

LASSENS

NATURAL FOODS & VITAMINS

February 2024



Honey Mama's

Delicious, melt-in-your-mouth

Truffle Bars

\$3.89
each

LASSENS ALWAYS 100% ORGANIC PRODUCE

**FEBRUARY
1ST - 10TH**



**FEBRUARY
12TH - 17TH**



**FEBRUARY
19TH - 24TH**



**FEBRUARY
26TH - 29TH**



LASSENS
NATURAL FOODS & VITAMINS

FOLLOW US ON   

CLOSED ON SUNDAYS

LOS FELIZ (LA) 🌱
323-660-0052
2080 Hillhurst Ave.
Los Angeles CA, 90027

SAN LUIS OBISPO 🌱
805-250-2805
896 East Foothill Blvd
San Luis Obispo CA 93405

BAKERSFIELD 🌱
661-324-6990
4308 California Ave
Bakersfield CA, 93309

VENTURA 🌱
805-644-6990
4071 East Main Street
Ventura CA 93003

OXNARD
805-486-8266
3471 Saviers Rd
Oxnard CA, 93033

ECHO PARK (LA) 🌱
213-542-6535
1631 W Sunset Blvd
Los Angeles CA, 90026

SANTA MARIA 🌱
805-925-3432
1790 S Broadway
Santa Maria CA, 93454

THOUSAND OAKS 🌱
805-495-2609
2150 E Thousand Oaks Blvd
Thousand Oaks CA, 91362

MIRACLE MILE (LA) 🌱
323-648-7980

SANTA BARBARA
805-683-7696
5154 Hollister
Goleta CA, 93111

SIMI VALLEY
805-522-6990
2955 Cochran St
Simi Valley CA, 93065

710 South La Brea Ave
Los Angeles CA, 90036



LOCATIONS FEATURING DELI AND JUICE BAR

LASSENS MEAT DEPARTMENT



First Light
Boneless Wagyu Beef New
York Steak
8 oz. **\$18⁹⁹** ea.



Lassens
Natural Ground Pork
16 oz. **\$7⁹⁹** ea.



Air Chilled!
Smart Chicken
Organic Bone-in Chicken Thighs
\$4⁹⁹ lb.



Smart Chicken
Organic Asiago Chicken
Spinach Sausage, 12 oz. **\$7⁹⁹** ea.



Applegate
Organic Sunday Bacon
8 oz. **\$8⁴⁹** ea.



Star Fisheries
Wild Caught Dover Sole Fillet
\$10⁹⁹ lb.

Kevin's
Cilantro Lime Chicken
Cooked, 16 oz.

\$9⁴⁹ ea.



Regal
Beech Wood Salmon
Smoked, 3.5 oz.

\$8⁴⁹ ea.



JARROW FORMULAS

Ubiquinol
QH-absorb
100 mg.
60 ct.



\$41⁴⁹

Also on sale:
Red Yeast Rice +Co-Q10, 120 ct.
\$25.49

KOS

Superfood
Plant Protein Powder
Chocolate
19 oz.



\$29⁹⁹

Also on sale:
Superfood Plant Protein Powder, Vanilla, 19.6 oz.
\$29.99

KYOLIC

Blood Pressure Health
Formula 109
80 ct.



\$23⁴⁹

Also on sale:
Blood Pressure Health Formula 109, 160 ct.
\$39.99

LASSENS

Oregano Oil
Carvacrol 70
60 ct.



\$14⁹⁹

Also on sale:
Sambucus Elderberry Syrup, 4 oz.
\$11.99

NORDIC NATURALS

Ultimate Omega 2x
Lemon
60 ct.



\$39⁹⁹

EMERALD LABS

Coenzymated
Men's 1-Daily Multivitamin
30 ct.



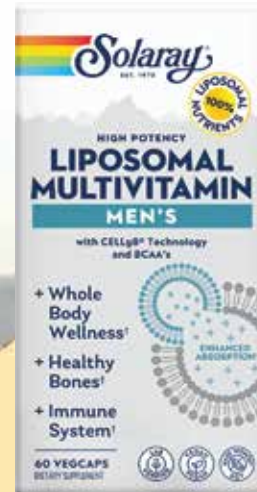
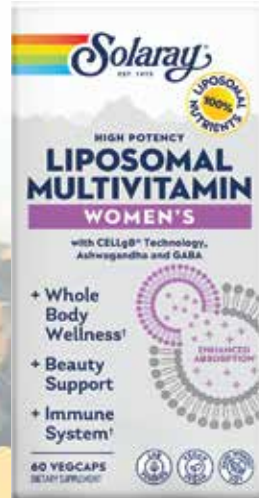
\$16⁴⁹

Also on sale:
Coenzymated Women's 1-Daily Multivitamin
30 ct. **\$16.49**

LASSENS SUPPLEMENTS, HEALTH & BEAUTY



Wellness starts with the proven power of science and clean ingredients from the earth.



