

Prices valid March 1st-31st, 2024



2002 Woodland Avenue  
Des Moines, IA 50312  
p: 515.243.1754 | f: 515.422.5125

MARKET HOURS:  
8am - 9pm Everyday  
  
CAFÉ HOURS:  
Mon-Thu 10:30am - 9pm & Fri-Sun 8am - 9pm



**Blue Diamond  
Nut-Thins**  
4.25 OZ

**\$4.49**



**Boylan Bottling  
Soda**  
4/12 FL OZ

**\$6.49**



**4/\$5**

**Larabar  
Nutritional  
Bar**  
1.6 OZ



**Perfect Bar  
Organic  
Protein Bar**  
2.5 OZ

**\$2.79**

**Birch Benders  
Organic Buttermilk  
Pancake Mix**  
16 OZ

**\$4.99**



**Celestial  
Seasonings  
Herbal  
Tea**  
Assorted  
Varieties  
20 BAG

**\$3.99**

**South Union Desserts  
Irish Cream Cupcake**  
**\$4.49**







## Meat & Seafood

**Certified Angus Beef Top Sirloin**  
**\$13.99/lb**

**Wild Caught Alaskan Cod**  
**\$14.99/lb**

**DSM Bacon Co. Smoked Bacon**  
**\$8.99/12oz**

**Webster City Smoked Pork Chops**  
**\$6.99/lb**

**George's Cooked Cocktail Shrimp 24ct**  
**\$18.99/lb**

**Wild Caught Icelandic Arctic Char**  
**\$20.99/lb**

## Dairy

**\$7.99**

**Bubbies**  
**Kosher Dill**  
**Pickles**  
33 OZ



**Earth Balance**  
**Organic Whipped**  
**Buttery Spread**  
13 OZ

**\$5.49**



**Bubbies**  
**Sauerkraut**  
25 OZ

**\$7.99**



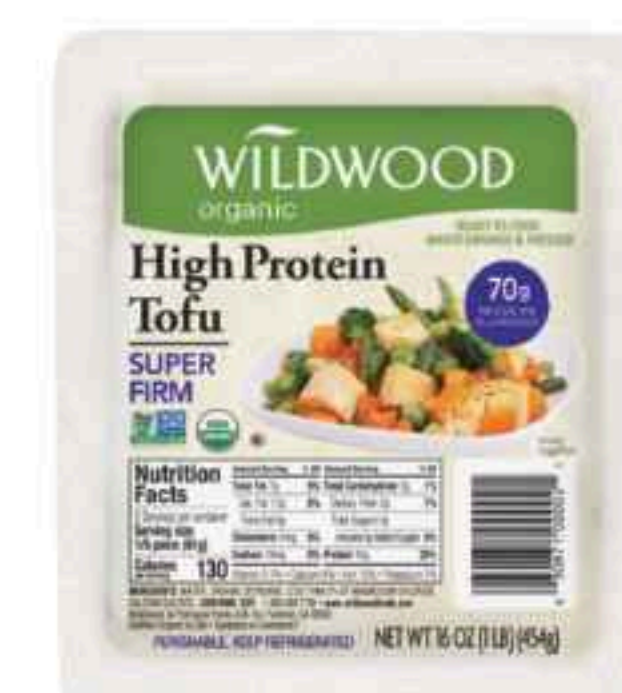
**Seoul**  
**Vegan**  
**Kimchi**  
14 OZ

**\$6.99**



**Miso Master**  
**Organic Mellow**  
**White Miso**  
8 OZ

**\$5.99**



**Wildwood**  
**Organic High**  
**Protein Tofu**  
16 OZ

**\$4.49**





## Cheese

- Dubliner Irish Cheddar  
\$15.99/lb
- Tipperary Irish Cheddar  
\$14.99/lb
- Midnight Moon  
\$29.99/lb
- First Milk Gouda  
\$10.99/lb
- Vermont Crème Fraiche  
\$5.49 8oz
- Vermont Mascarpone  
\$4.49 8oz

