



DREAM.



THEN DO.



**DEEP, DARK
& DELICIOUS!**

Roasted right in the
Rocky Mountains.

20% OFF

ANY BAG OF WHOLE BEAN
OR GROUND COFFEE.

LASSENS
NATURAL FOODS & VITAMINS

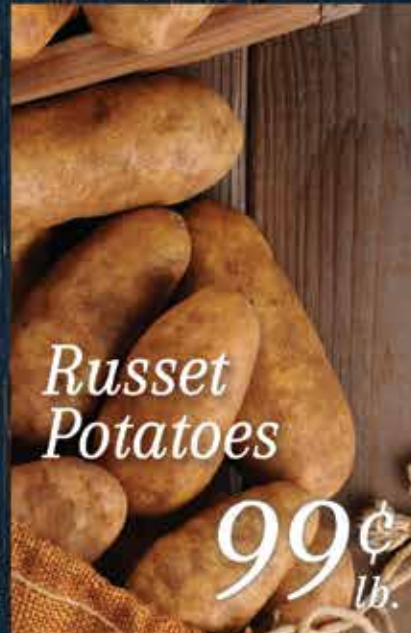
September
2019

100% ORGANIC PRODUCE



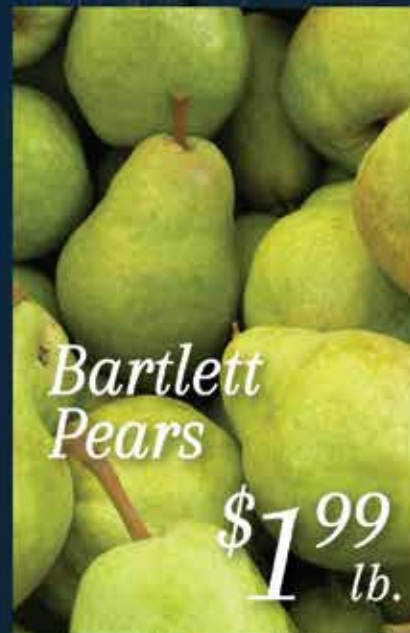
Gala Apples

\$1⁹⁹
lb.



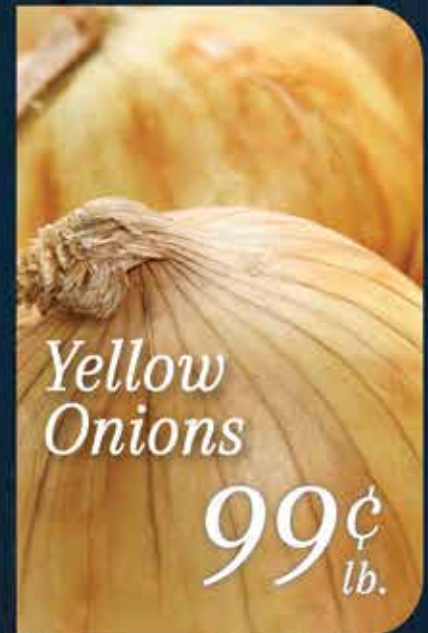
Russet Potatoes

99¢
lb.



Bartlett Pears

\$1⁹⁹
lb.



Yellow Onions

99¢
lb.

LASSENS FRESH KITCHEN



Autumn Equinox Salad

Organic Kale, Organic Quinoa, Organic Pomegranate, Organic Sweet Potato, Organic Maple Syrup, Organic Red Onion, Organic Orange Juice, Organic Lemon Juice, Organic Olive Oil, Organic Black Pepper, Sea Salt, Astragalus.

\$12⁹⁹
lb.



Grilled Chicken Pesto Sandwich

Organic Chicken, Organic Carmelized Onions, Natural Provolone Cheese, Organic Lettuce, Organic Tomato, Pesto Sauce, Non-GMO Mayo, on Ciabatta Roll.

\$7⁹⁹
ea.



