

PREP LIKE A PRO WITH ROCKY CHICKEN



ROCKY
The Free Range Chicken

Meal prep is easier than you think when you start with a whole Rocky Chicken from our Meat Department or a Rotisserie Chicken from our Deli Department. Prepare your Rocky Chicken or jump straight to the next step with Rotisserie. Then the fun begins: Shred for tacos, or prepare as needed to make Chicken and Pesto Pasta, a Chicken Stir-Fry, or let it shine in a fresh green salad. As a final prepping step, use what remains to make a homemade soup or stock. By combining a whole Rocky Chicken with pantry staples, you can create a variety of flavorful and wholesome dishes to savor all week long.



START YOUR WEEK OFF RIGHT

The magic of meal prepping with Rocky Chicken begins on day one. Whether you choose to roast it yourself or save some time with a Rotisserie Chicken from our Deli, we recommend starting with a classic – Roasted Chicken and Veggies. Make sure to save the leftover chicken and incorporate it into other meals this week!



ROCKY AIR CHILLED WHOLE CHICKEN \$1.69/LB.

Rocky The Free Range Chicken was among the first-free range chicken brands. Locally raised without antibiotics and on a 100% vegetarian diet. Rocky Chickens are hatched and raised in and around Sonoma County.



OLIVER'S OWN HOT AND READY TO EAT ROTISSERIE CHICKEN \$9.99/EA.

Choose from Salt & Pepper, No Salt varieties.



OLIVER'S OWN ROTISSERIE CHICKEN \$10.99/EA.

Choose from Rub Potion #9, Lemon Herb and Garlic, Mexican Spice, Mesquite, Citrus varieties.



**FRESH ORGANIC STALKS OF
CELERY \$1.99/EA.**

Crunchy, delicious and nutritious! Perfect for soups or in a left over chicken salad. Grown in the USA or Mexico.

**SUPER COLOSSAL SIZE
GARLIC \$3.99/LB.**

Elevate your meals with the bold flavor of garlic. Raw or cooked, the possibilities of are endless. Grown in Gilroy, CA.



**REAL
EVERYDAY
VALUES**

**BRUSSEL SPROUTS AND
BUTTERNUT BLEND \$6.99/EA.**

1 Lb. 14 oz. Package. Roast or sauté these to enjoy with your chicken!



**CADIA
ORGANIC BROTH \$2.29**

Selected Varieties.
32 oz. Carton

**MADE
LOCAL**
Sonoma County
@bcbk.com

**KUNDE
CHARDONNAY**

2021, Sonoma County.
750 ml. Bottle

\$14.99^{+crv}

The savory mid-palate leads to flavors of lemon custard, toasted butterscotch, and golden apple. Fresh acidity lingers into the complex finish with soft touches of cream.



**PORTLANDIA
PINOT NOIR**

2021, Oregon.
750 ml. Bottle

\$15.99^{+crv}

Vibrant flavors of red cherry and cranberry follow, accompanied by accents of black tea and thyme, with a dash of pink peppercorn.



JUST ADD CHICKEN

Roasted chicken is truly one of the most versatile foods, and using the leftovers for future meals proves it! Below are some ideas to help fill this week's menu, but the possibilities are nearly endless, so have some fun!



MONTEBELLO ORGANIC PASTA \$2.99

Selected Varieties. 16 oz. Package



OLIVER'S OWN MARINARA SAUCE \$4.99

16 oz. Container



Italian Chicken Pasta



COSTEAUX SLICED SOURDOUGH BOULE \$4.99

18 oz. Boule.



