



First Light



**FIRST LIGHT
100% GRASS-FED
WAGYU BEEF**

**DELICIOUS MEAT,
RAISED RIGHT,
BY PEOPLE WHO
TRULY CARE**



WWW.FIRSTLIGHT.FARM

LASSENS
NATURAL FOODS & VITAMINS

MARCH
2020

LASSENS FRESH KITCHEN



VEGAN AVOCADO REUBEN

Field Roast Tomato, sauerkraut, provolone cheese, avocado, red onion, on rye bread.

\$8.99
EA



VEGAN GINGER CHICKEN

Veggie ginger chicken, organic broccoli, organic cauliflower, organic carrots, ginger dressing.

\$12.99
LB



CRUCIFEROUS CLEANSE

Organic kale, organic cabbage, organic apple, organic cucumber, organic ginger.

\$5.99 **\$7.99**
16 oz 24 oz



REUBEN SANDWICH

Nitrite-free corned beef, natural swiss cheese, organic sauerkraut, organic house-made thousand island dressing, on rye bread.

\$8.99
EA



CURRY CHICKEN SALAD

Organic chicken, organic apples, mayonnaise, raisins, organic slivered almonds, organic celery, organic agave, organic spices.

\$9.99
LB



SWEET MONSTER

Organic coconut and organic pineapple juice blend, organic banana, organic mango, organic spinach, organic cucumber, organic kale.

\$5.99 **\$7.99**
16 oz 24 oz



CORNER BEEF & CABBAGE ROLLS

INGREDIENTS

- 1 lb. GRASS FED Corned Beef Brisket
- 2 ORGANIC large Carrots
- 2 ORGANIC Parsnips
- 2 ORGANIC Russett Potatoes
- 1 head ORGANIC Savoy Cabbage
- 2 Tbsp ORGANIC Butter
- SEA salt

Instructions

Place corned beef in a large pot filled with water. Bring water to a boil and then turn the heat down to simmer for 4 hours. Once meat is tender drain water and shred meat. In another large pot boil carrots, parsnips, and potatoes until soft. Drain water from pot and roughly mash the vegetables together. Add butter and salt to taste. Peel leaves from the head of cabbage and steam them for 2-3 minutes until they are just beginning to get tender. Lay each leaf out and pat it dry before adding a layer of mash and a layer of corned beef. Roll the leaf up like a small burrito. Preheat oven to 400°F. Spread extra mash in the bottom of a casserole dish and place cabbage rolls on top of it. Fill any space around the edges with more mash if you have it. Bake in the oven for 20 minutes, until everything is warmed through. Enjoy!



LASSEN'S MEAT DEPARTMENT



SMART CHICKEN
AIR-CHILLED

USDA ORGANIC

Smart Chicken
Boneless Skinless
Chicken Breast
Organic

\$8⁹⁹ lb.



CREEKSTONE FARMS
Premium Quality

NON GMO Project VERIFIED

Creekstone
London Broil &
Top Round Steaks
Non-GMO

\$6⁴⁹ lb.



CREEKSTONE FARMS
Premium Quality

NON GMO Project VERIFIED

Creekstone
Stir Fry
Non-GMO

\$6⁴⁹ lb.



CREEKSTONE FARMS
Premium Quality

NON GMO Project VERIFIED

Creekstone
Stew Meat
Non-GMO

\$6⁴⁹ lb.



CREEKSTONE FARMS
Premium Quality

NON GMO Project VERIFIED

Creekstone
Fresh
Ground Beef
Non-GMO

\$6⁹⁹ lb.



First Light

Firstlight
Tri Tip Roast
or Steaks

\$10⁹⁹ lb.



NIMAN RANCH
RAISED WITH CARE

Niman Ranch
Applewood
Smoked Bacon
No Sugar Added
12 Oz.

\$7⁹⁹ ea.



true story.

USDA ORGANIC

True Story
Apple & Wildflower
Honey Chicken
Sausage
Organic, 10 Oz.

