



5300 Sunset Blvd.
in Lexington
803-359-2920
www.14Carrot.net



July 27th - August 30th

Health-Ade
Organic Kombucha
Assorted Varieties
16 fl oz Reg: \$3.89

\$2.69



Remedy Organics
Organic Protein Drink
Assorted Flavors
12 fl oz Reg: \$5.19

\$3.59



Wonder Melon
Organic Watermelon
Juice Cucumber Basil
8.45 fl oz Reg: \$3.49

\$2.39



Meyenberg
Goat Yogurt
Plain

6 oz Reg: \$2.99

\$2.09



Painterland Sisters
Organic Yogurt
Assorted Flavors

5.3 oz Reg: \$2.89

\$1.99



Good Karma
Flaxmilk + Protein
Vanilla Unsweetened
64 fl oz Reg: \$6.39

\$4.49



Kevin's Natural Foods
Entrees Cilantro Lime
Chicken or Teriyaki-
Style Chicken

16 oz Reg: \$10.99

\$8.79



DELI SPECIAL
smoochie

TRILOGY KOMBUCHA
ORGANIC HONEY
ORGANIC BANANA
ORGANIC FRUIT OF CHOICE

\$6.99



Organic Adzuki Beans
#3000 Reg: \$4.99

\$3.49/lb



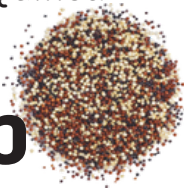
Organic Navy Beans
#3110 Reg: \$3.59

\$2.49/lb



Organic Tri-Color Quinoa
#301965 Reg: \$4.39

\$3.09/lb



BULK DEALS

Organic Almond Butter
#3516 Reg: \$12.99

\$9.09/lb



Organic Pearled Barley
#3017 Reg: \$2.49

\$1.75/lb



The Essential Baking Company
Organic Sourdough
Take & Bake Loaf
16 oz Reg: \$7.29

\$5.29



Silver Hills Bakery
Little Big Bread
15 oz Reg: \$5.25

\$3.29



Caulipower
Cauliflower Pizza Crust
12 oz Reg: \$9.49

\$6.79



Annie's Homegrown
Pizza Poppers
Uncured Pepperoni
or 3 Cheese
6.8 oz Reg : \$5.89

