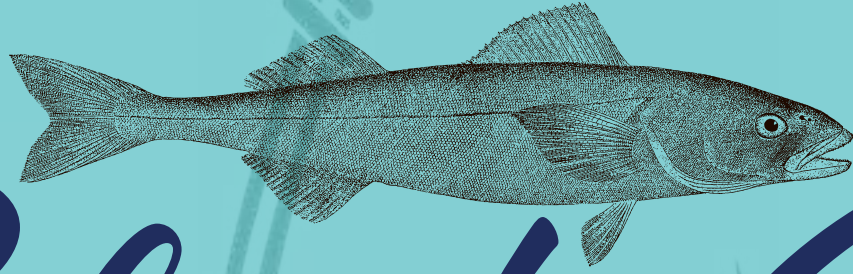


# GET HOOKED ON



# Black Cod

*Oliver's*  
Real Food. Real People.™

Oliver's is proud to participate in a county-wide effort to support our local fisheries, restaurants, and community in the first ever Sonoma County Black Cod Week!

Black Cod is quite different from the Pacific Cod many of us are familiar with. Also known as Sablefish, it can be found in the cold, deep waters right off our Sonoma County coast. Black Cod has a silky, luxurious texture and a rich, buttery melt-in-your-mouth flavor, no wonder it's often found on fine dining menus.

This week dive in and discover how Black Cod can make a delicious addition to your dinner table. Whether you experience Black Cod Week at restaurants across Sonoma County, or prepare it yourself at home, this is yet another way we can support our local fisheries and economy year-round.

Join us in celebrating our local bounty and try Black Cod this week at Oliver's Market.





## NORI WRAPPED



# Black Cod

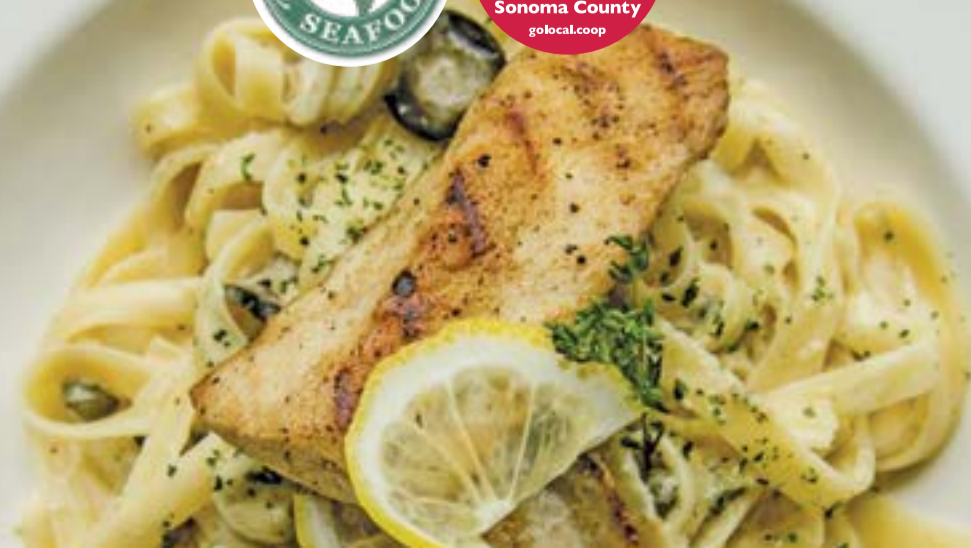
Black Cod Week Champion and famed local chef, Chef Dustin Valette, has developed a special recipe featuring Black Cod to share with our customers! Explore the featured ingredients below and try your hand at this delicious recipe.

“This recipe is one of my favorite recipes for Black Cod! This dish has all the flavors of classic miso-glazed black cod, though refined and enhanced by the nori and chili crunch. The flavors and presentation will wow your guests. I love serving this with the Valette Sauvignon Blanc, it’s an amazing pairing!”

