

# GROUNDWORK

At Groundwork, cold brew is a way of life. Since its inception, these Classic Cold Brews have been a staple in their lineup of delicious Certified Organic coffees. With these Classic Cold Brew Blends, you can now enjoy Groundwork cold brew any way you'd like in the comfort of your own home!

For the month of September only... **\$4.49**  
12 oz.



EARN TRIPLE COMMUNITY PLUS POINTS WHEN YOU SHOP ALL LASSENS BRAND GROCERY PRODUCTS DURING SEPTEMBER!

**LASSENS**  
NATURAL FOODS & VITAMINS

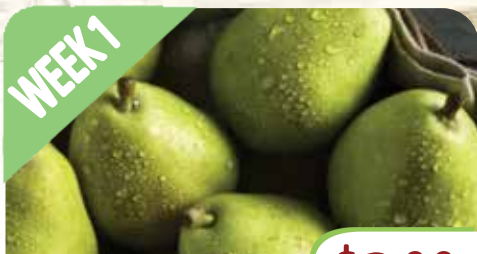
**BACK TO SCHOOL**

**SEPTEMBER 2024**

← OPEN UP FOR EVERYTHING YOU NEED TO GO BACK TO SCHOOL!

# LASSENS ALWAYS 100% ORGANIC PRODUCE

SEPTEMBER  
1<sup>ST</sup> - 7<sup>TH</sup>



ORGANIC  
Bartlett Pears

**\$2<sup>99</sup>**  
lb.



ORGANIC  
Green Seedless Grapes

**\$2<sup>99</sup>**  
lb.



ORGANIC  
Red Seedless Grapes

**\$2<sup>99</sup>**  
lb.

SEPTEMBER  
9<sup>TH</sup> - 14<sup>TH</sup>



ORGANIC  
Gala Apples

**\$1<sup>99</sup>**  
lb.



ORGANIC  
Broccoli

**2 \$5**  
LBS



ORGANIC  
Green Kale

**\$1<sup>99</sup>**  
ea.

SEPTEMBER  
16<sup>TH</sup> - 21<sup>ST</sup>



ORGANIC  
Romaine Lettuce

**2 \$5**  
FOR



ORGANIC  
Celery

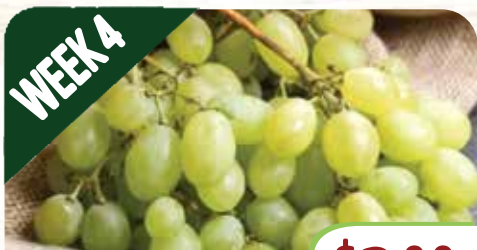
**2 \$5**  
FOR



ORGANIC  
Red Grapes

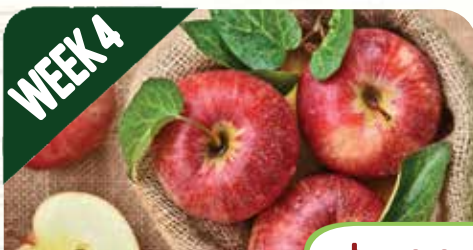
**\$2<sup>99</sup>**  
lb.

SEPTEMBER  
23<sup>RD</sup> - 30<sup>TH</sup>



ORGANIC  
Green Seedless Grapes

**\$2<sup>99</sup>**  
lb.



ORGANIC  
Gala Apples

**\$1<sup>99</sup>**  
lb.



ORGANIC  
Red Seedless Grapes

**\$2<sup>99</sup>**  
lb.

**LASSENS**  
NATURAL FOODS & VITAMINS

FOLLOW US ON



CLOSED ON SUNDAYS

LOS FELIZ (LA) 🌱  
323-660-0052  
2080 Hillhurst Ave.  
Los Angeles CA, 90027

SAN LUIS OBISPO 🌱  
805-250-2805  
896 East Foothill Blvd  
San Luis Obispo CA 93405

