HEART HEALTH. HEARTY HEART.

Nordic Naturals
Ultimate Omega
60 soft gels

This is Nordic Naturals’ most popular concentrate! It is made exclusively from 100% wild-caught sardines and anchovies and it even has a fresh lemon taste. This product is an award winner as well! It has won 10+ industry awards including Delicious Living’s “Best Omega-3.”

These prices are good from February 26 through March 3, 2020 at Oliver’s Market. Four locations to serve you in Sonoma County.

RIDE YOUR WAY TO HEART HEALTH WITH A BIKE COURTESY OF NORDIC NATURALS. See Page 6 for details!
OLIVER’S PRIME GRADE BONELESS RIB EYE STEAKS
These steaks are distinguished by their rich marbling that runs through each steak. It is this marbling that slowly melts & bastes the meat throughout the cooking process. $15.99/LB.

SUPERIOR FARMS CHOICE LAMB SHANKS
American raised lamb. Great for slow roasting. $7.99/LB.

MARINATION PRIME GRADE TRI TIP ROATS
Marinated and ready for the grill. $9.99/LB.

ROCKY AIR CHILLED CHICKEN DRUMSTICKS
Locally raised air chilled chicken. $1.29/LB.

FRESH WILD CAUGHT ROCKCOD FILLETS
Sustainable Rated Green. $7.99/LB.

OLIVER’S CHOICE 100% ANGUS GROUND CHUCK
For the juiciest & most flavorful burgers! $4.99/LB.

FRESH ATLANTIC FARmed SALMON FILLETS
Canada. Sustainable Rated Red. $9.99/LB.
FRESH ORGANIC
PINK LADY APPLES

SWEET & FLAVORFUL
ORGANIC KENT MANGOS
These delightful Mangos have a very juicy, sweet flavored orange flesh that is reminiscent of pineapples and peaches. Grown by Purity in Mexico. $1.29/ea.

FRESH ORGANIC
BABY BOK CHOY
Lightly bitter and wonderful chopped in a fresh stir fry and topped over white rice or halved & roasted in the own. Grown by Lakeside in Salinas. $1.69/lb.

FRESH ORGANIC
CRIMINI MUSHROOMS
Mushrooms impart a sweet, earthy taste, with varying degrees of intensity and a pleasant, meaty texture to meals. Grown by Champs in Canada. $2.99/lb.

WE INVITE YOU TO EXPLORE OUR STORE, WHERE YOU CAN ALWAYS FIND HEALTHY CHOICES AND HEALTHY SAVINGS SIDE BY SIDE - EVERY DAY!

ORGANIC LOOSE
CHERRY TOMATOES

FRESH ORGANIC
RED RUBY GRAPEFRUIT
Great day starter with eye opening flavor. Grown in California. $1.49/lb.

FRESH ORGANIC
NAVEL ORANGES
Picked in the peak of the season. Grown by Buttonwillow in Capay Valley. $1.99/lb.

FRESH & SWEET
PIXIE TANGERINES

CALIFORNIA GROWN
CAULIFLOWER
These are beautiful, flavorful large size heads of this garden fresh favorite. Grown in California. $1.99/ea.

BLACKBERRIES, BLUEBERRIES OR RASPBERRIES
Your choice. Imported from Mexico or South America. $2.49/ea.

FRESH ORGANIC BUNCHES OF
DINO, RED OR GREEN KALE
Take your pick of these bunches. Great for a fresh salad or sautéed with garlic for a healthy side dish. Grown by Cal-O in the Coachella Valley. $1.29/ea.

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Get the pulse on heart health.

Let’s get the scary stuff out of the way—heart disease is the leading cause of death for people in the United States. The good news? Oliver’s has your heart in mind! We’re here to help you be active, eat healthy and manage stress. Flip through our pages to see how we can help you keep your beat going.

**Kyolic Aged Garlic Extract**

Cholesterol Formula 104 $11.99

The Kyolic Aged Garlic Extract begins with 100% organic garlic from California. Once you add the Lecithin you’re sure to have supported cholesterol levels and overall cardiovascular health! 100 Capsules.

