

Celebrating Community & Food

ELWOOD THOMPSON'S

4 N. Thompson St. in Carytown / Richmond, VA 23221 / Open 7am-9pm Daily
ph (804) 359-7525 fx (804) 359-8529 / Locally owned since 1989



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BUY FRESH BUY LOCAL

Good Thru Date May 31, 2012

Think Products
Think Thin
Chunky Peanut Butter Bar
2.1 OZ Reg. \$1.99
Selected Varieties

2/\$3

This bar is just like dipping the spoon in the peanut butter jar, only better!

Caesar's Pasta
Gluten Free Lasagna
11.5 OZ Reg. \$5.99
Selected Varieties

\$4.99 \$9.99

Filled with our smooth and creamy, old-fashioned style ricotta cheese and seasoned to perfection.

Amy's Rice Crust Cheese Pizza
Made with Organic Ingredients
12 OZ

Amy's cheese and tomato pizza made with a light, tender, organic rice crust.

IT'S Barbeque SEASON!

EAT BECAUSE
WOODSTOCK
IT'S GOOD!

Amy's Gluten Free Bean & Rice Burrito
14 OZ

\$3.09

Contains half the sodium than our regular burrito!

Angie's Kettle Corn Classic Kettle Corn
7 OZ Reg. \$3.29
Selected Varieties

\$2.79

Angie's Kettle Corn is an artisan treat with the perfect balance of salty and sweet.

Reed's Ginger Beer Premium Ginger Brew
4/12 OZ
Reg. \$5.99
Selected Varieties

\$4.99

Fresh ingredients leads to slight variations in both flavor and the heat of the ginger.

NOW AVAILABLE

Taste Your Food Not the Fuel!

Try our New 100% Natural Hardwood Charcoal!

Don't Forget to Grab Your Woodstock Organic Condiments—
Ketchup • Mustard Pickles • Relish • Mayo

100% Natural No Fillers or Additives Quick Startling Lasts All Year Charcoal Briquets

Gao Bella Blood Orange Sorber
14 OZ

\$4.79

Overflowing with blood orange juice for a balanced sweet and tart taste sensation.

P.J.'s Organics Organic Steak and Cheese Burrito
6 OZ

\$3.09 \$4.99

The only frozen burrito brand to use 100% organic meats!

Saffron Road Chicken Tikka Masala
11 OZ

\$4.99

An exotic epicurean delight!

Now offering floral, food, & wine arrangements for weddings.

Twigs Floral

Stahlbush Island Farms Whole Blueberries
10 OZ Reg. 4.59
Selected Varieties

\$3.99

100% Natural and good for you too!

Food For Life Baking Co. Organic Ezekiel 4:9 Sprouted Grain Burger Buns
16 OZ Reg. \$4.59

\$4.19

Increases vital nutrients through "enzymatic action" to promote digestibility.

Lightlife Foods Tofu Pups
12 OZ Reg. \$4.09
Selected Varieties

\$3.69

The classic tofu hot dog.

Amande Coconut Almond Milk Yogurt
6 OZ

\$1.39

Why sacrifice flavor, creaminess or anything else to boost your digestive health?

Kettle Brand Sea Salt Potato Chips
5 OZ Reg. \$2.59
Selected Varieties

\$2.39

High in natural sugars which account for the distinctive darker color and unsurpassed taste.

Wallaby Yogurt Company Organic Low Fat Strawberry Yogurt
6 OZ Reg. \$1.29
Selected Varieties

99¢

Creamy Australian style yogurt. Less acidity, subtle sweetness, true flavor.

Brown Cow Cream Top Vanilla Yogurt
6 OZ

\$1.09

Think crêpe à la mode de la crêpe à la mode. Think creamy rich. Think yum yum!

Arrowhead Mills Organic Gluten Free Pancake Mix
26 OZ

\$5.49

Enjoy gluten free pancakes hot off the griddle or flavorful gluten free muffins from your oven whenever you choose.

Ines Rosales Cinnamon Sweet Olive Oil Tortas
6.34 OZ

\$4.19

Simple, yet sophisticated, these Cinnamon Sweet Olive Oil Tortas are light, crisp, and perfectly sweet.