\$3.79



Annie's Homegrown
Mini Pizza Bagels
3 Cheese
6.65 oz Reg: \$7.09

\$4.49



Amy's Organic Snacks
Mac & Cheese
6 oz Reg: \$5.89

\$4.29



Sambazon
Organic Red Dragon
Fruit Cubes

12 oz Reg: \$6.19

\$4.49



Sambazon
Smoothie Cubes
Mango Acai

20 oz Reg: \$11.79

\$8.99



Cado Non-Dairy
Avocado Frozen Dessert
Deep Dark Chocolate

1 pint Reg: \$8.29

\$5.99



Compostic
Compostable
Snack Bags

25 ct Reg: \$4.69

\$3.29



Chosen Foods
Classic Mayo
Avocado Oil Based

12 floz Reg: \$8.79

\$6.29



Chosen Foods
100% Pure Avocado
Oil Spray

4.7 fl oz Reg: \$6.69

\$5.29



Chosen Foods
100% Pure
Avocado Oil

16.9 fl oz Reg: \$15.39

\$10.99



Napa Valley Naturals
Organic Extra Virgin
Olive Oil

25.4 fl oz Reg: \$17.59

\$15.99



Coconut Secret
100% Organic
Coconut Aminos

8 fl oz Reg: \$7.69

\$5.29



Nutiva
Organic Virgin
Coconut Oil

23 oz Reg: \$16.19

\$11.99



Nutiva
Organic Refined
Coconut Oil

23 fl oz Reg: \$13.89

\$9.99



Nutiva
100% Organic
Coconut Oil or
Coconut Manna

14-15 oz Reg: \$11.49-\$12.09

\$8.99



Otto's Naturals
Baking Powder
8oz Reg: \$7.49

\$5.29



Otto's Naturals
Cassava Flour
2lb Reg: \$16.99

\$13.99



Otto's Naturals
Cassava Flour
1lb Reg: \$9.05

\$6.49



Manitoba Harvest
Shelled Hemp
Hearts

8 oz Reg: \$8.99

\$5.79



Manitoba Harvest
Organic Shelled
Hemp Hearts

7 oz Reg: \$13.19

\$8.99



Manitoba Harvest
Organic Shelled
Hemp Seeds

12 oz Reg: \$15.29

\$10.99



Coombs Family Farms
Organic Maple Syrup
Grade A, Dark
12 fl oz Reg: \$16.59

\$13.99



Lakanto
Golden Monkfruit
Sweetener
3.17 oz Reg: \$4.89

\$3.79



Lakanto
Classic Monkfruit
Sweetener
8.29 oz Reg: \$6.09

\$4.79



Lakanto
Monkfruit Sweetener
Liquid
1.85 fl oz Reg: \$12.09

\$8.99



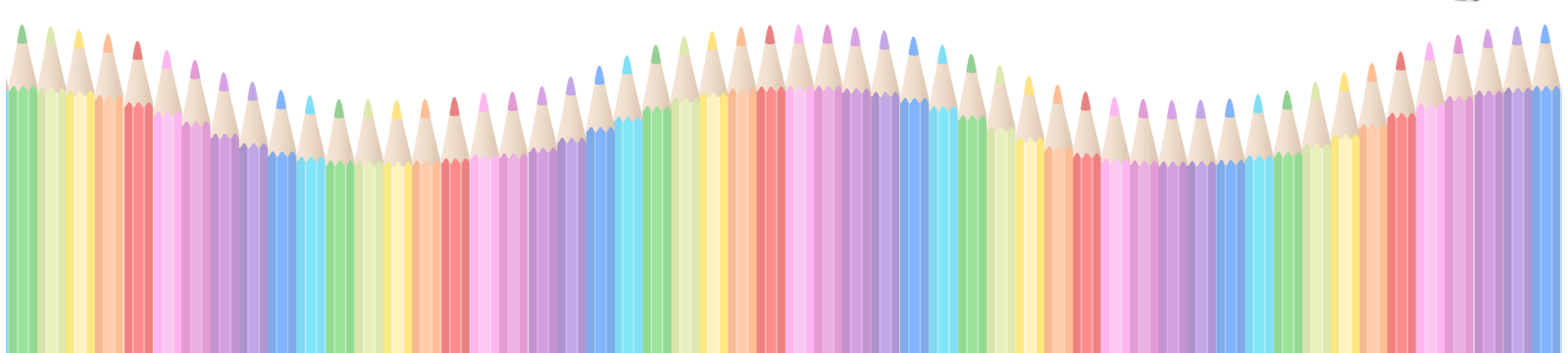
Lakanto
Powdered Monkfruit
Sweetener
1 lb Reg: \$12.19

\$9.49



Lakanto
Dark Chocolate
Peanut Butter Cups
3.17 oz Reg: \$6.99

\$5.29



Bob's Red Mill
Old Country Style
Meusli

18 oz Reg: \$5.69

\$3.99



Bob's Red Mill
Paleo Style
Muesli Cereal

14 oz Reg: \$ 11.39

\$8.99



Bob's Red Mill
Fruit & Seed
Muesli Cereal

14 oz Reg: \$6.49

\$4.99



Bob's Red Mill
Paleo Style Muesli Cereal
Assorted Varieties

14 oz Reg: \$6.09

\$4.29



Bob's Red Mill
Oat Bar
Assorted Flavors

1.76 oz Reg: \$1.59

99¢



Bob's Red Mill
Organic Flaxseed
Meal

16 oz Reg: \$5.79

\$3.99



Bob's Red Mill
Organic Golden
Flaxseed Meal

16 oz Reg: \$5.99

\$4.29



Bob's Red Mill
Organic Whole
Chia Seeds

12 oz Reg: \$7.19

\$4.99



Bob's Red Mill
Red Bulgur, Polenta,
or Hulled Millet

24 oz Reg: \$4.39-\$4.49

\$3.29



Annie's Homegrown
Organic Chewy
Granola Bars
Chocolate Chip

5.34 oz Reg: \$6.29

\$4.79



Seven Sundays
Maple Cinnamon
Oat Protein Cereal

8oz Reg: \$7.89

\$5.99



Munk Pack Keto
Granola Bar Almond
Butter or Coconut
Cocoa Chip

4/1.12 oz Reg: \$6.79-\$7.49

\$4.99



Munk Pack
Nuts & Seeds Bar
Assorted Varieties

1.23oz Reg: \$2.29

\$1.39



Near East
Couscous
Assorted Flavors

5.7 oz Reg: \$2.99

\$2.29



Explore Cuisine
100% Organic Edamame
& Mung Bean Pasta

Fettuccine
8 oz Reg: \$5.19

\$3.99



Near East
Rice Pilaf
Garlic & Herb
6.3 oz Reg: \$2.99

\$2.79



Near East
Quinoa
Roasted Red Pepper or
Rosemary Olive Oil
4.9 oz Reg: \$2.99

\$2.79



Sfoglino Pasta
Cascatelli
16 oz Reg: \$5.29

\$3.49



Sfoglino
Organic Semolina Pasta
Assorted Varieties
16 oz Reg: \$5.29

\$3.49



Banza
Chickpea Rotini Pasta
8 oz Reg: \$4.99

\$3.29



Tasty Bite
Heat & Eat Indian Cuisine
Entres Madras Lentils or
Channa Masala
10 oz Reg: \$4.49