**Nordic Naturals Ultimate Omega 2X** $34.99

Optimal wellness means feeling good day to day. For many people, this means stepping up their daily intake of Omega 3 EPA+DHA. Nordic’s Ultimate Omega’s award-winning formula delivers. With all the health benefits of pure, fresh, high-quality concentrated fish oil, it gives you more omega-3s in every serving. 60 Soft Gels.

**Nordic Naturals Ultimate Omega + CoQ10** $27.99

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**LifeSeasons B/P Stabili-T** $22.99

LifeSeasons B/P Stabili-T helps to promote healthy blood circulation and normal blood pressure. It helps protect against the formation of plaque in the blood vessels, and it helps slow the circulation of stress hormones. 120 Capsules.

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**Now Psyllium Husk** $18.99

Surveys have shown that the fiber content of the American diet is typically about half of government recommended levels. Psyllium Husks can be a convenient way to increase the intake of dietary fiber. These Now capsules make getting your daily fiber intake simple! 500 Capsules.

**Renew Life Organic Clear Fiber** $18.99

Curb your appetite, promote digestive balance, and support healthy cholesterol levels with our 100% soluble acacia fiber supplement. This flavor-free, clear-mixing fiber is great for cooking or baking. Plus, the fiber’s prebiotic benefits help restore your gut flora’s natural harmony. 5.5 oz. Canister.

**Oliver’s Own Turmeric Plus Heart Complete** $19.99

Turmeric provides one of nature’s best kept secrets—curcuminoids, a group of antioxidants with strong anti-inflammatory benefits. CoQ10 has been shown to support healthy heart function. Together? A match made for your heart. 60 Capsules.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.*
THOMAS’ ENGLISH MUFFINS OR BAGELS
With nooks & crannies these muffins and bagels toast up crunchy on the outside and soft on the inside for a breakfast treat.
Selected Varieties, 6-10 Count Package. $2.59

CLOVER SONOMA ORGANIC CAGE FREE EGGS OR ORGANIC OMEGA-3 EGGS
All of Clover Sonoma birds have access to the great outdoors and the run of a large indoor hen house. Grade AA. Dozen Carton. $4.49

COLUMBUS LOW SODIUM HONEY HAM $10.99/LB.
I noticed how many Callistoga Honey Gourmet sandwiches we sold so I thought I should check into that item. Turns out that I really like the ham we use in that sandwich. It’s got a nice sweetness to it. I really like that it’s a low sodium diet. I don’t have any dietary restrictions but sometimes ham can be too salty for me. This one is perfect. On the Callistoga Honey sandwich it’s outstanding. I now understand why that sandwich is so popular.

ALPINE LACE REDUCED FAT SWISS CHEESE
Great for sandwiches. Sliced fresh to your order. $9.99/LB

FIT FRIENDLY CHICKEN WRAP
Makes for a healthy and easy lunch. 9 oz. Package. $6.99/EA

OLIVER’S OWN DINNER FOR 2 CHICKEN PARMESAN
Terrific for a quick and easy meal. 16 oz. Package. $10.99/EA

OLIVER’S MARKET BULK FOODS
WHY BUY IN BULK? Two reasons: Less packaging, and less cost. Packaging materials make up more than 30% of all consumer waste, according to the Environmental Protection Agency. Buying in bulk eliminates packaging waste.

ORGANIC RED SMALL BEANS
Available in our Bulk Foods section. $1.59/LB.

ORGANIC BLACK CHIA SEEDS
Available in our Bulk Foods section. $2.99/LB.

ORGANIC GOLDEN FLAX SEEDS
Available in our Bulk Foods section. $1.49/LB.

ORGANIC BROWN FLAX SEEDS
Available in our Bulk Foods section. $1.49/LB.

