

Prices valid April 1st-30th, 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



**Spectrum Naturals
Organic
Extra Virgin
Olive Oil**
33.8 FL OZ

\$17.99



**Fly By Jing
Chili Crisp &
Zhong Sauce**
6 OZ

\$12.99

Late July Snacks
**Organic
Tortilla Chips**
7.4 OZ



\$4.49



Terra Chips
**Potato
Chips**
6 OZ

\$3.99



Kettle Brand
**Potato
Chips**
5 OZ

\$3.49



Frontera Foods
Salsa
16 OZ

\$3.49

**South Union Bakery Desserts
Carrot Cake Slices**
\$4.49





Meat & Seafood

Wild Caught Yellowfin Tuna
\$18.99/lb

1855 USDA Prime New York Strips
\$22.99/lb

Bilinski's Chicken Sausages
\$5.99 10oz

Berkwood Farms Berkshire Iowa-Cut Pork Chops
\$9.99/lb

Farm-Raised 16-20ct E-Z Peel Shrimp
\$10.99/lb

Grass Run Farms Grass-Fed 90/10 Ground Beef
\$11.99/lb

Cool Finds



Sunja's Oriental Foods
Kimchi
16 OZ

\$5.99

Hail Merry
**Tart
Cups**
2 CT



\$2.99

\$3.99

GT's
Kombucha
16 FL OZ



My Mochi
**Mochi
Ice Cream**
9.1 OZ



\$5.29

Gardein
**Be'f
Burger**
12 OZ



\$3.99

\$4.49

Greek Gods
**Greek
Yogurt**
24 OZ





FOR A LIMITED TIME!

**South Union Bakery
Olive Ciabatta Hearth Loaf**

\$4.49

Snacks



**Clif Bar
Builder
Bar**
2.4 OZ

2/\$4

2/\$6

**Gomacro
Organic
MacroBar**
2.3 OZ



**Probar
Meal
Bar**
3 OZ

\$2.79

2/\$7



**Equal Exchange
Organic
Chocolate Bar**
2.8 OZ

\$3.29

**Mavuno Harvest
Organic Dried
Fruit**
2 OZ



**Natierra
Organic
Freeze-Dried
Fruit**
8 OZ

\$6.99



Produce

Revol Organic Caesar Salad Kit

\$4.49 7.06oz

Organic Fuji Apples

\$2.29/lb

Organic Red Radish Bunch

\$2.49

Graddy's Pico De Gallo

\$4.49 13oz

Mariposa Sundried Tomatoes

\$2.99 3oz

Drinks



**Steaz
Organic
Yerba Mate**
16 FL OZ

2/\$5



**Vita Coco
Coconut
Water**
500 ML

\$2.99

\$13.99

**Stumptown
Cold Brew
Concentrate**
25.4 FL OZ



**R.W. Knudsen
Morning
Blend Juice**
32 FL OZ



\$3.99

**Prince Of Peace
Organic
Tea**
100 BAG



\$6.99

\$4.99

**Stumptown
Nitro
Cold Brew**
10.3 FL OZ





Cafe Special

Carnitas Torta

Carnitas, Enchilada Sauce, Lettuce, Tomato, Onion, Crema on a Toasted South Union Bun with Refried Beans and a Fried Jalapeno

\$12.99

Staples

**Rustic Crust
Pizza
Crust**
13 OZ



\$4.99

**Mary's Gone Crackers
Organic
Crackers**
6.5 OZ

\$4.99



**La Tourangelle
Avocado
Oil**
8.45 FL OZ

\$10.99

\$7.99

**Spectrum Naturals
Toasted
Sesame Oil**
8 FL OZ



**Jovial
Organic
Gluten Free
Pasta**
12 OZ



\$4.99

\$5.99

**Emerald Cove
Organic Sushi
Nori Sheets**
10 SHT





Cheese & Charcuterie

Fig & Honey Fromage Frais
\$6.99 5oz

Vermont Creamery Mascarpone
\$3.99 8oz

Cream Cheese
\$5.49/lb

Boar's Head Horseradish Bread & Butter Pickles
\$3.99 15.5oz

Molinari Italian Salami
\$15.99 13oz

Fermin Iberico Salchichon
\$8.99 2oz

Great Ingredients

Lundberg Family Farms
Organic
Rice Pouch
8 OZ

\$3.49



\$3.29



Seeds of Change
Organic Quinoa &
Brown Rice Pouch
8.5 OZ

Annie's Naturals
Organic
Dressing
8 FL OZ



\$4.99

Maille
Cornichons
13.5 FL OZ



\$6.99

Colavita
Extra Virgin
Olive Oil
17 FL OZ



\$8.99

Mighty Sesame
Company
Organic
Tahini
10.9 OZ



\$6.99



Wine Picks

Seven Hills Cabernet Sauvignon, Walla Walla Valley, WA
\$27.99

Chamisal Pinot Noir, San Luis Obispo County, CA
\$19.99

Chehalem Pinot Gris, Willamette Valley, OR
\$17.99

Pali Wine Co. Rose of Pinot Noir Wild Series, Sta. Rita Hills, CA
\$17.99

E. Guigal Cotes du Rhone, France
\$17.99

Ruffino Lumina Pinot Grigio, Delle Venezie, Italy
\$9.99

Protein



OWYN
Plant-Based
Protein
Shake
12 FL OZ

2/\$6

Kind
Whole Grain
Granola Clusters
Peanut Butter or Almond Butter
11 OZ

\$6.99



Think!
High Protein
Bar
2.1 OZ

2/\$5



Vita Coco
Organic Farmers
Coconut Water
33.8 FL OZ

\$5.49

\$44.99



Orgain
Organic Protein &
Superfoods Powder
2.02 LB



Amazing Grass
Superfood
Greens Blend
8.5 OZ

\$29.99

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**Seventh Generation
Disinfecting Multi-
Surface Cleaner**
26 FL OZ

\$5.99

**Green Forest
Bathroom
Tissue**
12 PK

\$12.99



**Immaculate Baking
Organic Cinnamon
Roll Dough**
17.5 OZ

\$6.99



**Cascadian Farm
Organic Frozen
Sliced Peaches**
10 OZ

\$3.99



**Cascadian Farm
Organic Frozen
Mango Chunks**
10 OZ

\$3.99



**Orgain
Organic Protein
Powder**
2.03 LB

\$39.99

**Gateway Tulip-palooza!
20% Off Tulip Bundles**