Sweet Monster Smoothie

Organic Coconut/Pineapple Juice Blend, Organic Banana, Organic Mango, Organic Spinach, Organic Cucumber, Organic Kale.

\$5⁹⁹
16oz \$7⁹⁹
24oz

LASSENS MEAT DEPARTMENT



SMART CHICKEN USDA ORGANIC

Smart Chicken
Bone In Thighs
Organic

\$3.99 lb.



SMART CHICKEN USDA ORGANIC

Smart Chicken
Drumsticks
Organic

\$3.99 lb.



CREEKSTONE FARMS NON GMO Project VERIFIED

Creekstone
Top Sirloin
Non GMO



CREEKSTONE FARMS NON GMO Project VERIFIED

Creekstone
Ground Beef
Non GMO



beeler NON GMO Project VERIFIED

Beeler
Pork Chops
Boneless - Non GMO



USDA ORGANIC APPLEGATE

Applegate
Deli Meat Line
Organic

\$7.99 lb.

\$7.99 lb.

\$6.99 lb.

\$6.99 ea.



STAR FISHERIES

Ahi Tuna
Previously Frozen

\$9.99 lb.



STAR FISHERIES

Fresh
Dover Sole Fillet

\$8.99 lb.



SUPPLEMENTS, HEALTH & BEAUTY

MINERAL FUSION

Minerals on a Mission



ALL PRODUCTS
20% OFF

SOURCE NATURALS

Live Unstoppable



ALL PRODUCTS
40% OFF

SOLARAY

Nature's Solutions to Health

ALL PRODUCTS
30% OFF



PLANETARY HERBALS

Pathway To a Better Life

ALL PRODUCTS
40% OFF



SUN WARRIOR

Nourish And Transform

ALL PRODUCTS
20% OFF



HOST DEFENSE

Real Wellness with Natural Intelligence

ALL PRODUCTS
25% OFF



HEALTHFORCE SUPERFOODS

Vital Healing Food

ALL PRODUCTS
20% OFF



DR. MERCOLA

Practical Health Solutions

ALL PRODUCTS
20% OFF



DERMA E

Love Your Skin

ALL PRODUCTS
20% OFF



BARLEANS

Powering the Best You

ALL PRODUCTS
20% OFF



ALAFFIA

Repair & Restore

ALL PRODUCTS
25% OFF



TOM'S OF MAINE

Fluoride-Free Botanically Fresh Toothpaste
Herbal Mint
4.7 oz.



\$6⁹⁹

Also on sale:
Whole Care Peppermint Toothpaste
with Fluoride, 4 oz. **\$5.99**

TEA TREE THERAPY

Tea Tree Toothpicks
Mint
100 ct.



\$3⁴⁹

Also on sale:
Whitening Toothpaste, 3 oz. **\$4.29**

NATURTINT

3N Dark Chestnut
Brown Hair Color
5.6 oz.



\$11²⁹

Also on sale:
5N Light Chestnut Brown Hair
Color, 5.6 oz. **\$11.29**

GRANDPA SOAP CO.

Pine Tar
Conditioner
8 oz.



\$8²⁹

Also on sale:
Pine Tar Shampoo
8 oz. **\$8.29**

BOIRON

ColdCalm, 60 ct.



\$8⁹⁹

Also on sale:
Oscillococcinum, 6 ct.
\$10.99

GARDEN OF LIFE

Mykind Organics Immune Gummy
Elderberry
120 ct.



\$22⁹⁹

Also on sale:
Mykind Organics Immune Syrup,
Elderberry, 6.59 oz. **\$22.49**

GOOD DAY CHOCOLATE

Calm Supplement
Chocolate
8 ct.



\$2⁴⁹

Also on sale:
Sleep Supplement
Chocolate, 8 ct. **\$2.49**

JARROW FORMULAS

N-A-C Sustain
100 ct.



\$19⁹⁹

LIFE SEASONS

Anxie-T Stress Support
60 ct.



\$26⁹⁹

Also on sale:
Immuni-T Immune Support
90 ct. **\$22.49**

NEW CHAPTER

LifeShield Immune
Support
60 ct.