OLIVER’S MARKET FRESH SERVICE DELI

Pick of the Week
Deli Coordinator

JAMES SCHWEDELM

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Available in our Bulk Foods section. $1.49/LB.
Koia
Plant Based
Drinks
Selected Varieties.
12 oz. Bottle
$2.99

Fritos or Cheetos
Snack Chips
Selected Varieties.
Fritos 9.25 oz. or
Cheetos 8-8.5 oz. Bag
2 For $5

Bundaberg
Ginger Beer
Selected Varieties.
4 Pack/12.7 oz. Bottles
$4.99

Bob's Red Mill
13 Bean Soup Mix
28 oz. Package
$2.99

Lipton
Pure Leaf Tea
Selected Varieties.
18.5 oz. Bottle
$1.19

Kashi
Cereal
Selected Varieties.
10.3-16.3 oz. Box
$2.99

Cesar
Dog Food
Selected Varieties.
3.5 oz. Package
79¢

Peet's
Coffee
Selected Varieties.
10.5-12 oz. Bag
$7.99

Kashi
Cereal
Selected Varieties.
10.3-16.3 oz. Box
$2.99

Lipton
Pure Leaf Tea
Selected Varieties.
18.5 oz. Bottle
$1.19

Kashi
Cereal
Selected Varieties.
10.3-16.3 oz. Box
$2.99

G.T.'s
Enlighteneed
Synergy or
Kombucha Drinks
Selected Varieties.
16-16.2 oz. Bottle
$1.99

Post
Cereals
Cocoa Pebbles 11 oz.,
Fruity Pebbles 11 oz. or
Raisin Bran 20 oz. Box
$2.99

Bob's Red Mill
13 Bean Soup Mix
28 oz. Package
$2.99

Peet's
Coffee
Selected Varieties.
10.5-12 oz. Bag
$7.99

Tasty Bite
Fully Cooked Rice
Selected Varieties.
8.8 oz. Pouch
$1.49

Wolfgang Puck
Organic Soup
Selected Varieties.
14.5 oz. Can
$1.99

Dawn
Dish Soap
Selected Varieties.
16.2-19.4 oz. Bottle
$2.49

Tasty Bite
Fully Cooked Rice
Selected Varieties.
8.8 oz. Pouch
$1.49

Silk
Almond Milk
Selected Varieties.
64 oz. Carton
$2.99

Field Roast
Miniature
Corn Dogs
Selected Varieties.
10 oz. Package
$4.99

Peet's
Coffee
Selected Varieties.
10.5-12 oz. Bag
$7.99

Ling Ling
Paper Products
4 Double Roll Paper
Towels or 6 Mega
Roll Bath Tissue
$8.99

Pacific Foods Organic Soup
No matter what you have a hankering for, Pacific
makes a flavorful soup that’s as healthy as it is
delicious. So grab a spoon and sample ‘em all!
Selected Varieties. 32 oz. Carton.
$2.99

Ben & Jerry's
Ice Cream
Selected Varieties.
16 oz. Carton
$4.49

Late July
Organic Tortilla Chips
Great friends, good stories and delicious food!
These chips are made using the highest quality
ingredients without sacrificing on taste.
Selected Varieties. 5.5-6 oz. Bag.
$1.99

Pacific Foods Organic Soup
No matter what you have a hankering for, Pacific
makes a flavorful soup that’s as healthy as it is
delicious. So grab a spoon and sample ‘em all!
Selected Varieties. 32 oz. Carton.
$2.99
**Featured Winery of the Week**

**Famille Perrin**

Famille Perrin’s involvement in the wine trade can be traced back to 1909, when Pierre Traminer bought the Château de Beaucastel and then transferred it to his son-in-law Pierre Perrin, a scientist who further developed Beaucastel. Today the torch is being carried by Jean-Pierre and François, Jacques’ sons. Marc, Pierre, Thomas, Cécile, Charles, Matthieu, and César, the fifth generation, work today with them.

**Perrin Reserve Cotes du Rhone Rouge** 2016, France. 750 ml. Bottle $7.99

**Perrin Reserve Cotes du Rhone Blanc** 2017, France. 750 ml. Bottle $7.99

**ST. FRANCIS CHARDONNAY**

2017, Sonoma County. Winner of Best of Class and Gold at last year’s Harvest Fair, this is a refreshing, medium-bodied Chardonnay with flavors and aromas of green apple, juicy pear and melon with a background note of marzipan. 750 ml. Bottle $9.99

**KENWOOD SIX RIDGES PINOT NOIR**

2015, Russian River Valley. 750 ml. Bottle $15.99

**Cecchi La Mora Vermentino**

2017, Maremma, Italy. 750 ml. Bottle $7.99

**Alexander Valley Vineyards Sin Zin Zinfandel**


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**Oliver’s Market Gourmet Cheese**

**BEECHER’S FLAGSHIP RESERVE CLOTHBOUND TRUCKLE $19.99/LB.**

Handcrafted with local cow’s milk from dairies surrounding the downtown Seattle Creamery. These curds allow for a cheese with slightly less moisture, higher salt content, and thus a richer taste and texture. The trucks are bound in cloth and aged for one year, resulting in an intensely flavored cheese boasting notes of roasted nuts, caramel and a sweet fruity finish. Enjoy this American crafted cheddar style alongside sliced apples, toasted almonds and a glass of chilled cider.

