

- **Eggs:**
 - Pete & Gerry's medium brown organic eggs
 - Schoolhouse Farm Calais Raised Organic Eggs
 - Other Calais raised local eggs
- **Bread:**
 - Manghis sliced Bread (comes Mon, Wed & Fri)
 - White
 - Wheat
 - Honey Bran
 - Oatmeal
 - White English Muffins
 - Patchwork Bread comes on Tuesday.
 - Polenta
 - Anna Rosie's Country French
 - Bagels
- **Dairy:**
 - Strafford Organic glass-bottle milk
 - Whole Milk Half Gallon
 - 2% Half Gallon
 - Whole Milk Quart
 - 2% Quart
 - Half & Half pint.
 - Stonyfield Organic Milk
 - Half Gallon Whole
 - Half Gallon 2%
 - Booth Brothers
 - 1%, 2%, Whole – Gallons
 - Fat Free, 1%, 2%, Whole – Quarts
 - Hood
 - Whole or 2% milk Quarts
 - Half and Half pints or quarts
 - Heavy Cream pint
 - Heavy Cream half pint
 - Sour Cream
 - Cottage Cheese
 - French Onion Dip
 - Non-Dairy milks
 - Silk Creamer Pint
 - Almond Breeze Half Gallon - Original Unsweetened
 - Edensoy Organic Unsweetened Soymilk
 - Barista Blend Califa Oat Milk
 - Yogurt
 - Organic Larson Farms Cream Top Quarts
 - Maple or Plain
 - Green Mountain Creamery 0% fat Plain Greek Quarts
 - Cheese:
 - Cabot Cheddar 8oz blocks

- Farmhouse Reserve, Monterey Jack, Pepper Jack, Muenster, Sharp, Extra Sharp, Seriously Sharp
 - Cabot Specialty aged Cheddar
 - Cabot Seriously Sharp 2lb blocks
 - Cellars Jasper Hill Farm Cheeses
 - Bayley Hazen Blue
 - Cabot Clothbound
 - Landaff
 - Alpha Tolman
 - Cabot Cream Cheese
 - Maplebrook Farms Ricotta cheese
 - Bulk Feta
 - Shredded Cabot 2 cup bags
 - Sharp, Mozzarella, & Mexican Blend
 - Cabot spreadable cheddar – extra sharp or horseradish
 - Butter
 - 1 pound (4 sticks) salted & unsalted Cabot butter
 - Vt. Creamery Cultured Butter (when available)
- **Juice/Seltzer**
 - Hood Premium Select Orange Juice
 - Cold Hollow Cider half gallon
 - Knudson Morning Blend
 - Knudson Cranberry Concentrate
 - Ocean Spray Cranberry
 - Juicy Juice
 - Apple Juice
 - San Pelagrino (Blood Orange, Orange, Grapefruit, Lemon)
- **Non-Alcoholic Soda/Tea/Seltzer/Juice**
 - Kombucha
 - AquaViTea Hibiscus Ginger, Elderberry & Strawberry Sage
 - Local Vermont KIS Kombucha Sour Cherry Rose or JasMint.
 - 2 Liter: Coke, diet Coke, Pepsi, Canada Dry, Barq's
 - Cans: Coke, diet coke, sprite, mountain dew, dr. pepper, Sunkist, Canada Dry, Barq's, Pepsi, Mug Root beer
 - More Natural soda's
 - Boylan Root beer, Cane Cola, Cream Soda
 - Reed's Ginger Beer
 - Saranac Shirley Temple
 - Izze (variety of flavors)
 - Iced Tea
 - Honest Tea (variety of flavors)
 - TeaVana (variety of flavors)
 - Granny Squibb's Organic (variety of flavors)
 - Arizona Iced Tea (half & half, green tea, lemon)
 - Juice
 - Cold Hollow Cider (pint)
 - Nantucket Nectar Orange Mango or Cranberry
 - Tropicana Orange Juice, grapefruit juice
 - Honest Kids juice boxes
 - Victorian Lemonade

