

All the benefits of
plant-based. All
the deliciousness.

All the products
you need to cook,
bake, and make
your dream dishes
dairy-free. All the
fun. All the flavor.

Always
plant-based.



Califia Organic
Original
Oat Milk

\$4.99
48 oz.



Califia Organic
Unsweetened
Almond
Milk

\$4.79
48 oz.

LASSENS
NATURAL FOODS & VITAMINS

April 2024

LASSENS ALWAYS 100% ORGANIC PRODUCE

APRIL
1ST - 6TH

WEEK 1



ORGANIC Broccoli

2 \$5
LBS

WEEK 1



ORGANIC Celery

2 \$5
FOR

WEEK 1



ORGANIC Hass Avocados

2 \$3
FOR

APRIL
8TH - 13TH

WEEK 2



ORGANIC Navel Oranges

\$1.99
lb.

WEEK 2



ORGANIC Green Kale

2 \$5
FOR

WEEK 2



ORGANIC Russet Potatoes

\$1.99
lb.

APRIL
15TH - 20TH

APRIL 15-16



ORGANIC Green Kale

49¢
ea.

APRIL 17-18



ORGANIC Fuji Apples

99¢
lb.

APRIL 19-20



ORGANIC Broccoli

99¢
lb.

APRIL
22ND - 30TH

WEEK 4



ORGANIC Green Kale

2 \$5
FOR

WEEK 4



ORGANIC Broccoli

2 \$5
LBS

WEEK 4



ORGANIC Russet Potatoes

\$1.99
lb.

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

LASSENS

USDA ORGANIC

Lassens
Ground Beef, 85/15
16 oz.

\$8⁹⁹ ea.

PANORAMA

USDA ORGANIC

Panorama
Organic New York Steak
8 oz.

\$15⁴⁹ ea.

SMART CHICKEN

USDA ORGANIC

Air Chilled!

Smart Chicken
Chicken Drumsticks
Organic

\$3⁹⁹ lb.

STAR FISHERIES

WILD CAUGHT

Star Fisheries
Wild Caught Sockeye Salmon

\$15⁹⁹ lb.

SMART CHICKEN

USDA ORGANIC

Smart Chicken
Chicken Sausage
Apple Gouda, 12 oz.

\$8⁹⁹ ea.

APPLEGATE

USDA ORGANIC

Applegate
Organic No Sugar Added Bacon
8 oz.

\$10⁴⁹ ea.

kevin's
natural foods

kevin's
ORGANIC LEMONGRASS CHICKEN

Kevin's
Lemon Grass Chicken
Cooked, 16 oz.

\$9⁹⁹ ea.

LASSENS SUPPLEMENTS, HEALTH & BEAUTY

Paradise[®]

EST. 1994

Unsurpassed Quality in Every Product!

Earth's Blend
Magnesium, 90 ct.

\$12.49

Earth's Blend One Daily
Superfood Multi-Vitamin, 60 ct.

\$16.49



Earth's Blend[®] Magnesium

Magnesium Lysinate Glycinate — 2x greater than magnesium carbonate, 3x greater than magnesium sulfate, 6x greater than magnesium oxide, Chelated magnesium is absorbed faster and at a higher rate than ionic salts. Helps promote high magnesium retention in the body. Better tolerated by the gut and minimizes laxative effect.

Earth's Blend[®] Superfood Multivitamin

Bursting with over 48 ingredients it's truly a Nature Synergized™ superfood multivitamin. Our formula uses real whole-food goodness paired with vitamins, minerals, probiotics, and herbs to go beyond mere deficiencies and help support overall whole system health. It's not just how many ingredients are in your multiple, it's what it can do that makes the difference. Each capsule is over 4,000 ORAC giving you the antioxidant power of over 7 servings of fruits and vegetables in every capsule, making it quite possibly (in our humble opinion) the best multivitamin on the PLANET!

AURA CACIA

Citrus Burst
Toilet Spray
2 oz.



\$7⁴⁹

Also on sale:
Fresh Room Spray, 8 oz.
\$8.99

CHARLOTTE'S WEB

Calm Gummy
30 ct.



\$25⁴⁹

Also on sale:
Sleep Gummy, 30 ct.
\$25.49

EVERYONE

Ruby Grapefruit
Hand Sanitizer Spray
8 oz.



\$6⁹⁹

Also on sale:
Lavender+Coconut Hand Soap, 12.75 oz.
\$4.99

ORGANIC INDIA

Ashwagandha Caps
90 ct.



\$21⁴⁹

Also on sale:
Liver Kidney Caps, 90 ct.
\$21.49

GARDEN OF LIFE

Clean Vitamins and Supplements



ALL PRODUCTS

30% OFF

FOUR SIGMATIC

Supports Your Body & Mind



ALL PRODUCTS

25% OFF

SOLARAY

Magnesium Glycinate
350 mg.
240 ct.



