

2.49

Crafted from nutritious food & yard residuals • Tested to ensure product is free

of weed seed

• Great for

8.8 lb.

ORGANIC OMPOS

gardens, trees, shrubs, or lawn • Made in Caledonia, WI

8.99 per 12 lbs. **12.99** per 1 cubic ft.





thatches, & harvests with ease

• Made in Cambridge, WI **SAVE 5.00**



free clean • Made in USA • 22 oz.





OMRI







BLACK GOLD Natural & Organic Potting Mix

An all-purpose mix formulated with all natural ingredients including earthworm castings • Recommended for containers & raised beds



DR. BRONNER'S Sal Suds **Biodegradable Cleaner**

Plant based multi-purpose household cleaner for dishes, floor, laundry & more • 32 oz.

SAVE 3.00



May 1 - May 7, 2024 • Promoted items may vary by location • While supplies last



home

deals • co-op deals • co-op deals • co-op deals •

GON

TAQUI 1(0)S

HAUS 🗨

DIANA'S Frozen Chocolate Bananas

Sustainably-sourced, upcycled bananas dipped in rich dark chocolate • Chicago, IL • Gluten-free •



CAULIPOWER Frozen Pizza

Crispy cauliflower crust topped with melty cheese & assorted toppings • Gluten-free

• 10.9 - 11.3 oz.



FOOD FOR LIFE Tortillas

Sprouted corn, sprouted grain, or brown rice 10 - 12 oz.

3,99



SIMPLE MILLS Crackers

Made from almond flour • Gluten-free Select varieties 4.25 oz.

4.99

2,99

owner savings*

2 mm

IEFF'S NATURALS Giardiniera or Pickled Peppers

Sliced jalapenos, sliced cherry peppers, bell pepper strips, banana pepper rings, or chunky mixed veggie giardiniera • 12 oz.



ALMOND FLOUD

Fine Ground Sea Salt

COOLHAUS **Plant-Based Ice Cream Sandwich**

Creamy dairy-free ice cream between soft, chewy cookies Select varieties Vegan • 10 oz.



Diana's

140

CAULIP

VEGGIE

GLOW UP

ianas

STARLITE CUISINE Plant-Based Taguitos

Savory protein

packed filling wrapped in a crispy corn tortilla • Chick'n or chorizo & black bean • Gluten-free & vegan • 14 oz.

0.49

CASA VERDE Plant Based Entrees

Legumes in delicious mole or posole sauce • Warm & Serve • Select varieties • 8.81 oz.



Wafer-thin toasted corn • Based on the Arepa • Vegan & Gluten-free • Select varieties • 4 oz.

3.99





Ezekiel Sprouted Grain Breads

Whole grain, 7 grain, or flax • 24 oz.

5.49



ISOLA Crostini Bite sized artisan baked crackers • Select varieties

• 7 oz.

2.99

2.99





Cosmic

ORGANIC

BOISS

Madagascan Vanilla Bean

deals

sweet frozen

easy meal deal



COSMIC BLISS

Coconut milk

based, scoopable

qoodness • Select

varieties • Gluten

free & vegan

8

14 oz.

Plant Based Ice Cream

USDA

ORGANIC

Made with all natural ingredients • Select varieties • Chicago, IL • 27 - 33 oz.

Home Run Inn PEMIUM PIZZERI 8,99



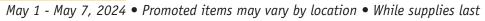
Vear Easi **RICE PILAF** Spanish Rice

NEAR EAST Rice Pilaf or **Cous Cous Mix** Select varieties • 5.7 - 6.3 oz.



crunchy snack deals

sandwich deals



3.49 CRAIZE

Snack Crackers

co-op deals • co-op deals • co-op deals • co-op

ZEVIA Soda Pop

Natural fla-



vors, zero calories, zero added sugar • Sweetened with stevia • Vegan • Select varieties • 6pk of 12 oz. cans

6.99

Unsweetened

MALK

refreshing

dea



ORGANIC

UNSWEETENED

28 FL 0Z (1.75 PT) (828 mL)

Forager

SIMPLE NON

Plant Based Milk Original almond, vanilla almond, or original oat

• Gluten-free & vegan • 28 oz.



FORAGER Cashewmilk Yogurt

Unsweetened plain, vanilla, or unsweetened vanilla Gluten-free & vegan • 24 oz.



MUSH **Overnight Oats**

Oats & plant-based **Novernight oats** milk blended with a variety of natural



ingredients • Great for breakfast or anytime • Select varieties • Gluten-free & vegan • 5 oz.

2 for 4.00



Alive Elixir

GT'S

Adaptogenic mushroom drink inspired by classic soda flavors • Root beer, cola, or matcha cream soda • 16 oz.



FEVER TREE

99

Tonic Water & Soda

Select varieties • 4

pk of 6.8 oz. bottles



FEVER-TREE

TONIC WATER

Light



Refreshing fizzy beverage, similar to kombucha, but brewed with pineapple peel & rind

• Original or ginger •

Madison, WI • 12 oz.



USDA

ORGANI



RIOT ENERGY Energy Drink

Plant based • Charged with B12, L-Theanine, & caffeine • Zero added sugar • Select varieties • 16 oz.

2.89

21 O 100% PLANT POWERED

OPAA! Tzatziki Greek Yogurt Dip

Cool & tangy • No artificial preservatives or ingredients • Elk Grove Village, IL • 8 oz.

