



# MEALS MADE EASY. WITH OUR NEW LOW CARB OFFERINGS



“We wanted to create a line of healthy high protein dinners that are good for you and full of flavor if you are enjoying a healthy low carb lifestyle. These dinners are satisfying and give customers a healthy option from our dinner selections in our Grab & Go cases. We created dishes that either substitute traditional high carb ingredients like pasta and rice with items like cauliflower rice, squash, braised greens, or high protein like beans. We try to make each dinner full of exciting flavors. Each dinner is geared to be between 30-40 Grams of Carbs per serving or lower. Our goal was to create full flavor dinners without the unnecessary calories from Carbohydrates. This line of dinners gives our customers options for the lifestyle they are enjoying. Just another option for our restaurant quality food that we offer in the Deli Department.”



– MARK KOWALKOWSKI,  
Corporate Executive Chef

**LOW CARB**

# MEALS MADE EASY.

WITH OUR NEW LOW CARB OFFERINGS



## CHICKEN ALFREDO WITH SPAGHETTI SQUASH \$9.99/EA.

15 oz. Package. Found in our self-service Grab & Go.



## CAJUN SHRIMP & SAUSAGE WITH RED BEANS & CAULIFLOWER RICE \$9.99/EA.

14 oz. Package. Found in our self-service Grab & Go.



## TRI-TIP WITH CHIMICHURRI & VEGETABLES \$9.99/EA.

15 oz. Package. Found in our self-service Grab & Go.



## STUFFED CHICKEN WITH BRAISED GREENS \$9.99/EA.

14 oz. Package. Found in our self-service Grab & Go.

## PORK WITH FRIED CAULIFLOWER RICE \$9.99/EA.

14 oz. Package. Found in our self-service Grab & Go.

## ROASTED PORK LOIN WITH SPAGHETTI SQUASH \$9.99/EA.

13 oz. Package. Found in our self-service Grab & Go.





*Oliver's*  
Real Food. Real People.™

*This week's feature*



# ST. AGRESTIS PHONY NEGRONI \$4.49<sup>+crv</sup>

200 ml. Bottle.

“Loaded with Italian citrus, florals and notes of Tuscan juniper, this beauty is brimming with exciting flavors. A backbone of bitterness intertwines with a touch of carbonation that mimics the bite of alcohol. Try one, you will be pleasantly surprised!”

**RECOMMENDED BY**

Matteo Polverari,  
Montecito Wine Department Manager

# ENTER TO WIN



# C2O E-BIKE



## C2O COCONUT WATER 2 FOR \$3<sup>+crv</sup>

Selected Varieties, 17.5 oz. Can

Harvested from young green coconuts  
fed from freshwater estuaries, C2O  
has an incomparable taste filled with  
rejuvenating goodness. Stay hydrated!



Nutrients & Electrolytes  
17.5 fl oz (520mL)

# OLIVER'S CHOICE 100% ANGUS PORTERHOUSE OR T-BONE STEAKS \$12.99/LB.

Our Oliver's Choice 100% Angus is hand-selected for superior marbling, which provides exceptional tenderness, juiciness and flavor. Every cut of these tender steaks are juicy and flavorful. It's better Beef by Choice. Superior quality marbling that leads to super taste and tenderness in every bite.



*Oliver's*  
Real Food. Real People.®



### FRESH WILD CAUGHT PETRALE SOLE FILLET \$12.99/LB.

A great catch! These are mild and flaky and flavorful fillets. Simply terrific with a wonderful, mild flavor. USA caught. Sustainably rated Green.



### OLIVER'S PRIME GRADE BONELESS CHUCK ROAST \$8.99/LB.

This is a very versatile and flavorful cut of beef. Slow roast this thick and meaty roast with your favorite veggies and herbs for maximum flavor and tenderness.



