

# CO+OP deals

# Sunrise Savings



## OUTPOST'S OWN Ham & Cheese Croissant Breakfast Sandwich



A delicious sandwich of Beeler's ham, Cedar Grove mild cheddar cheese & C'est Gourmet plain croissant

**6.49** ea.



## OUTPOST'S OWN Classic Sunrise Sandwich



Organic eggs, Cedar Grove mild cheddar cheese & Gimme Lean breakfast sausage nestled in an English muffin for a satisfying & tasty breakfast treat

**4.99** ea.



## DAVIDOVICH BAGELS Plain, Everything, Cinnamon Raisin, & Pumpernickel Bagels



Straight from New York, Davidovich's Kosher bagels are hand rolled, kettle boiled & baked on wooden planks  
• We finish baking at each store location

**ONLY .99** ea.



## GARRETT VALLEY FARMS Sugar-free Pork or Turkey Paleo Bacon

No nitrites or nitrates added • Humanely raised with no hormones or antibiotics  
• Gluten-free

**SAVE 2.00**



## OZERY BAKERY Morning Rounds



Toastable, portable flat breakfast buns • Great with nut butter, cream cheese, or smashed avocado & eggs • Select varieties • 12.7 oz.

**3.49**



## ANODYNE Locally Roasted Coffee



In bags or in bulk  
• Whole bean or ground varieties

**SAVE 1.00**



## WALLABY Aussie Greek Style Plain Yogurt



Super creamy & not too tart  
• Whole milk, lowfat, or nonfat • 32 oz.

**6.49**



## BULK French Vanilla Almond Granola



A blend of rolled oats & crispy rice with almonds & a hint of vanilla

**SAVE 1.00** per lb.



## ORGANIC TANGO MANDARINS

California Grown

Great flavor!

**ONLY 1.99** per lb.

open daily



April 24 - 30, 2024

# bloody mary bonanza



## MILLER High Life

The quintessential "champagne of beers"  
• 6 pk. • 7 oz. bottles

**4.99**

*The perfect chaser!*



## KICKLED MARY Premium Bloody Mary Mix

Full of the bold, robust flavor that can only come from using the freshest ingredients around  
• Made in Minnesota • 32 oz.

**12.99**



## PRAIRIE Organic Vodka

Hints of melon & pear on the nose, a creamy mouthfeel on the palate & a bright, smooth finish  
• 750 ml

**24.99**



## STEPPIN' OUT FOODS Pickled Asparagus or Dilly Beans

Original or Spicy  
• Waukesha, WI • 16 oz.

**6.99**



## THOUSAND HILLS CATTLE COMPANY Grassfed Beef Sticks

Snack sized & hickory smoked • Select varieties • Becker, MN • 7 oz.

**3.49**



## WIENKE'S Pickled Mushrooms

Original or Hot  
• Algoma, WI  
• 15 oz. - 16 oz.

**6.99**

*First of the season!*



## ORGANIC CELERY

California Grown

**1.69** per lb.



## ORGANIC GRAPE TOMATOES

Canada or Mexico Grown

**ONLY 1.69** per pint



## ORGANIC SWEET VIDALIA ONIONS

Georgia Grown

**1.69** lb.



FRESH & DELICIOUS

co-op made

MADE FROM SCRATCH

owner savings\*

owner savings\*



**GRAB & GO**

**Take & Bake Artichoke Chicken Pizza**

Wheat-free pizza crust topped with rich alfredo sauce, grilled chicken, artichoke hearts, baby spinach, Asiago & Parmesan cheeses • 8-inch

**7.49** ea.

**OUTPOST'S OWN  
Fresh Italian Pork Sausage**

Seasoned with garlic, fennel, & basil  
• Mild or hot

**5.99** per lb.

**OUTPOST BAKEHOUSE  
Hummingbird Cake Slice**

A delicious cake of banana & pineapple highlighted with luscious cream cheese frosting & pecans

**3.49** ea.



**OUTPOST'S  
OWN**

**Strawberry  
Superb Smoothie**

Organic bananas & strawberries blended with organic apple & organic orange juice for a refreshing treat • One of our most popular smoothies • 16 oz.

