



Get our recipe for delicious **KOREAN BBQ PORK STEW** on page 2.

Boneless Pork Blade Roast

Humanely raised, vegetarian fed and antibiotic and hormone free.
SAVE \$1 LB

\$5.99/LB



Ferndale Farmstead Cheese

8 OZ | SAVE \$1 EA

From a seed-to-cheese farm right here in the Pacific Northwest.

\$6.99 EA



Organic Baby Bok Choy

SAVE \$1 LB



\$2.99/LB



Fresh Corn

4 PK | SAVE \$2 EA



\$5.99 EA

GRAB A DEAL

Check out our best deals while they last!

Spindrift Sparkling Water

**8 PK | Select varieties
SAVE \$2.50**

\$5.99+DEP



Pacific Foods Soup

**32 OZ | Select varieties
SAVE UP TO \$2.49**



2FOR\$7



Near East Rice & Grains

**4.7-10 OZ | Select varieties
SAVE \$1.29**

2FOR\$5



Olipop Prebiotic Soda

**12 OZ | Select varieties
SAVE 60¢**



\$1.99+DEP



Dot's Homestyle Pretzels

**16 OZ | Select varieties
SAVE \$2**

\$5.99



Boulder Canyon Chips

**5-6.5 OZ | Select varieties
SAVE UP TO 99¢**

2FOR\$7



Planet Oat Oatmilk

**52 OZ | Select varieties
SAVE \$1.49**



2FOR\$7



Wilcox Family Farms Pasture Raised Large Brown Eggs

12 CT | SAVE \$2.50

\$5.99



Meat & Seafood

Royal Ranch Fresh Lean Ground Beef



USDA Choice, regenerative ground beef that is humanely and locally raised, vegetarian fed and antibiotic and hormone free.

SAVE UP TO \$2 LB



\$6.99 LB

Columbia River King Salmon Fillets

Wild-caught. Previously frozen.

SAVE \$2 LB



\$22.99 LB

Caribbean Jerk Boneless Chicken Breasts

SAVE \$3 LB



\$6.99 LB

KOREAN BBQ PORK STEW

Cozy, savory and full of flavor, this Korean BBQ Pork Stew is the kind of meal that makes staying in feel especially satisfying. Tender pork shoulder simmers with hearty vegetables in a rich Korean BBQ sauce until everything is perfectly tender and deeply flavorful. Spoon it over warm rice, add a little kimchi on the side and finish with green onions and sesame seeds for an easy, comforting dinner everyone will want seconds of.

Serves: 4-6

Prep time: 15 minutes

Difficulty: Medium

Cook time: 45 minutes

INGREDIENTS:

- 2 T sesame oil
- 2.5 lb. pork shoulder, cut into 2" chunks
- 1 medium onion, cut into bite sized pieces
- 1 carrot, peeled, cut into bite sized pieces
- 2 Yukon Gold potatoes, cut into 2" chunks
- 1 Daikon radish, peeled, cut into bite size pieces
- 1 jar (16.9 oz.) Bibigo Korean BBQ Marinade and Sauce (or sub similar sauce)
- 1 c water
- 2 green onions (garnish)
- 2 T sesame seeds (garnish)
- 1 jar kimchi, as desired
- 6 c cooked white or jasmine rice

STEPS:

- In large skillet or braising pan/pot over medium high heat, sear pork in sesame oil on all sides.
- Add onion and carrot and cook 2 min.
- Add remaining ingredients except garnishes and bring to a simmer.
- Reduce heat to low, cover tightly and cook until pork is very tender in center, about 30-40 min.
- Remove from heat and serve over warm rice with green onions and sesame seeds on top of pork stew. Add kimchi as desired.

Specialty Beverage

Boneyard Beer

6 PK | Select varieties

Outstanding craft beer brewed in Bend, OR.

SAVE \$3.50



\$12.99 +DEP

Terranaut Radiate the Gold

16 OZ | **SAVE \$1**

Crisp and refreshing, with spicy and floral notes and a clean finish.



\$2.99 +DEP

Solena Pinot Gris

750 ML | **SAVE \$7**

Creamy, with peach, Meyer lemon, ginger, green apple, and a long, lingering finish.



\$16.99

Ponzi Pinot Noir Tavola

750 ML | **SAVE \$9**

Bright and vibrant with black cherry, spice, raspberry, and a floral finish.