4.99





CASCADIAN FARM

Organic Spud Puppies or Hasbrowns

Crispy & golden Made from fresh, organically grown potatoes • 16 oz.

99



May 1 - May 7, 2024 • Promoted items may vary by location • While supplies last



NATURALS



Cashew & Cott

Organic

Insw Iain

10 1006 2

protein-rich vogurt • Select varieties • 5.3 oz. 2 for 3.00

Icelandic Skyr



DR. BRONNER'S Chocolate Bars

air Sweetened with for life coconut sugar • Vegan & gluten-USDA free • Select vari-ORGANIC eties • 2.93 - 3 oz.

2 for 7.00

owner savings*

PRIMAL KITCHEN Avocado Oil

Centrifuge extracted • Highheat tolerant • Neutral flavor great for cooking & baking • 16.9 oz.









Thick & creamv

SIGGI'S

co-op deals • co-op deals • co-op deals • co-op

COUNTRY LIFE Women's & Men's

Real Food Organics Multivitamin

new Made from a broadspectrum blend of fermented organic whole food offering a variety of

nutrients & healthy polyphenols • 60-ct

SAVE 6.00

COUNTRY LIFE Acid Rescue

Contains no fillers like talc or cornstarch • Helps relieve heartburn & indigestion with added calcium to boot • 60-ct

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ORGANIC INDIA Ashwagandha

USDA Promote healthy ORGANIC sleep cycles & profound relief from physical & energetic stress • 90-ct

SAVE 5.00

OUTPOST Activated K2

Supports calcium metabolism & liver health function • 60-ct

SAVE 4.00

AURA CACIA Essential Oils

When it comes to pure essential oils, it all begins at the botanical source • Aura Cacia is committed to delivering essential oils from all over the globe with integrity and botanical authority

NO GMO

SAVE 25% on all essential oils

CELESTIAL SEASONINGS

Herbal Tea Majority of ingredients sourced directly from farmers & communities that grow them • 20-ct

3,99

Country-Life

Realfood FOR

ORGANIC

20

ACTIVATED K2

O VEGETARIAN CAPSULES

Sectory 60 Sector

new





TRIPLE MILLED SOA

NATURAL

CHOLINE

Daytime Support For

MENTAL CLARITY

Y



SOUTH OF FRANCE Bar Soap

Luxuriously lathering all-vegetable soap • Triple-milled in the Marseille tradition for a pampering cleansing experience • 6 oz.



NATURAL STACKS **Brain Food**

Save on complete Brain Food system to support your neurotransmitters, focus & mood • 60-ct

SAVE 6.00



Protein Powder

Free stainless steel shaker cup with purchase of a full sized bag of Truvani plantbased protein powder







N

USDA ORGANIC BADGER SPORT



mind & body deal

active healing •

NORDIC NATURALS **Complete Omega**

GAIA HERBS

• 3 oz.

Black Elderberry Syrup

Everyday immune support

to help maintain overall

well-being • Each serving

equals the equivalent of

14.5 g of fresh elderberries

SAVE 6.00

Made with just 4 simple

ingredients, it's the first

formula ever to achieve

the rigorous reef-friendly

Protect Land + Sea Certi-

BADGER BALM

Mineral Sun SPF

40 Sport Cream

fication • 2.9 oz.

Perfectly balanced blend of fish oil & borage oil for healthy skin, joints & cognition



PLANT BASED

PROTEIN

VANILLA

PROTEIN POWDER MADE FROM ONLY 5 INGREDIENTS

aromatic deal

May 1 - May 7, 2024 • Promoted items may vary by location • While supplies last



support your local vendors



MAGGIE'S HERBS & HEIRLOOMS



Maggie Queisser has been growing herb and heirloom plant seedlings and cuttings for Outpost for over a decade. Her plants are wildly popular as she seeks out interesting heirloom varieties that can't be found at the big garden centers. She then carefully nurtures them with kelp and fish emulsion, and no pesticides, herbicides, or fungicides. If you're looking for herbs and veggies tailor made for Wisconsin gardens, do yourself a big favor and pick up some of these exceptional plants.

At all Outpost stores through Memorial Day weekend!

outpost cakes



OUTPOST'S BAKEHOUSE

Celebrate Mother's Day, graduation & all your special events with a custom cake from Outpost • Single layer, 7-inch or 10-inch double layer, half sheet or full sheet – we can meet all your celebratory cake needs • Wheat-free & vegan cakes available • Made with all-natural & organic ingredients

Visit outpost.coop/shop/cakes



MONARCHS & MILKWEEDS

 Enter to win in our pollinator prize drawing (no purchase necessary)
Free butterfly weed seedlings (while supplies last) - Free for kids – decorate a flower cookle - Food samples and morei
Visit our website or stores for all event details by store

SATURDAY 5.18.24

NATURAL FOODS 4 Metro Milwaukee stores - 24/7 online shopping Visit WWW. 0 10011 (0001) for more info



Milwaukee • 100 E. Capitol Dr. 414.961.2597 Wauwatosa • 7000 W. State St. 414.778.2012 Bay View • 2826 S. Kinnickinnic Ave. 414.755.3202 Mequon • 7590 W. Mequon Rd. 262.242.0426 www.outpost.coop