

Old Bay Seasoning

Regular Price: \$5.49

6 oz

\$3.79



Marquette Food Co-op
Cole Slaw Mix

Regular Price: \$3.99

each

BUY ONE GET ONE 1/2 OFF!



Organic
Red Potatoes 5 lb Bag

Regular Price: \$7.99

each

\$5.59



Organic
Red Potatoes

Regular Price: \$1.99

per pound

\$1.39



Marquette Food Co-op **SUSTAINABLE SEAFOOD SALE** AUGUST 11TH 9am – 9pm

Fresh
Sockeye Salmon Steaks

Regular Price: \$14.99

per pound

\$12.99



Fresh
Barramundi

Regular Price: \$16.99

per pound

\$14.99



Fresh
Ocean Trout

Regular Price: \$16.99

per pound

\$14.99



Fresh
Sea Scallops

Regular Price: \$1.99

each

\$1.75



Organic
Carrots 5 lb Bag

Regular Price: \$7.99

each

\$5.59



Organic
Limes

Regular Price: \$1.99

per pound

\$1.39



Organic
Bagged Lemons

Regular Price: \$7.99

each

\$5.59



Organic
Bi-Color Corn

Regular Price: 99c

each

5 FOR \$4



Peeled & Deveined
21/30 Shrimp

Regular Price: \$23.99

2 lb bag

\$19.99

Frozen



Thill's
Lake Superior Whitefish

Regular Price: \$11.49

per pound

\$10.99



Fresh
Tilapia Fillet

Regular Price: \$8.29

per pound

\$7.49



Marquette Food Co-op
Salmon Burger

Regular Price: \$4.99

each

\$4.49



ALSO ON SALE
Smoked Whitefish & Mustard & Brown Sugar Salmon!



502 W Washington St
Marquette, MI 49855

Open Daily 8am – 10pm
Everyone Welcome

www.marquettefood.coop
906.225.0671



Strauss Boneless Ribeye Steak

Regular Price: \$22.99

per pound



\$2 OFF

When purchased with a bag of peeled & deveined 21/30 shrimp



Strauss Flat Iron Steak

Regular Price: \$11.49

per pound



\$1 OFF

When purchased with a bag of peeled & deveined 21/30 shrimp



Previously Frozen Wild Salmon Fillet

Regular Price: \$15.99

per pound

\$14.39



Fresh Tuna Steaks

Regular Price: \$8.99

each

\$8.79



Loki Garlic Pepper Smoked Salmon

Regular Price: \$7.39

each

\$6.79



Loki Northwest Smoked Salmon

Regular Price: \$7.39

each

\$6.79



Loki Wild Lox

Regular Price: \$9.49

each

\$7.99



Lasc Co. Nova Lox

Regular Price: \$6.99

3 oz

\$5.99



Marquette Food Co-op Crab Cake Stuffed Whitefish

Regular Price: \$13.99

per pound

\$12.59



Sea Wings Crab Meat

Regular Price: \$16.99

each

\$14.99



Abba Dill Pickled Herring

Regular Price: \$5.49

8.5 oz

\$4.99



Abba Traditional Pickled Herring

Regular Price: \$5.29

8.5 oz

\$4.79



Garret Valley Smoked Polska Kielbasa

Regular Price: \$6.79

12 oz

\$4.69



Boulart French Baguette

Regular Price: \$3.69

each

BUY ONE GET ONE FREE!



Kerrygold Garlic & Herb Butter

Regular Price: \$2.39

3.5 oz

\$1.59



Jilbert's Dairy Salted Butter

Regular Price: \$4.19

16 oz

BUY ONE GET ONE FREE!

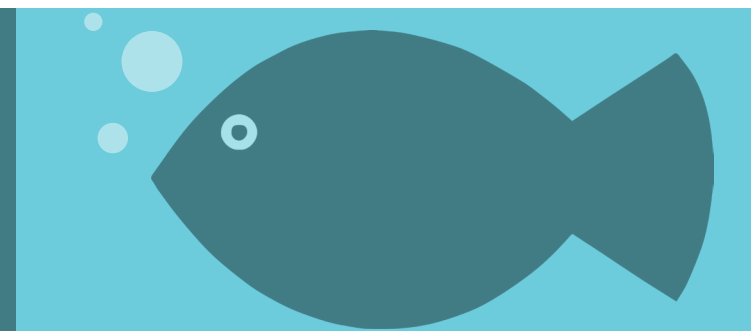


MFC PHISH-OSOPHY:

We buy our fish with sustainability in mind – we choose our fish and seafood based on the Monterey Bay Seafood Watch recommendations – in order to:

- Sustain the vitality of harvested species
- Care for the well-being of our oceans
- Preserve the livelihood of fisheries

www.seafoodwatch.org/ocean-issues/fishing-and-farming-methods



The 5/2 PLAN

BECOME AN OWNER NOW FOR \$5 DOWN.

IT PAYS TO BE AN OWNER

- Co-op Values sales are 20% off for owners
- Free or reduced admission to Co-op events & cooking classes
- Opportunity to vote and run for the Board of Directors
- Investment in a cooperatively owned business
- Potential yearly patronage dividend
- 20% discount on most special orders