BAKERSFIELD 🌱  
661-324-6990  
4308 California Ave  
Bakersfield CA, 93309

VENTURA 🌱  
805-644-6990  
4071 East Main Street  
Ventura CA 93003

OXNARD  
805-486-8266  
3471 Saviers Rd  
Oxnard CA, 93033

ECHO PARK (LA) 🌱  
213-542-6535  
1631 W Sunset Blvd  
Los Angeles CA, 90026

SANTA MARIA 🌱  
805-925-3432  
1790 S Broadway  
Santa Maria CA, 93454

THOUSAND OAKS 🌱  
805-495-2609  
2150 E Thousand Oaks Blvd  
Thousand Oaks CA, 91362

SANTA BARBARA  
805-683-7696  
5154 Hollister  
Goleta CA, 93111

SIMI VALLEY  
805-522-6990  
2955 Cochran St  
Simi Valley CA, 93065

MIRACLE MILE (LA) 🌱  
323-648-7980

710 South La Brea Ave  
Los Angeles CA, 90036



LOCATIONS FEATURING DELI AND JUICE BAR

# LASSENS MEAT DEPARTMENT

**LASSENS**

USDA ORGANIC

100% GRASS FED BEEF

Lassens  
Ground Beef, 85/15  
16 oz.

**\$8<sup>99</sup>** ea.

**LASSENS**

USDA ORGANIC

100% GRASS FED BEEF

Lassens  
Organic Boneless  
Top Sirloin Steak, 6 oz.

**\$13<sup>99</sup>** ea.

**SMART CHICKEN**

USDA ORGANIC

Smart Chicken  
Organic Boneless Chicken Thighs

**\$8<sup>99</sup>** lb.

**First Light**

NON GMO PROJECT VERIFIED

First Light  
Wagyu Non Gmo Skirt Steak

8 oz.

**\$13<sup>99</sup>** ea.

**LASSENS**

USDA ORGANIC

Lassens  
Organic Beef Stir Fry Strips

8 oz.

**\$12<sup>99</sup>** ea.

**Pederson's**

Pederson's  
Kielbasa Sausage ABF No Sugar

14 oz.

**\$7<sup>49</sup>** ea.

**Pederson's**

USDA ORGANIC

Pederson's  
Organic Applewood or Sugar  
Free Smoked Bacon

8 oz.

**\$7<sup>99</sup>** ea.

**STAR FISHERIES**

WILD CAUGHT

Star Fisheries  
Dover Sole Fillet

lb.

**\$10<sup>99</sup>**

# LASSENS SUPPLEMENTS, HEALTH & BEAUTY

## AUOMERE

Ayurvedic Mouthwash  
16 oz.

ADDITIONAL  
ITEMS  
ON SALE!



**\$11<sup>99</sup>**

Also on sale:  
Tulsi-Spice Shampoo Bar  
4.23 oz. **\$4.99**

## BUCKLEBURY

Irish Sea Moss  
Gummies  
60 ct.

ADDITIONAL  
ITEMS  
ON SALE!



**\$22<sup>99</sup>**

Also on sale:  
Zeolite  
90 ct. **\$23.99**

## COUNTRY LIFE

Activated Charcoal  
100 ct.



**\$12<sup>49</sup>**

Also on sale:  
Acidophilus With Pectin  
100 ct. **\$12.99**

## HERBATINT

5N Light Chestnut Permanent Haircolor  
4.56 oz.

ADDITIONAL  
ITEMS  
ON SALE!



**\$14<sup>99</sup>**

Also on sale:  
8N Light Blonde Permanent  
Haircolor, 4.56 oz. **\$14.99**

## KYOLIC

Blood Pressure Health  
80 ct.



**\$23<sup>49</sup>**

Also on sale:  
Immune Support  
200 ct. **\$22.49**

## NEW CHAPTER

Zyflamend  
60 ct.

ADDITIONAL  
ITEMS  
ON SALE!



