



Valley NATURAL
FOODS™



HOLIDAY TRADITIONS MENU

The perfect way to enjoy
your favorite holiday traditions
... or start new ones!



Special orders should be placed
3 days in advance



STARTERS



SPANAKOPITA

Spinach and feta complement thin layers of pastry to get your taste buds going with this traditional Greek dish. 11.99 lb.

STUFFED MUSHROOMS

Mushroom caps filled with your choice of:

- Lean turkey sausage, crunchy hazelnuts and herbs. 9.99 lb.
- Homemade Italian sausage, parmesan cheese, bread crumbs and herbs. 9.99 lb.

STUFFED JALAPEÑOS

Spicy, savory and amazingly good, these appetizers will not last long in your house; stuffed jalapeño peppers coupled with your choice of:

- Bacon and creamy gorgonzola cheese. 12.99 lb.
- Chorizo sausage, parmesan and cream cheese. 12.99 lb.

BRIE EN CROÛTE

Soft brie cheese baked in a flaky pastry crust and then topped with organic fruit preserves, great for the holidays. Serve with fresh sliced apples or pears and a fresh baguette. 16.99 ea.

GORGONZOLA CHEESE BALLS

Four kinds of cheeses blended into a savory spread and then wrapped in fresh parsley and toasted sliced almonds. Our Gorgonzola Cheese Balls make any party a success! 11.99 lb.



Fresh first courses for a delightful holiday!



BUTTERNUT SQUASH SOUP

Fresh and roasted butternut squash blended into a creamy base mixed with onions, carrots, potatoes, and sweetened with maple syrup. Start with this vegetarian warm-up sure to get your taste buds ready for more. 8.99 qt.



JAMAICAN CARROT GINGER SOUP

Sweet carrots combined with apples, pears, onions, ground cashews, rice milk, cumin and fresh ginger. Vegan and flavorful, grab this starter for your holiday dinner and your guests will want to lick their bowls! 8.99 qt. (V)

FALL HARVEST SALAD

Sweet roasted butternut squash, fresh organic spring greens, toasted pecans and pumpkin seeds topped with a sweet, yet savory, honey vinaigrette – a healthy starter for your meal! 12.99 ea. – Serves 4

SPRING SALAD

A Valley Natural Foods deli classic. Fresh, organic spring greens topped with crumbled feta, dried cranberries, crunchy walnuts and a tangy house-made balsamic vinaigrette.

12.99 ea. – Serves 4





ROASTED CARROTS & BRUSSELS SPROUTS

Brussels sprouts and carrots
roasted to caramelized
perfection. 13.99 (V)

TWICE BAKED POTATOES

Organic potatoes stuffed with three different kinds of cheese and baked to perfection. The only thing you'll need to do is warm them up for your guests. 5.99 lb.

TRADITIONAL MASHED POTATOES

Organic red potatoes mashed with butter and cream, made the old fashioned way. 3.99 lb.

RICH POULTRY GRAVY

Traditional and savory flavors made from slow-cooked, golden, chicken broth. 5.99 lb.

VEGAN MUSHROOM GRAVY

A rich gravy made with sautéed mushrooms and fresh herbs. 5.99 lb. (V)

WHIPPED ORANGE YAMS

Organic yams and orange juice whipped into a creamy delight – simple, pure and sweet. 6.99 lb. (V)



CRANBERRY ORANGE RELISH

Sweet cranberry sauce
with a tangy orange
zest, perfect for a
classic turkey dinner.
9.99 lb.



SIDES

Ⓥ = Vegan

VEGAN STUFFING

Vegan bread croutons soaked in vegetable broth and vegan seasonings, baked with apples, walnuts, and almonds. 6.99 lb. Ⓥ

TRADITIONAL STUFFING

Homemade croutons, seasoned with the perfect blend of herbs and then slow-cooked in rich chicken broth. 5.99 lb.

YAMS AND CRANBERRIES

It's tart with just enough sweet. Choose from non-vegan and vegan:

- Non-vegan: Organic yams and cranberries glazed with a sauce made from maple syrup, cinnamon, butter and orange peel zest. 6.99 lb.
- Vegan: Organic yams and cranberries glazed with a sauce made from maple syrup, cinnamon, orange and apple juices. 6.99 lb. Ⓥ

VEGAN HERB MASHED POTATOES

Organic potatoes mashed with fresh herbs, and a creamy vegan butter to make up this mouthwatering dish. 5.99 lb. Ⓥ

GARLIC GREEN BEANS

Crunchy green beans packed with sweet, garlicky flavor. These beans are available year-round because of their popularity and can be served hot or cold – they're that good! 7.99 lb. Ⓥ

SWEET POTATO CASSEROLE

A traditional holiday favorite, baked organic sweet yams blended with butter and unrefined cane sugar, topped with crunchy pecans. 6.99 lb.

