Cascadia market

WE ARE LOCATED IN THE
International Living - Learning Center

WE ARE OPEN
7:30am - 10pm Mon-Fri
9am - 10pm Sat-Sun

November 14 to November 27, 2013

Martinelli's
Sparkling Cider
25.4 FL OZ

Great apple taste with bubbles! The perfect non-alcoholic celebration beverage.

$3.59

Ines Rosales
Sweet Olive Oil Tortas
1.06 OZ

$4.49

Also available in Cinnamon, Seville Orange, Rosemary & Thyme

Try Our Signature New York Pastrami

Pastrami, Swiss Cheese, Reuben Sauce and Sauerkraut.

$5.85 Whole/$3.95 Half

Deli Salads

Made Fresh Daily - Red, White and Bleu Potato Salad, Broccoli Burst, Sun Dried Tomato Penne and many more!

Pomegranate

Whole Pomegranates

$2.30

Huge Citrus Selection!

Blood Oranges, Valencia Oranges, Grapefruit, Tangerines, Cutie Mandarins, Lemons, Limes, Buddha's Hand.

Lotus Foods
Forbidden Rice Bowl
7.4 OZ

$3.39

Rice is Ready in 90 seconds when using a microwave! Organic and sustainable!

Organicville
Organic Sesame Teriyaki Sauce
13.5 FL OZ

$4.99

Teriyaki Rice Bowl Recipe

2 oz. Broccoli(about 5-7 crowns)
2 oz. Snow peas(about 5-7 pods)
1 Bowl Cooked Rice(see ad)
1-2 oz. Teriyaki Sauce to taste

Place vegetables, and contents of cooked rice container into large microwaveable bowl. Cover and place into microwave for 3 minutes. The moisture from the vegetables and the rice will steam the veggies. Stir. Cover and place in microwave for an additional two minutes or until steaming. Be careful removing cover, steam can burn! Pour teriyaki into bowl and stir.
Try adding cooked chicken breast (available from our freezer section) or Tofu(available in the produce section).
All Items in this recipe are available at Cascadia Market.

We accept Dinning Dollars(15% discount), Orange Reward Dollars(10% discount), Visa, Master Card, Checks and Cash.