



LASSENS
NATURAL FOODS & VITAMINS

November
2018



LET LASSENS DO YOUR HOLIDAY COOKING FOR YOU!

SEE OUR FULL LIST OF HOLIDAY SIDES AND PIES

on the back page →



100% ORGANIC PRODUCE



ORGANIC
Red Potato **99¢**
lb.



ORGANIC
Yukon Gold
Potatoes **99¢**
lb.



ORGANIC
Sweet
Potato **99¢**
lb.



ORGANIC
Yams **99¢**
lb.



ORGANIC
Fuji
Apples **\$1.99**
lb.



ORGANIC
Butternut
Squash **99¢**
lb.



ORGANIC
Green
Kale **99¢**
ea.



ORGANIC
Red and Yellow
Onions **79¢**
lb.

LASSENS'S FRESH KITCHEN



THE ORIGINAL FLU SHOT

Organic ginger, organic
turmeric, organic lemon,
organic oil of oregano,
organic cayenne pepper
powder.

\$4.99
2 oz.



WELLNESS TONIC

Organic fuji apples, organic
kale, organic lemon, organic
wheatgrass, organic
turmeric, organic cayenne.

\$9.99
15.2 oz



PUMPKIN SMOOTHIE

Organic almond milk,
organic pumpkin puree,
organic banana, organic
non dairy frozen coconut
bliss, organic agave
nectar, pumpkin spice

\$5.99
16 oz.
\$7.99
24 oz.



FRESH. NEVER FROZEN
FREE RANGE. ORGANIC. NATURAL
options available

NATURAL **ORGANIC**
\$2⁹⁹ **\$3⁹⁹**
per lb per lb

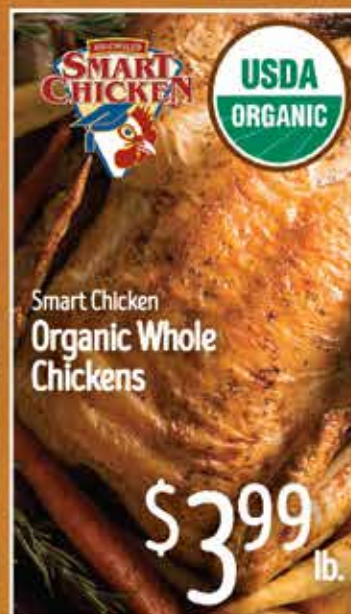
**SPECIAL
OFFER!**

RESERVE YOUR TURKEY
BEFORE NOVEMBER 14TH
TO GET A COUPON FOR
\$10 OFF!
YOUR NEXT PURCHASE!

SINCE 1949
DIESTEL
FAMILY RANCH®

It might be harder, but doing things the right way is paramount to us.
We care deeply about our animals, the land and the communities we
serve. We farm by treating, feeding and walking among our birds daily.
From slow-growing our own breed of birds on 100% vegetarian diets to
exceeding food safety standards, we produce clean artisan food you can
feel good about serving to your family.

RESERVE YOUR TURKEY
in Store or Online at:
WWW.LASSENS.COM



SUPPLEMENTS, HEALTH & BEAUTY

ANNEMARIE BORLIND

Natural Beauty



AUBREY ORGANICS

All Natural & Organic Beauty Products



LIFE FLO

Beautiful Living



MINERAL FUSION

Simplifying Your Beauty Routine and Making Beauty Healthy



NEW CHAPTER

Support for Your Health Needs



NORDIC NATURALS

Safe and Healthy Nutrients



EMERALD HEALTH

Endobrain
60 ct

SAVE \$7.50

**Additional
Items On
Sale!**

\$37²⁹



Also on sale, Endosleep, 60 ct, \$29.89; Endocalm, 60 ct, \$32.99; Endoinflamm, 60 ct, \$34.89; Endobliss, 60 ct, \$32.99

GARDEN OF LIFE

Golden Milk
105 gm

SAVE \$6

\$13⁵⁹



Also on sale, Turmeric Gummies, 120 ct, \$23.79; Sleep Well R & R Spray, 2 oz, \$19.99