\$4⁹⁹ ea.



Star Fisheries
Wild Caught Salmon
Previously Frozen

\$10⁹⁹ lb.

STAR FISHERIES



Star Fisheries
Wild Caught Swordfish Fillet
Fresh

\$12⁹⁹ lb.

STAR FISHERIES

SUPPLEMENTS, FOR EVERY SEASON



LIFE SEASONS

Supplements
For Every
Season



JARROW FORMULAS

Healthy
Science



DR. MERCOLA

Liposomal
Technology



DERMA-E

Natural
Beauty



BARLEAN'S

Repair
& Restore



ANDALOU NATURALS

Love
Your
Hair



THAYERS

Lavender
Witch Hazel
Facial Toner
3 Oz.



\$2⁹⁹

Also On Sale:
Rose Petal
Witch Hazel Facial Mist \$3.49

TEA TREE THERAPY

Mint Tea Tree
Toothpicks
100 Ct.



**ADDITIONAL
ITEMS
ON SALE!**

\$3⁴⁹

Also On Sale:
Alcohol Free Mouthwash With Tree Oil \$5.49

SOOTHING TOUCH

Lavender
Bath Salts
8 Oz.



\$1⁵⁹

Also On Sale:
Sore Muscle Soak Bath Salts \$1.59

LILY OF THE DESERT

99% Aloe Vera
Gelly
4 Oz.



**ADDITIONAL
ITEMS
ON SALE!**

\$3⁴⁹

GIOVANNI

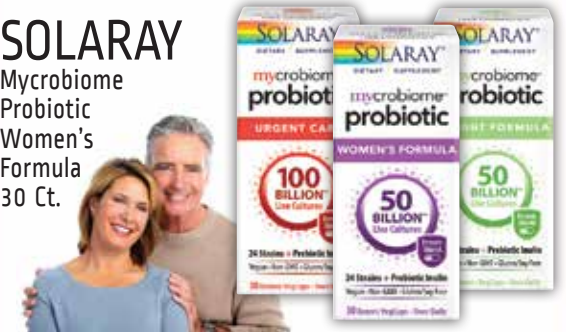
Tea Tree Triple Treat
Invigorating
Shampoo or
Conditioner
8.5 Oz.



\$6²⁹

SOLARAY

Mycrobiome
Probiotic
Women's
Formula
30 Ct.



\$24⁹⁹

Also On Sale:
Weight Formula Probiotic \$24.49
Urgent Care Probiotic \$31.49

NEW CHAPTER

Zyflamend
Whole Body
30 Ct.



\$19⁴⁹

Also On Sale:
Zyflamend Whole Body 60 Ct. \$31.49

GENEXA

Organic Adult
Allergy-D
60 Ct.



**ADDITIONAL
ITEMS
ON SALE!**

\$13⁴⁹

Also On Sale:
Organic Sleepology 60 Ct. \$11.99

GARDEN OF LIFE

Elderberry
Immune Syrup
6.59 Oz.



\$22⁹⁹

Also On Sale:
Ashwagandha For Stress & Mood 60 Ct. \$17.49

EMERALD HEALTH

Endo Brain
60 Ct.



**ADDITIONAL
ITEMS
ON SALE!**

\$36⁴⁹

Also On Sale:
Endo Calm 60 Ct. \$31.99

BIOSIL

Liquid
1 Oz.



**ADDITIONAL
ITEMS
ON SALE!**

\$23⁹⁹

Also On Sale:
Capsules 60 Ct. \$26.99

BIO-K+

Vegan
CL1285
Rice Probiotic
6 Pack



Dairy & Non Dairy
Fresh Drinkable
Probiotic

\$26⁴⁹

Also On Sale:
Dairy CL1285 Strawberry Probiotic 6 Pk. \$24.49

**20+
Years Of
Scientific
Research**

BREAKFAST ESSENTIALS

HIGH BREW COFFEE
Cold Brew
Mexican Vanilla
8 Oz.