*Complement
your main dish with
something sweet or
savory this season!*



ENTREES

Ⓥ = Vegan

BEELER'S HONEY GLAZED HAM

Local, nitrate-free ham glazed with honey, brown sugar, tangy Dijon mustard, a pinch of cloves and a splash of pineapple and orange juice. 13.99 lb.

SPINACH STUFFED CHICKEN BREASTS

Seasoned chicken breasts stuffed with a blend of ricotta cheese and fresh spinach. 12.99 lb.

SWEET POTATO LASAGNA

Made from layers of yams, cheese, mushrooms, spinach and onions, and seasoned with thyme. Order by the piece or the pan. 7.99 lb.

TRADITIONAL ROASTED FERNDALE MARKET TURKEY BREAST

Locally raised turkey breast roasted in-house with our signature Valley Natural Foods spice blend. 12.99 lb.

MUSHROOM WALNUT LOAF

Hearty mushrooms combined with sweet walnuts create a complex flavor profile in this meatless loaf. Pair with the Vegan Mushroom Gravy to complete your meal. 8.99 lb. Ⓥ



*Leave the
cooking to us!*

Now offering
unique main dishes
that save you
time & stress.

VALLEY'S OWN BAKEHOUSE

Not just "Good for Gluten-Free" - just plain Good!



CHOW MEIN NOODLES

These noodles are so good you'll even enjoy them just as a snack. Crunchy goodness for chow mein or haystack cookies. 5.99 10 oz. bag

DINNER ROLLS

With a crunchy outside and a soft center it's a great addition to any salad or meal. Spice them up with a garlic or herb butter. 7.39 10 oz. bag/6 rolls

SEASONED CROUTONS

Perfectly seasoned to create that savory flavored dressing. But not just for the holidays —add to soups, salads or eat as a tasty snack. 6.99 10 oz. bag

BANANA BREAD

What can you say about the perfect loaf? Small enough to fit in your lunch, big enough to share. 4.39 8 oz. loaf

APPLE PIE

When was the last time you had a double-crust apple pie? This 9" All-American, all local pie is all delicious! 16.99

PUMPKIN PIE

This traditional 9" holiday pie is prepared without dairy. Serve with non-dairy whipped topping to make someone's day! 17.99

PECAN PIE

Taste the holidays in their purest form. The simplicity of this 9" pecan pie allows the sweet flavor of pecans to shine through. 19.99

VALLEY'S OWN BAKEHOUSE COOKIE KITS

Soft, chewy and delightful, sugar cookie kits, complete with everything needed to craft the perfect holiday sugar cookie.

Available for pre-order. 7.49 ea.

DESSERTS

Ⓥ = Vegan

PUMPKIN PIE

Flaky, pie crust filled with a creamy blend of pumpkin, evaporated milk and pumpkin pie spices. 12.99 ea.

TOFU PUMPKIN PIE

A vegan twist to a traditional favorite. Tofu blended with pumpkin, brown sugar, pumpkin pie spices, and molasses to make for a dark and rich-looking pie. 14.99 ea. Ⓥ

MAPLE PECAN PIE

A flaky crust filled with a combination of pecans, honey, maple syrup, egg and vanilla extract. Another traditional staple at your table made in-house. 19.99 ea.

LOCAL APPLE CRISP

Tart organic apples tossed with cinnamon and topped with a crumbly mixture of flour, sugar, butter and eggs. 5.99 lb.

CARAMEL ROASTED PEARS

Organic pear wedges that have been lightly sweetened and roasted to perfection. 5.99 lb.

FRUIT CAKE

Not your typical fruit cake! Ours is made with dried pineapple, papaya, figs, cranberries, apricots, dates, pecans and agave syrup for a touch of sweetness. 12.99 ea.



MEALS

Special Order Only

TRADITIONAL HOLIDAY MEAL

Everything but the turkey for one price. Serves 4-6 people. 59.99

INDIVIDUAL HOLIDAY MEAL

Choose from:
- Traditional Plate 17.99
- Vegan Plate 15.99

Although many holiday menu items are available daily, we strongly recommend placing a special order to ensure we have what you are looking for.

Special orders must be placed 3 days in advance.

952-891-1212 ext. 228