

NATURAL MEAT MARKET

HARRIS RANCH CORNED BEEF BRISKET 2.99 lb.	ALL NATURAL BEEF LONDON BROIL 2.99 lb.
ALL NATURAL BONELESS SKINLESS CHICKEN TENDERS 3.99 lb. family pack	ALL NATURAL BONELESS PORK LOIN CHOPS 3.99 lb.
ALL NATURAL BEEF TENDERLOIN STEAK 8.99 lb.	ALL NATURAL SUPER LEAN GROUND BEEF 3.99 lb. family pack
FRESH GOURMET BEEF BURGERS 3.99 lb. assorted varieties	FRESH MARINATED CHICKEN SKEWERS 3.99 lb.
FRESH GOURMET BEEF PINWHEELS 4.99 lb.	ALL NATURAL PORK BABY BACK RIBS 3.99 lb.
HARRIS RANCH BEEF PATTIES 7.99 10 pkg	STUFFED BONELESS PORK CHOPS 4.99 10 pkg
	BEEF CUBESTEAK 3.99 lb.

Fresh Seafood Market

KRAB SALAD 2.99 lb.	TILAPIA FILLETS 4.99 lb.	EXTRA LARGE TAIL-ON COOKED SHRIMP 6.99 10 lb
	CATFISH FILLETS 5.99 lb.	HONEY JALAPENO SHRIMP SKEWERS 2.99 3

ORGANIC PRODUCE

ACORN SQUASH 99¢	FRESH BEVERLY CHARD 2.99 3	TRIP CELERY 99¢	BUSSET BAKING POTATOES 2.99 5	FRESH BUNCHED BROCCOLI 99¢
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BEER & WINE SAVINGS BUY SIX BOTTLES OF WINE AND SAVE 10%

Tisdale 2.99	Madria 2.10	Rex Goliath 2.10	Cellar No. 8 7.99
Smithwick's 7.99	Sam Adams 7.99	Full Sail 10.99	Sierra Nevada 12.99

EVERY WEDNESDAY OUR WEEKLY SALE FLYERS OVERLAP!

This means there are double the number of items on sale every Wednesday!

PLAN FOR SAVINGS...

Now you can view both weeks' sale flyers on Tuesday, starting at 10 a.m!

Featured Event: Health Fair

Saturday, March 20th, 11am-2pm

Spring into great health. Our Natural Living vendors will have samples of great products! Enter for a chance to win fabulous prizes and enjoy the richness of spring in our Natural Living Department.

BEE CAVE LOCATION ONLY

Sign up on-line to receive our weekly sale flyer. Visit us at

WWW.NEWFLOWERMARKETS.COM

WE ACCEPT FOOD STAMPS

AN EFFECTIVE WED. 3/10/10 THRU WED. 3/17/10

NEWFLOWER FARMERS MARKET
SERIOUS FOOD... SILLY PRICES®

ORGANIC GREEN OR RED LEAF LETTUCE **77¢** ea.

Nutritious Deals for Healthy Meals

March is NATIONAL NUTRITION MONTH

FRESH RED RIPE **STRAWBERRIES**
99¢ 1 lb. pkg.

FRESH FLORAL SOUQUETS 2.10	FRESH BUNCHED BROCCOLI 88¢	FRESH FARM SUPER CHERRY TOMATOES 2.4 20 oz.	FRESH CRISP ROMAINE OR ICEBERG LETTUCE 88¢
EDAHO GROWN RUSSET BAKING OR PREMIUM 'A' RED POTATOES 2.1	FRESH SWEET BLACKBERRIES AND BLUEBERRIES 2.5 1	COOL SUPER SELECT CUCUMBERS 2.1	NORTHWEST ANJOU OR BOSCH PEARS 99¢
WASHINGTON PREMIUM BRAEBURN OR FUJI APPLES 99¢	ORGANIC HASS AVOCADOS 99¢	ORGANIC OR CONVENTIONAL HOTHOUSE TOMATOES 1.88	ORGANIC JEWEL OR GARNET YAMS 99¢

ALACER EMERGEN-C 30-36 ct. select varieties 7.99	NEWFLOWER FARMERS MARKET GRANOLA 7 grain, raisin or almond 1.99	BLUE DIAMOND ALMOND BREEZE 32 oz. select varieties 2.99
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Roast Sale!

BUY ONE FREE GET ONE

BEEF TOP ROUND ROAST
BONELESS PORK LOIN ROAST
BEEF RUMP ROAST
BEEF SIRLOIN TIP ROAST
BEEF CROSS RIB ROAST

DOUBLE AD WEDNESDAYS

www.NewflowerMarkets.com

AUSTIN
6920 MANHATTAN ROAD
@ WILLAM CAROLINE
OPEN DAILY 7:00AM - 10:00PM
PHONE: 512.667.2204

BEE CAVE
12700 SHOPS PARKWAY
@ DISCOVERY ONE GALLERY
OPEN DAILY 7:00AM - 10:00PM
PHONE: 512.263.5335

facebook WWW.NEWFLOWERMARKETS.COM

VISIT US AT WWW.NEWFLOWERMARKETS.COM

DAIRY & FROZEN

MOO-RE SAVINGS WITH SILLY PRICES

SEVEN'S SIDE DISHES

select varieties

2.49
14 oz.

1.99
16-18 oz.

HIGH COUNTRY ORGANIC KOMBUCHA TEA

select varieties

1.99
16 oz.

HILLY'S KIDNEY ORGANIC BURRITOS

select varieties

2\$3
6 oz.

