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Roast Pork Loin \$6.99/lb
Emerald Sesame Kale \$6.49/lb
Caper & Artichoke Salad \$4.99/lb



Fresh from
our kitchen
3 great meals
under \$5*

Cup o' Soup \$1.79
& American
Veggie Burger \$2.99



Gourmet Pizza
\$2.49/slice
& Salad Bar
\$6.99/lb

*Items are by weight. Meals are only suggestions.

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

- FULL SERVICE DELI, SALAD BAR & MADE-TO-ORDER SANDWICHES with seating areas at our Main store
- GRAB & GO MEALS at both stores

we have **OPTIONS...**

- organic
- clean meat
- vegan
- vegetarian
- dairy-free
- wheat-free
- gluten-free
- low-fat
- soy-free
- nut-free

SOMETHING FOR EVERYONE