\$28⁹⁹

Also on sale:
LifeShield Immune Support
120 ct. **\$49.99**

SIDDHA FLOWER ESSENCES

Emotional
Detox
1 oz.



\$14⁹⁹

SOVEREIGN SILVER

Bio-Active
Silver Hydrosol
Drops
4 oz.



ADDITIONAL
ITEMS
ON SALE!

\$19⁴⁹

Also on sale:
Bio-Active Silver Hydrosol
Spray, 2 oz. **\$11.99**

HYALOGIC

HylaMist
For Dry Nose
1.5 oz.



ADDITIONAL
ITEMS
ON SALE!

\$7⁹⁹

Also on sale:
Synthovial Seven
1 oz. **\$32.99**

WILEYS FINEST FISH OIL

Wild Alaskan Fish Oil
Peak EPA
30 ct.



ADDITIONAL
ITEMS
ON SALE!

\$19⁴⁹

Also on sale:
Wild Alaskan Fish Oil
+ Vitamin K2, 60 ct. **\$29.99**

ORGANIC INDIA

Organic Whole Husk
Psyllium
12 oz.



\$12⁹⁹

Also on sale:
Organic Moringa Leaf Powder
8 oz. **\$18.99**

PLANT BASED

FODY FOODS

At Fody Foods, we are committed to bringing back the joy in eating for those suffering with IBS and other digestive discomforts with our world of delicious, gut friendly, Low FODMAP foods. Our products are certified Low FODMAP, gluten free, dairy free, non-GMO, and made with carefully sourced, real ingredients promoting digestive health.

Bring on the BBQ Bliss! Get ready to grill n' chill this summer with our Ketchup and BBQ Sauce.

Tomato Basil Pasta Sauce, 19.4 oz. **\$3.49**



MAYA KAIMAL Everyday Dal - Green Split Pea, 10 oz. \$3.19	SOLELY Mango Fruit Jerky 0.8 oz. 4 for \$5	BLUE DIAMOND Unsweetened Almond Milk Original 64 oz. \$3.49	CALIFIA FARMS Iced Coffee with Almond Milk Espresso 10.5 oz. \$2.19	CALIFIA FARMS Probiotic Drinkable Yogurt Mango 8 oz. \$1.99
FIELD ROAST Chao Slices Creamy Original 7 oz. \$4.49	VEGETARIAN PLUS Vegan Kung Pao Chicken 10.5 oz. \$5.49	TRES PUPUSAS Stuffed Corn Tortilla Kale & Pinto Bean 4 pk. \$4.19	MILKADAMIA Unsweetened Creamer Vanilla 16 oz. \$2.99	KOIA Protein Beverage Vanilla Bean 12 oz. \$2.99

