

We're your **FIRST & FAST ALTERNATIVE**

First Alternative
NATURAL FOODS CO-OP



Main Store: Open 9 to 9 daily
1007 SE Third St.
Corvallis • (541) 753-3115

North Store: Open 7 to 9 daily
NW 29th & Grant
Corvallis • (541) 452-3115

for a healthy and delicious meal



Pictured:

- Herb Encrusted Halibut
- Creamy Alfredo Pasta
- Blistered Green Beans (seasonally available only)
- Salad Bar (organic produce)

FULL SERVICE DELI & SALAD BAR
w/ seating areas at Main store

Some Favorites:

- 2 Soups-of-the-Day
- Veggie Lasagne
- Tempura Chicken
- Alfredo Pasta Salad
- Quiches
- John Barleycorn Salad
- Herb-Encrusted Halibut
- Sesame Kale Salad...

GRAB & GO MEALS
at both stores
(packaged and ready to go)

Some Favorites:

- Pizza by-the-Slice
- Calzones
- Eggplant Parmesan
- Thai Cabbage Salad
- Pesto Panini Sandwich
- Roasted Yams
- Nori Rolls...

Feast Alternative Deli

- OPTIONS**
- organic
 - clean meat
 - vegan
 - vegetarian
 - dairy-free
 - wheat-free
 - gluten-free
 - low-fat

\$1.00 OFF CHOW



a minimum purchase of \$4.00 at
Feast Alternative Deli

One with coupon. Not valid with other offers. Good through 2-29-04.
Cashier: ring in as Store Coupon. Owner? N

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**FRESH
LOCAL
ORGANIC
Good-for-you
FOOD**

SOMETHING FOR EVERYONE