**\$34<sup>49</sup>**

Also on sale:  
Magnesium+Ashwagandha  
30 ct. **\$14.99**

## PLUS CBD BY CV SCIENCES

Calm Gummies  
Strawberry Lemonade  
30 ct.

ADDITIONAL  
ITEMS  
ON SALE!



**\$28<sup>49</sup>**

Also on sale:  
Sleep Gummies  
Raspberry, 30 ct. **\$28.49**

## PRIMAL KITCHEN

Collagen Fuel Vanilla Coconut  
13.05 oz.



**\$33<sup>49</sup>**

Also on sale:  
Collagen Fuel  
Chocolate, 13.89 oz. **\$33.49**

## TEA TREE THERAPY

Pure Australian  
Tea Tree Oil  
1 oz.



**\$9<sup>99</sup>**

Also on sale:  
Liquid Tea Tree Oil Soap  
8 oz. **\$5.49**

## WILE

Perimenopause Support  
60 ct.



**\$33<sup>99</sup>**

Also on sale:  
Hot Flash  
60 ct. **\$33.99**

ADDITIONAL  
ITEMS  
ON SALE!

# NATURTINT

The first of its kind to be certified by the USDA BioPreferred® program, Naturtint Permanent hair color is formulated to provide you with better, easy-to-use at-home hair color and up to 100% gray coverage! With a passion for better beauty standards and scientific innovation, Naturtint replaces many synthetic ingredients with naturally derived alternatives. All Naturtint formulas are enriched with plant and seed oils for shiny radiant hair results you can feel good about. Free from ammonia, heavy metals, parabens, resorcinol, and synthetic propylene glycol, and always vegan and cruelty-free!

4N Natural Chestnut or 5N Light Chestnut Brown Permanent Hair Color Gel, 5.75 oz. **\$15.49**

## LASSENS HERBS

Astragalus Tincture  
1 oz.



**\$8<sup>99</sup>**

Also on sale:  
Elderberry Tincture  
1 oz. **\$8.99**

## YERBA PRIMA

Psyllium Husks Powder  
12 oz.



ADDITIONAL  
ITEMS  
ON SALE!

**\$15<sup>49</sup>**

Also on sale:  
Psyllium Whole Husks  
12 oz. **\$15.49**

## ZUM

Goats Milk Bar Soap  
Amber, 3 oz.



**\$4<sup>99</sup>**

Also on sale:  
Goat's Milk Bar Soap  
Frankincense & Myrrh, 3 oz. **\$4.99**

## HUMBLE

Palo Santo &  
Frankincense  
Deodorant  
2.5 oz.



**\$8<sup>99</sup>**

Also on sale:  
Moroccan Rose Deodorant  
2.5 oz. **\$8.99**

## HIMALAYA USA

Whitening  
Complete Care  
Toothpaste  
Peppermint  
150 g.



**\$5<sup>49</sup>** Also on sale:  
Whitening Complete Care  
Mint Toothpaste, 150 g. **\$5.49**

## EO

French Lavender  
Hand Sanitizer Spray  
Organic  
2 oz.



**\$4<sup>19</sup>** Also on sale:  
French Lavender Hand  
Sanitizing Wipes, 10 ct. **\$4.29**

## NATRACARE

Organic Cotton Tampons  
With Applicator  
16 ct.



**\$7<sup>29</sup>** Also on sale:  
Organic Cotton Tampons  
20 ct. **\$5.99**

## ECO LIPS

Mongo Kiss  
Pomegranate  
Lip Balm  
0.25 oz.



**\$2<sup>29</sup>**

# Mamma Chia

SEED YOUR SOUL

Seed your soul and squeeze some natural vitality and powerful nutrients into your day! Our organic chia seeds are infused with vibrant fruits and vegetables to create a convenient snack for you or your little ones to enjoy. With plant-based ALA Omega-3 and natural prebiotic fiber, Chia Squeeze is a satisfying burst that brings the body, mind and soul into higher balance. Perfect for lunchboxes, gym bags, yoga totes, and backpacks as an anytime snack for souls of all ages.