- V8
 - Seltzer
 - Bubly (variety of flavors)
 - CBD Infused Long-Trail non-alcoholic Seltzer
 - VitaCoco – sparkling Coconut water Seltzer (variety of flavors)
 - San Pelagrino (variety of flavors sold individually or 6 pack)
 - Spindrift Seltzer (variety of flavors)
 - Polar Seltzer & Tonic Water (8 oz cans)
 - 1 Liter Polar Springs (plain, Rasp/Lime, Grapefruit & Tonic Water)
 - Energy Drinks
 - Red Bull
 - Monster
- **Refrigerated Meat:**
 - McKenzie Bacon 1 pound
 - North Country Smokehouse uncured bacon – 1 pound
 - McKenzie Natural Casing Franks
 - McKenzie deli style beef franks
 - Vermont Salumi Salami – Red Wine & Garlic
 - Vermont Smoke & Cure Pepperoni
- **Frozen Meat:**
 - Misty Knoll (comes in each Monday, subject to availability)
 - Whole Chicken
 - Boneless chicken breast
 - Bone in chicken breast
 - Boneless chicken thighs
 - Bone in chicken thighs
 - Chicken Wings
 - Chicken Leg Quarters
 - Chicken Drumsticks
 - Ground Turkey
 - Sweet Turkey Sausage
 - Boneless Turkey Breast
 - VT Salumi Sausage
 - Rosemary, Maple breakfast, Chorizo, Red Wine & Garlic, Italian
 - Boyden Farms (VT) ground beef
 - Black River Meats ground beef & steak
 - Schoolhouse Farms (Calais Raised) Ground beef & steak
 - North Country Smokehouse Garlic Rosemary Chicken Sausage
 - McKenzie Breakfast Country Sausage Links
 - Breakfast Sausage Patty's (bulk)
 - Pizza Sausage Crumbles (bulk)
 - Pizza Bacon Crumbles (bulk)
- **Other Frozen**
 - Corn, Peas, Broccoli, green beans,
 - Wyman's Blueberries, strawberries, raspberries
 - Ocean Perch
 - Smoked Salmon
 - Pesto
 - American Flatbread (variety of flavors)
 - Tony's Pizza (variety of flavors)

- Amy's Dinner Bowls
 - Ravioli
 - Pesto Tortellini
- Rosini Italian Meatballs
- Organic Whole Wheat Tortillas
- Sweet Potato Grain Free Tortillas
- Tater Tots

- **Soy / specialty items**
 - Tofu - 5 pound blocks of firm VT Soy Tofu or 1 pound Firm Nasoya
 - Tempeh - 2 pound blocks of Rhapsody Tempeh.
 - Field Roast Vegan Frankfurters
 - Flack Family Farm cultured raw veggies, sauerkraut & Kimchi
 - Miso
 - Earth Balance Original
- **Bulk goods (mostly organic):**
 - Fleischmann's Dry Active Instant Yeast (when available)
 - Regular Rolled Oats
 - Quick Cook Steel Cut Oats
 - Thin Cut oats
 - Black beans
 - Cornmeal
 - Long grain white rice
 - Brown rice
 - White basmati rice
 - Turbinado sugar
 - Cane Sugar
 - white quinoa
 - Chick peas
 - nutritional yeast
 - popcorn
 - Gluten Free Tamari
 - Tahini
 - grated parmesan
 - organic Once Again Creamy Peanut Butter
 - Lamb Sugarworks Maple Syrup
 - Back Roads Paleo (GF) Granola
- **Bulk Herbs:**
 - Ground Cardamom
 - Basil
 - Curry Powder
 - No-Chicken Vegetarian broth powder
 - whole black peppercorns
 - ground black pepper
 - whole cumin
 - ground cinnamon
 - Hawaiian pink sea salt
 - powdered garlic
 - oregano leaf
- **Bagged Bulk Snacks:**
 - PB Pretzels

- candied ginger
- trail mixes (m&m trail mix, raisins & nuts party mix)
- **Dried Fruit & Nuts:**
 - Unsweetened Mango
 - sun dried figs
 - Noor Dried Dates
 - fresh dates
 - cherries
 - cranberries
 - raisins
 - Almonds
 - Walnuts
 - Pecans
 - Planters honey roasted peanuts
 - Planters Cocktail Peanuts
- **Chocolate covered goodies**
 - almonds, raisins, pretzels, & coconut chews.
- **Deli (sliced meat & cheese):**
 - McKenzie Ham
 - McKenzie Turkey
 - Salami
 - Roast Beef
 - Mild Cabot cheddar
 - Swiss
 - American cheese.
- **Coffee (all our coffee is whole bean but we're happy to grind it for you)**
 - Vermont Coffee Company: Tres, Extra Dark, Dark, Medium, Mild & Decaf.
 - Artisan Coffee: Dark, Catamount Blend Medium, Dark Decaf
 - 802 Coffee: Dark, Medium & Decaf.
- **Ice-cream**
 - Ben & Jerry's Pints
 - Breyers Half Gallons
 - Chocolate, Vanilla, Orea Cookie, Mint Chip, Neapolitan
 - Wide variety of specialty ice cream treats
- **Potato Chips:**
 - Deep River Potato Chips Large or Small Bags
 - Sea Salt, Salt & Vinegar, Rosemary, Salt & Pepper, BBQ, sweet maui onion.
 - Honcho's Nacho Cheese or Ranch (think organic Dorito)
 - Barbara's Cheese Puffs (crunchy, puffy, or jalapeño)
 - Dorito's (large or small – Nacho Cheese or Cool Ranch)
 - Pretzels
 - Gluten Free Pretzels
 - smart food popcorn (large or small)
- **Corn Chips**
 - Organic White or Blue Corn Green Mountain Gringo
 - Tostito's (original or Organic Blue Corn)
 - Sanita's
- **Crackers**
 - Triscuit Original & Rosemary
 - Wheat Thins
 - Sociable