\$22.99

**FOR ALL RECIPES, VISIT
MARKETOFCHOICE.COM/RECIPES**

Produce

Northwest Pears

Bartlett, Bosc, Starkrimson, D'anjou and more.

SAVE UP TO \$1.50 LB



\$1.49 LB

Asparagus

SAVE \$5 LB



\$4.99 LB

Organic Fuji Apples

SAVE \$1 LB



\$1.99 LB

Organic Shiitake Mushrooms

SAVE \$5 LB



\$9.99 LB

Organic Russet Potatoes

SAVE 50¢ LB



\$1.49 LB

Bulk

Organic Freshly Ground Peanut Butter

SAVE \$1 LB



\$5.99 LB

Mocha Latte Pretzels

SAVE \$1 LB



\$12.99 LB

Organic Cranberry Harvest Trail Mix

SAVE \$1 LB



\$12.99 LB

Bakery

Buttermilk Biscuits

8 CT | SAVE \$1 EA

Flaky, all butter biscuits scratch made in house.



\$4.99 EA

Wheat Free Peanut Butter Cookies

6 CT | SAVE \$2 EA

Naturally wheat free peanut butter cookies dipped in chocolate.



\$4.99 EA

Antonina's Gluten-Free Bakery Muffins

4 PK | Select varieties

Gluten-free muffins made in the Pacific Northwest.

SAVE \$1 EA



\$6.99 EA

Floral, Home & Gift

GoodLight Candles

Select varieties

100% plant based from wick to wax.



SAVE 15%

SAVORIES | Oct 16 - Oct 22, 2026

Kitchen

Beet, Carrot & Sweet Potato Plant Based Patties

Shredded beets, carrots and buttery sweet potatoes combine in a flavorful, plant-based patty.

SAVE \$2 LB



\$9.99 LB



Ramen & Pho Bowls

Perfect for the colder weather season. Simply heat and eat.



\$14.99 EA

Large Pizza Dough

Simply stretch and top with all your favorite ingredients for an easy, comfort meal at home.

SAVE \$1 EA



\$3.99 EA



Broccoli Burst Salad

Crisp broccoli, sweet raisins, savory red onions, bacon, sunflower seeds and a cool, coleslaw dressing.

SAVE \$3 LB



\$9.99 LB



Market Kitchen Snack Packs

Choose from Hummus & Vegetable, Chicken Salad, Meat & Cheese Protein Pack and more.



\$7.99 - \$8.99 EA

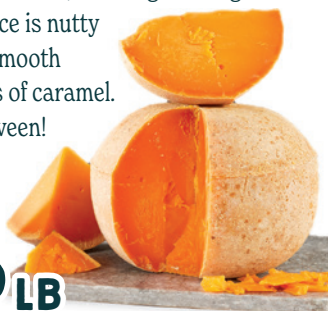
Cheese & Provisions

Mimolette

Similar to an aged Edam, this bright orange cheese from France is nutty and mild with a smooth texture and notes of caramel. Perfect for Halloween!

SAVE \$5 LB

\$21.99 LB



Cypress Grove Midnight Moon

Made in Holland exclusively for Cypress Grove, this aged goat's milk Gouda is dense and smooth with a slight crunch and nutty brown butter flavor.

SAVE \$5 LB

\$34.99 LB



Marin French Cheese Co. Brie

8 OZ | Select varieties

Treat yourself to triple crème or traditional Brie from the country's oldest cheesemaker.

SAVE UP TO \$2 EA



\$13.99 EA

Laura Chenel Goat Cheese

5 OZ | Select varieties

A delicate, creamy goat cheese with a soft, pillowy texture and bright, fresh flavor that is mildly tangy with a clean, elegant finish.

SAVE \$2 EA

\$6.99 EA



Olli Sliced Salami

4 OZ | Select varieties

Healthy and nutritious artisanal salami featuring 100% vegetarian-fed, antibiotic free pork and 13 grams of protein per serving.

SAVE \$1 EA



\$7.99 EA



Whole Health

Herb Pharm Kava Tincture

1 OZ | Select varieties

Mixing easily with water or juice, kava helps to reduce stress and mild anxiety and promote peaceful relaxation.



SAVE 20%

Navitas Organics Super Foods

3-16 OZ | Select varieties

Organic superfoods rich in essential nutrients.