- Chef Dustin Valette

**WILD LOCALLY CAUGHT  
BLACK COD FILLET \$9.99/LB.**

USA. Sustainably rated Green.





## CLOVER SONOMA ORGANIC MILK

Selected Varieties.

64 oz. Carton

**\$4.29**



## CLOVER SONOMA ORGANIC BUTTER

Selected Varieties.

1 Lb. Package

**\$8.49**



## S&B UMAMI TOPPING CRUNCHY GARLIC

3.88 oz. Jar

**\$4.99**



## NISHIKI PREMIUM GRADE RICE

Selected Varieties.

5 Lb. Bag

**\$6.49**



## MUSO MISO PASTE

Selected Varieties.

5.2 oz. Package

**\$3.99**



## GIMME SUSHI NORI SEAWEED WRAP

0.81 oz. Package

**\$2.49**



## VALETTE SAUVIGNON BLANC

**\$36.99**+crv

2022, Fountaingrove.  
750 ml. Bottle



## J WINERY PINOT GRIS

**\$14.99**+crv

2022, California.  
750 ml. Bottle



## CHATEAU LA ROCHE TOURAINE

**\$10.99**+crv

2022, France.  
750 ml. Bottle



**FRESH ORGANIC CELERY ROOT \$1.99/LB.**

Crunchy, fresh and tasty.  
Grown by Lakeside in California.

**FRESH ORGANIC LEMONS 49¢/EA.**

Tart, zesty and flavorful lemons loaded with juice. California Grown.

**FRESH BUNCHES OF ORGANIC KALE \$1.49/BUN.**

Green, Dino or Red.  
Grown by Tomatero in Watsonville.



**ORGANIC BABY BOK CHOY \$1.69/LB.**

Grown by Cal-O in California. A versatile leafy green perfect for stir-fries, soups, and salads!



**ORGANIC GINGER \$3.99/LB.**

Grown by River Road in Peru. Known for its bold, spicy-sweet taste and fragrant aroma. Try it grated, sliced, or minced.



**ORGANIC WATERCRESS \$2.49/EA.**

Grown by Living Pete's Farm in Carpinteria, CA. Its delicate yet robust taste complements a variety of dishes.



**ORGANIC GARLIC \$5.99/LB.**

Grown by Christopher Ranch in Gilroy, CA. A must-have in every kitchen that adds depth and rich flavor to any dish.



**ORGANIC JIMMY NARDELLO PEPPERS \$4.99/LB.**

Grown by Anna's Organics in California.



**FRESH KOHLRABI \$1.99/LB.**

California Grown. With its firm texture, kohlrabi can be enjoyed raw in salads and slaws or cooked in stir-fries and soups.