- Graham Crackers
- Annie's Bunny Grahams
- Cheez-It (variety of flavors)
- Good Thins GF Crackers (variety of flavors)
- Stoned Wheat Thins (large or small)
- Premium Saltines
- Pepperage Farm Gold Fish (variety of flavors)

- **Cookies**
 - Pepperage Farm – variety of flavors
 - Oreos (large or small packs)
 - Keebler (deluxe grahams, Soft Choc. Chip, Fudge Stripes)
 - Chips Ahoy (variety of flavors)
 - Fig Newtons
 - Nutter Butter
 - Lornadoons

- **Sauces/Salsa's/condiments**
 - Green Mountain Gringo Salsa
 - Hot, medium, medium garlic, mild
 - Newman's Own Salsa (variety of flavors)
 - Stubb's Hickory Bourbon BBQ sauce
 - Kraft Sweet Honey BBQ sauce
 - A1 Sauce
 - Franks RedHot (buffalo & original)
 - Higgins Hot sauce (Skillet scrapings, applewood smoked cherry habanero, burnt garlic)
 - Ginger People Sweet Ginger Chili sauce
 - Pad Thai Sauce
 - Thai Massaman Curry Sauce
 - Chu Chi Red Curry Paste
 - Sriracha
 - Tabasco
 - Worcestershire Sauce
 - Annie's Organic Ketchup
 - Heinz Ketchup
 - French's Classic Yellow Mustard
 - Gulden's Spicy Brown Mustard
 - Butternut Mountain Farm Tangy Honey Mustard
 - Natural Value Organic Stoneground Mustard
 - Grey Poupon
 - Heinz Relish
 - Miracle Whip
 - Hellmann's Mayo (large, small, squeeze bottle)
 - Hershey's Chocolate Syrup

- **Nut Butters, Jams, Spreads**
 - Teddie's Peanut Butter – Smooth & Chunky
 - Once Again Organic– Creamy Cashew Butter, Tahini, bulk creamy PB
 - Nutella
 - SideHill Farm Jam - Red Raspberry or Wild Blueberry
 - Black Hill Wild Blueberry Jam
 - Smuckers Strawberry or Raspberry Jam
 - Crofter's Organic Strawberry Jam

- **Canned Goods (soups, beans & more)**
 - Organic Coconut Milk (light and regular)
 - Organic Black Beans
 - Goya black beans, chickpeas, red kidney beans
 - #10 (108 oz) cans Dark Red Kidney Beans
 - Manwich Original Sloppy Joe Sauce
 - B&M's Original Baked Beans
 - Amy's Soup (variety of flavors)
 - Progresso Soup – Hearty Penne
 - Campbells Soup – Chicken noodle, Cream of mushroom, tomato
 - Dinty Moore Beef Stew
 - Artichoke Hearts
 - Black olives
 - Tuna Fish
 - Canned Pink Salmon
 - Boxed Pacific Chicken Broth (org)
 - Boxed Pacific Vegetable Broth (org)
 - Carnation Evaporated Milk
 - Sweetened Condensed Milk
 - Capers
- **Hors d'oeuvres**
 - Pimento Stuffed Manzanilla Olives
 - Castlevetrano Olives
 - Grape Leaves
 - Hummus (variety of flavors)
 - Smoked Salmon
- **Oils & Vinegars**
 - Organic Coconut Oil
 - Olive Oil
 - 8oz Filippo Berio
 - 8.5oz Artisan Organic
 - 25oz Bionature Organic
 - 1 Gallon Can
 - Canola Oil
 - Balsamic Vinegar
 - Rice Vinegar
 - White Vinegar (16oz)
 - Apple Cider Vinegar (16oz Heinz, 16oz Eden, 32oz Braggs)
 - Brags Liquid Aminos (16 oz or 6oz spray)
 - Sesame Oil
 - Crisco
 - Pam Cooking Spray
- **Flour/Baking/grocery**
 - King Arthur
 - All Purpose Flour
 - Bread Flour
 - Whole Wheat Flour
 - Domino Sugar
 - 4lb bag Cane Sugar