AURA CACIA

When it comes to pure essential oils, it all begins at the botanical source.



BOIRON

World Leader in Homeopathic Medicines



FLORA

Udo's Choice
Adult's Probiotic
60 ct.



GARDEN OF LIFE

Dr. Formulated Probiotics
Once Daily Women's
50 Billion
30 ct.



\$19⁴⁹

Also on sale:
Udo's Choice Plant Based DHA Blend, 8.5 Oz.
\$21.49

\$34⁴⁹

Also on sale:
Dr. Formulated Probiotic, 100 Billion, 30 ct.
\$36.49

Recipe

Peanut Butter Chocolate Valentine's Day Heart

INGREDIENTS:

- 1 cup creamy peanut butter, room temperature
- ¼ cup unsalted butter, melted
- 2 Tablespoons brown sugar
- 2 teaspoon vanilla extract
- ¼ teaspoon salt
- 2 cups powdered sugar
- 10–12 oz. chocolate chopped in small pieces



INSTRUCTIONS:

1. Line 8 x 8 inch dish with parchment paper, leaving the paper overhang the sides so you can easily lift it later and set aside.
2. In a mixing bowl stir together peanut butter, melted butter, brown sugar vanilla and salt, until sugar dissolve. Next, mix in powdered sugar.
3. Press the mixture into prepared dish. Smooth the top with spatula.
4. Place it in the freezer until firm enough for cutting.
5. When the mixture is firm enough, line a tray with parchment paper and set aside.
6. Using small cookie cutter in the shape of heart, cut out the hearts and place them on the tray. Place them in the freezer until firm.
7. Then melt the chocolate and line another tray with parchment paper. Using a fork, dip each heart into melted chocolate to cover completely. Store in the fridge or freeze for longer storage.

ANGIES
Boom Chicka Pop
Sweet & Salty
7 oz.



\$2⁹⁹

ANNIES HOMEGROWN
Shells W/ Cheddar
3.49 oz.



\$3⁴⁹

AWAKE
Caramel Chocolate
Caffeine Bites
0.53 oz.



79¢

CHICKAPEA
Shells Pasta 8 Oz
oz.



\$3⁸⁹

CHIPZ HAPPEN
Cheeze-Ee Nacho
3.49oz.



\$3⁴⁹

CHOCOLOVE
Cherries & Almond
In Dark Chocolate
3.2 oz.



\$2⁴⁹

CHOICE ORGANIC TEAS
Black Tea
Earl Grey
16 Bags



\$3⁴⁹

CUCINA ANTICA
Alfredo Sauce
16.9 oz.



\$5⁹⁹

DR BRONNERS
Salted Dark Chocolate
3.0 oz.



\$3¹⁹

GARDEN OF EATIN
Blue Corn
Tortilla Chips
16 oz.



\$5⁴⁹

HEAVENLY HUNKS
Oatmeal Cookie Chip
Bites
6 oz.



\$3⁹⁹

HU CHOCOLATE
Hazelnut Butter
Dark Chocolate
2.1 oz.



\$3⁶⁹

HUMANITEA
Wildberry Lime
Hibiscus Tea
16.9 oz.



\$1⁸⁹

JUSTIN'S
Dark Chocolate
Almond Butter Cups
1.4 oz.



\$1⁸⁹

KICKING HORSE
Grizzly Claw
Whole Bean Coffee
10 oz.



\$7⁹⁹

MADHAVA
Light Agave Nectar
23.5oz.



\$6⁹⁹

MICHEL ET AUGUSTIN
Chocolate and Toasted Hazelnuts
Cookies
4.4 oz.



\$4⁸⁹

MUIR GLEN
Diced Tomatoes
14.5 oz.



\$1⁴⁹

NATIVE FOREST
Coconut Milk
Unsweetened
13.5 oz.



\$2⁹⁹

NICKS STICKS
Free Range Turkey Sticks
1.7 oz.



\$2¹⁹

Recipe

Marry Me Chicken

INGREDIENTS:

- Chicken breasts – Skinless and boneless.
- Plain flour
- Olive oil
- Garlic – Fresh or shortcut-type is fine
- Sun dried tomatoes
- Dried oregano
- Paprika
- Heavy cream
- Chicken stock – Made from a cube is fine.
- Parmesan cheese – Finely grated.
- Fresh basil leaves
- Lemon – We just want the juice.
- Sea salt and freshly ground black pepper.