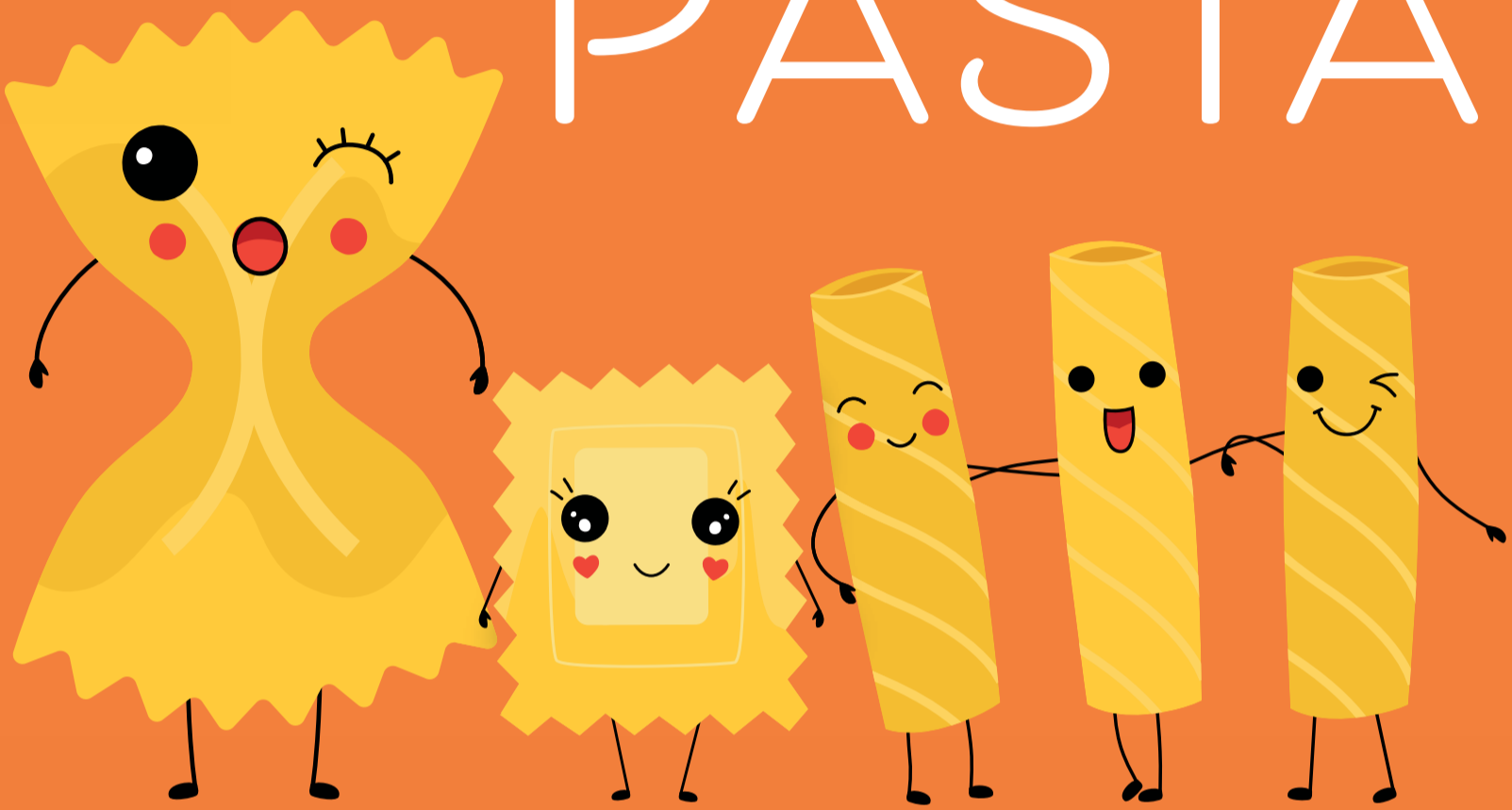
# MAKE A DIFFERENCE *One Bite* AT A TIME

Learn more about Sonoma County Black Cod Week  
and see the other local organizations proudly  
supporting our local community here!

SUPPORT REDWOOD EMPIRE FOOD BANK'S



# PROJECT PASTA



Through October, donate a package or two of dry pasta in the orange Redwood Empire Food Bank donation bins at the front of our stores. Focused food drives like Project Pasta help build their supply of most needed staples for ending hunger in our community.



*Oliver's*  
Real Food. Real People.®





*This week's feature*

**RECOMMENDED BY**  
Matteo Polverari,  
Montecito Wine Department Manager  
Prices good through October 31, 2024

**ETHIC CIDERS**  
**GRAVITUDE \$5.79**<sup>+crv</sup>

16 oz. Can. "A vast aroma of wild strawberry, apricot and minerality. Fermented dry to not interfere with the natural flavors of the local heritage apple. Delicious!"



# WILD FRESH LOCALLY CAUGHT BUTTERFISH BLACK COD FILLET \$9.99/LB.

Known for its silky, melt-in-your-mouth texture and delicate, mild taste, black cod is perfect for grilling, baking, or broiling. This tasty fish absorbs marinades beautifully, making it ideal for a variety of dishes. USA. Sustainably rated Green.