**Laura Chenel Flavor Infused Goat Cheese**

Locally crafted right here in Sonoma County from the abundant fresh goat milk, Laura Chenel’s cheese is famous for its pillowy soft texture, rich mouthfeel, and bright citrusy tang. The unique selection of delectable flavors from savory black truffle to sweet orange blossom honey make it easy to please every palate. Selected Varieties. 5.4 oz. Log $3.99/ea.

**GALLETTE TUSCAN CRACKERS WITH OLIVE OIL**

These small-batch, oven baked crackers are hand made in Tuscany with minimal ingredients and seasoned with extra virgin olive oil and sea salt. Light and crisp with a hint of richness from the extra virgin olive oil, these sturdy crackers are perfect to pair with cheese and charcuterie boards. 8.8 oz. Bag $3.99/ea.

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**Captain Morgan Spiced Rum**

Smooth and medium bodied, this spiced rum is a secret blend of Caribbean rums. It’s subtle notes of vanilla and caramel give classic rum cocktails. Try a “Captain & Ginger: 1.5 oz. Captain Morgan Rum, 4 oz. Ginger Ale or Ginger Beer, Lime, and mint sprig. Muddle mint and lime in the bottom of a glass, add ice, rum, and ginger ale or beer. Garnish with mint sprig and lime wheel. Stir, serve, and enjoy! 750 ml. Bottle.

**$11.99**

**Absolut Vodka**

750 ml. Bottle $15.99

**Tanqueray Gin**

750 ml. Bottle $15.99

**Jimmy Beam Bourbon Whiskey**

1.75 Liter Bottle $21.99

**Seagram’s Extra Smooth Vodka**

1.75 Liter Bottle $11.99

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**Stone IPA or Delicious IPA**

Stone pride themselves on brewing the beers that they like to drink and like their tastes, it’s always evolving. These special releases are a reflection of their drive to branch out, break convention, and celebrate the art of brewing.” This IPA explodes with tropical, citrusy, pineapple hop flavors and aromas. Delicious IPA has magnificent lemon candy like flavor and hop spice can be enjoyed by nearly everyone. 12 Pack/12 oz. Cans $13.99-$14.99

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**Guinness, Pilsner Urquell, Crispin, Truly Spiked, Ace, Firestone Walker, St. Archer or Golden Road**

Selected Varieties. 6 Pack/11.2-12 oz. Bottles or Cans $7.99+crv

**Founder’s, Deschutes, 21st Amendment, Corona, Modelo, Negra Modelo, Stella Artois, or Wild Basin Variety**

Selected Varieties. 12-15 Pack/12 oz. Bottles or Cans $14.99+crv

**Bear Republic, Deschutes Bond Street Series, Lagunitas or Silver Moon**

Selected Varieties. 6 Pack/12 oz. Bottles or Cans $8.99+crv

**Alpine or Rogue**

Selected Varieties. 6 Pack/12 oz. Bottles or Cans $10.99+crv

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Locally crafted right here in Sonoma County from the abundant fresh goat milk, Laura Chenel’s cheese is famous for its pillowy soft texture, rich mouthfeel, and bright citrusy tang. The unique selection of delectable flavors from savory black truffle to sweet orange blossom honey make it easy to please every palate. Selected Varieties. 5.4 oz. Log $3.99/ea.

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We reserve the right to limit individual purchases to four packages of any item for sale, except items where otherwise noted. Sale items are not available to any commercial dealer or wholesaler. Items are subject to stock on hand. All items not available at all stores. Photos & Illustrations are for display purposes only and do not necessarily depict items that are on sale. We reserve the right to correct all printed and/or typographical errors. Daly design inc. 2020 All rights reserved.