OLIVER'S OWN PESTO OR BOLOGNESE SAUCE \$5.99

8-16 oz. Container



OLIVER'S OWN GRATED PARMESAN \$4.99

Grated 8 oz. Tub
SHREDDED 5 OZ. \$3.99
SHAVED 5 OZ. \$4.49

Chicken Tacos



LA TORTILLA FACTORY FLOUR TORTILLAS

Soft Taco Size.
10 Count Package

\$2.79



LATE JULY ORGANIC TORTILLA CHIPS

Selected Varieties.
10.1 oz. Bag

\$2.79



DAISY SOUR CREAM

14 oz. Squeeze Bottle

\$2.99



AMY'S ORGANIC SALSA

Selected Varieties.
14.7 oz. Jar

\$3.99

Teriyaki Chicken Stir Fry



BACHAN'S JAPANESE BARBECUE SAUCE

Selected Varieties.
16-17 oz. Bottle

\$5.49



CASCADIAN FARM ORGANIC FROZEN VEGETABLES

Selected Varieties.
10 oz. Bag

\$2.99



MAHATMA LONG GRAIN WHITE RICE

32 oz. Package

\$2.19



ORGANIC SHIITAKE MUSHROOMS

Grown by Mushroom King in California.

\$8.99/LB.

Chicken Tikka Masala



**MAYA KAIMAL
SIMMER SAUCES \$5.49**

Selected Varieties. 12.5 oz. Jar



**STONEFIRE
NAAN DIPPERS \$3.49**

Selected Varieties. 7.05 oz. Package



**YUKON GOLD
POTATOES 99¢/LB.**

Great for a vegetable curry. Grown by Chuckanut Farm in Washington

Chicken Salad



**ORGANIC GIRL
SALADS MIXES \$2.99**

Selected Varieties. 5 oz. Package



**FRESH ORGANIC
MINI CARROTS \$1.29**

Perfect for dips or in salads. 1 Lb. Bag.
Grown by Bunny Luv in California



**YO MAMA'S
DRESSING \$4.69**

Selected Varieties. 13 oz. Bottle

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ROCKY AIR CHILLED WHOLE CHICKEN \$1.69/LB.

Locally raised without antibiotics and on a 100% vegetarian diet.

Rocky Chickens are hatched and raised in and around
Sonoma County, then packed locally in Petaluma.





OLIVER'S CHOICE 100% ANGUS BEEF PORTERHOUSE OR T-BONE STEAK \$14.99/LB.

These steaks are distinguished by their rich marbling from our Oliver's Choice 100% Angus Beef that runs through each steak. Experience this rare and flavorful indulgence.



NIMAN RANCH PORK BONELESS CENTER CUT LOIN CHOPS \$10.99/LB.

Center cut loin chops ensure a juicy and tender bite every time. Whether grilled, pan-seared, or roasted, the inherent tenderness of these chops guarantees to satisfy your cravings.



WILD CAUGHT KING SALMON FILLET \$19.99/LB.

Delicate, flaky and versatile! Salmon is a healthy and delicious protein option that pairs well with rice, potatoes or veggies. Previously Frozen. USA. Sustainability rated Green.



OLIVER'S CHOICE 100% ANGUS BEEF BONELESS CROSS RIB ROAST \$6.99/LB.

These tender, juicy and succulent roasts are as simple as they are magnificent. Slice it thin or slow roast and shred it and enjoy it at your Super Bowl party!





FRESH WILD PETRALE SOLE FILLET \$13.99/LB.

This fish has a mild, sweet and delicate white meat. USA. Sustainability rated Green.



SILVA GRILLING SAUSAGES \$6.99/EA.

Selected Varieties. 12 oz. Package. Grill up some hotdogs for your game day parties. Don't forget the buns and condiments!



26 TO 30 COUNT PEELED & DEVEINED RAW PRAWNS \$9.99/LB.

These flavorful prawns are perfect for sautéing or grilling. Previously Frozen. Indonesia. Sustainability rated Red.



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FRESH PEPPERY ORGANIC FRENCH BREAKFAST RADISH \$2.49/EA.

Crisp and mildly peppery, the French Breakfast Radish is great sliced fresh in salads along with its leafy greens or enjoyed on its own.
Grown by County Line South in Thermal California via F.E.E.D. Cooperative.





LOCALLY GROWN ORGANIC MEYER LEMONS \$2.99/LB.