SAVE 20%

Carlson Very Finest Fish Oil

Select varieties

Wild caught, sustainably sourced and lab tested for purity.



SAVE 25%

Vega Protein Powder

1.4-26.9 OZ | Select varieties

Made with 20g protein to support daily nutrition.



SAVE 30%

Ancient Nutrition Probiotics

30-60 CT | Select varieties

Clinically studied ingredients for your gut and immune health.



SAVE 30%

Nature's Way Calcium

60-250 CT | Select varieties

Supports bone health and muscle function.



SAVE 20%

MegaFood Multivitamins

30-120 OZ | Select varieties

A nourishing blend of vitamins, minerals and real foods.



SAVE 25%

Uncle Harry's Aromatherapy Mist

4 OZ | Select varieties

Non-aerosol mist made with essential oils.

SAVE \$2



\$7.99

Life-flo Magnesium Lotion

8 OZ | Select varieties

Highly concentrated formula to soothe sore muscles.



SAVE 20%

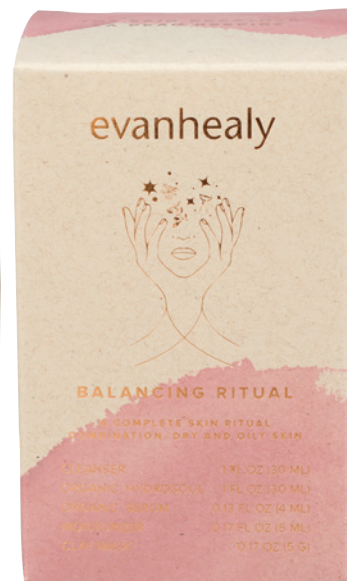
evanhealy Facial Skin Care

Select varieties

The world's first Regenerative Organic Certified beauty brand. Since 1999, evanhealy has been guided by a holistic approach to skincare inspired by ancient beauty practices, nature and traditional herbalism.



SAVE 20%



Humble Deodorant

2.5 OZ | Select varieties

Aluminum free with no artificial fragrance.



SAVE 25%

Desert Essence Jojoba Oil

2-8 OZ | Select varieties

Hand-harvested and cold-pressed.