## Staples



Blue Diamond  
Almond  
Flour  
16 OZ

\$10.99

Enjoy Life  
Chocolate Chips  
or Chunks  
10 OZ

\$6.99



Bob's Red Mill  
Gluten Free  
Baking Flour  
1-to-1  
44 OZ

\$8.99



Simply Organic  
Organic  
Cinnamon  
2.45 OZ

\$4.99



Spectrum Naturals  
Organic Extra  
Virgin Olive Oil  
25.4 FL OZ

\$14.99

Arrowhead Mills  
Organic All-  
Purpose Flour  
5 #

\$9.99







## Wine

Domaine La Garelle Rose, Rhone Valley,  
France  
\$17.99

Podere LaVigna Rosso di Montalcino,  
Montalcino, Italy  
\$19.99

Vinogradi Nuic White Wine Blend, Bosnia  
and Herzegovina  
\$17.99

Elouan Pinot Noir, Oregon  
\$16.99

Stoller Chardonnay, Dundee Hills, Oregon  
\$19.99

Red Schooner Malbec-Voyage 11, California  
\$39.99

## Breakfast

Bonne Maman  
Preserves  
13 OZ

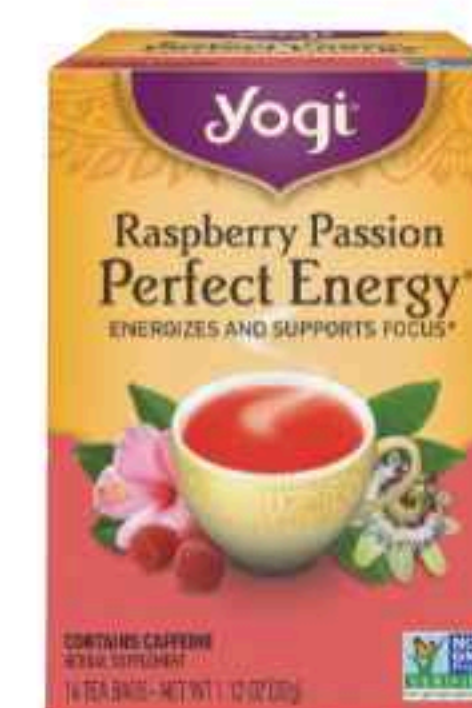
\$6.49



Mom's Best  
Cereal  
17.5 OZ

\$4.99

\$4.49



Yogi  
Raspberry Passion  
Perfect Energy Tea  
16 BAG



Arrowhead Mills  
Organic Pancake  
& Waffle Mix  
22 OZ

\$5.29

\$5.49



Equal Exchange  
Organic  
Tea  
20 BAG

Kind  
Whole Grain  
Granola Clusters  
Almond or Peanut  
Butter  
11 OZ

\$6.99



GATEWAYMARKET.COM





## Cafe Special

### Hot Pastrami Sandwich

Shaved Pastrami, Sauerkraut,  
Swiss & Provolone Cheese,  
Spicy Brown Mustard Served  
on South Union Rye Bread with  
Choice of Side

**\$13.99**

## Chips

### Pretzel Crisps Deli Style Pretzel Crisps

7.2 OZ

**\$3.99**



**\$2.99**

### Garden Of Eatin' Tortilla Chips

5.5 OZ



**\$5.99**

### Pretzel Crisps Pretzel Crisp Bites

12 OZ



### Popchips Potato Chips

5 OZ

**\$3.49**



### Siete Grain Free Puffs

4 OZ

**\$3.99**



**\$4.49**

### Popcorn Indiana Kettle Sweet & Salty Popcorn

7 OZ







## Organic Produce

Organic Lemons  
\$1.99/lb

Organic Green Leaf Lettuce  
\$2.99

Organic Gala Apples  
\$1.99/lb

Josie's Organic Avocado Goddess Salad Kit  
\$5.99 12oz

Organic Baby Carrots  
\$2.49 16oz

## Great Ingredients



Muir Glen  
Organic Diced  
Tomatoes  
14.5 OZ

2/\$5

\$3.99

Muir Glen  
Organic  
Pasta Sauce  
23.5 FL OZ



Pacific Foods  
Organic  
Broth  
32 FL OZ

\$3.99

\$6.99

Spectrum Naturals  
Canola  
Oil  
16 FL OZ



\$4.99

Sfoglini  
Pasta  
16 OZ



Bar Harbor  
Wild Petite Sardines  
in Extra Virgin Olive Oil  
4.2 OZ

\$4.49

GATEWAYMARKET.COM





**South Union Bakery**

**Fresh Baked Cookies**  
**2/\$3**

**Quality Finds**

**\$3.99**

**Kettle And Fire  
Organic  
Broth**  
32 OZ



**Maille  
Cornichons**  
13.5 FL OZ

**\$6.99**



**Bar Harbor  
Clam  
Juice**  
8 FL OZ

**\$2.99**



**\$3.49**

**Reese  
Artichoke  
Hearts**  
14 OZ

**Colavita  
Red or White  
Wine Vinegar**  
17 FL OZ

**\$4.99**



**\$4.99**

**Maya Kaimal  
Inspired  
Soup**  
17.6 FL OZ





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\$2.99

Darrell Lea  
Soft Australian  
Licorice  
7 OZ



\$6.99

Magnolia Bakery  
Banana Pudding  
Cookies  
8 OZ



Quorn Foods  
Meatless  
Cutlets  
9.7 OZ

\$5.99



Applegate Farms  
Breakfast  
Sausage  
7 OZ

\$5.49



Earth Balance  
Vegan  
Buttery  
Sticks  
16 OZ

\$4.99



Simply Organic  
Organic  
Vanilla Extract  
2 FL OZ

\$9.99

Gateway Market Floral  
20% Off Green Plants