**5.49** ea.

**cheese special**

**deli special**

owner savings\*

owner savings\*

**SILVER  
LEWIS  
Muenster  
Snack Pack**



This delicious semi-soft, red rind cheese is made by the oldest continuously operating cheese factory in Wisconsin  
• Great for snacking

**7.99** per lb.



**FARMERS & COOKS  
Herb Shallot Turkey**

Made from a single turkey breast brined & roasted then hand-rubbed with herbs, spices & minced shallots • All-natural, no nitrates, unprocessed

**SAVE 1.00** per lb.

**we made you dinner • APR. 24 - 30**



**Green Curry Chicken** (wheat-free)

**Asparagus Leek Lasagna** (vegetarian)

**Sweet Potato Coconut Dal** (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

bulk deals

**BULK Organic Raw Almonds**



Great for everyday snacking • Grown in California

**SAVE 3.00** per lb.

owner savings\*

**BULK Organic Cranberry Harvest Trail Mix**



Featuring a sweet & salty blend of nuts, seeds, & dried fruits • Made in USA

**SAVE 3.00** per lb.

**BULK Organic Sunflower Seeds**



Raw, roasted salted, or roasted unsalted • Grown in USA

**SAVE 1.50** per lb.

**BULK Organic Black Lentils**



Rich, earthy flavor • Holds shape when simmered • Grown in USA

**2.99** per lb.



**MEADOWLARK COMMUNITY MILL Organic White Corn Grits**



Made from open pollinated white dent corn • Stoneground for best texture • Grown & milled in Ridgeway, WI • Good Foods Award Winner 2023!

**2.99** per lb.



stock up & save deals

**INSPIRED ORGANICS Salad Dressing**



Select varieties • It's Back! • 8 oz.

**4.79**

**DR. MCDUGALL'S Soup**



Warm & Serve • Select varieties • 17.6 oz. - 18 oz.

**3.79**

**TRIPLE CROWN BBQ Sauce**



Vegan & Gluten-Free • All varieties • Minneapolis, MN • 14 oz.

**6.99**

**EPIC Protein Strip Meat-Based • Select varieties • .8 oz.**



**1.99**

**PIPCORN Cheese Ball Snacks Original or Tabasco varieties • 4.5 oz.**



**4.89**

**C2O Hydration Beverage**

Coconut-Based • Select varieties • 17.5 oz.

**2 for 5.00**



spring cleaning deals

**GREEN FOREST Bath Tissue Double Roll**



Soft & strong • Made from 100% recycled paper fiber • 12 rolls

**SAVE 5.00**

**SEVENTH GENERATION Dish Soap Liquid Free & Clear**



Made with renewable, plant-based ingredients • EPA Safer Choice certified • Select varieties • 19 oz.

**3.79**

**TRU EARTH Laundry Detergent Eco-Strips**



Fragrance-free • Ultra-concentrated & hypoallergenic • Dissolves completely in hot or cold water • Made in Canada • 32 ct.

**12.99**



April 24 - April 30, 2024 • Promoted items may vary by location • While supplies last

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**POP & BOTTLE**  
Almond Milk Lattes

Plant based & made with no refined sugar • Matcha green tea or vanilla • Vegan • 11 oz.

**2 for 6.00**



**JUST EGG**  
Folded Plant-Based Egg Patties

Ready in minutes; just pop in a toaster, microwave, or skillet • Great for breakfast sammies • Gluten-free & vegan • 4 pk. • 8 oz.

**5.99**



**UNCLE MATT'S**  
Organic Orange Juice

Made from a delicious blend of Hamlin & Valencia oranges, with no added sugar • Not from concentrate • Select varieties • 52 oz.

**6.49**



**GOOD KARMA**  
Flaxmilk + Protein

Unsweetened plain or vanilla • Gluten-, nut-, & soy-free • Vegan • 64 oz.

**4.79**



**CASCADIAN FARM**  
Granola or Cold Cereal

Select varieties • 9.6 oz. - 14.6 oz.

**4.79**



**RW KNUDSEN**  
Juice

Tomato & Original or Low Sodium Very Veggie • 32 oz.

**3.99**



**FLOW** new  
ALKALINE WATER  
Vitamin Infused Alkaline Spring Water

Select varieties • 500 ml.

**2.29**



**KEVITA**  
Probiotic Refresher

Light, refreshing sparkling drink fermented with water kefir culture • Select varieties • 15.2 oz.

**2.99**



**CASCADIAN FARM**  
Granola Bars

Multi-Pak • Select varieties • 6 oz. - 8.85 oz.

**4.99**



**NOKA**  
Superfood Smoothie Pouch

Select varieties • 4.22 oz.

**2.69**



**KIND**  
Snack Bars

Nut & Fruit Based • Select varieties • 1.4 oz.

