

coop deals



WATERFORD Irish Butter

Made with milk from grassfed, pasture raised cows that graze exclusively in Ireland's lush meadows • Salted or unsalted • 1 lb.

6.79



OUTPOST BAKEHOUSE Irish Soda Bread

Made with organic flour, oats, sugar & currants • Our homemade, handcrafted Irish soda bread is a delicious St. Patrick's Day treat!

2.99 ea.



WISCONSIN MEADOWS

100% Grassfed Corned Beef Brisket

Wisconsin-raised beef brined with all-natural ingredients & no artificial preservatives • Serve up on a Reuben or in a pot with cabbage & potatoes • Viroqua, WI

12.99 per lb.



owner savings*



Magically delicious!

OUTPOST BAKEHOUSE Irish Cream Cheese Cake Slice

Cheesecake infused with Irish cream & ganache & topped with more ganache

2.99 ea.



GREENFIELDS Mild Irish Cheddar

This award winning cheddar, inspired by the landscape of Ireland, has the perfect combination of creamy texture & nutty flavor • Made with milk from grass-fed cows • 7 oz.

4.99



ORGANIC GRANNY SMITH APPLES

Washington Grown

1.69 per lb.

Get your green on!



BUNNY LUV Organic 1 lb Bag Carrots

California Grown

ONLY .99 ea.



ORGANIC 2 LB BAG RED POTATOES

Wisconsin Grown

2.99 ea.



ORGANIC GREEN CABBAGE

California Grown

ONLY .99 per lb.

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

open daily

OUTPOST
NATURAL FOODS

March 13 - 19, 2024

follow the savings rainbow

owner savings*



WILD CAUGHT HADDOCK FILLETS

Lean & tender • Excellent baked, broiled, poached, or fried

SAVE 2.00 per lb.

↑ *Make your own chowder!*



FARM RAISED CATFISH FILLETS

Firm texture with mild flavor
• Great for pan-frying or broiling

10.99 per lb.

owner savings*



ORGANIC CAULIFLOWER

California Grown

ONLY 1.99 per lb.



new

HUMBLE FORAGER

Humble Bumble Buzzed Seltzer v1

Made with 100% real fruit & sweetened with honey • Packed with bold flavors of blood orange, stag-horn sumac blossoms, & calamansi lime • Waunakee, WI • 6 pk.

SAVE 5.00



owner savings*



REVOL GREENS SALAD KITS

Minnesota Grown
• Four Varieties • 7.06 oz.

2 for 7.00



new crop!

It's spring in Mexico!



ASPARAGUS

Mexico Grown

ONLY 1.99 per lb.



regional favorites



SMART CHICKEN

All-natural whole chicken

Sustainably raised & fed a vegetarian diet, with no antibiotics or animal by-product

2.49 per lb.



BEELEER'S

Natural Boneless Pork Loin Roast

Antibiotic-free, humanely raised, heritage Duroc pork
• Vegetarian-fed, with no antibiotics ever • Le Mars, IA.

4.99 per lb.



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

FRESH & DELICIOUS

co-op made

MADE FROM SCRATCH

owner savings*

owner savings*



OUTPOST BAKEHOUSE
Classic & Wheat-Free Little Oaties

Outpost's version of the classic sandwich cookie, with cream cheese frosting nestled between two delectable cookie bases

2.99 ea.



OUTPOST'S OWN
Penne Pasta Salad

A simple & elegant salad of penne pasta, organic baby spinach, roasted pine nuts & shredded Parmesan cheese tossed with an organic garlic & extra virgin olive oil dressing

SAVE 1.00 per lb.



OUTPOST'S OWN
Corned Beef Sandwich

Farmers & Cooks uncured corned beef brisket, organic sauerkraut, smoked baby Swiss cheese & our homemade Thousand Island dressing • Served with dill pickle, potato salad or chips

9.99 ea. *While supplies last!*



OUTPOST'S OWN
Irish Country Pork Sausage

Our unique savory blend of rosemary, marjoram, & a touch of Lakefront New Grist beer

5.99 per lb.

cheese special

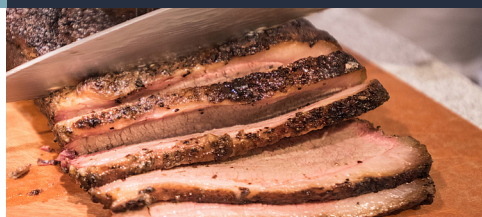


LA CLARE FARMS
Plain Goat Chevre

Made in Wisconsin, LaClare plain chevre has a delicate, mild flavor complemented by hints of tangy sweetness • 4 oz.

3.99

deli special



Fresh sliced in the Cafe!

