

coop deals®

MAY 14 - 20, 2025



OUTPOST
SPECIALTY BEEF BURGER PATTIES
ASSORTED VARIETIES

8.99/LB



BRIOCHE GOURMET
BURGER BUNS
ORIGINAL OR SESAME SEEDED
• 7.05 OZ • 4 PK

2.99



ORGANIC SLICER TOMATOES
CALIFORNIA OR MEXICO GROWN

1.99/LB



ASPARAGUS
MICHIGAN GROWN

3.99/LB



ORGANIC MINI CUCUMBERS
CANADA GROWN • 6 CT

1.99



OUTPOST
DILL PICKLE PASTA SALD

5.49/LB



OUTPOST
THUNDER CRUNCH SNACK MIX
BULK BIN

SAVE 2.00/LB



CENTRAL WATERS
RIFT INDIA PALE ALE
AMHERST, WI • SELECT VARIETIES • 6 PK

9.99



WATERLOO SPARKLING WATER
NON-GMO FLAVORS IN BPA-FREE CANS • 12 PK OF 12 OZ CANS

4.99



GOOD HEALTH
AVOCADO OIL KETTLE CHIPS
SEA SALT OR LIME RANCH
• GLUTEN-FREE • 5 OZ

3.49



THE GOOD CRISP COMPANY
POTATO CRISPS OR CHEESE BALLS
GLUTEN-FREE • 2.75 - 5.6 OZ

2.99



DEEBEE'S ORGANICS
FREEZIE POPS
CLASSIC OR TROPICAL • 10 PK

5.99



JOHNNY POPS
FROZEN POPS
ASSORTED VARIETIES
• 6.72 - 14.8 OZ

5.99



we made you dinner!

MAY 14 - 20

Chicken Tikka Masala

WF

Roasted Vegetable Lasagna

Vg

Red Lentil Curry

V WF

4-Cheese Mac & Cheese

Vg

Vegan Mac & Cheese

V



More Deals at
outpost.coop/shop



NORDIC NATURALS
VITAMIN D3 GUMMIES
60 CT

SAVE 4.00



TRUVANI
VEGAN PROTEIN POWDER
SELECT VARIETIES • 20.95 - 23.63 OZ

SAVE 5.00



TRUE GRACE
WOMEN'S MULTI-VITAMIN ONE DAY REFILL
PEWAUKEE, WI • 90 COUNT • 120 COUNT REFILLS ALSO ON SALE

SAVE 17.00

owners save more

SUPER DEALS FOR OUTPOST OWNERS!