\$25⁹⁹

Also on sale:
Microbiome Women's Probiotic, 30 ct.
\$33.99

LASSENS

Milk Thistle
90 ct.



\$13⁴⁹

Also on sale:
Dandelion, 90 ct.
\$8.99

SOURCE NATURALS & PLANETARY HERBALS

Dr. Tierra's
Wild Cherry Bark Syrup
8 oz.

ADDITIONAL
ITEMS
ON SALE!

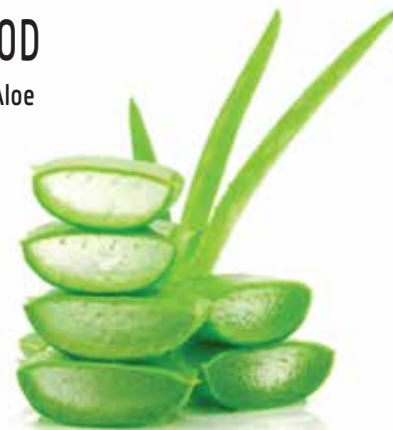


\$16⁴⁹

Also on sale:
Wellness Formula Capsules, 60 ct.
\$8.99

LAKWOOD

Organic Pure Aloe
32 oz.



\$8⁴⁹

gomacro[®]

USDA ORGANIC

Blueberry + Cashew Butter



What's Inside

Like beams of golden light pouring over our Wisconsin farm each morning, our Blissful Daybreak MacroBar[®] will leave you feeling refreshed, rejuvenated, and ready to take on the day. Our blend of organic blueberries and creamy cashew butter provides a boost of positive, real food energy. This plant-based protein bar will revitalize your spirit all day long.

Cashew Blueberry Macrobar, 2.3 oz.

\$2⁷⁹



GT's

GTS LIVING

Alive Root Cider, 16 oz.
Gingerade, 16 oz.
MysticMango Kombucha, 16 oz.
Trilogia Kombucha, 16 oz.

\$2⁹⁹

Pure Cocoyo, 8 oz. **\$5.89**



REPURPOSE
Compostable
Cold Cups
20 ct.



\$4⁷⁹

SEVENTH GENERATION
Bath Tissue
12 pk.



\$9⁹⁹

ANNIE'S HOMEGROWN
Honey Grahams
14.4 oz.



\$3⁹⁹

ANNIE'S HOMEGROWN
Shells & Cheddar
6 oz.



\$1⁴⁹

ANNIE'S NATURALS
Sesame Ginger
Vinaigrette
8 oz.



\$3⁹⁹

SOMOS
Cilantro Lime
White Rice
8.8 oz.



\$2⁹⁹

BRAGG
Extra Virgin Olive Oil
32 oz.



\$17⁹⁹

CALIFORNIA OLIVE RANCH
Extra Virgin Olive Oil
500 ml.



\$11⁹⁹

CARAPELLI
Extra Virgin Olive Oil
500 ml.



\$12⁹⁹

CASCADIAN FARM
Cinnamon Crunch Cereal
9.2 oz.



\$3⁹⁹

CLIF BAR
Peanut Butter Builders Bar, 2.4 oz.



\$1⁹⁹

COCOMELS
Coconut Milk Caramels
Sea Salt, 1 oz.



\$1⁷⁹

DR BRONNERS
Dark Chocolate
Salted
3 oz.



\$3⁹⁹

FODY FOOD
Tomato Basil
Pasta Sauce
19.4 oz.



\$6⁴⁹

GO RAW
Sprouted Pumpkin Seeds
14 oz.



\$12⁹⁹

GROUNDWORK COFFEE
Bitches Brew Coffee
12 oz.



\$13⁴⁹

HU CHOCOLATE
Hazelnut Butter
Dark Chocolate
2.1 oz.



\$3⁹⁹

JOVIAL
All Purpose Flour
Einkorn
32 oz.



\$6⁹⁹

KASHI
Cinnamon Harvest
16.3 oz.



\$4⁹⁹

KICKING HORSE
Three Sister
Whole Bean Coffee
10 oz.



\$9⁹⁹

L&A JUICE
All Cranberry
1 qt.



\$4⁹⁹

LUNDBERG
Basmati Rice
Organic
64 oz.



\$12⁹⁹

MAMMA CHIA
Black Chia Seeds
12 oz.



\$5⁹⁹

MOUNT HAGEN
Instant Coffee
3.53 oz.



\$9⁹⁹

CALIFIA FARMS®

Organic Almondmilk, Unsweetened, 48 oz.
Oat Creamer, Unsweetened, 25.4 oz.

\$4⁷⁹

Unsweetened Almondmilk, 32 oz.

\$3³⁹

Unsweetened Oatmilk, 32 oz.

\$3⁹⁹



JUST
Egg Substitute
16 oz.