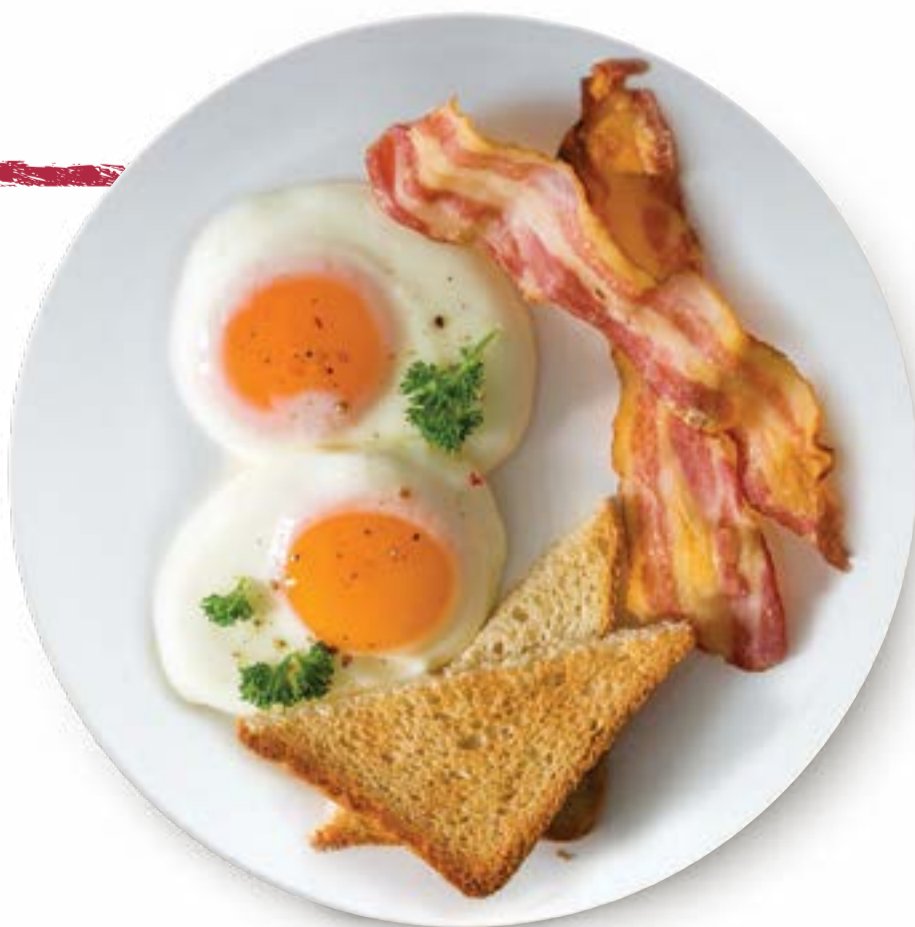
### NIMAN RANCH BONE-IN PORK SHOULDER ROAST \$8.99/LB.

A cut above the rest in taste and tenderness. This is a very versatile and flavorful cut of pork. We love slow roasting this for pulled pork sandwiches.



### JOURNEYMAN MEAT CO. APPLE JUICE SMOKED BACON \$13.99/LB.

Nitrate Free. Journeyman Meat Co.'s apple juice smoked bacon offers a rich, savory flavor with a hint of sweetness. Artisanally crafted, it's perfect for gourmet culinary experiences.





## ROCKY AIR-CHILLED CHICKEN DRUMSTICKS \$2.49/LB.

Locally raised without antibiotics & on a 100% vegetarian diet. Hatched and raised in & around Sonoma County.



## FRESH ATLANTIC CAUGHT SALMON FILLETS \$15.99/LB.

These are mild, flaky and flavorful fillets. Canada Farmed Raised. Sustainably rated Yellow.



## "BEHIND THE GLASS" MARINATED BONELESS SKINLESS CHICKEN BREASTS \$9.99/LB.

Marinated right in store for a quick and easy dinner. Available at our full service meat counter.