## OLIVER'S CHOICE 100% ANGUS NEW YORK STEAK \$9.99/LB.

Whether you like them cooked to a perfect medium-rare or well done, our New York steaks deliver exceptional taste and texture with every cut.



## ROCKY AIR-CHILLED BONE-IN CHICKEN THIGHS \$3.99/LB.

These are wonderful prepared in so many ways. Chicken thighs are perfect for roasting, grilling, baking, or slow-cooking, offering a deep, savory taste that's hard to resist.



## OLIVER'S CHOICE 100% ANGUS SKIRT STEAK \$13.99/LB.

Whether you prefer it rare, medium or well-done, it's sure to satisfy! Marbled to perfection, it boasts a tender texture that melts in your mouth with every savory bite.



## NIMAN RANCH BONELESS PORK SIRLOIN CHOPS \$5.99/LB.

Elevate your next family dinner with these tender cuts of pork. With their perfect marbling and robust taste, they're a versatile choice for grilling, pan-searing, or oven-roasting.





## WILD COHO SALMON FILLET

**\$16.99/LB.**

Enjoy it with potatoes or rice  
and a side of sautéed veggies!  
Previously frozen. USA.  
Sustainably rated Green.



## ROSIE AIR-CHILLED WHOLE CHICKEN

**\$2.99/LB.**

All of Rosie's Organic Chickens are raised on a 100% USDA Certified Organic Vegetarian Diet and are Non-GMO Project Verified.



## 26-30 COUNT PEELED & DEVEINED PRAWNS

**\$9.99/LB.**

Enjoy them grilled or sautéed with your favorite spices!  
Previously frozen. Indonesia Farmed. Sustainably rated Red.

These prices are good from October 16 through October 22, 2024 at Oliver's Market. Four locations to serve you in Sonoma County.

# LOCAL ORGANIC HEIRLOOM PEAR MIX \$3.49/LB.

Whether you're enjoying them poached, baked, in a salad, on a charcuterie board or simply as a healthy snack, these pears are sure to be a treat!

Grown by Gold Ridge in Sebastopol via FEED Cooperative.





## ORGANIC NEW CROP BARTLETT PEARS \$1.99/LB.

With their smooth, green-yellow skin and a deliciously soft bite, Bartlett pears are perfect for snacking, baking, or adding to salads and desserts. Grown in Oregon.



## ORGANIC BUNCHED RADISHES \$1.69/EA.

With a vibrant red skin and crunchy white flesh, radishes add a crisp, peppery kick to your dishes!  
Grown in California.



**AUTUMN KING SEEDLESS  
GREEN GRAPES \$2.69/LB.**

This seedless variety is great for snacking on or adding to your salads for a sweet twist! Grown by Sunview in Delano, California.



**FRESH ZESTY  
MEYER LEMONS \$2.99/LB.**

Make your own lemonade or add it to your desserts or savory dishes for a tangy kick. Grown by Bee Sweet Farm in California.



**NEW CROP!  
HONEY TANGERINES \$1.99/LB.**

Filled with Vitamin C and a sweet and tangy flavor, tangerines are the perfect on-the-go wholesome snack! Grown in Peru.



**FRESH LARGE  
SHALLOTS \$1.69/LB.**

Shallots offer a mild onion-garlic taste that adds depth to any dish. Stock up on this pantry staple! Grown in Washington.

These prices are good from October 16 through October 22, 2024 at Oliver's Market. Four locations to serve you in Sonoma County.

# S&W BEANS \$1.19

Selected Varieties. 15-15.5 oz. Can

Discover the hearty, satisfying flavor of these premium beans, a versatile pantry staple that enhances any meal. Whether you're cooking up a comforting chili, a savory stew, or a refreshing salad, these beans add a rich, earthy taste and a satisfying texture to your dishes.