MAMMA CHIA  
Organic  
Black Chia Seeds  
12 oz.

\$5<sup>69</sup>



Recipe

## Ralston FAMILY FARMS

### Spanish Rice

#### INSTRUCTIONS

#### INGREDIENTS

- 2 cups Ralston Family Farms Basmati Rice
- 2 tablespoons cooking oil, we used avocado oil
- 1 cup onion, diced
- 1 tablespoon tomato paste
- 2 cloves garlic, minced
- 2 teaspoons chili powder
- ¼ teaspoon black pepper
- 1 teaspoon sea salt
- 1, 14.5 oz. can diced tomatoes
- 2 ½ cups chicken broth
- Cilantro

1. In a fine colander, rinse rice with water until water runs clear. In a large pot over medium heat, heat pan until hot.
2. Add oil, then add rice to toast it, stirring every minute or so, for about 4 minutes until it starts to brown. Add onion and cook about 3 minutes until translucent. Add tomato paste, garlic, cumin, chili powder, black pepper, and sea salt. Stir to combine and cook 1-2 minutes until fragrant. Add diced tomatoes and chicken broth and bring to a boil. Stir, cover, and reduce heat to a simmer. Cook on low for 15 minutes.
3. Remove from heat and keep covered to let steam for 10 minutes. Remove lid and fluff with a fork. Enjoy with your favorite protein and vegetables or on its own, garnished with cilantro!

YACHAK  
Yerba Mate  
Blackberry  
16 oz.



\$1<sup>89</sup>

+crv



MI RANCHO  
Original Tortilla Chips  
11 oz.



\$3<sup>89</sup>



DR BRONNERS  
Sal Suds  
1 qt.

\$10<sup>99</sup>



ANNIE'S HOMEGROWN  
Shells &  
Real Cheddar  
6 oz.

\$2<sup>99</sup>



BEYOND GOOD  
Chocolate  
80% Cocoa  
2.64 oz.



\$2<sup>99</sup>



BRAGG  
Apple Cider Vinegar  
Organic  
32 oz.



\$5<sup>29</sup>



CASCADIAN FARM  
Cinnamon Crunch  
Cereal  
9.2 oz.



\$3<sup>99</sup>



CAULIPUFFS  
Honey BBQ  
4 oz.

\$3<sup>99</sup>



CHOCOLOVE  
Dark Chocolate  
Raspberry  
3.1 oz.

\$2<sup>49</sup>



CLAROS  
Freeze Dried Tangerines  
.88 oz.



\$4<sup>99</sup>



CULTURE POP  
Probiotic  
Soda  
Watermelon  
12 oz.



\$1<sup>69</sup>

+crv



EDEN  
Garbanzo  
Beans  
15 oz.



\$2<sup>79</sup>



FODY FOOD  
Tomato Basil  
Pasta Sauce  
19.4 oz.



\$6<sup>89</sup>



GO RAW  
Sprout Pumpkin Seeds  
14 oz.



\$11<sup>99</sup>



GRANDY OATS  
Coconola  
Original  
9 oz.



\$7<sup>49</sup>



JOYFULL BAKERY  
Parmesan Crisps  
Original  
3 oz.

\$4<sup>89</sup>



KASHI  
Cinnamon Harvest  
14 oz.



\$4<sup>99</sup>



KNUDSEN  
Just Tart Cherry Juice  
Organic  
32 oz.



\$6<sup>99</sup>

+crv



LA TOURANGELLE  
Avocado Oil  
500 ml.

\$12<sup>99</sup>



MOMOFUKU  
Chili Crunch  
5.5 oz.

\$8<sup>99</sup>



MOUNT HAGEN  
Instant Coffee  
3.53 oz.



\$9<sup>99</sup>



ANCIENT DRINK  
Switchel  
Ancient Drink  
16 oz.