## PEELED & DEVEINED 16 TO 20 COUNT RAW PRAWNS \$12.99/LB.

Wonderful sautéed in the pan and served with a pasta or polenta. Previously frozen. Indonesia. Sustainably rated Red.

These prices are good from January 15 through January 21, 2025 at Oliver's Market. Four locations to serve you in Sonoma County.

# PEAK OF SEASON ORGANIC NAVEL ORANGES \$1.69/LB.

Sweet and juicy, fresh and delicious California Navel Oranges. These Navels have an exceptionally juicy flesh under a thick skin. They're very easy to peel, making them a perfect healthy snack on the go. Grown by Blue Heron Orchard in Rumsey California.







## FRESH ORGANICALLY GROWN WATERMELON RADISHES \$2.99/LB.

A beautiful way to add a splash of color to your sandwiches or sandwiches. We love them for scooping up dips like hummus or tzatziki Grown by County Line South in Coachella California via FEED Cooperative.



## LARGE SIZE ORGANIC KENT MANGOS \$1.69/EA.

These delightful Mangos have a very juicy, sweet flavored orange flesh that is reminiscent of pineapples and peaches. New crop grown in Peru.



## FRESH ORGANIC BRUSSELS SPROUTS \$2.49/LB.

Tightly packed buds that are great for roasting or sautéing. Grown by Covilli certified Fair Trade in Guaymas Mexico.



## FRESH & SWEET ORGANIC BLOOD ORANGES \$1.99/LB.

Blood oranges are great for juicing and using as you would common orange juice. Grown by Homegrown in California.



## JOSIE'S ORGANICS CHOPPED SALAD KITS \$4.99/EA.

10-12 oz. Bag. Fresh and ready to eat salads. Selected varieties including Asian, Avocado Goddess, Kale Ceasar and Southwest.



## FRESH ORGANIC GINGER ROOT \$3.49/LB.

Add a zing to your dishes. Perfect for curries, stir-fries, & marinades. Bold flavor, endless possibilities! Grown by River Road in Peru.



## FRESH & FLAVORFUL ORGANIC TURMERIC ROOT \$6.99/LB.

Elevate your cooking with fresh turmeric—rich, earthy flavor for curries, soups, and smoothies. Grown by River Road in Fiji.



## PREMIUM GRADE FRESH FUJI APPLES \$1.69/LB.

Tangy and sweet with a firm crisp texture and a complex flavor. Grown by Gee Whiz in Washington.



## SNOW WHITE LARGE HEADS OF CAULIFLOWER \$2.49/EA.

These are beautiful, flavorful large-size heads of this garden fresh favorite. Grown in Arizona by T&A.



## SWEET & JUICY 3 LB. BAGGED MANDARINS \$4.99/BAG

These winter wonders are so juicy, they're simply bursting with sweetness. Grown by Trinity Fruit in California.



## FRESH & DELICIOUS BARTLETT PEARS \$1.69/LB.

Famous for their deliciously sweet flavor. Great for eating, poaching, baking or roasting. Grown by Duckwall in Oregon.

PICK OF THE WEEK



**WADE  
JOHNSON**  
*Gourmet Cheese  
Coordinator*

## OG KRISTAL \$25.99/LB.

One of our favorite goudas, this spectacular cheese boasts plentiful cheese crystals throughout the stunning orange paste. Although dry and flaky in texture, it melts like butter once it hits the palate. The flavor consists of warm notes of butterscotch and caramel.





## VALLEY FORD CHEESE CO. ESTERO GOLD RESERVE \$13.99/LB.

Aged for a minimum of 16 months, Estero Gold Reserve is a true farmstead cheese with a flinty texture, and a fruity, nutty robust flavor. Estero Gold Reserve is perfect for enjoying grated on your favorite pasta, roasted vegetables, pizza or sliced as a table cheese.



