

Prices valid May 1st-31st, 2024



2002 Woodland Avenue  
Des Moines, IA 50312  
p: 515.243.1754 | f: 515.422.5125

MARKET HOURS:  
8am - 9pm Everyday

CAFÉ HOURS:  
Mon-Thu 10:30am - 9pm & Fri-Sun 8am - 9pm



**Simply  
Lemonade**  
52 FL OZ

**\$2.99**



**Santa Cruz Organic  
Organic  
Lemonade**  
32 FL OZ

**\$2.99**



**Near East  
Rice Pilaf  
Mix**  
6.75 OZ

**\$2.99**



**Kuhne  
Barrel  
Pickles**  
34.2 FL OZ

**\$6.99**



**Simply Organic  
Organic  
Simmer Sauces**  
8 OZ

**\$3.49**



**Primal Kitchen  
Hawaiian  
BBQ Sauce**  
8.5 OZ

**\$5.99**

**Gateway Floral  
Save 20% on All Hanging Baskets**







## Meat & Seafood

**George's Grind 80/20**

**\$9.99/lb**

**Carne Asada Mix**

**\$13.99/lb**

**Wild Caught American Gulf Shrimp**

**\$14.99/lb**

**Wild Caught Hawaiian Scarlet Snapper**

**\$17.99/lb**

**Webster City Smoked Pork Chops**

**\$5.99/lb**

**Berkwood Farms Boneless Pork Chops**

**\$9.99/lb**

## Fusion

**\$3.49**



**Maria And Ricardo's  
Soft Corn &  
Wheat Tortillas**

8 CT

**From The Ground Up  
Cauliflower  
Tortilla Chips**

4.5 OZ

**\$3.99**



**\$3.49**



**Nasoya Foods  
Organic Super  
Firm Tofu**

16 OZ

**Wildwood Natural Foods  
Organic High  
Protein Tofu**

16 OZ

**\$4.49**



**Wildbrine  
Kimchi**

18 OZ

**\$7.49**

**Green Mountain Gringo  
Salsa**

16 OZ

**\$4.99**







## Cafe Special

### Birria Tacos

Tender Pieces of Shredded Beef, Braised in Mexican Chili Peppers and Seasoning Served with Mozzarella Cheese, Diced White Onion, Cilantro & Lime Wedge. Served with a Side of Consommé.