TROPICANA JUICES

select varieties

2.99
59 oz.

BEETLE CUISINE ALL NATURAL SOUP

select varieties

2.49
16 oz.

DELI'S CREAM CHEESE & SOUR CREAM

select varieties

1.99
8-12 oz.

SPECIALTY CHEESE FROM AROUND THE WORLD

NEWFLOWER FARMERS MARKET

WHITE OR YELLOW MILD CHEDDAR CHEESE

2.99
16 oz.

GROCERY SAVINGS

WE'RE BAGGIN' UP THE SAVINGS

LARABAR NUTRITION BARS

select varieties

10\$10
1.67 x 8 oz.

TRUSSARDI ICED TEA

select varieties

99¢
16 oz.

RESTAURANT VEGETABLE BEANS

select varieties

4\$5
15 oz.

NEWMAN'S OWN ORGANICS ORGANIC FIG NEWMANS

select varieties

2.99
12 oz.

NATURAL SEA YELLOWFIN TUNA

regular or no salt

4\$5
6 oz.

OLD VENESSE IRISH STYLE OATMEAL

select varieties

1.99
13.5 oz.

ANNIE'S NATURALS ORGANIC SALAD DRESSING

select varieties

2.49
8 oz.

LEUNBERG RISOTTO

select varieties

4\$5
5.5-5.9 oz.

BULK SAVINGS

BUYING IN BULK MAKES "CENTS"

WHOLE ROASTED CASHEWS

4.99
lb.

BROWN BASMATI RICE

99¢
lb.

RAW CHOCOLATE COVERED ALMONDS

4.99
lb.

SWEETENED MANGO SLICES

2.99
lb.

RAW BRAZIL NUTS

3.99
lb.

HOLLYWOOD TRAIL MIX

2.99
lb.

GREEN LENTILS

1.49
lb.

WHOLE WHEAT FLOUR

69¢
5 lb.

smart weight smart tags program

To start the new year, we wanted to create a way for you and your family to choose healthier options. Our all new Smart Tags Program was designed by a registered dietitian with a focus on making shopping for healthy foods simple. We guarantee there is no manufacturer influence, just the facts.

Look for the relevant tags in our stores and get smart in 2010 with Smart Tags!

smart celiac smart heart smart carb

GLUTEN FREE FAT SODIUM SUGAR FIBER

Smallest Winner Weight Loss Challenge At Home Program

You can be a Smallest Winner too! Join in our nationwide effort to help our shoppers lose weight. We make it easy for you to follow along at home with our brochures. Each piece offers helpful tools like calorie equations, exercise tips, nutrition information and more! You can do it and we are here to help. Pick up the information in the store and get started. Good luck!

There's no excuse not to reconnect to the healthier, smaller YOU!

www.NewflowerMarkets.com

BAKERY SPECIALS

BAKED TO PERFECTION!

NEWFLOWER FARMERS MARKET RYE OR MARBLE BREAD

1.99
18 oz.

NEWFLOWER FARMERS MARKET IRISH SODA BREAD

2.49
16 oz.

NEWFLOWER FARMERS MARKET SPROUTED WHEAT BAGELS

2\$5
4 ct.

NEWFLOWER FARMERS MARKET HAND DECORATED SHAMROCK COOKIES

1.59
2.75 oz.

NEWFLOWER FARMERS MARKET CREME DE MENTHE FUDGE BROWNIES

3.99
16 oz.

NEWFLOWER FARMERS MARKET ST. PATRICK'S DAY CUPCAKES

2.99
4 ct.

DELI A GO-GO

EVERY SLICE IS NICE!

NEWFLOWER FARMERS MARKET PESTO CHICKEN OR PESTO PASTA SALAD

3.99
10 oz.

NEWFLOWER FARMERS MARKET FIRE ROASTED SALSAS

2.49
16 oz.

NEWFLOWER FARMERS MARKET CHICKEN POT PIE

2\$5
10 oz.

CEBARI'S HUMMUS

2.99
8 oz.

NEWFLOWER FARMERS MARKET BBQ PORK RIBS

4.99
1/2 rack

NEWFLOWER FARMERS MARKET DESSERT PUDDINGS

2.49
16 oz.

BOAR'S HEAD

BLACK FOREST HAM

7.99
10 lb.

CAJUN TURKEY BREAST

7.99
10 lb.

PASTRAMI ROUND CAP-OFF

8.99
10 lb.

PASTRAMI ROUND

8.99
10 lb.

BABy SWISS CHEESE

7.99
10 lb.

MUENSTER CHEESE

4.99
10 lb.

NATURAL LIVING

SERIOUS SUPPLEMENTS... SILLY PRICES

ENZYMATIC THERAPY ENTIRE LINE

25% OFF

NATURAL BALANCE FAST FOOD ENZYMES

20% OFF

BYLAND'S CALMS CALMS FORTE & FORTE SLEEP

25% OFF

COUNTRY LIFE RESVERATROL PLUS ANTIOXIDANTS

25% OFF

RINSE MY FACE LIQUID SOAP, BAR SOAP & SHOWER GELS

20% OFF

NEW CHAPTER BONE STRENGTH TAKE CARE

25% OFF

NORDIC NATURALS ENTIRE LINE EFA'S

15% OFF

RENEW LIFE DIGEST MORE, DIGEST ULTRA

20% OFF

GREEN FOODS MAGMA PLUS MAGMA PLUS USA

20% OFF

TEA TREE THERAPY ENTIRE LINE

25% OFF