\$4<sup>49</sup>

+crv



MUIR GLEN  
Tomato & Basil  
Pasta Sauce  
23.5 oz.



**\$2<sup>99</sup>**

NATIVE FOREST  
Coconut Milk  
Unsweetened  
13.5 oz.



**\$2<sup>49</sup>**

PRIMAL KITCHEN  
Avocado Oil Mayo  
12 oz.



**\$8<sup>99</sup>**

RXBAR  
Chocolate Sea Salt Bar  
1.83 oz.



**\$1<sup>99</sup>**

RXSUGAR  
Plant Based Keto Chocolate Bar  
8 oz.



**\$8<sup>99</sup>**

SEEDS OF CHANGE  
Quinoa & Brown Rice  
8.5 oz.



**\$2<sup>99</sup>**

SEMPIO  
Gochujang Sauce  
8.81 oz.



**\$5<sup>99</sup>**

SLATE  
Protein Coffee  
Vanilla Latte  
11 oz.



**\$2<sup>89</sup>**  
+crv

SOMOS  
Cilantro Lime White Rice  
8.8 oz.



**\$2<sup>99</sup>**

STEAZ  
Green Tea-Peach  
16 oz.



**\$1<sup>89</sup>**

STEVE & ANDYS  
Chocolate Chip Cookies  
6.3 oz.



**\$5<sup>99</sup>**

TONNINO  
Yellowfin Tuna With Olive Oil  
6.7 oz.



**\$6<sup>99</sup>**

TONY'S COFFEE  
Coffee  
Espresso  
12 oz.



**\$11<sup>89</sup>**

UNREAL  
Dark Chocolate Coconut Bars  
4.2 oz.



**\$4<sup>99</sup>**

FENTIMANS  
Curiosity Cola  
9.3 oz.



**\$1<sup>89</sup>**  
+crv

GOOD MOOD SODA  
Cola Soda  
12 oz.



**\$1<sup>99</sup>**  
+crv

HEALTEA  
Ginger + Chamomile Sparkling  
355 ml.



**\$1<sup>99</sup>**  
+crv

WATERLOO  
Sparkling Water  
Lime  
12 oz.



**89¢**  
+crv

BETTERBRAND  
The Classic  
Bagel  
14.8 oz.



**\$8<sup>99</sup>**

BITCHIN SAUCE  
Cilantro Chili  
8 oz.



**\$4<sup>99</sup>**

BIZZY COFFEE  
Cold Brew Coffee  
Breakfast Blend  
48 oz.



**\$5<sup>99</sup>**

BREW DR  
Clear Mind  
Kombucha  
14 oz.



**\$2<sup>49</sup>**  
+crv

CASCADIAN FARM  
Organic  
Blueberries  
28 oz.



**\$13<sup>99</sup>**

DAILY HARVEST  
Sweet Potato & Wild Rice  
11.6 oz.



**\$8<sup>99</sup>**

DAVES KILLER BREAD  
Honey Almond Oat Bar  
7 oz.



**\$4<sup>99</sup>**

FORAGER PROJECT  
Strawberry Yogurt  
3.2 oz.



**\$1<sup>89</sup>**

GLUTENULL  
Coco D'lish Bars  
8 oz.



**\$9<sup>99</sup>**

ITHACA  
Lemon Dill Hummus  
10 oz.



**\$3<sup>79</sup>**

KERRYGOLD  
Irish Butter  
8 oz.



**\$4<sup>89</sup>**

KEVITA  
Herbal Spritzer  
Harmony  
Peach  
Elderflower  
15.2 oz.



**\$3<sup>99</sup>**  
+crv

4505 MEATS  
Chicharrones  
Sea Salt  
2.5 oz.



**\$3<sup>69</sup>**

LITTLE SESAME  
Caramelized Onion Hummus  
8 oz.



**\$3<sup>99</sup>**

MINGSBINGS  
Bing Cheeseburger  
2 pack, 9 oz.