## LA PANZANELLA MINI CROCCANTINI \$3.99/EA.

6 oz. Package. Croccantini, or “crunchy little bite” in Italian, are crisp, rustic crackers baked from an original Italian recipe. These tasty crackers will pair perfectly with your favorite cheeses and charcuterie to bring a satisfyingly crunchy texture to your next cheese night.

PICK OF THE WEEK



**JAMES SCHWEDHELM**  
Deli Coordinator

# OLIVER'S KITCHEN LOW CARB MEALS \$9.99/EA.

Selected Varieties. We felt that we needed to add a new element to our Oliver's Kitchen created meals. Our Classic Recipes are without a doubt a giant hit. Our slimming Fit Friendly lineup has a lot of value both as a healthy option and a delicious one. We were missing something and that "thing" was low carb options. Our amazing team of Executive Chefs and Sous Chefs came up with an incredible variety of low carb options that cover every aspect of dining delights. We have the 3 main proteins represented (beef, pork, chicken) with sides that are absolutely delicious. Stop by the Oliver's deli and get yourself an amazingly delicious meal option that is healthy too.





# OLIVER'S OWN ROCKY CHICKEN SALAD \$8.99/LB.

A wonderful chicken salad for a quick and easy lunch or lunch or dinner side for the family. Found in our Full-Service Chef's Case



# OLIVER'S KITCHEN ROASTED TURKEY BREAST \$12.99/LB.

Found in our full-service Chef's Case.



# CHESWICK PEPPER JACK CHEESE \$7.99/LB.

Found in our full-service Chef's Case.

**OLIVER'S MARKET AWARD WINNING BAKERY**

# **OLIVER'S OWN CHOCOLATE ORANGE MOUSSE CAKE \$25.99/EA.**

6 Inch Cake. An amazing variation of our Chocolate Mousse Cake infused with orange oil and finished with chocolate ganache.

**MADE  
LOCAL**  
Sonoma County  
golocal.coop





## BRILL MINI MUFFINS \$5.99/PKG.

Selected Varieties. 10.5 oz. Package. Bite size muffins that are perfect for accompanying your tea or coffee.



## BAKERY THE CHOCOLATE CROISSANT \$5.99/PKG.

9.52 oz. Package. A specialty from France...a brioche-style puff pastry made with eggs, butter, and real chocolate.



## DESSERT ON US LACEYS COOKIES \$4.99/PKG.

8 oz. Tub. Real butter, chocolate, and nuts. Laceys are perfect to enjoy with coffee, tea, or a tall glass of milk.

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# OLIVER'S OWN ESTATE FINISHING EXTRA VIRGIN OLIVE OIL \$16.99

500 ml. Bottle Elevate your cooking with the rich, robust flavor of our premium extra virgin olive oil. This high-quality oil boasts a smooth taste, perfect for enhancing your favorite dishes. Ideal for drizzling over salads, dipping fresh bread, or finishing grilled meat and veggies.





## MUIR GLEN ORGANIC PASTA SAUCE \$2.99

Selected Varieties. 23.5 oz. Jar

Made with ripe tomatoes, herbs, and spices. These pasta sauces add warmth, comfort and fresh flavors to any meal!



## ALFARO'S ARTESANO SLICED BAKERY BREAD

Selected Varieties.

20 oz. Loaf

**\$3.49**



## FRANK'S RED HOT OR BUFFALO SAUCE

Selected Varieties.

12 oz. Bottle

**2 FOR \$7**



## YELLOWBIRD CONDIMENTS

Selected Varieties.

9.8 oz. Bottle

**\$3.99**



## BUMBLE BEE SOLID WHITE TUNA

In Oil or Water.

5 oz. Can

**\$1.79**



## DR. MCDUGALS SOUP CUP

Selected Varieties.

1.8-2.5 oz. Cup

**\$1.69**



## STONEFIRE NAAN CRISPS

Selected Varieties.

6 oz. Bag

**\$2.99**



## SNACK FACTORY PRETZEL CRISPS

Selected Varieties.