*Oliver's*  
Real Food. Real People.®



# ANNIE'S MAC & CHEESE

## 4 FOR \$5

Selected Varieties. 6 oz. Box

Whether you're serving it up as a quick meal or enjoying it as a side dish for family dinner, it's sure to satisfy your craving for cheesy goodness!



## EUREKA TORTILLAS

Selected Varieties.  
8 Count Package

**\$4.49**



## ALFARO'S ARTESANO BAKERY BREAD

Selected Varieties.  
20 oz. Loaf

**\$3.49**



## EARLY CALIFORNIA OLIVES

Selected Varieties.  
6 oz. Can

**\$1.79**



## WESTBRAE ORGANIC BEANS

Selected Varieties.  
15 oz. Can

**\$1.99**



## CHICKEN OF THE SEA CHUNK LIGHT TUNA

Selected Varieties.  
5 oz. Can

**4 FOR \$5**



## BIONATURAE ORGANIC SOURDOUGH PASTA

Selected Varieties.  
12 oz. Box

**\$2.79**



## KEN'S STEAKHOUSE SALAD DRESSING

Selected Varieties.

16 oz. Bottle

**2 FOR \$7**



## BEAVER MUSTARD

Selected Varieties.

12-13 oz. Squeeze Bottle

**\$2.99**



## EPIC MEAT STICKS

Selected Varieties.

0.8 oz. Package

**4 FOR \$5**



## BARBARA'S CHEESE PUFFS

Selected Varieties.

5.5-7 oz. Bag

**\$2.29**



## POP CHIPS POTATO CHIPS

Selected Varieties.

5 oz. Bag

**\$2.49**



## GOMACRO MEAL BARS

Selected Varieties.

2-2.4 oz. Bar

**\$0.99**



## MADE IN NATURE DRIED FRUIT

Selected Varieties.

3-7 oz. Bag

**\$2.99**



## KELLOGG'S SPECIAL K CEREAL

Selected Varieties.

9.6-12.9 oz. Box

**\$4.29**



## NUTELLA HAZELNUT SPREAD

13 oz. Container

**\$3.79**





## VITA COCO COCONUT MILK

33.8 oz. Container

**\$1.99**



## STARBUCKS K-CUP COFFEE PODS

Selected Varieties.  
10 Count Package

**\$8.99**



## PEET'S COFFEE

Selected Varieties.  
10.5 oz. Bag

**\$7.99**



## BUBLY SPARKLING WATER

Selected Varieties.  
8 Pack/12 oz. Cans

**2 FOR \$7** +crv



## SUJA WELLNESS SHOTS

Selected Varieties.  
2 oz. Bottle

**\$1.79** +crv



## FORAGE ORGANIC KOMBUCHA

Selected Varieties.  
12 oz. Can

**\$1.49** +crv



## SCOTT BATHROOM TISSUE

1000 Sheets Per Roll.  
12 Roll Package

**\$11.99**



## ECOVER AUTOMATIC DISHWASHER TABLETS

Selected Varieties.  
25 Count Package

**\$3.99**



## CABOO BAMBOO PAPER TOWELS

2 Count Package

**\$3.49**



## CLOVER SONOMA ORGANIC KEFIR

Selected Varieties.

32 oz. Bottle

**\$3.99**



## FIORUCCI 100% NATURAL UNCURED SALAMI

Selected Varieties.

4 oz. Package

**\$4.99**



## MRS. A'S SALSA BUENA SALSA

Selected Varieties.

12 oz. Container

**\$5.49**



## MUSH OVERNIGHT OATS

Selected Varieties.

5 oz. Cup

**\$1.49**



## RIPPLE PLANT BASED MILK

Selected Varieties.

48 oz. Bottle

**\$3.99**<sup>+crv</sup>



## ORGANIC VALLEY MOZZARELLA STRINGLES

8 oz. Package

**\$4.29**



## LING LING POTSTICKERS

Selected Varieties.