CHOICE ORGANIC Tea Earl Grey 16 bags. \$3.99	CLEAN CAUSE Sparkling Yerba Mate Peach 16 oz. \$1.89 +crv	ELIYA Coconut Water Young King 10.1 oz. \$2.59 +crv	CASCADIAN FARMS Organic Blueberries 8 oz. \$2.99	ESSENTIA Purified Water 1 lt. \$1.69 +crv	ETERNAL Spring Water 1 lt. \$1.49 +crv	FISH PEOPLE Wild Alaskan Salmon Jerky Sweet 2.15 oz. \$5.69
FOOD FOR LIFE Cereal Golden Flax 16 oz. \$5.49	FOOD SHOULD TASTE GOOD Multigrain Tortilla Chips 5.5 oz. \$1.99	HIGH BREW COFFEE Cold Brew Coffee Mexican Vanilla 8 oz. \$1.69 +crv	HORIZON Chocolate Milk 8 oz. 10 for \$10	HORIZON Chocolate Milk 11 oz. \$1.49	HYVIDA Hydrogen Sparkling Water 12 oz. 99¢ +crv	INKOS White Iced Tea Peach 16 oz. \$1.89 +crv
APPLE & EVE Elmo's Punch 125 ml., 8 pk. \$3.39	KATES BAR Handle Bar 2.2 oz. \$1.99	KNUDSEN Organic Cranberry Juice 32 oz. \$8.49 +crv	L & A JUICE All Cranberry Juice 32 oz. \$4.89 +crv	LAKEWOOD ORGANIC Pure Cranberry Juice 32 oz. \$8.49 +crv	LARABAR Cashew Cookie Bar 1.7 oz. 99¢	BIENA Chickpeas Snacks Sea Salt 5 oz. \$2.99
LIVING INTENTIONS Berry Smoothie Activated Superfood Popcorn 4 oz. \$3.59	BEANITOS Black Bean Chips Sea Salt, 5 oz. \$1.99	MATCHABAR Fuji Apple Ginger Matcha 10 oz. \$2.49 +crv	BOBS RED MILL Golden Flaxseed Meal 32 oz. \$5.49	MIGHTY ORGANICS Mighty Bar Uncured Bacon & Apple, 1 oz. \$2.59	MOUNT HAGEN Instant Coffee 3.53 oz. \$7.79	MUIR GLEN Diced Tomatoes 14.5 oz. 99¢

BULK Scoop Up the Savings!!

ORGANIC PINTO BEANS \$1.99 lb. 	ORGANIC RYE BERRIES \$2.49 lb. 	STEEL CUT OATS \$1.29 lb. 	ORGANIC FLAX SEEDS \$1.99 lb. 	ORGANIC WHOLE WHEAT FLOUR 99¢ lb. 	ORGANIC YELLOW POPCORN \$1.29 lb.
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TENDER & TRUE

In 2014, Tender and True changed the pet food industry forever. Pioneering the first and only pet food meeting USDA standards to be truly organic from farm to bowl with a full line of antibiotic-free pet food. They are the first GAP certified humanely raised / animal welfare and MSC certified sustainably fished pet food.

Tender & True Pet Nutrition's always antibiotic free promise provides assurance that the animals were raised in a program that allows them to grow at their own natural pace in an environment that does not require the administration of antibiotics to keep them healthy. In addition, our MSC Certification provides the trust that seafood with the MSC ecolabel has been responsibly caught by a certified sustainable fishery.

Tender & True Pet Food: Better for them. Better for the environment. Better for you. Certifiably Better.

Organic Turkey and Liver Dog Food, 4 lbs. **\$15.99**



SOMETHING SWEET

BARNANA

Banana Bite Chocolate
3.5 oz.



\$3.49

CHOCOLOVE

Dark Chocolate Bar Sea Salt
3.2 oz.



\$1.99

GREEN & BLACKS

Chocolate Bar Dark 85%
3.5 oz.



\$2.99

MADECASSE

Pure Dark Chocolate Bar
92% Cocoa
2.64 oz.



\$2.49

JOYFULS

Chocolate Treats Cranberries Almonds
4 oz.



\$3.49

LENNY & LARRY

Crunchy Cookie Chocolate Chip
4.25 oz.



\$3.49

BEN & JERRY'S

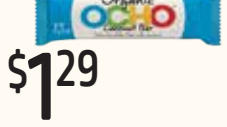
Ice Cream Half Baked
1 pt.



\$4.99

OCHO

Coconut Candy Bar
1.5 oz.



\$1.29

TCHO CHOCOLATE

Chocolate Bar Toffee + Sea Salt, 2.5 oz.



\$2.69

BEE HARMONY

American Raw Honey Wildflower
12 oz.



\$6.99

SOLERO

Fruit Bar Mango
11 oz.



\$3.89

SWEET LORENS

Gluten Free Cookie Dough Chocolate Chunk
12 oz.



\$4.89

TALENTI

Cookie Caramel Gelato
16 oz.



\$3.99

ENDORFIN

Chocolate Bar Turmeric
1.4 oz.



\$3.29

LIBERTE

Strawberry Yogurt
5.5 oz.