Nature's Path Organic Whole O's Cereal
Gluten Free
11.5 OZ

\$4.19

Full of organic corn and whole grain rice, it's crunchy and delicious, one pleasingly plump vowel at a time.



Woodstock Organic Dijon Mustard
8 OZ Reg. \$3.99
Selected Varieties

\$3.19

The spicy flavor adults love in a convenient re-sealable squeeze bottle.

Annie's Naturals Organic Ketchup
24 OZ Reg. \$4.29

\$3.89

Combining ripe organic tomatoes and a blend of spices, Annie's ketchup is sure to please ketchup lovers everywhere.

Napa Valley Naturals 100% Organic Extra Virgin Olive Oil
25.4 OZ Reg. \$13.29

\$11.99

100% unfiltered to maximize flavor.

Nature's Grilling Products Hardwood Blend Charcoal
6.6 LB

\$5.19

Impart an authentic hardwood flavor to grilled foods, creating an extraordinary natural grilling experience.

Crofters Organic Morello Cherry Premium Spread
10 OZ

\$3.09

All the flavor comes from the organic fruit and the careful preparation which preserves their natural goodness.

Bob's Red Mill Almond Meal Flour
16 OZ Reg. \$10.29

\$9.39

Use almond meal in cakes, cookies, sweet breads, and a host of other desserts.

Westbro Foods Organic Black Beans
Fat Free
25 OZ

2/\$5

Organic Black Beans have found their way into endless creative dishes, hot and cold. Use for beans and rice, burritos, nachos and more.

Udi's Original Gluten Free Granola
12 OZ

\$5.19

Your Guide to Gluten Freedom.

Woodstock Organic Baby Kosher Dill Pickles
24 OZ

\$4.69

Crunchy organic dill pickles with the same zesty taste as the whole pickle.

Spectrum Naturals Organic Soy Mayonnaise
32 OZ

\$10.49

Creamy, tangy and whisked to a feathery lightness. Made from fresh, organic ingredients the old fashioned way.

Supplements

Aubrey Organics Natural Sun Products

20% Off

Aloe Vera, Green Tea, Sensitive Skin, Active Ingredients, Saving Face and Sport Stick

Salus Floradix

15% Off

Floradix Iron Tablets and Floradix Iron + Herbs

Yerba Prima Renew Cleansing System For Women

\$22.39

Gives a gentle, yet thorough, cleansing of the colon and entire body.

Andalou Naturals Shower Gels
11 OZ

25% Off

Himalaya Ashwagandha
250 mg
60 veg caps

\$11.29

Helps the body relieve occasional stress, fatigue and sleeplessness.

Irwin Naturals Healthy Skin & Hair plus Nails™
Nutrient Rich
60 liq. softgels

\$14.49

Promotes tissue strength, shine and texture.

Living Harvest 100% Organic Hemp Protein
16 OZ

10% Off

Make hemp better a part of your foundation for seeds a health and well-being.

Quantum Research Buzz Away All Products
Natural Insect Repellent

20% Off

Now CoQ10
100 mg
150 Softgels

25% Off

Carlson Laboratories Chewable DHA
100 mg
60 softgels

\$10.39

Rainbow Light Prenatal One Multivitamin
90 TAB

\$21.39

Delivers essential vitamins and minerals necessary for mother and baby.

Naturally Fresh Deodorant Crystal Spray Mist
All Scents
4 OZ

15% Off

ReNew Life U F Critical Care 50
50 Billion Bifidobacteria
14 caps

15% Off

Nordic Naturals Complete Omega 3.6.9
1,000 mg
60 softgels

10% Off

Nature's Way Women's Alive! Multi-Vitamin
90 TAB

20% Off

Desert Essence Coconut Hand & Body Lotion
8 OZ Reg. \$8.99
Selected Varieties

15% Off

Uses tropical oils and extracts to help skin refresh and renew.

MegaFood Women Over 40
60 tablets

15% Off

Formulated to assist in restoring balance and resilience.

Jarrow Formulas Fem-Dophilus™
30-Capsules
For Women's Internal Balance.

\$22.19

Derma E Facial Care All Products

15% Off

Nature's Gate Shampoo & Conditioners
18 OZ

10% Off

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