7.2 oz. Bag

**\$2.49**



## BLUE DIAMOND NUT THINS

Selected Varieties.

4.25 oz. Box

**\$2.49**



## PLANTERS PEANUTS

Selected Varieties.

16 oz. Container

**\$2.99**



## ADAMS 100% NATURAL PEANUT BUTTER

Selected Varieties.

16 oz. Jar

**\$3.49**



## BARNEY BUTTER ALMOND BUTTER

Selected Varieties.

10 oz. Jar

**\$6.99**



## NUTELLA HAZELNUT SPREAD

13 oz. Jar

**\$3.99**



## KELLOGG'S RAISIN BRAN OR RAISIN BRAN CRUNCH CEREAL

Selected Varieties.

15.4-16.1 oz. Package

**\$4.29**



## LARABAR FRUIT & NUT BAR

Selected Varieties.

1.6-1.7 oz. Bar

**10 FOR \$10**



## STUMPTOWN COFFEE

Selected Varieties.

12 oz. Bag

**\$10.99**



## STASH TEA

Selected Varieties.  
18-20 Count Box

**\$2.49**



## RW KNUDSEN RECHARGE SPORTS DRINK

Selected Varieties.  
32 oz. Bottle

**\$1.99**<sub>+crv</sub>



## RECOVER ORGANIC SPORTS HYDRATION 180 DRINK

Selected Varieties.  
16.9 oz. Bottle

**\$1.99**<sub>+crv</sub>



## WATERLOO SPARKLING WATER

Selected Varieties.  
12 Pack/12 oz. Cans

**\$4.49**<sub>+crv</sub>



## JUST ICE TEA

Selected Varieties.  
16 oz. Bottle

**\$1.49**<sub>+crv</sub>



## SCOTT COMFORT PLUS BATHROOM TISSUE

12 Roll Package

**\$5.99**



## COMPOSTIC COMPOSTABLE CLING WRAP

150 Sq. Ft. Roll

**\$3.99**



## BIRDIE AND LOUIE CAT FOOD

Selected Varieties.  
3 oz. Can

**\$1.29**



## CLOVER SONOMA LACTOSE FREE MILK

Selected Varieties.  
64 oz. Carton

**\$3.29**



## CLOVER SONOMA CREAM CHEESE

Selected Varieties.

8 oz. Bar or Container

**\$2.99**



## DIESTEL FAMILY RANCH ORGANIC SLICED TURKEY

Selected Varieties.

6 oz. Package

**\$6.99**



## FLORIDA'S NATURAL ORANGE JUICE

Selected Varieties.

52 oz. Carton

**\$3.99**



## NANCY'S ORGANIC PROBIOTIC YOGURT

Selected Varieties.

32 oz. Container

**\$3.99**



## MUSH OVERNIGHT OATS

Selected Varieties.

5 oz. Container

**\$1.39**



## SO DELICIOUS ORGANIC COCONUT MILK

Selected Varieties.

64 oz. Container

**\$3.99**



## FRESCHETTA FROZEN PIZZA

Selected Varieties.

26.11-30.88 oz. Package

**\$4.99**



## PEPPERIDGE FARM TURNOVER PASTRIES

Selected Varieties.

12.5 oz. Package

**\$3.49**



## MAGNUM ICE CREAM BAR

Selected Varieties.

3 Count Package

**\$5.49**



## SAMBAZON ACAI BOWL

Selected Varieties.

5.9-6.1 oz. Bowl

**\$2.49**



## MAUNA LOA MACADAMIA FROZEN DESSERT

Selected Varieties.