- Confectioners' Sugar
 - Light Brown Sugar
 - Dark Brown Sugar
- Baking Soda
- Baking Powder
- Argo Corn Starch
- Morton Iodized Salt
- Pink Sea Salt (bulk)
- Molasses (Grandma's Original or Organic Black Strap)
- Vanilla Extract
- Imitation Vanilla Extract
- Bakers Chocolate
- Hershey's Cocoa Powder
- Toll House semi-sweet morsels
- Herb-Ox Beef & Chicken Bouillon
- Lemon/Lime Juice
- Panko Plain Breadcrumbs
- Progresso Italian Style Breadcrumbs
- Sweetened Coconut Flakes
- **Miscellaneous grocery**
 - Old El Paso Taco Shells, Mild Taco Sauce, Taco Seasoning
 - Marshmallow's
 - Fluffernutter
 - Microwave Popcorn
- **Baking Mixes**
 - Jiffy Corn Muffin Mix
 - Bisquick Pancake Mix
 - Ghirardelli Brownie Mix
 - Variety of Duncan Hines & Better Crocker cake mixes
 - Maple Grove Farms of VT Pancake Mix (variety of flavors)
 - Variety of Betty Crocker Frosting
- **Salad Dressing**
 - Maple Grove Farms of Vermont
 - Fat Free Raspberry or Cranberry
 - Maple Balsamic, honey mustard
 - Italian
 - Ranch
- **General Merchandise/Miscellaneous**
 - Ziploc Freezer Bags (gallon, quart)
 - Ziploc Sandwich Bags
 - Cling Wrap
 - Tin Foil
 - Trash Bags (13 gallon & 33 gallon)
 - Envelops, playing cards, crayons, pens
- **Pasta**
 - Variety of plain, tri-color & whole wheat pastas of various shapes
 - Lasagna Noodles
 - Spaghetti/Linguine

- GF Organic Spaghetti
- Organic Brown Rice Penne
- Pasta-Roni Angel Hair w/ Herbs
- Annie's Mac & Cheese
- Kraft Mac & Cheese
- Ramen Noodles
- **Pasta Sauce jars**
 - Prego (variety)
 - Ragu (variety)
 - Field Day Organic (variety)
 - Muir Glen Organic tomato basil
 - Dell'Amore Sweet Basil & Garlic
- **Canned Tomatoes & Sauces**
 - Hunts whole peeled (14 oz)
 - Hunts Pasta Sauce 4 cheese (24oz)
 - Contadina Stewed (14oz)
 - Furmano's Puree (28oz)
 - Cento Diced (14oz)
 - Hunts Tomato Paste (6oz)
- **Paper goods:**
 - Toilet Paper, Paper Towel, napkins, paper plates, Kleenex
 - Plastic solo cups, plastic cutlery
- **Cleaning:**
 - Cascade Dish Washer Pods
 - Seventh Generation Dishwashing Gel
 - Laundry Detergent: Tide, Seventh Generation, Arm & Hammer, All Free & Clear
 - Comet with Bleach (powder)
 - Comet Bathroom Cleaner
 - Seventh Generation Chlorine Free Bleach
 - Murphy's Oil Soap
 - Windex
 - 409 Surface Cleaner
 - Dish Soap: Seventh Generation, Dawn
 - Clorox Toilet Bowl Cleaner
 - Soft Scrub w/ bleach surface cleaner
 - Sponges & scour pads
 - Carpet Cleaner
- **Personal Care**
 - Body soap
 - Dove, Dial, Sea Mud, Northwood Naturals Sandalwood
 - Dial Hand Soap
 - Deodorant
 - Alafia Neem Turmeric
 - Sunscreen/bug spray
 - Shampoo/conditioner (generic)
 - Epsom Salt
 - Diapers/wipes
 - Colgate Toothpaste, Listerine, Scope travel mouth wash, toothbrushes, floss picks, nail clippers
 - Tampax, pads, condoms
 - Nail Polish remover

- **First aid/pharmacy**
 - Hydrogen Peroxide
 - Witch Hazel
 - Claritin, Benadryl, Tylenol Extra Strength, Infant Tylenol, VapoRub, Advil PM, Excedrin Extra Strength, Aleve, Bayer Advil, AlkaSeltzer, Visine, Rolaid, Pepto Bismol, NyQuil
 - Neosporin, medical tape, band aids, IcyHot Cream, Bag Balm
 - Burt's Bees chap stick
 - Emergen-C – super orange
- Cigarettes
 - American Spirit (dark blue, light blue, yellow)
 - Camel: (blue, crush, non-filter)
 - Furtuna
 - Kool
 - Lucky Strike
 - Marlboro (regular, red label, smooth)
 - Merit 100's
 - Newport 100's
 - USA Gold
 - Swisher Sweets
 - Matches
 - Lighters
 - Papers