Tart with a little sweetness, these are perfect for fresh squeezed lemonade or adding some acidity to your dishes.
Grown by D.M.S. Farm in Sebastopol via F.E.E.D. Cooperative.



ORGANIC TANGO TANGERINES \$1.99/LB.

Bursting with zesty citrus flavor, these are great for snacking! Grown by Rainbow Valley and Fruit World in California.



ORGANIC COSMIC CRISP APPLES \$1.69/LB.

Enjoy it on its own or slice it and enjoy with peanut butter or caramel sauce. Extra Fancy Grade. Grown in Washington.



FRESH CRUNCHY BROCCOLI CROWNS \$1.99/LB.

These crunchy beauties are great fresh, steamed, roasted or sautéed! Grown by T&A in Arizona.



SWEET CRISP HUNNYZ APPLES \$1.99/LB.

The sweet, juicy flavor of these apples makes them great for adding to fruit salads. Grown by Gee Whiz in Washington.



FRESH EXPRESS CAESAR SALAD KIT \$1.99/EA.

9.7 oz. Package. It's a classic, restaurant-style Caesar salad, no trip to a restaurant needed!



NEW CROP OF MINNEOLA TANGELO \$1.29/LB.

A cross between a tangerine and a grapefruit, enjoy them while they're still in season! California grown.

These prices are good from February 1 through February 6, 2024 at Oliver's Market. Four locations to serve you in Sonoma County.

RAO'S HOMEMADE PASTA SAUCE \$5.99

Selected Varieties. 24 oz. Jar.

"Each batch of Rao's Marinara Sauce is slow cooked in small batches with high-quality ingredients. Rao's Homemade, originally born in New York, now brings authentic Italian flavor into your home. Rao's Marinara Sauce is a versatile carb-conscious marinara sauce that offers truly traditional homemade Italian flavor."



Oliver's
Real Food. Real People.®



REAL
EVERYDAY
VALUES

POMI STRAINED TOMATOES OR PASSATA \$3.99

Selected Varieties. 26.46 oz. Container.

Pomì tomatoes are cultivated from over 560 Italian farms located mostly in the municipal districts of Cremona, Parma, Piacenza and Mantua, in Northern Italy.



RAO'S PASTA

Selected Varieties.

16 oz. Package

\$1.99



LATE JULY ORGANIC TORTILLA CHIPS

Selected Varieties.

10.1 oz. Bag

\$2.79



AMY'S ORGANIC SALSA

Selected Varieties.

14.7 oz. Jar

\$3.99



TWININGS TEA

Selected Varieties.

20 Count Box

\$2.99



HUMBLE ORGANIC POTATO CHIPS

Selected Varieties.

5 oz. Bag

\$2.69



PATAGONIA PROVISIONS CRACKERS

Selected Varieties.

4.4 oz. Box

\$2.99



PATAGONIA PROVISIONS TINNED FISH

Selected Varieties.

4.2 oz. Tin

\$3.99



JUSTIN'S ORGANIC NUT BUTTER CUPS

Selected Varieties.

1.32-1.4 oz. Package

\$1.49



EARTH'S BEST BABY FOOD

Selected Varieties.

4 oz. Jar

4 FOR \$5



KIKKOMAN JAPANESE STYLE PANKO BREAD CRUMBS

8 oz. Package

\$1.99



SARA LEE BAGELS

Selected Varieties.

5 Count Package

2 FOR \$7



BERNSTEIN'S SALAD DRESSING OR MARINADES

Selected Varieties.

14 oz. Bottle

2 FOR \$7



CHICKEN OF THE SEA CHUNK LIGHT TUNA

In Oil or Water. 5 oz. Can

99¢



BLACK OAK COFFEE ROASTERS

Selected Varieties.

12 oz. Package

\$10.99



SILVER PALATE GRAIN BERRY CEREAL

Selected Varieties.

12-14 oz. Package

\$3.49



PRINGLES POTATO CHIPS

Selected Varieties.