\$1.79

MAMMA CHIA
Organic
Black Chia
Seeds
12 Oz.



\$4.69

PURELY ELIZABETH
Blueberry Hemp
Granola
12 Oz.



\$4.99

BLUE DIAMOND
Organic
Unsweetened
Almond Milk
64 Oz.



\$3.49

FORAGER PROJECT
Organic
Vanilla
Cashewgurt
5.3 Oz.



\$1.19

LIFEWAY
Kefir
Blueberry
32 Oz.



\$4.59

LACTAID
Milk 100-2%
Lactose Free
Reduced Fat
64 Oz.



\$3.89

NANCY'S
Plain
Yogurt
32 Oz.



\$4.39

ORGANIC VALLEY
Organic
Half & Half
16 Oz.



\$2.19

STONYFIELD
Organic
Plain Whole
Yogurt
32 Oz.



\$3.69

STAHLBUSH ISLAND
Blueberries
10 Oz.



\$3.49

siggi's
Skyr
Vanilla
Yogurt
5.3 Oz.



\$1.39

ANGIE'S
Dark Chocolate
Kettle Corn
5.5 Oz.



\$2.79

COUNTRY ARCHER
Original
Beef Jerky
3 Oz.



\$4.79

CROWN PRINCE
Skinless
Boneless
Sardines
3.75 Oz.



\$2.59

ELIYA
Young King
Coconut
Water
10.1 Oz.



\$2.99

EPIC PROVISION
Pink Himalayan
Pork Rinds
2.5 Oz.



\$2.99

FOOD SHOULD TASTE GOOD
Blue Corn
Tortilla Chips
5.5 Oz.



\$1.99

GIM ME
Roasted
Seaweed
Sheets
.92 Oz.



\$2.49

R.W. KNUDSEN
Organic
Cranberry
Juice
32 Oz.



\$7.99

BULK
SCOOP UP THE SAVINGS!



ORGANIC QUINOA



\$3.99 lb.

ORGANIC ROLLED OATS



99¢ lb.

LUNDBERG ORGANIC SHORT GRAIN BROWN RICE



\$1.69 lb.

ORGANIC PINTO BEANS



\$1.99 lb.

SUNRIDGE CHOCOLATE PEANUT BUTTER MALT BALL 5.5 Oz.



\$6.99 lb.

siggi's

Siggi's began in 2005 when Siggí Hilmarsson felt homesick for a staple of his childhood diet, skyr, a thick, creamy, high-protein yogurt from his native Iceland. Using a recipe Siggí's mother sent, he began making skyr in his small New York City kitchen. Within just a few months, siggi's dairy was born. True to Icelandic tradition, siggi's products do not contain any artificial preservatives, thickeners, sweeteners, flavors or colors. siggi's dairy is fully committed to making rather delicious yogurt products with just a few ingredients and more protein than sugar.



Skyr Vanilla Yogurt
5.3 Oz. **\$1.39**

wholly veggie!



Bringing One of the Hottest Restaurant Appetizers to your Home! Wholly Veggie's NEW Cauliflower and Broccoli Wings are now available at Lassen's. It's as easy as Bake, Snack and Attack!! #respecttheveg

Wholly Veggie was built on the belief that the world would be a better, more sustainable place with more veggie on our plates. This belief is what inspires us at Wholly Veggie to make veggie-filled foods that keep you nourished throughout the day.

Cauliflower Ranch Wings
13.2 Oz **\$5.39**



Candy Coated Dark Chocolate Peanuts
5 Oz. **\$3.99**

The UNREAL Story
There were two kids whose health-conscious parents didn't want them eating their favorite chocolates. In response, these kids set out to reinvent these treats, making them with all real ingredients and without the crazy amounts of sugar. A thousand recipes later (for real), they cracked the code to making some of the best tasting chocolate snacks ever. We don't use artificial sweeteners or sugar substitutes; we simply use less sugar. We offer certified vegan, gluten free and non-GMO project verified items. We also steer clear of artificial flavors, artificial colors and preservatives.