LIFE SEASONS

Inflamma-X
60 ct

SAVE \$10.50

**Additional
Items On
Sale!**

\$29¹⁹



Also on sale, Immuni-T, 90 ct, \$21.89; Adrenal-T, 60 ct, \$24.99

ACURE

Argan Oil &
Pumpkin
Conditioner
12 oz

**Additional
Items On
Sale!**

\$7⁹⁹



Also on sale, Argan Oil & Pumpkin Shampoo, 12 oz, \$7.99; Brilliantly Brightening Cleansing Gel, 4 oz, \$8.59

DERMA E

Vitamin E Cream 12,000 IU
4 oz

\$12⁶⁹



Also on sale, Skin Lighten, 2 oz, \$21.49

DESERT ESSENCE

Neem Cinnamint
Dental Floss
50 yd

\$3²⁹



Also on sale, Neem Cinnamint Toothpicks, 55 ct, \$2.89

EARTHY

Lavender
Chamomile
Hand Soap
17 oz

**Additional
Items On
Sale!**

\$3⁸⁹



Also on sale, Unscented Hand Soap, 17 oz, \$3.89

HERBATINT

Permanent
Haircolor
2N Brown
4.56 oz

**Additional
Items On
Sale!**

\$13⁹⁹



Also on sale, Permanent Haircolor 4N Chestnut, 4.56 oz, \$13.99

JARROW FORMULAS

Theanine
Gummies
Sugar Free
Apple
60 ct

SAVE \$5.50

\$19⁴⁹



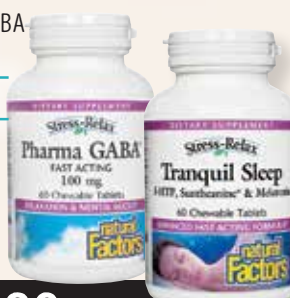
Also on sale, Theanine 100, 60 ct, \$12.49

NATURAL FACTORS

Pharma GABA
60 ct

SAVE \$8

\$21⁸⁹



Also on sale, Tranquil Sleep, 60 ct, \$23.39

NEOCELL

Collagen + C
Type 1 & 3
120 ct

**Additional
Items On
Sale!**

\$12⁷⁹



Also on sale, Hyaluronic Acid Double Strength, 30 ct, \$18.29

RICOLA

Lemonmint
Cough Drops
24 ct

\$2⁵⁹



Also on sale, Mixed Berry Cough Drops + Vitamin C, 19 ct, \$2.59

LASSENS VITAMINS

Omega-3 1200 MG Fish Oil Orange
60 ct

\$12³⁹



Also on sale, Vitamin C 500 MG + Rose Hips, 250ct, \$14.39



LET'S DO ORGANIC

Heavy Coconut Cream 13.5 oz

\$3.49



EPIC PROVISIONS

Pork Lard 11 oz

\$6.99



LIVING INTENTIONS

Acai Blueberry Cereal 9 oz

\$5.49



BOB'S RED MILL

Almond Meal Flour 16 oz

\$7.99



BELLUCCI

Organic Extra Virgin Olive Oil 16.9 oz

\$8.99



MAYA KAIMAL

Tikka Masala Mild 12.5 oz

\$4.69



HANDSOME BROOK FARM

Betsy's Pasture Raised Eggs 12 ct

\$4.49



LUNDBERG

Organic Short Grain Brown Rice

\$1.19/lb



FIELD ROAST

Celebration Roast 2 lb

\$12.99



EARTHBOUND FARM

Organic Blueberries 10 oz

\$3.79



FARMER'S MARKET

Organic Pumpkin Puree 15 oz

\$1.99



MISO MASTER

Mellow White Miso 8 oz

\$3.69



SILK

French Vanilla Soy Cream 1 pt

\$1.69



IF YOU CARE

Aluminum Foil 50 ft



PACIFIC FOODS

Organic Vegetable Broth Low Sodium 32 oz

\$2.79



ARROWHEAD MILLS

Organic Buckwheat Flour 22 oz

\$2.49



NEWMAN'S OWN

Organic Dried Cranberries 4 oz

\$2.89



GREEN VALLEY CREAMERY

Lowfat Plain Yogurt 24 oz

\$3.99



MUIR GLEN

Organic Diced Tomatoes 14.5 oz

4/\$5



MELT

Rich & Cream Spread 13 oz

\$3.69



JEFF'S NATURALS

Castelvetro Olives 7.5 oz

\$3.99



WILD PLANET

Sardines in Oil with Lemon 4.4 oz

\$1.99



CASCADIAN FARM

Organic Broccoli Cuts 16 oz

\$1.99



IMAGINE

Organic Vegetable Broth 32 oz

\$2.19



BUBBIES

Kosher Dill Pickles 33 oz

\$5.79



MESTEMACHER

Whole Rye Bread 17.6 oz

\$2.49



HORIZON

Organic Half & Half 16 oz

\$2.19



SIMPLY ORGANIC

Organic Vanilla Extract 2 oz

\$5.99



BEVERAGES, SNACKS & MORE!

