



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

*Fresh first courses for
a delightful holiday!*

GARDEN FRESH SALSA

House-made savory salsa on a platter of chips hits the spot for a perfect party pleaser appetizer. 8.99 lb.

SPANAKOPITA

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

OUR OWN CRAB SALAD

This colorful, fresh house-made imitation crab salad pairs well with assorted crackers and makes an attractive and tasty presentation on party appetizer platters. 7.49 lb.

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.



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





SIDES

Ⓥ = Vegan



ROASTED BRUSSELS SPROUTS & CARROTS

Brussels sprouts and carrots roasted to caramelized perfection. 5.99 lb. Ⓥ

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. Ⓥ



WHIPPED ORANGE YAMS

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

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. Ⓥ

CURRIED QUINOA AND CRANBERRY SALAD

A bold blend of sweet, savory and crunchy flavors with a backdrop of tasty curry seasoning. 8.99 lb. Ⓥ



CRANBERRY ORANGE RELISH

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

QUICHE

LaTerra Fina Quiche comes in three tasty varieties: Classic Lorraine, Cheddar & Broccoli and Spinach & Artichoke. 11.99 ea. (23 oz.)

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.



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. 7.49 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. 4.99 8 oz. loaf

APPLE PIE

When was the last time you had a gluten-free double-crust apple pie? This 9" All-American, all local pie is all delicious! 18.99

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. 20.99

BAKEHOUSE COOKIE KITS

Soft, chewy and delightful, sugar and chocolate chip cookie kits, complete with everything needed to craft the perfect gluten-free holiday cookies. Available for pre-order. 13.99 per kit



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.

MOLTEN CHOCOLATE BUNDT CAKE

This cute little bundt cake is as smooth and rich as a dark chocolate pudding with a silky finish. 4.99 ea.

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.



HOLIDAY MEALS

SPECIAL ORDER ONLY

FAMILY-STYLE HOLIDAY BUNDLE

Everything but the turkey for one price! Mashed Potatoes, Whipped Orange Yams, Garlic Green Beans, Traditional Stuffing, Cranberry Orange Relish, Poultry Gravy and Dinner Rolls. Vegan available upon request. Serves 4-6 people. 59.99

INDIVIDUAL HOLIDAY PLATES

Individual plates include single-serving portions of roasted turkey and all of the sides listed in the Holiday Bundle!

Choose from:

- Traditional Plate 19.99
- Vegan Plate 17.99

Although many holiday menu items are available in-store 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 of pick-up date.

952-891-1212 ext. 228