\$6⁴⁹



Recipe Breakfast Tacos

INGREDIENTS

- 8 6-inch tortillas, corn or wheat
- 1 16oz bottle JUST Egg
- 1 cup soyrizo
- 2 cups red cabbage, shredded
- 2 avocados, sliced or cubed
- ¼ cup cilantro, chopped roughly
- ¾ cup chunky salsa or pico de gallo

INSTRUCTIONS

1. Chop the cabbage, avocado and cilantro as directed. Set each ingredient out in separate bowls or on a tray for your taco-building station.
2. Cook the soyrizo as directed in a nonstick skillet then set aside on a plate lined with paper towels.
3. In the same skillet, scramble the JUST Egg over medium-low heat until just cooked through, breaking up with a stiff spatula. Add the scramble to the array of toppings.
If using JUST Egg Folded, heat in a toaster, oven, microwave or skillet according to package directions, then chop into ½-inch strips.
4. Warm the tortillas, then fill them with desired amount of each topping. Serve immediately.

NOKA
Blueberry Beet
Smoothie
4.22 oz.



\$2²⁹

PACIFIC RESOURCES INT
Manuka Honey
Bio Actv 20+
1.1 lb.



\$29⁹⁹

PATAGONIA
Lemon Capser Mackerel
4.2 oz.



\$5⁹⁹

ROAR BEVERAGES
Mango Clementine
Vitamin Beverage
18 oz.



\$1⁹⁹
+crv

VITA COCO
Coconut Water
16.9 oz.



\$2⁴⁹

FENTIMANS
Curiosity Cola
9.3 oz.



\$1⁸⁹
+crv

LACROIX
Sparkling Water, Grapefruit
12 oz.



\$3⁴⁹
+crv

MINERAGUA
Mineral Water
12.5 oz.



\$7⁹⁹
+crv

SAMBAZON
Amazon Energy
Acai Berry
12 oz.



\$1⁹⁹
+crv

AQUA VITEA
Kombucha
Peach Out
12 oz.



\$1⁹⁹
+crv

BITCHIN' SAUCE
Original
8 oz.



\$4⁶⁹

CHOBANI
Oatmilk
Extra Creamy
52 oz.



\$4⁴⁹

EARTH BALANCE
Whipped Buttery Spread
13 oz.



\$4⁹⁹

GOOD PLANET FOODS
Parmesan Shreds
5 oz.



\$2⁹⁹

ICELANDIC PROVISIONS
Strawberry & Lingonberry
Skyr
5.3 oz.



\$1⁷⁹

ITHACA
Hummus
Classic
10 oz.



\$3⁴⁹

SEEDS OF CHANGE
Microwavable Quinoa & Brown
Rice
8.5 oz.



\$2⁹⁹

KITE HILL
Almond Milk Plain Yogurt
Unsweetened
16 oz.



\$4⁴⁹

LIFEWAY
Whole Milk Probiotic
Kefir
Plain
32 oz.



\$5⁹⁹

NOOSA
Honey Yogurt
8 oz.



\$2⁴⁹

SUJA
Green Delight
Juice
12 oz.



\$3⁴⁹
+crv

LASSENS FRESH KITCHEN



Sweet Monster Smoothie

Organic Pineapple Juice, Organic Coconut Juice, Organic Mango, Organic Banana, Organic Spinach, Organic Cucumber, Organic Kale.

\$8⁴⁹ 16 oz. **\$10⁴⁹** 24 oz.



Apple Dandelion Juice

Organic Dandelion Greens, Organic Lemon, Organic Turmeric, Organic Ginger, Organic Beet, Organic Cucumber, Organic Apple.

\$8⁴⁹ 16 oz. **\$10⁴⁹** 24 oz.

Vegan Soyrito Breakfast Burrito

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

\$9⁴⁹ ea.



Vegan Lemon Herb Tofu

Organic Tofu, Liquid Aminos, Organic Celery, Organic Green, Organic Onion, Organic Lemon Herb Dressing.

\$11⁹⁹ lb.



Tuna Salad Sandwich

Organic Bread, Line-caught Tuna, Organic Tomatoes, Organic Lettuce, Organic Alfalfa Sprouts.

\$9⁹⁹ ea.



Vegan Jackfruit Enchilada Dinner

Organic Corn Tortillas, Organic Jackfruit, Daiya Cheddar Cheese, Daiya Mozzarella Cheese, Red Enchilada Sauce, Organic Cilantro.

\$12⁴⁹ ea.



Tomato Basil Bisque Soup

See Store for Ingredients

\$8⁴⁹ ea.



Organic Curry Chicken Salad

Organic Chicken, Organic Apples, Organic Raisins, Organic Slivered Almonds, Non-GMO Mayonnaise, Organic Curry Powder, Organic Celery, Organic Agave

\$14⁹⁹ lb.