MISS JONES BAKING CO.

Organic Brownie Mix 14.67 oz

\$4⁹⁹



JEREMIAH'S

Dark Breakfast
Ground Dark Coffee 10 oz

\$7⁴⁹



LATE JULY ORGANICS

Jalapeno Lime Tortilla
Chips 5.5 oz

\$2¹⁹



WHOLESOME SWEETENERS

Organic Raw Sugar 2 lb

\$3⁹⁹



FLORIDA CRYSTALS

Organic Sugar Jug 48 oz

\$3⁹⁹



KICKING HORSE

Three Sisters Whole Bean Coffee
10 oz

\$8⁹⁹



R.W. KNUDSEN

Sparkling Crisp Apple Cider 25.4 oz

\$2⁹⁹

+CRV



LUNDBERG

Grainspirations Gouda
& Mozzarella 7.5 oz

\$5⁹⁹



LAKANTO

Gluten and Sugar Free
55% Cacao Chocolate Bar 3 oz

\$3⁹⁹



SOM SLEEP

Sleep Formula Zero Sugar
8.1 oz

\$2⁴⁹

+CRV



SO DELICIOUS

Coconutmilk French
Vanilla Creamer 32 oz

\$3³⁹



ESSENTIA

Water 6 Pack 1ltr

\$8⁹⁹

+CRV



SILK

Unsweetened Soy Milk 64 oz

\$3²⁹



TRU WHIP

Whipped Topping 10 oz

\$2⁶⁹



SO DELICIOUS

Organic Coco Whip 9 oz

\$2⁹⁹



CAULIPOWER

Margherita Cauliflower
Pizza 11.6 oz

\$6⁴⁹



SONOMA CREAMERY

Cheddar Crips 2.25 oz

\$3²⁹



SIMPLE MILLS

Fine Ground Sea Salt
Crackers 4.25 oz

\$3⁴⁹



CHOICE ORGANIC TEAS

Earl Grey Lavender Tea 16 bg

\$3⁶⁹



TRIPLE LEAF TEA

Detox Tea 20 bg

\$3¹⁹



MY BROTHER'S SALSA

Black Bean
& Corn Salsa 16 oz

\$4⁶⁹



LUNDBERG

Pink Himalayan Salt
Red Rice & Quinoa Chips
5.5 oz

\$2²⁹



NATUREWISE

Citrus Matcha Energy Drink 12 oz

\$1⁹⁹



BARK THINS

Dark Almond Chocolate
Bark 4.7 oz

\$3⁴⁹



ALTER ECO

Dark Chocolate Sea
Salt Bar 2.82 oz

\$2⁶⁹



GREEN & BLACKS

Dark Chocolate Bar
85% Cacao 3.5 oz

\$2⁹⁹



WHOLLY WHOLESOME

Pumkin Pie
25.5 oz

\$6⁹⁹



EVAMORE

Artesian Water 64 oz

\$1⁷⁹

+CRV



SKINNY DIPPED

Dipped Cocoa Almonds 3.5 oz

\$3⁴⁹



WALLABY

Lowfat Plain Kefir 32 oz

\$3⁹⁹



BASE CULTURE

Almond Butter Brownie 2.2 oz

\$1²⁹



Holiday Sides

ORDER CHECKLIST

☐ CRANBERRY SAUCE **V GF**

Cranberries, Organic Orange Juice, Organic Cane Sugar, Water, Organic Orange Zest, Organic Ginger. Serves 6. \$8.99 ea.

☐ VEGAN CAULIFLOWER **V GF** MASH

Organic Cauliflower, Organic Coconut Milk, Organic Green Onion, Organic Garlic, Organic Pepper, Sea Salt. Serves 3. \$8.99 ea.