16 oz. Container

**\$3.99**

## BULK SAVINGS



**ORGANIC  
PEARLED BARLEY \$1.79/LB.**

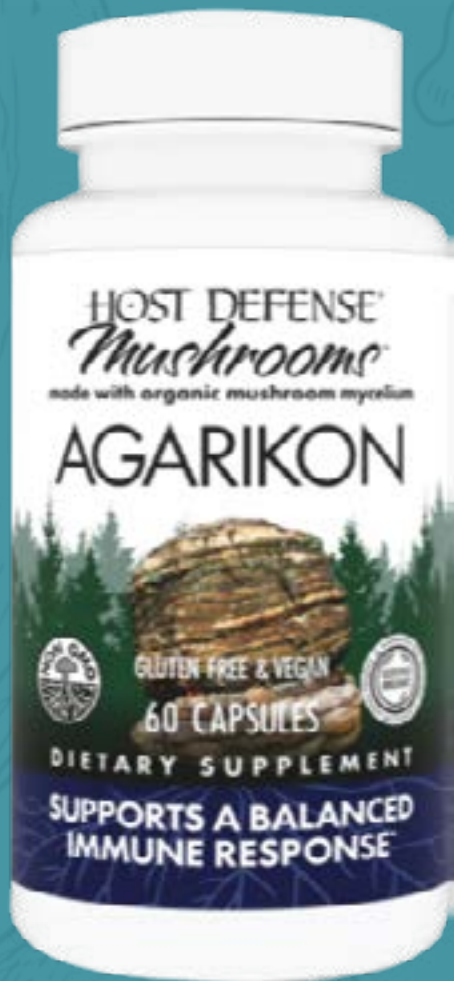
Available in our Bulk Foods Department.



**ORGANIC  
RED KIDNEY BEANS \$2.49/LB.**

Available in our Bulk Foods Department.

## WELLNESS SPECIALS



# HOST DEFENSE AGARIKON BALANCED IMMUNE SUPPORT \$21.99

60 Count Bottle.

Described as “The Elixir of Long Life”, Agarikon is now extremely rare, surviving in the old growth forests of the Pacific Northwest. Host Defense® has built an extensive culture library to preserve this important species. Agarikon supports an engaged yet balanced immune response.\*



## HOST DEFENSE STAMETS 7 DAILY IMMUNE SUPPORT

60 Count Bottle

**\$22.99**



## HOST DEFENSE TURKEY TAIL MICROBIOME SUPPORT

60 Count Bottle

**\$18.99**



## HOST DEFENSE MYCOMMUNITY IMMUNE SUPPORT

60 Count Bottle

**\$23.99**

These prices are good from January 15 through January 21, 2025 at Oliver's Market. Four locations to serve you in Sonoma County.

OLIVER'S WINERY OF THE WEEK



**BONTERRA**  
ORGANIC ESTATES.

“Our name says it all: Bonterra—good earth—is both a promise to our customers and a north star for our practices.

Through regenerative organic farming, we can lead the way for our industry, community, and our planet.”

**BONTERRA SAUVIGNON  
BLANC \$10.99<sup>+crv</sup>**

2023, Mendocino County. 750 ml. Bottle

**BONTERRA CABERNET  
SAUVIGNON \$12.99<sup>+crv</sup>**

2022, Mendocino County. 750 ml. Bottle

**BONTERRA  
CHARDONNAY \$10.99<sup>+crv</sup>**

2022, Mendocino County. 750 ml. Bottle





# CAVE DE RIBEAUVILLE NON-ALCOHOLIC SPARKLING WINE \$13.99<sup>+crv</sup>

Non-Vintage, France. 750 ml. Bottle

“La Cave de Ribeuville creates treasures from their terroirs. A family matter created in 1895, the 6th generation of growers continues to express their passion.”



## CLOS DU BOIS CHARDONNAY

2022, California.  
750 ml. Bottle

**\$8.99**<sup>+crv</sup>



## CARMEL ROAD PINOT NOIR

2021, Monterey County.  
750 ml. Bottle

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



## ANGELS & COWBOYS ROSÉ

2023, Sonoma County.  
750 ml. Bottle

**\$13.99**<sup>+crv</sup>

OLIVER'S MARKET SPIRIT FEATURE OF THE WEEK



GRAY WHALE GIN \$29.99<sup>+crv</sup>

750 ml. Bottle.