**1.99**



**EQUAL EXCHANGE**  
Chocolate Bars

Made with Fairly Traded Cacao, Sugar, & Other Ingredients • Select varieties • 2.8 oz.

**2.99**



**GOODPOP**  
Frozen Fruit Pops

Select varieties • Gluten-free & vegan • 4/2.5 oz.

**4.99**



**MATT'S**  
Cookies

Select varieties • Wheeling, IL • 10 oz. - 10.5 oz.

**4.99**



good morning breakfast deals

hydrating deals

quick snack deals

sweet treat deals

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

spicy deals

## YELLOW BIRD Hot Sauce

Habanero, Serrano, or Sriracha varieties • 9.8 oz.

**4.99**



**GARDEN OF EATIN'**  
Blue Corn Tortilla Chips  
Red Hot Blues or Sesame Seasoned varieties • 5.5 oz.

**2 for 5.00**



**SKY VALLEY Sriracha Sauce**  
Hot, Gluten-free & Vegan • 18.5 oz.

**5.99**



black bean deals

## KUNER'S Seasoned Canned Black Beans

Cumin & Chili Spices, Refried With Lime, or Jalapeno • 15 oz.

**2.59**



## FILLO'S Seasoned Bean Entrees

Heat & Serve • Select varieties • 10 oz.

**3.49**



## FILLO'S Walking Tamales

Single-Serving Meal or Snack • Select varieties • 4 oz.

**2.39**



easy meal deals

## DEEP INDIAN KITCHEN Potato & Pea Samosas

Flaky pastry crust, filled with savory potatoes, peas, & spices • Tamarind mint chutney included • Vegan • 12 oz.

**6.49**



## DEEP INDIAN KITCHEN Naan Pizza

Hand-stretched naan topped with fresh ingredients • Margherita, spinach paneer, or cilantro pesto • 7.4 - 8.5 oz.

**4.99**



## EVOL Frozen Burritos

Hand-rolled & made with no artificial colors, flavors, or additives • Select varieties • 6 - 9 oz.

**2.79**



bread deals

## LIGHT LIFE Smart Dogs

Plant-based hotdogs • A delicious meatless family favorite • Vegan • 12 oz.

**3.99**



## MORI NU Silken Tofu

Shelf Stable • Non-organic Soft, Firm, or Extra-Firm varieties • 12 oz. - 12.3 oz.

**2.99**



## QUORN Meatless ChiQin Patties

Light & crispy breaded vegetarian patties that are great for sandwiches or salad toppers • Soy-free • 11 oz.

**5.99**



quick snack deals

## PRETZILLA Pretzel Buns

Sausage, hamburger, or slider • No artificial colors or flavors • Vegan • Milwaukee, WI • 4 - 6 ct.

**3.49**



## ISOLA Grissini Breadsticks

Sesame, Olive Oil, or Rosemary varieties • 7.75 oz.

**3.79**



## BACKERHAUS Signature Sliced Sandwich Bread

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

**4.49**



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## SUN WARRIOR Warrior Blend

Several rich vegan protein sources in one smooth, great-tasting formula • Exceptionally rich in amino acids • 25 g

**1.99**



## ORGAIN Nutrition Shake

Smooth & creamy meal replacement shake with 16 grams of plant-based protein & 21 vitamins & minerals • 11 oz.

**2.89**



## KOOSHOO Scrunchies

100% Fair Trade, plastic-free & zero waste • Made from organic cotton & natural latex • Vegan • Biodegradable • 2 pk.

**9.99**



## BARLEAN'S Organic Flax Oil

Cold pressed without the use of heat or solvents • Each drop is protected from damaging heat & light from seed to bottle, offering a potent balance of Omegas 3, 6, & 9 • 16 oz.

**SAVE 4.00**



## NUTRITION NOW PB8 Probiotic

Supports digestive health with 14 billion active cultures & 8 strains of beneficial bacteria • 120 ct.

**SAVE 6.00**



## CHARLOTTE'S WEB Balm

New formulation—now with 2 times more CBD per ounce • US Hemp Authority Certified • 1.5 oz.

**SAVE 7.00**



personal & wellness deals

## buy one, get one free deals



## SAPPO HILL Bar Soap

Zero plastic, zero packaging, just soap! • Made with non-GMO, food grade, certified sustainable oils • Vegan & detergent-free • 3.5 oz.