**\$5<sup>49</sup>**

NANCYS  
Oatmilk Vanilla Yogurt  
5.3 oz.



**\$1<sup>49</sup>**

ORGANIC VALLEY  
Mozzarella  
Stringles  
8 oz.



**\$10<sup>99</sup>**

RUDIS  
Organic  
Spelt Bread  
20 oz.



**\$5<sup>49</sup>**

LUCINI  
Organic  
Extra Virgin  
Olive Oil  
16.9 oz.



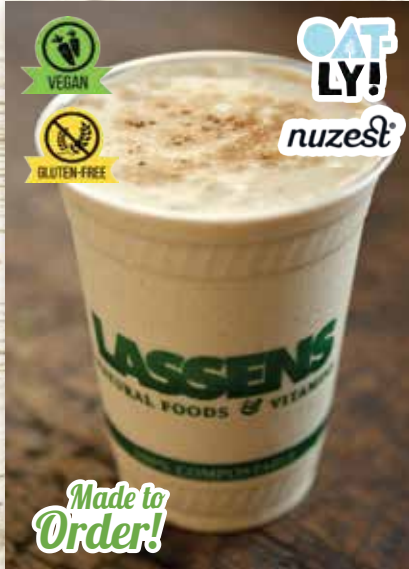
**\$17<sup>99</sup>**

ALOHA  
Peanut Butter Chocolate  
Chip Bar, 1.98 oz.



**\$1<sup>99</sup>**

# LASSENS FRESH KITCHEN



## Pumpkin Protein Smoothie

Original Oatly, Vanilla Oatly Ice Cream, Pumpkin Mix, Banana, Cinnamon, Nu Zest Protein

**\$8<sup>49</sup>** 16 oz. **\$10<sup>49</sup>** 24 oz.



## Apple Dandelion Juice

Organic Dandelion Greens, Organic Lemon, Organic Turmeric, Organic Ginger, Organic Beet, Organic Cucumber, Organic Apple.

**\$8<sup>49</sup>** 16 oz. **\$10<sup>49</sup>** 24 oz.

## Breakfast Sandwich

Organic Eggs, Natural Pork Bacon, Cheddar Cheese, Chipotle Aioli, Organic Hash Browns, Brioche Bun or Ciabatta Bun.

**\$9<sup>99</sup>** ea.



## Turkey Sandwich

Organic Bread, Free-Range Natural Turkey, Natural Swiss Cheese, Organic Tomato, Organic Lettuce, Organic Alfalfa Sprouts, Organic Cadia Mayonnaise.

**\$9<sup>99</sup>** ea.



## Carrot Gingersoup

Organic vegetable stock (filtered water, organic carrot, organic onion, organic celery, California garlic, organic parsley, sea salt, organic olive oil, organic peppercorn, organic bay leaf), organic carrot, organic onion, organic ginger, organic olive oil, sea salt, organic black pepper.

**\$8<sup>49</sup>** ea.



## Vegetarian Citrus Spareribs

Vegan Citrus Spare Ribs, Soybean Oil, Soybean Protein, Raw Cane Sugar, Wheat Protein, Tapioca Starch, Soy Sauce Organic Red Bell Peppers, Organic Green Bell Peppers, Organic Green Onion, Citrus Sauce, Grape seed oil, Rice Vinegar, Ginger, Agave, Tapioca starch.

**\$13<sup>99</sup>** lb.



## Raw Kelp Pesto Pasta

Kelp noodles, organic kale, organic walnuts, organic cherry tomatoes, organic cashews, organic brazilian nuts, organic lemon juice, organic basil olive oil, organic garlic, kalamata olives, nutritional yeast.

**\$10<sup>49</sup>** lb.



## Blackout Slice Cake

Semisweet Chocolate, Beets, Sugar, Cream, Pastry Flour, Corn Oil, Egg, Dark Chocolate, Nonfat Milk, Baking Powder, Baking Soda, Salt, almonds.

**\$6<sup>49</sup>** 3 oz.