FARMERS & COOKS
Uncured Corned Beef Brisket

Made from slow roasted USDA Choice Angus beef brisket • An elegant balance of fifteen exotic herbs & spices

SAVE 2.00 per lb.

we made you dinner • march 13-19



Irish Beef Stew

Turkey Shepherd's Pie

White Bean Quinoa Sauté (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

woman - owned deals



AFRICAN MARKET BASKETS Fair-Trade Baskets

Hand-woven by women artisans in Ghana using river grass • Strong, durable, unique & beautiful • Assorted sizes, colors & patterns.

Save 10%



bulk deals



JUST COFFEE

Fair Trade Coffee
Roasted in Madison, WI
• In bulk or 12 oz. bags

Save 1.00



BULK Organic Split Peas

Green or yellow
• Grown in Canada

1.99 per lb.



BULK TIERRA FARMS Organic Roasted Almonds

Salted, unsalted, or tamari • Small batch roasted in Albany, NY

Save 3.00 per lb.



BULK Organic Barley

Hulled or pearled • Grown in USA

1.99 per lb.



BULK DOUDLAH FARMS Organic Navy Beans

Soft, velvety texture & nutty taste • Grown in Evansville, WI

2.79 per lb.



BULK Organic Steel Cut Oats

Also known as Irish oats or pin-head oats • Makes a great porridge • Grown in Canada

2.19 per lb.



stock up deals

MUIR GLEN Canned Tomatoes

Whole peeled, diced, or tomato sauce varieties • With or without salt • 14.5 oz. - 15 oz.

1.79



EARTH BALANCE Buttery Sticks or Spreads

Spread, fry, saute, or bake in place of butter • Select varieties • Vegan • 16 oz.

4.49 sale does not include organic



BETTER THAN BOUILLON Broth Base

Non-organic chicken, beef, vegetable, & no-chicken varieties • Original or reduced sodium • 8 oz.

5.29



sparkling deals

owner savings*

ABOVE WATER Alkaline Water

9.5+ ph • 1 L

4 for 5.00



NIXIE Sparkling Water

In 12 oz. cans • Made with organic flavors • Select varieties • 8 pk.

4.69



KEVITA Probiotic Refresher

Sparkling drink fermented with water kefir culture • Select varieties • 16 oz.

2 for 6.00



March 13 - March 19, 2024 • Promoted items may vary by location • While supplies last

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

owner savings*

EQUAL EXCHANGE Chocolate Bars

Made with Fair Trade Chocolate & Sugar • Select Varieties • 2.8 oz.

2.99



MI-DEL Pie Crusts

Ready to fill
• Graham Style or Chocolate Snap
• Gluten-free • 6 oz.

4.69



NEWMAN'S OWN Newman O's

Sandwich crème cookies
• Select varieties • 13 oz.

4.99



ALDEN'S Organic Oregon Made Ice Cream

Sweetened with organic, unrefined cane sugar • Select varieties • 48 oz.

10.49



SANTA CRUZ Organic Applesauce

23 oz.

4.89



SO DELICIOUS Coco Whip Topping

Fluffy, creamy, & smooth • Made with organic coconut oil • Vegan & gluten-free • 9 oz.

3.99



TERRA Real Vegetable Chips

Plantain, Sweets & Beets, Original with Sea Salt, Mediterranean, or Salt & Vinegar varieties • 5 oz.

4.69



GOOD HEALTH Veggie Stix or Chips

Gluten-free • 6.25 oz. - 6.75 oz.

3.99



GOOD HEALTH Potato Chips

Made with avocado or olive oil • Lightly salted or lime ranch • 5 oz.

3.59



ISOLA Bruschetta

Artisan baked crisp bread • Select varieties • 5.3 oz.

2.99



INSPIRED ORGANICS Hummus

A creamy compliment to crackers, fresh veggies, or wraps
• Select varieties
• Vegan, grain & gluten-free • 8 oz.

2.99



LATE JULY Tortilla Chips

Select lightly salted, dippers, or with lime varieties • 7.4 oz. - 10.1 oz.

4.59



everyday low price

FIELD DAY Pasta

Semolina or whole wheat varieties • 6 oz.

1.99



ANNIE'S HOMEGROWN Mac & Cheese Mix

Made with organic pasta • Classic, White Cheddar, Aged Cheddar, Low Sodium, or Bunny-Shaped • 6 oz.

1.99



ANNIE'S HOMEGROWN Canned Pasta Meals

Bernie O's, All Stars, or Cheesy Ravioli • 15 oz.

3.79



sweet treat deals

chip and dip deals

pasta night deals

March 13 – March 19, 2024 • Promoted items may vary by location • While supplies last

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

early bird breakfast deals



NEW CENTURY FARM Organic Large Eggs

Raised in Shullsburg, WI • Dozen

4.29



owner savings*

MOM'S BEST Cold Cereal

Select varieties
• Lakeville, MN
• 17.5 oz. - 24 oz.

3.59



SILK Unsweetened Almondmilk

Smooth, creamy, &
simple • Plain or
vanilla • Gluten-free
& vegan • 64 fl oz.