MAY 14 - 20, 2025



**ORGANIC
ATAULFO
MANGOES**
MEXICO GROWN • 6 OZ

~~1.69/EA~~

2 for 3.00
owners save .19/EA



**DRISCOLL
ORGANIC
BLACKBERRIES**
CALIFORNIA GROWN • 6 OZ

~~4.99~~ **3.69**
owners save 1.30



OUTPOST
LEMON CHEESECAKE BARS
1.99/EA

CELEBRATE ANY EVENT WITH A CUSTOM OUTPOST CAKE!
OUTPOST.COOP/CAKE



**ORGANIC RAW
SUNFLOWER SEEDS**
BULK BIN

~~4.99/LB~~ **3.99/LB**
OWNERS SAVE 1.00/LB



**ORGANIC
COSMIC
CRISP APPLES**
WASHINGTON GROWN

~~1.99/LB~~ **1.69/LB**
owners save .30/LB



**ORGANIC
QUICK ROLLED OATS**
BULK BIN

~~2.69/LB~~ **1.99/LB**
OWNERS SAVE .70/LB



**BLUE DIAMOND
ALMOND
BREEZE**
SHELF STABLE
ALMONDMILK •
SELECT VARIETIES
• 32 OZ

~~4.29~~ **2.49**
OWNERS SAVE 1.80



ONCE AGAIN
PEANUT BUTTER
UNSWEETENED CREAMY
NO SALT ADDED VARIETY
ONLY • SPECIAL PURCHASE • 16 OZ

~~7.69~~ **2.79**
OWNERS SAVE 4.90



**CROFTER'S
FRUIT
SPREAD**
SELECT VARIETIES • 10 OZ

~~5.89~~ **3.99**
OWNERS SAVE 1.90

BELL &
EVANS



**NATURAL
WHOLE CHICKENS**

~~3.99/LB~~ **2.79/LB**
OWNERS SAVE 1.20



**MAD DOG & MERRILL
BBQ SAUCE**
SELECT VARIETIES
• DE PERE, WI
• 18 OZ

~~8.79~~ **6.99**
OWNERS SAVE 1.80

**ISOLA
GRISSINI
BREADSTICKS**
SELECT VARIETIES
• 7.75 OZ

~~4.79~~ **3.49**
OWNERS SAVE 1.30



**BIONATURAE
PASTA**
SEMOLINA OR
WHOLE WHEAT
• SELECT VARIETIES • 16 OZ

~~3.99/EA~~ **2 for 5.00**
OWNERS SAVE 1.49/EA



**BIONATURAE
CANNED TOMATOES**
SELECT VARIETIES • 28.2 OZ

~~4.99~~ **3.49**
OWNERS SAVE 1.50

**SOUTH OF
FRANCE
LIQUID
SOAP**

8 OZ
~~4.89~~

3.49
OWNERS SAVE 1.40



**SOUTH OF
FRANCE
BAR SOAP**

6 OZ
~~4.99~~

3.49
OWNERS SAVE 1.50



**ZUM
BAR
SOAP**

GOAT'S MILK
BAR SOAP • 3 OZ

~~6.49~~ **5.49**
OWNERS SAVE 1.00



**ZUM
AROMA-
THERAPY
MIST**

4 OZ
~~10.99~~

9.99
OWNERS SAVE 1.00



**Let's own a
grocery store
together!**

outpost.coop/join





Milwaukee
100 E. Capitol Dr.
414-961-2597

Wauwatosa
7000 W. State St.
414-778-2012

Bay View
2826 S. Kinnickinnic
414-755-3202

Mequon
7590 W. Mequon Rd.
262-242-0426

outpost.coop

**Shop online –
click here**

**Become an owner –
click here**

owners save more

SUPER DEALS FOR OUTPOST OWNERS!

**HOPLARK
SPARKLING HOPTEA**

SELECT VARIETIES • 16 OZ

2 for 5.00 ~~3.79~~
OWNERS SAVE 1.29 EACH

**LORINA
SPARKLING LEMONADE**

BLOOD ORANGE, LAVENDER, OR PINK • 25.4 OZ

4.99 ~~6.59~~ **OWNERS SAVE 1.60**

**CHAMELEON BREWING
BLACK COLD-BREW COFFEE
CONCENTRATE**

32 OZ



6.49 ~~10.99~~ **OWNERS SAVE 4.50**

**LUCINI
EXTRA VIRGIN OLIVE OIL**

ARGENTINIAN • EVERYDAY • 16.9 OZ

14.99 ~~22.99~~
OWNERS SAVE 8.00

**WILD PLANET
CANNED TUNA**

SKIPJACK OR ALBACORE • 5 OZ

2.99-3.99 ~~5.39 5.99~~
OWNERS SAVE 2.00-2.40

**ANCIENT HARVEST
TRADITIONAL ITALIAN POLENTA**

HEAT & EAT • GLUTEN-FREE • 18 OZ

3.99 ~~4.99~~
OWNERS SAVE 1.00



**YA OAXACA
MOLE SAUCE**

SELECT VARIETIES •

12 OZ



5.99 ~~8.99~~ **OWNERS SAVE 3.00**

**FILLO'S
SOFRITO BEANS**

SELECT VARIETIES • AURORA, IL •

10 OZ



2.99 ~~5.49~~ **OWNERS SAVE 2.50**

**FILLO'S
WALKING TAMALES**

AURORA, IL •

4 OZ



2.19 ~~3.59~~ **OWNERS SAVE 1.40**

**LIVIVA
SHIRATAKI**

INSTANT DRIED NOODLES OR RICE •

GLUTEN-FREE, VEGAN • 4.23 OZ



5.49 ~~6.49~~ **OWNERS SAVE 1.00**

**GLUTINO
GLUTEN-FREE ENGLISH MUFFINS**

17.1 OZ

5.99 ~~8.89~~ **OWNERS SAVE 2.90**

**ANNIE'S NATURALS
SALAD DRESSING**

SELECT VARIETIES • 8 OZ



4.59 ~~6.99~~ **OWNERS SAVE 2.40**

May 14 - May 20, 2025

owners save more

SUPER DEALS FOR OUTPOST OWNERS!