5.2-5.5 oz. Container

\$2.29



BLACK FOREST GUMMY BEARS OR GUMMY WORMS

Selected Varieties. 4.5 oz. Package

\$1.79



REVEAL GRAIN FREE CAT FOOD

Selected Varieties.

2.47 oz. Can

4 FOR \$5



WORLD CENTRIC 3 GALLON COMPOST BAGS

25 Count Box

\$1.69



SOFT SCRUB CREAM CLEANER

Selected Varieties.

24 oz. Container

\$3.79



HEALTH-ADE KOMBUCHA

Selected Varieties.

48 oz. Bottle

\$4.99_{+crv}



LUMEN WELLNESS SHOTS

Selected Varieties.

1.8 oz. Bottle

\$2.59_{+crv}



LANGERS JUICE BLENDS

Selected Varieties.

64 oz. Bottle

\$2.99_{+crv}



BUBLY SPARKLING WATER

Selected Varieties.

8 Pack/12 oz. Cans

\$3.99_{+crv}



GREEN VALLEY ORGANIC LACTOSE FREE KEFIR

Selected Varieties.

32 oz. Bottle

\$3.99_{+crv}



NUTS FOR CHEESE ORGANIC PLANT BASED CHEESE WEDGES

Selected Varieties.

4.23 oz. Package

\$4.79



NANCY'S ORGANIC CREAM CHEESE

Selected Varieties.

8 oz. Container

\$2.99



CLOVER SONOMA ORGANIC HALF & HALF

16 oz. Container

\$1.99



CLOVER SONOMA ORGANIC COTTAGE CHEESE

Selected Varieties.

16 oz. Container

\$4.49



CLOVER SONOMA ORGANIC LOW FAT YOGURT

Selected Varieties.

32 oz. Container

\$3.99



MONSOON KITCHEN SAMOSAS

Selected Varieties.

10 oz. Box

\$4.49



MASON DIXIE BREAKFAST SANDWICHES

Selected Varieties

9.3 oz. Box

\$4.49



ARMANO FROZEN RAVIOLI OR TORTELLINI

Selected Varieties.

16 oz. Package

\$2.99



FRESCHETTA FROZEN PIZZA

Selected Varieties.

26.11-30.88 oz. Package

\$5.99



BEN & JERRY'S ICE CREAM

Selected Varieties.

16 oz. Container

\$5.49

BULK SAVINGS



**ORGANIC
CRANBERRIES \$3.99/LB.**

Available in our Bulk Foods Department.



**ORGANIC
HULLED MILLET \$1.29/LB.**

Available in our Bulk Foods Department.

WELLNESS SPECIALS



MINERAL FUSION LIPSTICK \$13.99

Selected Varieties. 0.13 oz. Tube

Vivid, smudge-free color. Without all the toxic ingredients, Mineral Fusion's Lipstick is so ultra-luxurious and buttery smooth thanks to Avocado Oil and Cocoa Seed Butter that hydrate and condition your lips. Infused with skin-soothing White Tea, Aloe Vera and antioxidant-rich Pomegranate.



MINERAL FUSION LIQUID OR POWDER FOUNDATION

Selected Varieties.

1 oz. Bottle or 0.32 oz. Compact

\$24.99



MINERAL FUSION MASCARA

Selected Varieties.

0.3 oz. Tube

\$14.99



MINERAL FUSION LIQUID CONCEALER

Selected Varieties.

0.24 oz. Tube

\$18.99



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PICK OF THE WEEK



WADE JOHNSON
Gourmet Cheese
Coordinator

MADE LOCAL
Sonoma County
golocal.coop

VALLEY FORD CHEESE COMPANY ESTERO GOLD RESERVE \$15.99/LB.

“Cheesemaker extraordinaire Karen Bianchi-Moreda and her son Joe Moreda, Jr. are the 4th and 5th generation involved in the dairy industry. Valley Ford Creamery offers a wide variety of Italian inspired cheeses. Estero Gold Reserve is the extra aged version of this Montasio style cheese. As it ages, the texture becomes dry and flaky, and the complexities in the flavor profile deepen. This Sonoma County treasure pairs well with a glass of red wine, or works wonders freshly grated on pasta.”