☐ VEGAN GRAVY **V**

Organic White Onion, Organic Sage, Organic Garlic, Organic Italian Seasoning, Organic Olive Oil, Nutritional Yeast, Organic Black Pepper, Water, Organic White Unbleached Flour, Vegetarian Chicken Broth Powder, Organic Tamari Serves 4. \$4.99 ea.

☐ VEGAN HERB STUFFING **V**

Organic Sourdough Bread, Earth Balance Buttery Spread, Organic Yellow Onion, Organic Celery, Organic Parsley, Organic Rosemary, Organic Sage, Organic Thyme, Organic Vegetable Broth, Organic Black Pepper, Sea Salt. Serves 3. \$8.99 ea.

☐ GREEN BEANS **V GF** ALMONDINE

Organic Green Beans, Organic Red Onion, Dried Cranberries, Natural Raw Almonds, Organic Green Onions, Organic Garlic, Organic Black Pepper, Sea Salt. Serves 3. \$8.99 ea.

☐ VEGAN GLAZED YAMS **V GF**

Organic Yams, Organic Oranges, Organic Orange Juice, Organic Brown Sugar, Organic Agave Nectar, Organic Cinnamon, Organic Cloves, Organic Nutmeg. Serves 3. \$8.99 ea.

☐ VEGAN MASHED POTATOES **V GF**

Organic Yukon Gold Potatoes, Organic Unsweetened Coconut Milk, Earth Balance Buttery Spread, Organic Garlic Powder, Organic Black Pepper, Sea Salt. Serves 2. \$8.99 ea.

☐ SLICED ROASTED TURKEY BREAST **GF**

Organic Turkey Breast, Organic Unsalted Butter, Organic Vegetable Broth, Organic Thyme, Organic Sage, Organic Black Pepper, Sea Salt. Serves 3. \$12.99 ea.

PIES

☐ PUMPKIN PIE

Organic Pumpkin Puree, Organic Eggs, Organic Unsalted Butter, Organic Sugar Cane, Organic Cinnamon, Organic Ginger Root, Organic Clove, Evaporated Milk, Wholly Wholesome Pie Crust. Serves 6. \$14.99 ea.

☐ VEGAN PUMPKIN PIE **V**

Organic Pumpkin Puree, Organic Silken Sprouted Tofu, Organic Cane Sugar, Organic Cinnamon, Organic Ginger Root, Organic Cloves, Wholly Wholesome Pie Crust. Serves 6. \$14.99 ea.

☐ VEGAN PEANUT BUTTER PIE **V**

Organic Tofu, Organic Peanut Butter, Organic Maple Syrup, Organic Vanilla Extract, Organic Sugar Cane, Organic Semi-Sweet Chocolate Chips, Water, Sea Salt, Agar Agar, Wholly Wholesome Pie Crust. Serves 6. \$14.99 ea.

☐ SWEET POTATO PIE

Organic Sweet Potato Puree, Evaporated Milk, Organic Eggs, Organic Unsalted Butter, Organic Cane Sugar, Organic Cinnamon, Organic Nutmeg, Organic Vanilla Extract, Wholly Wholesome Pie Crust. Serves 6. \$14.99 ea.

☐ PECAN PIE

Pecans, Organic Brown Sugar, Organic Cane Sugar, Organic Unbleached White Flour, Organic Unsalted Butter, Evaporated Milk, Organic Eggs, Organic Vanilla Extract, Wholly Wholesome Pie Crust. Serves 6. \$14.99 ea.

V = VEGAN **GF** = GLUTEN FREE

RESERVE YOUR HOLIDAY SIDES & PIES
in Store or Online at:
WWW.LASSENS.COM

Holiday sides and Pies must be ordered by November 15th.



LASSENS
NATURAL FOODS & VITAMINS

FOLLOW US ON



CLOSED ON SUNDAYS



LOCATIONS
FEATURING
DELIS AND
JUICE BARS

FRESNO
559-434-6990

SANTA BARBARA
805-683-7696

SIMI VALLEY
805-522-6990

BAKERSFIELD
661-324-6990

VENTURA
805-644-6990

LOS FELIZ (LA)
323-660-0052

SAN LUIS OBISPO
805-250-2805

OXNARD
805-486-8266

ECHO PARK (LA)
213-542-6535

SANTA MARIA
805-925-3432

THOUSAND OAKS
805-495-2609

MIRACLE MILE (LA)
323-648-7980