\$2.99



Tasty Bite
Heat & Eat Rice Pouch
Assorted Varieties
8.8 oz Reg: \$3.39

\$2.49



Kevin's Natural Foods
Simmer Sauce Pouches
Assorted Flavors

7 oz Reg: \$4.39

\$2.99



A Dozen Cousins
Seasoning Sauce
Caribbean Coconut
4 fl oz Reg: \$3.09

\$2.49



A Dozen Cousins
Beans
Assorted Varieties
10 oz Reg: \$3.69-\$4.09

\$2.99



Siete
Corn Tortilla Chips
Sea Salt, Blue, or
Lime

7.5 oz Reg: \$5.69

\$3.99



Siete
Seasoning Packets
Mild, Spicy, or
Carnitas

1.31 oz Reg: \$2.89

\$1.99



Siete
Kettle Cooked
Potato Chips
Assorted Varieties

5.5 oz Reg :\$4.29

\$2.99



Barbara's
Cheese Puffs
Original, Jalapeno,
or White Cheddar
7 oz Reg: \$3.89

\$2.79



Biena Snacks
Tasty Thins Sea Salt
or Hawaiian BBQ

4.5 oz Reg: \$4.49

\$2.99



Epic
Pork Crackling
Maple Bacon
Seasoning
2.5 oz Reg: \$4.29

\$2.79



Epic
Pork Rinds
Assorted Varieties
2.5 oz Reg: \$4.29

\$2.79



Flackers
Organic Flax Seed Crackers
Sea Salt or Rosemary
5 oz Reg: \$5.79

\$4.29



Flackers
Organic Multi-Seed
Crackers Cheeze or
Chile Lime

4 oz Reg : \$5.69

\$3.99



Prevail
Beef Jerky
Original or Spicy
2.25 oz Reg: \$6.49

\$4.79



The New Primal
Chicken Stick
Buffalo Style
1 oz Reg: \$2.39

\$1.49



The New Primal
Grass Fed Beef Stick
Original or Spicy
1 oz Reg : \$2.39

\$1.49



The New Primal
Free Range Turkey
Stick Classic
1 oz Reg : \$2.39

\$1.49



Bear
Real Fruit Roll
Mango, Raspberry,
or Strawberry

3.5 oz Reg: \$5.49

\$3.49



No Cow Bar
Protein Bars
Birthday Cake
2.12 oz Reg: \$3.05

\$2.29



Newman's Own
Plant-Based Fig
Newmans
10 oz Reg: \$5.39

\$3.79



Midel
Ginger Snaps Regular
or Gluten Free
10 oz Reg: \$5.15

\$3.79



Bob's RedMill
Potato Flakes
16oz Reg: \$4.89

\$4.29



Earth Balance
Natural Creamy Peanut
Butter and Flaxseed
16 oz Reg: \$8.19

\$5.99



Maille
Old Style Mustard
Whole Grain
7.3 oz Reg: \$6.19

\$3.99



Lilys
Chocolate Bar
Assorted Varieties
3 oz Reg: \$4.69

\$3.29



Swoon
Lemonade Pink
or Half & Half
12 fl oz Reg: \$2.39

\$1.59



Essentia Water
Ionized Alkaline
Water pH 9.5
1 ltr Reg: \$2.69

\$1.79



Essentia Water
Alkaline Water
20 fl oz Reg: \$1.55

\$1.09



Jade Leaf Organics
Matcha Tea Culinary
or Ceremonial
3.5 oz Reg: \$9.49

\$7.29



Jade Leaf Organics
Matcha Tea Latte Mix
3.5 oz Reg: \$8.49

\$6.29





20%off

Lily Of The Desert
Organic Aloe Vera Juice
Whole Leaf

32 fl oz Reg: \$11.59

\$7.49



20%off

Kal
D-3 K-2 Drop-Ins
Citrus Flavor
2 fl oz Reg: \$19.09

\$15.99



20%off



20%off

ANDALOU
NATURALS

20%off

everyone
for every body

20%off



**DESERT
ESSENCE®**
Beauty Blooms in the Desert™

20%off

Dr. Bronner's
Organic Castile
Liquid Soap
Assorted Varieties

16 fl oz Reg: \$12.99

\$9.99



sukin®
AUSTRALIAN • NATURAL

20%off

Dr. Bronner's
Peppermint Travel
Toothpaste

1 oz Reg: \$2.79

\$2.29



ALAFFIA®
BEAUTY • EQUALITY • EMPOWERMENT

20%off

Dr. Bronner's
Organic Lotion
Assorted Scents
8 fl oz Reg: \$9.99

\$8.49



Every Man Jack
Body Wash
Cedarwood or
Sandalwood

16.9 fl oz Reg: \$9.89

\$6.49



Every Man Jack
Deodorant
Assorted Scents

2.7 oz Reg: \$8.99

\$5.79