24 oz. Package

**\$7.49**



## DOLE FROZEN FRUIT

Selected Varieties.

12-16 oz. Package

**2 FOR \$7**



## BEN & JERRY'S ICE CREAM

Selected Varieties.

16 oz. Container

**\$5.49**



## CASCADIAN FARM ORGANIC FROZEN VEGETABLES

Selected Varieties.

10 oz. Bag

**\$2.99**



## GRAIN TRUST FROZEN RICE

Selected Varieties.

20-30 oz. Box

**\$3.49**

## BULK SAVINGS



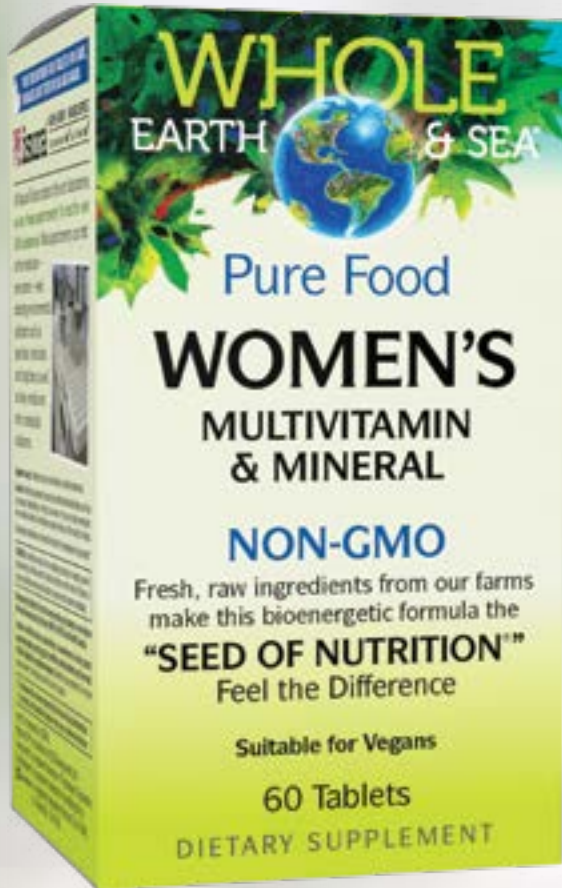
**ORGANIC FARRO \$1.99/LB.**

Available in our Bulk Foods Department.



**ORGANIC MILLET \$1.29/LB.**

Available in our Bulk Foods Department.



# NATURAL FACTORS WOMEN'S MULTIVITAMIN & MINERAL \$29.99

60 Count Box.

Natural Factors is a family-owned soil-to-supplement company. This includes certified organic, regenerative farming to state-of-the-art manufacturing, distribution, and everything in between. All products are third-party certified through ISURA.



## NATURAL FACTORS PHARMA GABA

60 Chewable Tablets

**\$21.99**



## NATURAL FACTORS MEN'S MULTIVITAMIN & MINERAL

60 Count Box

**\$29.99**



## NATURAL FACTORS OIL OF OREGANO

1 fl. oz. Dropper Bottle

**\$13.99**

PICK OF THE WEEK



**WADE  
JOHNSON**  
*Gourmet Cheese  
Coordinator*

# TALEGGIO CHEESE

**\$13.99/LB.**

“This classic Italian washed-rind cheese is surprisingly mild, meaty, slightly salty, and full of rich notes of butterfat. Taleggio’s versatility shines on a cheese board, melted into polenta, or even on a gourmet Italian-themed grilled cheese sandwich.”





## PECORINO MOLITERNO \$23.99/LB.

This striking wheel of Sardinian Pecorino boasts beautifully marbled veins of Italian black truffle. Made from sheep's milk the flavor is bold and sharp with a truffle aroma intense enough to fill the room.