4.49



LARA BAR Snack Bars



Made with minimal ingredients
• Select varieties • 1.6 oz. - 1.8 oz.

1.89

YODER'S Pure Orange Juice

Never from
concentrate •
Select varieties
• 52 oz.

4.39



owner savings*

RW KNUDSEN Juice

Just Black Cherry,
Organic Pineapple,
Organic Grapefruit,
or Organic Concord
Grape • 32 oz.

4.99



yogurt deals

FORAGER Cashewmilk Yogurt

Creamy, non-
dairy, & rich
in probiotics
• Select varieties
• Gluten-free &
vegan • 5.3 oz.

1.69



KALONA SUPER NATURAL Organic Whole Milk Yogurt

Made with
milk from
100% grassfed
cows • Plain
or vanilla •
Kalona, IA
• 24 oz.

3.79



LIFEWAY Lowfat Kefir

Made with cultured lowfat
milk & lightly sweetened
with cane sugar • Select
varieties • Morton Grove,
IL • Gluten-free • 32 oz.

3.99



GRILLO'S Classic Dill Pickle Spears

Crisp, clean, &
fresh • Perfect
accompaniment
to your favorite
sandwich • 32 oz.

5.99



BACKERHAUS Sliced Sandwich Bread

Tuscan white,
multigrain, or
marble rye •
17.64 oz.

4.49



ISOLA Italian Meals

Seasoned whole
grain farro or
bulgur • Prepare
in 5 minutes •
Select varieties
• 3.52 oz.

3.79



PRIMAL KITCHEN Salad Dressing

Made with avocado oil •
Select varieties • 8 oz.

5.99



MAILLE Dijon Mustard

Original 5 ingre-
dient recipe with
no added sulfites
• 7.5 oz.

4.99



FOLLOW YOUR HEART Original Vegenaise

The original egg-free
spread • Fantastic in
dressings or on sand-
wiches • Gluten-free
& vegan • 14 oz.

5.99



lunch time deals

March 13 - March 19, 2024 • Promoted items may vary by location • While supplies last

wellness wednesdays • sale prices march 13, 20 & 27

ANDALOU
SAVE
35%

on select Andalou facial care products



DERMA E
SAVE
40%

on select Derma E face & body care products



WELEDA
SAVE
35%

on select Weleda skin care products



ANCIENT NUTRITION
SAVE
40%

on organ blend supplements • Packed with essential vitamins, minerals, amino acids, fatty acids, & more • In forms your body can easily recognize & absorb



ANCIENT NUTRITION
SAVE
40%

on select multicollagen supplements



ENER-C
SAVE
45%

on select Ener-C & Ener-D vitamin drink mixes • Full boxes only



GAIA HERBS
SAVE
45%

on select elderberry syrups & gummies



TRUE GRACE
SAVE
25%

on the entire line including multis, fish oil, & probiotics • Woman-owned & operated



MEGAFOOD
SAVE
40%

on select immune-boosting supplements



NATURAL FACTORS
SAVE
50%

on select melatonin supplements • Made using a proprietary fermentation process • No petrochemicals or animal sources



NORDIC NATURALS
SAVE
35%

on select omegas & multis



PLUS CBD OIL
SAVE
35%

on all Plus CBD products



special sale • march 6 - april 2

RISHI

Save on all Rishi bulk loose leaf teas • Premium teas & botanicals imported directly from growers across the world

SAVE 20%



JOLLY MOSS
SAVE
4.00

on all sea moss puddings • Available at our Capitol Drive store only



AMAZING deals available ONLY on Wednesdays in March • www.outpost.coop/wellnesswednesdays
Sorry, no rain checks or special orders • while supplies last

celebrate 3.14 • pi day at Outpost

March 14



**OUTPOST
BAKEHOUSE PIES**

Apple Double Crust, Blueberry Peach
Crumble & Wheat-free Apple Crumble

SAVE .50 on half pies
SAVE 1.00 on whole pies



WELLNESS WEDNESDAYS

Each Wednesday, at a different Outpost location, representatives from some of our favorite brands will be on hand holding
FREE 15 to 20 minute presentations.

MARCH 20 AT CAPITOL

3:00 TO 3:15 | GAIA
3:30 TO 3:45 | MEGAFOOD
4:00 TO 4:15 | TRUE GRACE
4:30 TO 4:45 | ANCIENT NUTRITION
5:00 TO 5:15 | NORDIC NATURALS
5:30 TO 5:45 | PLUS CBD
6:00 TO 6:15 | JOLLY MOSS

Save 25% - 45%
on select herbs,
supplements, body care,
and more!

*Deals available each Wednesday
and are valid only on that day*

See stores, weekly sales flyer, or website for
deals of the day and schedule of events!

www.outpost.coop/events/wellness-wednesdays



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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