SAVE 20%

Savings in Every Aisle

Bare Apple Chips

3 OZ | Select varieties
SAVE \$1.50



\$5.49

Noka Superfood Smoothie Pouches

4 PK | Select varieties
SAVE \$1.50



\$7.99

Mother's Rice Cakes

4.4-4.47 OZ | Select varieties
SAVE 40¢



\$2.29

Wella Grain-Free Cereal

1.6 OZ | Select varieties
SAVE 40¢



\$2.29

Choice Organics Tea

16 CT | Select varieties
SAVE \$1.20



\$4.29

Heirloom Snacks Pip's Fries

5 OZ | Select varieties
SAVE \$1.30



\$3.99

El Nacho Tortilla Chips

10 OZ | Select varieties
SAVE \$1.20



\$5.49

Craize Crackers

4 OZ | Select varieties
SAVE \$1



\$3.99

Bianco Dinapoli Tomatoes

14.5-15 OZ | Select varieties
SAVE 69¢



2 FOR \$5

Pastificio Bragagnolo Pasta

1 LB | Select varieties
SAVE 90¢



\$3.79

That's It Bar

1.2 OZ | Select varieties
SAVE 59¢



2 FOR \$4

Birch Benders Pancake & Waffle Mix

12-14 OZ | Select varieties
SAVE \$1.50



\$6.49

Dr. Bronner's Coconut Oil

14 OZ | SAVE \$2.70



\$8.99

Partake Vanilla Wafers & Graham Crackers

6.75-7 OZ | Select varieties
SAVE UP TO \$1.60



\$4.79

Root Foods Veggie Chips

2.5 OZ | Select varieties
SAVE \$1.50



\$6.49

Seven Sundays Cereal

8 OZ | Select varieties
SAVE \$1.20



\$7.29

Ritter Sport Chocolate Bar

3.5 OZ | Select varieties
SAVE \$1



\$4.49

La Tourangelle Extra Virgin Olive Oil Cooking Spray

5 OZ | SAVE 80¢



\$8.79

Darrell Lea Licorice

7 OZ | Select varieties
SAVE \$1



\$2.99

Matiz Sardines

4.2 OZ | Select varieties
SAVE \$1.10



\$4.29

Savings in Every Aisle

WTRMLN Water
12 OZ | Select varieties
SAVE \$1.20



\$4.49+_{DEP}

Upton's Naturals Seitan
5-8 OZ | Select varieties
SAVE \$1.30



\$4.99

Dumpling Daughter Dumplings
9.5 OZ | Select varieties
SAVE \$2.50



\$6.49

The Coconut Cult Yogurt
8 OZ | Select varieties
SAVE \$2.10



\$8.69

Rise & Puff Tortillas
8 PK | Select varieties
SAVE \$1.50



\$6.99

Milton's Pizza
10-11.3 OZ | Select varieties
SAVE \$2.10



\$10.69

Super Coffee Creamer
32 OZ | Select varieties
SAVE \$1.20



\$5.99

Canyon Bakehouse Bread, Buns & Bagels
13.5-18 OZ | Select varieties
SAVE UP TO \$2.30



\$6.99

Umpqua Organic Milk
1 GAL | Select varieties
SAVE 30¢



\$7.69

Mush Overnight Oats
5 OZ | Select varieties
SAVE 80¢



\$1.99

Tofurky Sausage
13 OZ | Select varieties
SAVE \$1



\$6.49

Seal The Seasons Frozen Fruit & Smoothies
24-32 OZ | Select varieties
SAVE \$2.20



\$10.49

Stök Cold Brew Coffee
48 OZ | Select varieties
SAVE \$2.30



\$6.69+_{DEP}

Essential Everyday Waffles
12.3 OZ | Select varieties
SAVE 90¢



\$2.79

Florida's Natural Orange Juice
89 OZ | Select varieties
SAVE \$1



\$9.99

Red's Burrito
4.5-5 OZ | Select varieties
SAVE 80¢



\$2.69

Italpizza Wood Fired Pizza
14.1-16.58 OZ | Select varieties
SAVE UP TO \$2.10



\$7.69

Häagen-Dazs Mini Ice Cream Bars
6 PK | Select varieties
SAVE \$2.20



\$6.79

Pillsbury Biscuits & Rolls
8-16.3 OZ | Select varieties
SAVE UP TO \$1.40



\$3.99

Umpqua Ice Cream
1 PT | Select varieties
SAVE 90¢



\$3.79

Savings in Every Aisle

Rao's Pasta Sauce

15-24 OZ | Select varieties
SAVE UP TO UP TO \$3.50



\$7.99

San-J Sauce

10 OZ | Select varieties
SAVE 40¢



\$4.99

Sun Tropics Cocorolls

4 OZ | Select varieties
SAVE 60¢



\$3.79

Solely Organic Fruit Jerky

4.1 OZ | Select varieties
SAVE \$1.80



\$6.79

Applaws Cat Food

2.12-2.47 OZ | Select varieties
SAVE 50¢



\$1.99

Yerba Madre Sparkling Yerba Mate

12 OZ | Select varieties
SAVE UP TO 60¢



\$2.79+DEP

Oreo Cookies Family Size

12.08-18.71 OZ | Select varieties
SAVE \$2



\$5.99

Essential Everyday Egg Noodles

16 OZ | Select varieties
SAVE \$1.20



\$2.79

PAM Cooking Spray

5-6 OZ | Select varieties
SAVE \$3



\$3.99

Wild Harvest Maple Syrup

32 OZ | SAVE \$7



\$19.99

Franz English Muffins

13-16 OZ | Select varieties
SAVE \$2.49



2 FOR \$5

Umpqua Cottage Cheese

1 PT | Select varieties
SAVE 79¢



2 FOR \$7

Umpqua Heavy Whipping Cream

1 PT | SAVE \$1.30



\$2.69

Hi-Ball Seltzer

16 OZ | Select varieties
SAVE 50¢



\$2.49+DEP

Maté Party Yerba Mate

12 OZ | Select varieties
SAVE 50¢



\$3.49+DEP

Perfect Bar Protein Bar

1.94-2.5 OZ | Select varieties
SAVE UP TO \$1



\$2.69

Remedy Organics Protein Shake

12 OZ | Select varieties
SAVE \$1



\$3.99+DEP

Tillamook Half Block Cheese

8 OZ | Select varieties
SAVE \$1.60



\$3.99