DOUDLAH FARMS
**ORGANIC BLACK OR
PINTO BEANS**

BULK BIN • EVANSVILLE, WI • PER LB

2.49/lb ~~2.99/lb~~
OWNERS SAVE 50¢/lb



EQUAL EXCHANGE
**ORGANIC WHOLE
RAW CASHEWS**

BULK BIN

11.99/lb ~~14.99/lb~~
OWNERS SAVE 3.00/lb



ARROWHEAD MILLS
PUFFED CEREAL

RICE OR MILLET VARIETIES • 6 OZ

2 for 5.00 ~~3.79~~
OWNERS SAVE 1.29 EACH

KASHI
CEREAL

10.6-14 OZ

4.99 ~~5.99~~ **OWNERS SAVE 1.00**

NATURAL NECTAR
PETIT BISCUIT COOKIES

WITH DARK OR MILK CHOCOLATE • 5.29 OZ

4.99 ~~5.99~~
OWNERS SAVE 1.00



WISCONSIN MEADOWS
SMOKED GRASSFED BONES FOR DOGS

VIROQUA, WI

6.99-7.99 ~~8.99-9.99~~
OWNERS SAVE 2.00



WISCONSIN MEADOWS
GRASSFED GROUND SIRLOIN

VIROQUA, WI

9.49/lb ~~10.99/lb~~
OWNERS SAVE 1.50/lb



BEYOND MEAT
PLANT-BASED GROUND BEEF

GLUTEN-FREE, VEGAN • 16 OZ

7.99 ~~10.49~~ **OWNERS SAVE 2.50**

May 14 - May 20, 2025

coop deals[®] *for Everyone!*

MEAT & SEAFOOD

FRESH FARM-RAISED TILAPIA FILLETS

8.99/lb

WISCONSIN MEADOWS

GRASSFED BEEF SIRLOIN TIP ROAST

VIROQUA, WI

10.49/lb

local

BULK GROCERY

ORGANIC BARLEY

BULK BIN • HULLED OR PEARLED

1.79/lb



ORGANIC RED LENTILS

BULK BIN

2.99/lb



ORGANIC FLAX SEEDS

BULK BIN • BROWN OR GOLD

2.99/lb



ORGANIC MISSOURI PECANS

BULK BIN

15.99/lb



DOUDLAH FARMS

ORGANIC YELLOW CORNMEAL

BULK BIN • EVANSVILLE, WI

1.99/lb



JUST COFFEE

LOCALLY ROASTED ORGANIC COFFEE

MADISON, WI • 12 OZ OR PER LB

SAVE 1.00



FROZEN GROCERY

STARLITE CUISINE

PLANT-BASED TAQUITOS

SELECT VARIETIES • VEGAN • 14 OZ

9.99

CASCADIAN FARM

FROZEN FRUIT

SELECT VARIETIES • 10 OZ

4.99



CAULIPOWER

GLUTEN-FREE FROZEN PIZZA

SELECT VARIETIES • 10.9-11.3 OZ

7.99

May 14 - May 20, 2025

coop deals[®] *for Everyone!*

REFRIGERATED GROCERY

GT'S
ALIVE MUSHROOM ELIXIR
SELECT VARIETIES • GLUTEN-FREE • 16 FL OZ

2 for 7.00

inclusive
trade

MUSH
OVERNIGHT OATS
GLUTEN-FREE, VEGAN • 5 OZ

2 for 4.00

BROWN COW
WHOLE MILK CREAM-TOP YOGURT
32 OZ

3.99

FORAGER
CASHEW MILK YOGURT
SELECT VARIETIES • 24 OZ

5.39



KALONA SUPER NATURAL
SOUR CREAM
KALONA, IA • 16 OZ

3.99



MALK
PLANT-BASED MILK
SELECT VARIETIES • GLUTEN-FREE, VEGAN •
28 OZ

5.99



PACKAGED GROCERY

FIELD DAY
COCONUT WATER
33.8 OZ

3.49

ZEVIA
SODA POP
ZERO CALORIES • NATURALLY SWEETENED • 6 PK OF 12 OZ CANS

6.99

DREAM BEVERAGE
ORIGINAL RICEMILK BEVERAGE
SELECT VARIETIES • 32 OZ

3.49