**Regularly 2.99**

no limit, equal or lesser value free



## GIOVANNI Shampoo & Conditioner

Deeply hydrates dry hair & scalp with an incredibly rich blend of oils that quenches hair & skin's moisture needs • 13.5 oz.

**Regularly 12.29**

no limit, equal or lesser value free



## SUKIN Shampoo & Conditioner

Free from sulphates & silicones • Lightweight & purifying • Boosts volume & builds fullness • 16.9 oz

**Regularly 9.99**

no limit, equal or lesser value free



## ANCIENT NUTRITION Multi Collagen Protein

Packed with 10 types of collagen from non-GMO, pasture-raised, wild-caught, cage free & cruelty free sources • Supports healthy skin, nails, gut & joints • 454 g

**Regularly 57.99**

no limit, equal or lesser value free

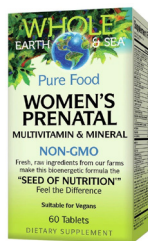


## WHOLE EARTH & SEA Prenatal Multi & Mineral

Derived from whole food sources capturing all the vibrant energy & goodness of nature • 60 ct.

**Regularly 45.49**

no limit, equal or lesser value free



## WHOLE EARTH & SEA Men's 50+ & Women's 50+

Bioenergetic formula contains meaningful levels of over 20 vitamins & minerals, along with a wide array of enzymes, antioxidants & polyphenols • 60 ct.

**Regularly 43.99**

no limit, equal or lesser value free

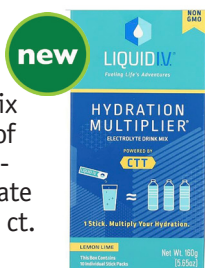


## LIQUID IV Hydration Multiplier

An electrolyte drink mix that uses the science of Cellular Transport Technology (CTT)™ to hydrate faster than water • 10 ct. • 0.565 oz.

**Regularly 19.99**

no limit, equal or lesser value free



## ULTIMA REPLENISHER Electrolyte Mix

Supports optimal hydration with 6 electrolytes & trace minerals so you can feel & perform your best • 3.4 oz.

**Regularly 21.49**

no limit, equal or lesser value free



## BACH Rescue Pastilles

Easy to use when on-the-go to help you stay calm & relaxed when everyday moments become overwhelming

**Regularly 12.99**

no limit, equal or lesser value free



# how to make whipped coffee



## A.K.A Dalgona Coffee

Whipped Coffee (Dalgona Coffee) is all the rage nowadays! It's a fluffy and incredibly delicious way to kick up your morning coffee routine. It only takes about 5 minutes with a hand mixer, and you can make it hot or cold.

- 2 tablespoons instant coffee
- 2 tablespoons granulated sugar (or any sugar you desire)
- 2 tablespoons boiling water
- 1 cup milk of choice

1. Add all the coffee, sugar and boiling water into a bowl (you can easily double or triple this recipe). Using a hand mixer or stand mixer whip on high speed for about two minutes, scraping down the sides as you go.
2. Add the coffee mixture to a tall glass and add about a cup of your favorite milk. If you're doing iced, add a few ice cubes, then the milk, then spoon the whipped coffee on top. If using hot, just add it to the glass. Add more sugar or milk as needed.
3. Using a spoon, stir vigorously to mix.



### MOUNT HAGEN Instant Coffee

Regular or decaf  
 • Customer favorite instant convenience with full-bodied flavor • 3.53oz.

**8.99**



### SO DELICIOUS Coconutmilk Creamer

Rich & flavorful with just the right amount of sweetness • French vanilla • Gluten-free & vegan • 32 oz.

**4.99**



### BULK Organic Fair Trade Cane Sugar

Grown in Brazil

**2.09** per lb.



### OM Superfood Mushroom Coffee

2000 mg of adaptogenic mushrooms + sustainably grown Arabica coffee  
 • Bold chocolatey notes & a rich full bodied taste • Supports immune health & mental clarity • 8 g

**2.39**



### RISHI Sweet Matcha

Enjoy the enlivening, clean energy of authentic stone-milled Japanese Matcha blended with pure cane sugar • Special blend dissolves your favorite barista style drink, hot or cold • 125 g

**9.49**



Milwaukee • 100 E. Capitol Dr.  
414.961.2597

Wauwatosa • 7000 W. State St.  
414.778.2012

Bay View • 2826 S. Kinnickinnic Ave.  
414.755.3202

Mequon • 7590 W. Mequon Rd.  
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