ANGELO & FRANCO BURRATA \$6.99/EA.

8 oz. Container. Import the cheesemakers not the cheese! Angelo and Franco emigrated to the US to make the highest quality Italian Cheeses from the freshest Californian Milk. Their burrata is a hand stretched delicate pouch of fresh mozzarella stuffed with lusciously creamy stracciatella. Enjoy with chicken pasta, a squeeze of lemon and a drizzle of extra virgin olive oil.



POINT REYES ORIGINAL BLUE \$15.99/LB.

Hailing from Point Reyes, California, this zingy raw milk blue cheese boasts a creamy texture and sports a vibrant white paste. Beautiful blue veining flows throughout every wedge. While sweet and milky up front, each bite finishes with a pleasant acidity.

PICK OF THE WEEK



**JAMES
SCHWEDHELM**
Deli Coordinator

OLIVER'S OWN ROAST BEEF \$11.99/LB.

“Our Roast Beef is everything you didn’t know you were looking for in a lunch meat. There’s something about a freshly sliced lunch meat coming from a whole piece cooked within a day of purchase. You can’t beat that. Our Roast Beef is next level. Give it a shot. The whole family should love it.”

**MADE
LOCAL**

Sonoma County
golocal.coop





IMPORTED JARLSBERG CHEESE \$11.99/LB.

Jarlsberg is famous around the world for its characteristic mild, sweet and nutty taste and its large round holes.



OLIVER'S OWN ORGANIC GARDEN SALAD \$10.99/EA.

12 oz. Add a delicious and nutritious boost to your meal with our fresh green salad!
Found in our self-service Grab & Go.



OLIVER'S OWN KALE SALAD WITH RASPBERRY VINAIGRETTE \$12.99/LB.

Found in our full service Chef's Case.

OLIVER'S MARKET AWARD WINNING BAKERY



**OLIVER'S OWN
CHOCOLATE ORANGE
MOUSSE CAKE \$25.99/EA.**

6 Inch Cake.

“The true magic of the chocolate and orange combination is in its contrast. This cake is an amazing variation of our Chocolate Mousse Cake infused with orange oil and finished with chocolate ganache.”



GIVE & GO TWO BITE MACAROONS \$3.99/EA.

Selected Varieties. 10 oz. Package
Enjoy these bite-size chewy, sweet,
coconuty treats any time of day!



LA BREA TAKE & BAKE CIABATTA ROLLS \$3.99/EA.

4 Count, 12 oz. Package
A superb sandwich roll drawn
from a traditional Italian recipe.



BAKERLY CHOCOLATE CROISSANTS \$6.49/EA.

6 Count Package
A brioche-style puff pastry made with
eggs, butter, and real chocolate.

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OLIVER'S WINERY OF THE WEEK



b.c.v.

“At BCV we are serious about our wines, but not ourselves - let us pull a few corks and see where the day takes us. This is our modern approach to an ancient pursuit.”

**BCV LES CENT
PINOT NOIR \$24.99^{+crv}**

2022, Russian River Valley.
750 ml. Bottle

**BCV WHITE
WINE \$19.99^{+crv}**

2022, Sonoma County.
750 ml. Bottle





MICHELE CHIARLO LE ORME BARBERA

\$11.99_{+crv}

2020, Italy. 750 ml. Bottle

“On the nose, it’s elegant and intense, with notes of fresh mature red fruit, such as cherry and currant. The taste is harmonious, with good structure and roundness, beautiful savory finish.”