\$1.49

MY BROTHERS SALSA

Black Bean & Corn Mild Salsa
16 oz.



\$4.39

TEECINO

Herbal Tea Vanilla Nut
10 bags



\$3.49

RICKS PICKS

Garlic Dill Snacking Pickles
2.2 oz.



\$1.99

SAN J

Tamari Low Sodium
10 oz.



\$3.69

SIR KENSINGTONS

Pizza Ranch Dressing
9 oz.



\$3.49

TYPHOO

English Tea
80 ct.



\$5.19

STEAZ

Zero Calorie Iced Green Tea Peach Mango
16 oz.



\$1.49 +crv

TAZO TEA

Chai Tea
20 bags



\$3.99

VEGAN ROBS

Cauliflower Puffs
3.5 oz.



\$2.19

YAMASA

Soy Sauce Tamari
5 oz.



\$3.19

1907

Artesian Water
1 lt.



\$1.29 +crv

WATERLOO

Sparkling Water Watermelon, 12 Pack, 12 oz. Cans



\$3.99 +crv

GRAIN TRUST

Brown Rice
30 oz.



\$3.49

ZEVIA

Sugar Free Soda Cola
12 Pack 12 oz.



\$3.99 +crv

EVOL

Truffle Parmesan Mac & Cheese
8 oz.



\$3.29

FARMHOUSE CULTURE

Gut Shots Classic
16 oz.



\$3.99

GTS LIVING

Kombucha Trylogy
48 oz.



\$5.99 +crv

LE GRAND

Green Split Pea Soup
20 oz.



\$5.19

BARNANA

Himalayan Pink Salt Plantain Chips
5 oz.



\$3.19

LIFEWAY

Goo Berry Probugs
3.5 oz.



\$1.19

ONCE UPON A FARM

Baby Food Green Kale & Apples
3.2 oz.



\$1.99

ORGANIC VALLEY

Sliced Baby Swiss Cheese
6 oz.



\$5.19

SIGGIS

Skyr Yogurt Vanilla
5.3 oz.



\$1.49

SUJA

Juice Mighty Greens
12 oz.



\$2.99 +crv

LIVING APOTHECARY

Probiotic Tea Hibiscus Apricot
13 oz.



\$2.49 +crv

TEARIOT

Hibiscus Glow Tea
12 oz.



\$2.99 +crv

THE BU

Kombucha Lavender
14 oz.



\$2.29 +crv

WILDBRINE

Kimichi Korean
18 oz.



\$4.79



YOUR PANTRY'S NEW FAVORITE SUPERFOODS

EARTHLY GOODS FOR YOU



NEW

100%
PLANT-BASED
PRODUCTS

KANIWA BREAKFAST BOWL

INGREDIENTS

- 3/4 cup Suncore Foods® Rainbow Kaniwa Seeds
- 1 tbsp coconut oil
- 1 1/2-2 tbsp maple syrup
- 3/4 tsp cinnamon
- 1/8 tsp fine sea salt

METHOD

1. Cook Kaniwa according to package directions.
2. When it's done, stir in coconut oil, maple syrup, cinnamon, and salt.
3. Spoon into bowls and top with your favorite toppings. Enjoy!



100% WOMEN-OWNED COMPANY

LASSENS

NATURAL FOODS & VITAMINS

FOLLOW US ON

CLOSED ON SUNDAYS



LOCATIONS
FEATURING
DELIS AND
JUICE BARS

FRESNO
559-434-6990

SANTA BARBARA
805-683-7696

SIMI VALLEY
805-522-6990

BAKERSFIELD
661-324-6990

VENTURA
805-644-6990

LOS FELIZ (LA)
323-660-0052

SAN LUIS OBISPO
805-250-2805

OXNARD
805-486-8266

ECHO PARK (LA)
213-542-6535

SANTA MARIA
805-925-3432

THOUSAND OAKS
805-495-2609

MIRACLE MILE (LA)
323-648-7980