## MITICA TOKETTI \$6.99/EA.

Selected Varieties. 7 oz. Package. Dating back to ancient times, these rustic crispbreads are handmade from Semolina flour on the Mediterranean Island of Sardinia. Fried to crispy perfection these irresistible bite sized crackers make a delicious addition to cheese and charcuterie boards. Enjoy alone or alongside your favorite cheese, tinned fish, hummus, or dip.

PICK OF THE WEEK



**JAMES  
SCHWEDHELM**  
*Deli Coordinator*

**MADE  
LOCAL**

Sonoma County  
golocal.coop

# OLIVER'S OWN GRILLED CHICKEN SANDWICH \$9.99/EA.

“Here is another delicious sandwich offering from our Deli’s. If you want to add a little spice to your life this is a great choice. For this sandwich we use Rocky grilled chicken, seasoned with our own Mexican Spice Rub. We add grilled pepperoncini and top it with pepper jack cheese. Then finish it with an amazing Smokey Aioli. This sandwich is normally served hot.”





## ZOE'S GARLIC & HERB TURKEY BREAST \$13.99/LB.

Flavors of Garlic and Rosemary, then slow roasted to keep in the natural juices. No Nitrates or Nitrites!



## DANISH HAVARTI CHEESE \$10.99/LB.

Found in our full-service Chef's Case. Known for its mild, buttery flavor and subtle tang.



## OLIVER'S OWN SPICY GREEN BEAN SALAD \$5.99/LB.

Found in our full-service Chef's Case.



**OLIVER'S MARKET AWARD WINNING BAKERY**



# **OLIVER'S OWN CUPCAKES \$7.99/EA.**

6 Count Package

Cupcakes are bite-sized happiness! Fluffy, sweet, and topped with colorful frosting, they're like little party hats for your taste buds. Who can resist one?



## **COSTEAUX MULTIGRAIN BATARD \$6.49/EA.**

Made from nine grains: cracked wheat, barley, corn, millet, oats, rye, triticale, brown rice, soy beans and flax seed.



## **GLUTENETTO LINZER COOKIES \$5.99/EA.**

8 oz. Package.  
Slightly tart raspberry jam sandwiched between tender butter cookies



## **JUST DESSERTS VEGAN MIDNIGHT CHOCOLATE CAKE \$15.99/EA.**

21 oz. Package.  
Indulge in the chocolatey goodness!

These prices are good from October 16 through October 22, 2024 at Oliver's Market. Four locations to serve you in Sonoma County.



# DELTA

“Delta, meaning change, was born out of our desire to create a platform to make a difference in the fight to protect our planet. We partner with organizations dedicated to making a positive impact on the environment such as cleaning up our oceans and reducing CO2 emissions. We offset the carbon footprint our winery creates.”

## DELTA CHARDONNAY

**\$12.99**<sup>+crv</sup>

2022, California. 750 ml. Bottle

## DELTA PINOT NOIR

**\$12.99**<sup>+crv</sup>

2022, California. 750 ml. Bottle

## DELTA SAUVIGNON BLANC

**\$12.99**<sup>+crv</sup>

2022, California. 750 ml. Bottle



# PEZZI KING ZINFANDEL \$18.99<sup>+crv</sup>

2022, Dry Creek Valley. 750 ml. Bottle

“Nowhere in America are conditions better suited to producing world class Zinfandel than Pezzi King’s Home: the Dry Creek Valley.”



## PINE RIDGE SPARKLING WINE

Non-Vintage.  
750 ml. Bottle

**\$12.99<sup>+crv</sup>**



## PORTLANDIA PINOT NOIR

2022, Oregon.  
750 ml. Bottle

**\$15.99<sup>+crv</sup>**



## MURPHY GOODE ROSE

2021, California.  
750 ml. Bottle

**\$9.99<sup>+crv</sup>**

**OLIVER'S MARKET SPIRIT FEATURE OF THE WEEK**



**WILD ROOTS VODKA \$17.99<sup>+crv</sup>**

Marionberry, Orange & Bergamot or Pear.  
750 ml. Bottle.