**\$12.99**

## Grocery Finds

**Purely Elizabeth  
Superfood  
Cereal**  
11 OZ



**\$5.49**

**Barbara's  
Puffins  
Cereal**  
10 OZ



**\$6.49**

**Bonne Maman  
Fruit  
Spread**  
11.8 OZ  
Selected Varieties



**\$4.49**

**Crofter's  
Organic  
Premium Spread**  
16.5 OZ  
Selected Varieties



**\$5.49**

**2/\$4**

**Clif  
Snack  
Bar**  
2.4 OZ



**Olyra  
Organic  
Breakfast Biscuits**  
5.3 OZ



**\$4.49**





## Cheese

**Naked Goat**  
\$24.99/lb

**Milton Tomato & Garlic Curds**  
\$9.49/lb

**President Brie**  
\$6.99 8oz

**Divina Mini Toasts**  
\$2.49 2.8oz

**Divina Fig Spread**  
\$5.99 9oz

**Life in Provence Brie de France**  
\$11.99/lb

## Chips



**\$3.49**

**Barbara's  
Cheese  
Puffs**  
7 OZ  
Selected Varieties



**Enjoy Life  
Lentil  
Chips**  
4 OZ  
Selected Varieties

**2/\$7**

**Garden Of Eatin'  
Corn  
Tortilla Chips**  
16 OZ

**\$5.99**



**\$3.49**

**Kettle Brand  
Potato  
Chips**  
5 OZ  
Selected Varieties



**Late July Snacks  
Tortilla  
Chips**  
7.8 OZ  
Selected Varieties



**\$4.49**

**Lesser Evil  
Organic  
Popcorn**  
5 OZ  
Selected Varieties



**2/\$7**





## Organic Produce

Josie's Organic Aloha BBQ Salad  
\$5.99 12oz

Organic Green Leaf Lettuce  
\$2.99ea

Organic Gala Apples  
\$2.29/lb

Organic Zucchini Squash  
\$1.99/lb

Earthbound Farms Organic Broccoli  
& Cauliflower Florets  
\$4.99 9oz

Organic Leeks  
\$7.99/lb

## Snacks

Divine  
Chocolate  
Bar  
3 OZ  
Selected Varieties



2/\$7



Dave's Killer Bread  
Organic  
Snack Bars  
4/1.75 OZ  
Selected Varieties

\$5.99



Made Good  
Organic Chocolate  
Drizzled Granola Bars  
5/1.85 OZ

\$4.29



Luna  
Nutrition  
Bar  
1.69 OZ  
Selected Varieties

2/\$3

Chocolove  
Chocolate  
Bar  
3.2 OZ



\$3.49

2/\$4



Justin's  
Organic  
Nut Butter Cups  
1.4 OZ  
Selected Varieties





## South Union Bakery

### Fresh Baked Sandwich Loaves

**\$4.99**  
Save \$1

## Brunch



### Immaculate Baking Organic Cinnamon Roll Dough

17.5 OZ

**\$6.99**



### Perfect Bar Protein Bar

2.2 OZ

**\$2.99**

### Barbara's Breakfast Cereal

11 OZ



**\$5.99**



### McVities Digestive Biscuits

14.1 OZ

**\$4.49**

**\$3.99**

### Van's Natural Foods Gluten Free Waffles

9 OZ



### Vita Coco Coconut Water

1 LT  
Selected Varieties

**\$4.99**



GATEWAYMARKET.COM





## Wine

Austin Hope Winery Troublemaker Red Blend  
Central Coast, California  
\$15.99

Earl Lebrin Sauvignon Blanc  
Loire Valley, France  
\$19.99

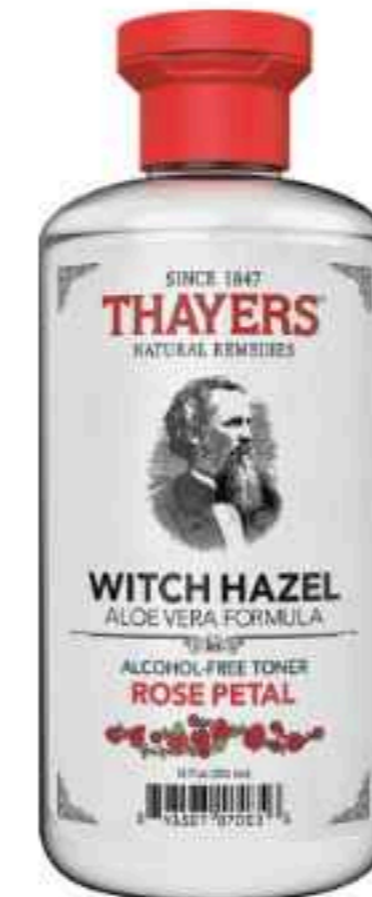
Postmark Cabernet Sauvignon  
Paso Robles, California  
\$19.99

Vinogradi Nuic White Blend  
Mostar, Bosnia and Herzegovina  
\$17.99

Campo Viejo Tempranillo  
Rioja, Spain  
\$9.99

Stoller Pinot Noir  
Dundee Hills, Oregon  
\$24.99

## Health & Beauty



Thayers  
**Witch Hazel  
Facial Toner**  
12 FL OZ  
Selected Varieties

**\$7.99**



**\$10.99**

Aura Cacia  
**Jojoba Skin  
Care Oil**  
4 FL OZ



Andalou Naturals  
**Shampoo &  
Conditioners**  
11.5 FL OZ  
Selected Varieties

**\$6.99**



**\$11.99**

Alba Botanica  
**Very Emollient  
Body Lotion**  
32 FL OZ  
Selected Varieties

**\$3.99**

South Of France  
**Hand  
Wash**  
8 FL OZ



Yerba Prima  
**Psyllium  
Whole Husks**  
12 OZ

**\$13.49**



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Hu  
**Organic Chocolate**  
2.1 OZ

**\$4.49**



Pretzel Crisps  
**Deli Style Pretzel Crisps**  
7.2 OZ

**\$3.99**



Loacker  
**Quadratini Cookies**  
8.82 OZ

**\$5.99**



Theo Chocolate  
**Organic Chocolate Bar**  
3 OZ

**\$3.49**



Torie & Howard  
**Organic Hard Candy**  
2 OZ

**\$4.49**



**\$5.99**  
Newman's Own  
**Newman-O's Cookies**  
13 OZ

**South Union Desserts**  
**Rhubarb Tart with Strawberries & Cardamom**  
**\$6.49**