JACQUES DUMONT SAUVIGNON BLANC

2021, Loire Valley.
750 ml. Bottle

\$9.99_{+crv}



MARTIN RAY ROSÉ

2022, Sonoma County.
750 ml. Bottle

\$12.99_{+crv}



OZV ZINFANDEL

2021, Lodi.
750 ml. Bottle

\$7.99_{+crv}



Tito's WATERMELON MULE

INGREDIENTS

- 1 1/2 oz. Tito's Handmade Vodka
- 2 oz. Ginger Beer
- 1 oz. Watermelon Juice
- 1/2 oz. Lime Juice

METHOD

Add all ingredients to a Tito's Copper Mug with ice. Stir and garnish with a lime or watermelon slice.

Oliver's
Real Food. Real People.®

For more great recipes go to OLIVERSMARKET.COM/RECIPE

Enjoy!

OLIVER'S MARKET SPIRIT FEATURE OF THE WEEK



TITO'S HANDMADE VODKA \$16.99^{+crv}

750 ml. Bottle.

"It all started in Austin, Texas in the mid-90s, on the very same land where we sit today. It's been over twenty-five years, but we still make it in batches, use old-fashioned pot stills, and taste-test every batch to make sure you get only the best."



TULLAMORE DEW IRISH WHISKEY

Selected Varieties.
750 ml. Bottle

\$17.99^{+crv}



CORRALEJO REPOSADO TEQUILA

750 ml. Bottle

\$23.99^{+crv}



SKYY VODKA

1.75 Liter Bottle

\$23.99^{+crv}



COPPER CAN READY-TO-DRINK COCKTAILS

Selected Varieties.
12 oz. Can

\$3.49^{+crv}

OLIVER'S MARKET CRAFT BREWERY OF THE WEEK

“When we brainstorm ideas for a new beer, our top priorities are to make the best beer we possibly can and to have fun doing so. If you’re enjoying our beer and you giggle from reading the label, our job is complete.”

BARREL BROTHERS NAUGHTY HOPS \$12.99^{+crv}

4 Pack/16 oz. Cans

BARREL BROTHERS BROTHER MAKER \$14.99^{+crv}

4 Pack/16 oz. Cans





BELCHING BEAVER PEANUT BUTTER STOUT

6 Pack/12 oz. Cans

\$10.99_{+crv}



SUDWERK THE PEOPLE'S PILSNER

6 Pack/12 oz. Bottles

\$9.99_{+crv}



SUDWERK BAVARIAN WHEAT

6 Pack/12 oz. Bottles

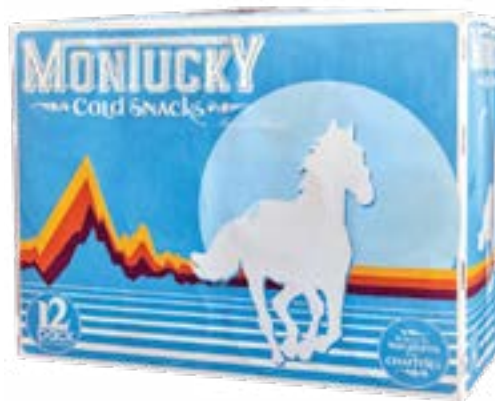
\$9.99_{+crv}



FIRESTONE WALKER 805

12 Pack/12 oz.
Bottles or Cans

\$17.99_{+crv}



MONTUCKY COLD SNACKS

12 Pack/12 oz. Cans

\$10.99_{+crv}



HEINEKEN 0.0 NON-ALCOHOLIC

6 Pack/12 oz. Bottles

\$8.99_{+crv}

These prices are good from February 1 through February 6, 2024 at Oliver's Market. Four locations to serve you in Sonoma County.

546 E. Cotati Avenue
Cotati • 795-9501

560 Montecito Center
Santa Rosa • 537-7123

461 Stony Point Road
Santa Rosa • 284-3530

9230 Old Redwood Highway
Windsor • 687-2050

We reserve the right to limit individual purchases to four packages of any item for sale, except items where otherwise noted. Sale items are not available to any commercial dealer or wholesaler. Items are subject to stock on hand. All items not available at all stores. Photos & Illustrations are for display purposes only and do not necessarily depict items that are on sale. We reserve the right to correct all printed and/or typographical errors. daly design inc. © 2024. All rights reserved.