“In the crowded world of vodka, something was missing. There were no natural options. Artificial fruit extracts, flavors, and colors lined the shelves, and we knew something had to be done. So through our desire for naturally infused spirits, Wild Roots was born.”



**ANGEL'S ENVY BOURBON**

750 ml. Bottle

**\$34.99<sup>+crv</sup>**



**SPRITZ DEL CONTE**

Classico or Non-Alcoholic.

750 ml. Bottle

**\$12.99<sup>+crv</sup>**



**CUTWATER CANNED COCKTAILS**

Selected Varieties.  
4 Pack/12 oz. Cans

**\$11.99<sup>+crv</sup>**  
12 OZ. \$2.99<sup>+crv</sup>



**HENDRICK'S GIN**

750 ml. Bottle

**\$31.99<sup>+crv</sup>**

## OLIVER'S MARKET CRAFT BREWERY OF THE WEEK

### LAUGHING MONK BROTHER JASON WEST COAST IPA \$15.99<sup>+crv</sup>

4 Pack/16 oz. Cans

“Brother Jason is here to show us that not all masked villains are evil! With a star-studded hop lineup of Simcoe, Strata, and Amarillo, this West Coast IPA is dank, bitter, and deliciously smooth. \*\*Machete not recommended to shotgun. Drink from glass.\*\*”



### LAUGHING MONK FRANK'S MONSTER HAZY IPA \$15.99<sup>+crv</sup>

4 Pack/16 oz. Cans

“Doctor Frank’s monster has risen! He’s hopped with Mosaic in the boil and dry-hopped with Citra and Moutere for sweet aromas of berry and melon. Citrus flavors come through on the palate, finishing crisp with a hint of bready malt.”





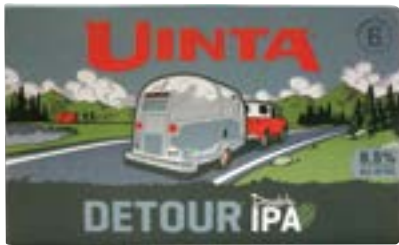
## LAGUNITAS BREWING CO. \$18.99+crv

Selected Varieties. 12 Pack/12 oz. Bottles or Cans



## DESCHUTES BREWING CO. \$9.99+crv

Selected Varieties. 6 Pack/12 oz. Bottles



## UINTA BREWING CO.

Selected Varieties.  
6 Pack/12 oz. Cans

**\$10.99**+crv



## HOWDY BEER

6 Pack/12 oz. Cans

**\$7.99**+crv



## FIRESTONE WALKER BREWING CO.

Selected Varieties.

12 Pack/12 oz. Bottles or Cans

**\$17.99**+crv



## CORONA

Selected Varieties.

12 Pack/12 oz. Bottles or Cans

**\$17.99**+crv



## TOPO CHICO HARD SELTZER

Selected Varieties.

12 Pack/12 oz. Cans

**\$18.99**+crv



## ERDINGER NON-ALCOHOLIC BEER

6 Pack/11.2 oz. Bottles

**\$10.99**+crv

These prices are good from October 16 through October 22, 2024 at Oliver's Market. Four locations to serve you in Sonoma County.

546 E. Cotati Avenue  
Cotati • 795-9501

560 Montecito Center  
Santa Rosa • 537-7123

461 Stony Point Road  
Santa Rosa • 284-3530

9230 Old Redwood Highway  
Windsor • 687-2050

We reserve the right to limit individual purchases to four packages of any item for sale, except items where otherwise noted. Sale items are not available to any commercial dealer or wholesaler. Items are subject to stock on hand. All items not available at all stores. Photos & Illustrations are for display purposes only and do not necessarily depict items that are on sale. We reserve the right to correct all printed and/or typographical errors. daly design inc. © 2024. All rights reserved.