TOP NOTE
**TONICS, CLUB SODA, OR
GINGER BEER**
MILWAUKEE, WI • 4PK OF 8.5 OZ BOTTLES

6.99



KUNER'S
CANNED BLACK BEANS
WITH CUMIN & CHILI SPICES OR REFRIED WITH LIME • 15 OZ

1.99

FRONTERA
**ENCHILADA, TACO, OR
SKILLET SAUCE**
SELECT VARIETIES • 8 OZ • CHICAGO, IL

2 for 5.00



DESERT PEPPER TRADING
CANTINA RED SALSA
MILD, MEDIUM, OR HOT • 16 OZ

3.99



HEYDAY CANNING CO
CANNED SOUP OR CHILI
15 OZ

4.79

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coop deals[®] *for Everyone!*

PACKAGED GROCERY

PREVAIL

GRASSFED BEEF JERKY

CHICAGO, IL • GLUTEN-FREE • 2.25 OZ

6.99

local

inclusive
trade

CRAIZE

TOASTED SNACK CRACKERS

GLUTEN-FREE, VEGAN • 4 OZ

3.69

LATE JULY

TORTILLA CHIPS

FLAVORED, DIPPERS, OR RESTAURANT STYLE VARIETIES •

7.4-10.1 OZ

2 for 7.00

GOOD HEALTH

VEGGIE STIX OR CHIPS

GLUTEN-FREE • 6.25-6.75 OZ

3.99

UDI'S

GLUTEN-FREE HAMBURGER BUNS

CLASSIC OR WHOLE GRAIN • 4 CT

3.99

AHMAD TEA

STRAWBERRY SENSATION

ENJOY HOT OR ICED • 20 CT

3.99

new

HOUSEHOLD & PET SUPPLIES

SEVENTH GENERATION

LIQUID LAUNDRY DETERGENT

90 OZ

SAVE 2.00

DR BRONNER'S

SAL SUDS CONCENTRATE

32 OZ

SAVE 3.00

ECOS

**ORANGE PLUS ALL PURPOSE
CLEANING SPRAY**

ADDISON, IL • 22 OZ

SAVE 20%

local

inclusive
trade

ECOS

TOILET KLEENER

ADDISON, IL • 24 OZ

SAVE 20%

local

inclusive
trade

WISCONSIN MEADOWS

**GRASSFED GROUND BEEF & ORGAN
PET BLEND FOOD**

VIROQUA, WI • 16 OZ

9.49

local

May 14 - May 20, 2025

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PERSONAL WELLNESS

DERMA E
RAMOS WASH DAY CURL SHAMPOO

12 OZ

SAVE 4.00

new

DERMA E
RAMOS 2 IN 1 CURL CONDITIONER

12 OZ

SAVE 4.00

new

DERMA E
RAMOS 2 IN 1 CURL CREAM

8 OZ

SAVE 4.00

new

DERMA E
RAMOS CURL REPAIR TREATMENT

10 OZ

SAVE 4.00

new

ENZYMEDICA
PAPAYA GOLD

60 CT

SAVE 7.00

OUTPOST
ACTIVATED K2

60 CT

SAVE 5.00

ORGANIC INDIA
ORGANIC PSYLLIUM HUSKS

FAIR TRADE • GLUTEN-FREE • 12 OZ

SAVE 4.00

**USDA
ORGANIC**

SPROUT LIVING
VEGAN PROTEIN POWDER

CHICAGO, IL • SELECT VARIETIES •

35 G

3.99

local

**USDA
ORGANIC**

AURA CACIA
LEMON EUCALYPTUS ESSENTIAL OIL

0.5 OZ

4.79

*All sale items are while supplies last. Sale items may not be available in all stores.
Priced as marked unless otherwise noted. We reserve the right to limit purchase quantities.*

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