Summer Fun for Everyone

SUMMER’S IN FULL SWING!

It’s easy to keep the thrills going in August. Staff of Life has everything you need to get in on the fun. Stop by and fill your picnic basket with fresh groceries and produce, and don’t forget the sunscreen.

STORE HOURS:
Mon-Fri 7:30am-9:00pm
Sat-Sun 8:00am-9:00pm

STAFF OF LIFE - 1265 COQUET AVENUE, SANTA CRUZ • 831-423-8538 • WWW.STAFFOFLIFEMARKET.COM
PRODUCE DEPARTMENT

SWEET SUMMER MELONS

CHOOSE FROM OUR HUGE VARIETY

TUSCAN CANTALOUP
An Exceptionally Sweet Melon

- Excellent source of vitamins A and C
- High in anti-oxidants and folate
- Sweet flavor pairs well with prosciutto, figs, arugula, mint, and basil
- Great in both sweet and savory preparations

CANARY MELON

Tangy & Sweet

- Succulent and semi-firm
- Excellent source of vitamins A, C and B6 as well as potassium and fiber
- Pairs well with ginger, honey, feta and goat cheeses, hazelnuts, blueberries, mint, basil, fruity olive oil, vinegar, and citrus
- Its sweetness and tartness are enhanced with herbs like basil, mint, and cilantro, as well as chilies and nuts

ORANGE HONEYDEW

Honey-Sweet Flavor

- Pairs well with feta and goat cheeses
- High concentration of beta carotene, and extremely high in vitamin C
- Continues to ripen after being picked from the vine

DRINKS

HYDRATION STATION

Up to 50% OFF drinks to keep you cool this summer

SUPER SALE

Cafe Del Sol

Summer Favorites

- Pink Sunshine: mango, strawberry, banana, orange juice.
- Lemon Ginger Zing: carrots, apples, ginger, lemon.

Organic pineapple, banana, spinach, and coconut milk

Mocha Frappé

Espresso, milk choice, Dutch chocolate syrup, all fresh, all organic, and delicious

Café Hours: 7:30 a.m.-7 p.m. Mon-Fri, 8 a.m.-7 p.m. Sat & Sun
**The Sweetest Treats**
Housemade Daily in Our Bakery

**OUR FAMOUS CRUFFIN**
Delicious to the Last Bite
- Delicate croissant dough
- Laced with cinnamon and sugar
- Light and crispy

**MINI PIES**
Gluten-Free Gems
- Perfect size for a snack
- Delicious gluten-free crust
- Blueberry, blackberry, strawberry, rhubarb, and apple filling

**GLUTEN-FREE COOKIES**
Chewy Treats
- Cookies large enough to share
- Chocolate, oatmeal, & chocolate peanut butter
- Pair with a coffee from Café del Sol

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**Scrumptious Deli Sandwiches**
Healthy, fresh, and made to order
- Veggie Supreme
- Missing Egg Salad
- Hummus & Avocado
- Three Cheeses
- Turkey Sandwich
- Tuna & Cucumber
- Avocado & Cheese
  - Turkey with Cheese or Avocado
  - Tuna Melt
  - Veggie Burger

**TRY ONE OF THESE SPECIALTY FAVORITES**

**GREEK SALAD**
- Crisp & delicious
- Organic cucumbers, tomatoes, olives, and feta cheese
- Champagne vinaigrette
- In our grab-and-go deli case

**ASIAN CHICKEN SALAD**
- Tangy & succulent
- Fresh grilled chicken breast, bell peppers, cucumbers, and ginger
- Sweet & tangy teriyaki glaze
- Pair with sake from our wine department

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GET RAW!
TASTE THE GOODNESS!

Lulu's Chocolate
Organic Raw
Superfood Chocolates
1 oz | reg 3.99 | SALE 3.29
Organic Raw Love Truffles
1.5 oz | reg 5.99 | SALE 4.99
Organic Raw Maca Buttercups
1.3 oz | reg 4.99 | SALE 4.15

Go Raw
Organic Ginger Snaps & Pumpkin Bites
3 oz | reg 4.09 | SALE 3.79

International Harvest’s
Organic Hunza Goji Berries
12 oz | reg 17.99 | SALE 15.29

Living Intentions
Organic Sprouted Superfood Cereals
9 oz | reg 7.99 | SALE 5.99
Chocolate Spread
6 oz | reg 8.99 | SALE 7.29

Elemental
Superfood Seed Bars
1.6 oz | reg 2.59 | SALE 1.99

Transition Nutrition
Organic Raw Cacao Nibs & Paste
8 oz | reg 7.69 | SALE 5.99

Let's Get Grilling!

Homestead Baby Back Ribs
All natural and fall-off-the-bone tender
BBQ
Add your favorite sauce or dry-rub for the perfect barbecue meal.

Homestead Boneless Pork Chops
All natural and delicious
TENDER
 Superior marbling for superior taste, tenderness, and succulence.

Skuna Bay Salmon
Ocean-raised and delivered fresh
SUPER FRESH
Top quality, exceptional flavor and great nutrition.

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