Our mission at UNREAL: delicious tasting chocolate snacks that inspire change through real, responsibly sourced ingredients. Why is it called UNREAL?... the answer is: all real ingredients, UNREAL taste.

WAIAKEA

Hawaiian Water
1 Liter



\$1.79
+CRV

YAMASA

Less Salt Soy Sauce
15.5 Oz.



\$2.79

GARDEIN

Crispy Tenders
9 Oz.



\$3.59

LILLY'S

Buffalo Cauliflower Hummus
12 Oz.



\$3.29

LE GRAND

Garden Green Pesto
5.5 Oz.



\$4.29

QUORN

Chik'n Style Nuggets
10.6 Oz.



\$3.69

HY VIDA

Sparkling Water Hydro Raspberry
12 Oz.



99¢
+CRV

ICELANDIC

GLACIER Natural Spring Water
1.5 Liter



\$1.89
+CRV

KETTLE

Sea Salt & Vinegar Chips
13 Oz.



\$3.69

LAKWOOD

Organic Pure Pineapple Juice
32 Oz.



\$5.69
+CRV

LARABAR

Peanut Butter Chocolate Chip Bars
1.6 Oz.



99¢

LUNDBERG

Organic White Jasmine Rice
2 Lb.



\$5.79

THE MOUNTAIN VALLEY

Sparkling Water
12 pk, 1 Liter Glass Bottle



Single **\$1.79**
+CRV

24 Pack: \$19.99 +crv

MUIR GLEN

Organic Tomato Sauce
15 Oz.



99¢

NUTIVA

Coconut Oil
23 Oz.



\$8.99

PACIFIC RESOURCES

Manuka Honey 5+
1.1 Lb.



\$25.99

PRIMAL KITCHEN

Mayo Avocado Oil
12 Oz.



\$6.99

TATE'S BAKE SHOP

Chocolate Chip Cookies
7 Oz.



\$3.99

LASSENS ALWAYS 100% ORGANIC PRODUCE

NATURAL FOODS & VITAMINS

**MARCH
2ND-7TH**

WEEK 1



ORGANIC
Navel Oranges

**99¢
lb**

WEEK 1



ORGANIC
Red & Yellow Onions

**99¢
lb**

WEEK 1



ORGANIC
Romaine Lettuce

**2 for \$3
ea**

**MARCH
9TH-14TH**

WEEK 2

NATIONAL CELERY MONTH!
ENJOY THIS LOW CALORIE, NUTRIENT
RICH VEGGIE ALL MONTH LONG!



ORGANIC
Celery

**99¢
ea**

WEEK 2



ORGANIC
Gala Apples

**99¢
lb**

WEEK 2



ORGANIC
Green Kale

**99¢
ea**

**MARCH
16TH-21ST**

WEEK 3

St. Patti's Day



ORGANIC
Russet Potatoes
5lb Bag

**2 for \$5
ea**

WEEK 3

St. Patti's Day



ORGANIC
Green Cabbage

**69¢
lb**

WEEK 3



ORGANIC
Navel Oranges

**99¢
lb**

**MARCH
23RD-31ST**

WEEK 4



ORGANIC
Bartlett Pears

**99¢
lb**

WEEK 4



ORGANIC
Haas Avocado

**99¢
ea**

WEEK 4



ORGANIC
Blueberries 6oz

**\$2.99
ea.**

LASSENS

NATURAL FOODS & VITAMINS

FOLLOW US ON



CLOSED ON SUNDAYS



LOCATIONS
FEATURING
DELIS AND
JUICE BARS

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

SANTA BARBARA 🌱
805-683-7696

SIMI VALLEY 🌱
805-522-6990

CAMARILLO 🌱
805-482-3287