INSTRUCTIONS:

1. Coat the chicken breasts in the flour.
2. In a large, deep frying pan, heat the oil over a medium heat. When it's hot, carefully add the chicken breasts. Cook for 5 minutes. Flip and cook for a further 5 minutes.
3. Remove the chicken breasts to a plate, turn the heat under the pan to low and add the garlic, sun-dried tomatoes, oregano and paprika. Stir for 3-5 minutes until the garlic is softened.
4. Add the cream, stock, parmesan and plenty of salt and pepper and give everything a good stir.
5. Sit the chicken back in the sauce. Put the lid on the pan and cook for 5 minutes. Turn the chicken and cook for another 5 minutes.
6. Check the chicken is cooked through. Remove the pan from the heat, sprinkle over the basil leaves and the squeeze of half a lemon.

RAOS HOMEMADE
Marinara Sauce
24 oz.



\$6⁹⁹

RUMMO
Penne Rigate Pasta
16 oz.



\$3⁴⁹

SEMPIO
Gochujang Sauce
8.81 oz.



\$5⁹⁹

VERVE
East Africa Coffee
12 oz.



\$14⁴⁹

WILD PLANET
Albacore Wild Tuna
No Salt added
5 oz.



\$3⁹⁹

DAYTRIP
Grapefruit Lime
Prebiotic soda
12 oz.



\$2²⁹
+CTV

GOOD MOOD SODA
Cola Soda
12 oz.



\$1⁹⁹
+CTV

ALEX'S AWESOME SOURDOUGH
Mushroom Sourdough Pizza
13.2 oz.



\$9⁹⁹

BERLIN NATURAL BAKERY
Sprouted Spelt Bread
19 oz.



\$4⁸⁹

CAPPELLO
Pepperoni Pizza
12 oz.



\$7⁹⁹

DAIYA
Supreme Pizza
19.4 oz.



\$6⁸⁹

EVERGREEN
Peanut Butter Banana
Mini Waffles
9 oz.



\$4⁶⁹

GREEN VALLEY CREAMERY
3 Cheese Mexican Blend Shreds
6 oz.



\$3⁹⁹

KITE HILL
Almond Milk Yogurt
Plain Unsweetened
16 oz.



\$3⁹⁹

NUTS FOR CHEESE
Un-Brie-Lievable
4.2 oz.



\$6⁹⁹

ORGANIC VALLEY
3 Cheese Mexican Blend Shreds
6 oz.



\$3⁹⁹

RUDIS
Spelt Tortillas
12 oz.



\$4⁹⁹

SCHAR
Deli-Style Gluten-Free Bread
8.5 oz.



\$4⁶⁹

SIGGI'S
Skyr Yogurt
Vanilla
5.3 oz.



\$1⁵⁹

SWEET LORENS
Chocolate Chunk
Cookie Dough
12 oz.



\$5⁹⁹

TOBYS
Ranch Dressing
12 oz.



\$4⁹⁹

VEGETARIAN PLUS
Vegan Orange Chicken
10.5 oz.



\$6⁹⁹

LASSENS FRESH KITCHEN



Made to Order!

Wellness Tonic

Organic Kale, Organic Ginger, Organic Turmeric, Organic Lemon, Organic Apples, Organic Cayenne Powder, Organic Wheat Grass

\$8.49 16 oz. **\$10.49** 24 oz.



Happy Cacao With Maca

Organic Chocolate Hemp Milk, Cacao (Powder & Nibs), Chia Seeds, Banana & Maca

\$8.49 16 oz. **\$10.49** 24 oz.

Soyrizo Breakfast Burrito

Organic Soyrito, Organic Tofu, Organic Black Beans, Organic Hash Browns, House Made Chipotle Aioli, Organic Flour Tortilla. Contains: Soy

\$8.99 ea.



Made Fresh Daily!

Turkey Sandwich

Organic Bread, Free-Range Natural Turkey, Natural Swiss Cheese, Organic Tomato, Organic Lettuce, Organic Alfalfa Sprouts, Organic Cadia Mayonnaise.

\$9.99 ea.



Made Fresh Daily!

Wild Caught Grilled Salmon

Wild Caught Salmon Portions, Organic Olive Oil, Organic Garlic, Salt, Organic Black Pepper

\$19.99 lb.



Dill Potato Salad

Organic Red Potato, Organic Green Onion, Organic Dill, Organic Celery, Veganaise, Salt, Black Pepper.

\$11.99 lb.



Made Fresh Daily!

Macarons

Available In A Variety Of Flavors. Raspberry, Chocolate, Pistachio, Vanilla, Birthday Cake, and Salted Caramel.

\$1.99 ea.



Tuna Salad

Line Caught Tuna, Non-GMO Mayonnaise, Organic Celery.

\$11.99 lb.



Made Fresh Daily!

Red Velvet Cheesecake Slice

See Store For Ingredients.

\$6.49 ea.



LASSENS

NATURAL FOODS & VITAMINS

February 2024



Honey Mama's

Delicious, melt-in-your-mouth

Truffle Bars

\$3.89
each