“Here at Gray Whale Gin, we believe a lovingly handcrafted spirit brings people together for good times, and while we’re together we can also do some good in the world.”



TULLAMORE DEW WHISKEY

750 ml. Bottle

\$17.99<sup>+crv</sup>



HANSON'S OF SONOMA ORGANIC VODKA

Selected Varieties.

750 ml. Bottle

\$19.99<sup>+crv</sup>



PROOF CANNED COCKTAILS

Selected Varieties.

200-250 ml. Can

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



PROOF CANNED COCKTAILS

Selected Varieties.

4 Pack/200-250 ml. Cans

\$14.99<sup>+crv</sup>

## OLIVER'S MARKET CRAFT BREWERY OF THE WEEK

“Jamie and his sons were sitting around the campfire having a few beers and talking about beer, naturally. His oldest was about to leave for college, so Jamie encouraged him to think for himself when it came to drinking alcohol, regardless of the peanut gallery’s opinions. Making a rational choice feels pretty damn radical...so why not screw the rules, make that radical choice and own the moment? They got pretty fired up about the idea of crafting a non-alc beer that doesn’t play by the rules. They started brewing RationAle and haven’t looked back since.”

**RATIONALE BREWING  
NON-ALCOHOLIC MEXICAN  
STYLE BREW \$9.99<sup>+crv</sup>**

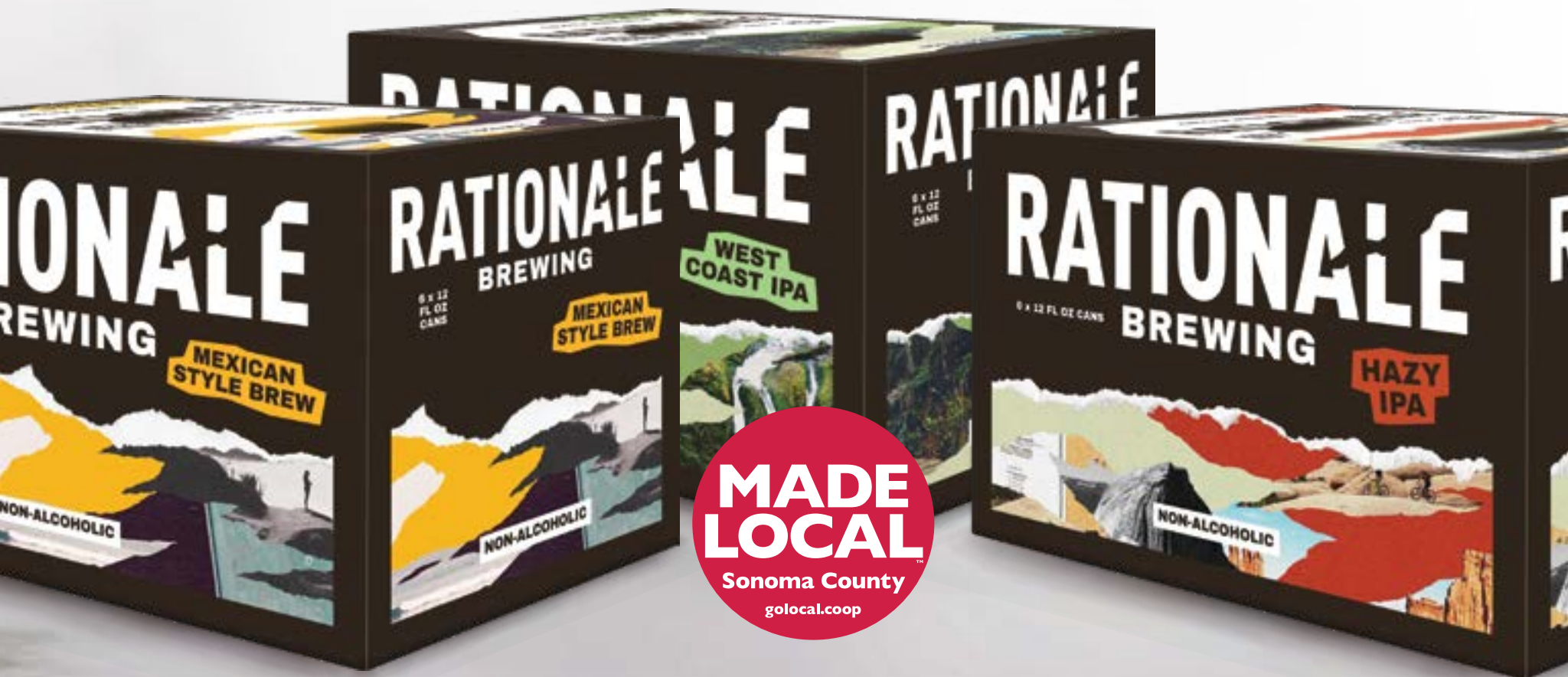
6 Pack/12 oz. Cans

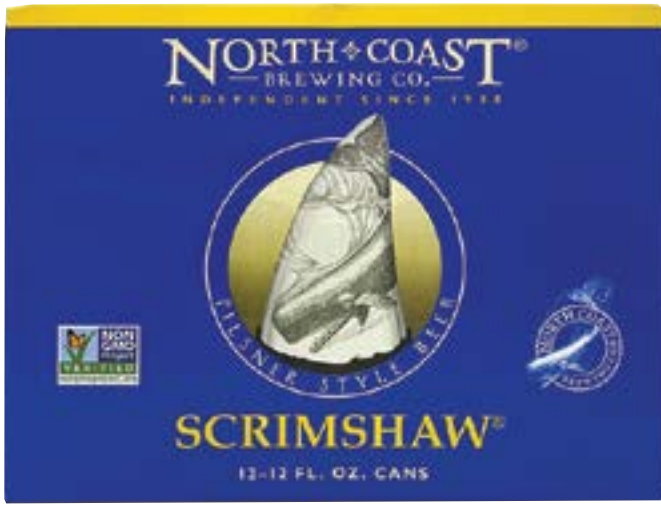
**RATIONALE BREWING  
NON-ALCOHOLIC  
WEST COAST IPA \$9.99<sup>+crv</sup>**

6 Pack/12 oz. Cans

**RATIONALE BREWING  
NON-ALCOHOLIC  
HAZY IPA \$9.99<sup>+crv</sup>**

6 Pack/12 oz. Cans





# NORTH COAST BREWING CO. \$17.99<sup>+crv</sup>

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



# STELLA ARTOIS BELGIUM LAGER \$15.99<sup>+crv</sup>

12 Pack/11.2 oz. Bottles or Cans



# LAGUNITAS BREWING CO. \$10.99<sup>+crv</sup>

Selected Varieties. 6 Pack/12 oz. Bottles or Cans



# MODELO \$8.99<sup>+crv</sup>

Selected Varieties. 6 Pack/12 oz. Bottles or Cans



# NINKASI BREWING CO. \$8.99<sup>+crv</sup>

Selected Varieties. 6 Pack/12 oz. Bottles or Cans



# DESCHUTES BREWING CO.

Selected Varieties. 6 Pack/12 oz. Bottles or Cans

## \$10.49<sup>+crv</sup>



# NEW BELGIUM BREWING CO.

Selected Varieties. 6 Pack/12 oz. Bottles or Cans

## \$10.49<sup>+crv</sup>



# CANTARITOS HARD SODA

12 Pack/12 oz. Bottles

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



# HUMBOLDT HARD CIDER

Selected Varieties. 4 Pack/16 oz. Cans

## \$14.99<sup>+crv</sup>

These prices are good from January 15 through January 21, 2025 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. © 2025. All rights reserved.