

# MEALS WORTH SHARING



HOLIDAY MENU 2011

*Place your order online by these dates:*

Thanksgiving: **11/22/11**

Christmas: **12/22/11**



**WHOLE  
FOODS**  
MARKET

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[wholefoodsmarket.com/shop](http://wholefoodsmarket.com/shop)







# CELEBRATE FRIENDS, FAMILY & REAL FOOD



There's no better way to honor the season than to fill it up with great meals shared with great friends, and you can get started right here. Everything on the menu meets our strict quality standards, meaning these morsels won't crash the party with artificial colors, flavors or preservatives. Here's to real food!

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LOOK FOR THESE SYMBOLS TO FIND WHAT YOU LIKE —



VEGAN

NEW

NEW THIS YEAR



HEALTH STARTS HERE®



# HOLIDAY MEALS WORTH SHARING



*Whether you're hosting two or twenty, leave the cooking to us. Our heat-and-serve meals are chef-prepared to exacting standards.*

## COMPLETE DINNER PACKAGES

### TRADITIONAL TURKEY HOLIDAY DINNER

Our most popular option covers all the bases. You get a beautiful turkey raised in Sonora, CA by one of the last family turkey ranches and a collection of sides that's as classic as a Norman Rockwell painting.

Fully Cooked Oven Roasted Diestel Turkey, 10-12 lbs  
Savory Herb Stuffing  
Classic Cranberry Relish  
Mashed Potatoes  
Turkey Gravy  
Dinner Rolls  
Traditional Pumpkin Pie

**\$99.99** SERVES 8, \$12.50 PER PERSON

### TRADITIONAL ORGANIC HOLIDAY DINNER

The same great meal as our Traditional Turkey Holiday Dinner, but with an organic turkey.

Fully Cooked Oven Roasted  
Organic Diestel Turkey, 10-12 lbs  
Savory Herb Stuffing  
Classic Cranberry Relish  
Mashed Potatoes  
Turkey Gravy  
Dinner Rolls  
Traditional Pumpkin Pie

**\$149.99** SERVES 8, \$18.75 PER PERSON

### SPIRAL CUT HONEYED HAM DINNER

The centerpiece of this great meal is a nitrate free ham made exclusively for Whole Foods Market. It's smoked slowly for maximum tenderness and glazed with honey. Sides are chosen to compliment the ham's succulence.

Wellshire Farms Spiral Cut Honeyed Ham, 7 lbs  
Apple-Clove Honey Mustard Glaze  
Broccoli Cheddar Potato Gratin  
Sweet Potato Mash  
Dinner Rolls  
Traditional Pumpkin Pie

**\$99.99** SERVES 8, \$12.50 PER PERSON



The Global Animal Partnership is a non-profit organization dedicated to improving the lives of farm animals raised for meat.

## TRADITIONAL READY-TO-COOK TURKEY DINNER

We hand butter this turkey using our own in-house made herb butter and brine it for you. This is the best choice for those that want to save time, but still cook their own juicy bird.

Raw, Brined, Herb Buttered  
All Natural Diestel Turkey, 14-16 lbs  
Savory Herb Stuffing  
Classic Cranberry Relish  
Mashed Potatoes  
Turkey Gravy  
Dinner Rolls  
Traditional Pumpkin Pie

**\$124.99** SERVES 8, \$15.63 PER PERSON

## TRADITIONAL HEIRLOOM TURKEY DINNER

This sensational dinner features a tremendous heritage breed turkey that just might be the finest available. Derived from Bronze and Auburn family lines, these turkeys have old world history and flavor enhanced by traditional farming practices.

Fully Cooked All Natural Oven Roasted Diestel Heirloom Turkey, 14-18 lbs  
Savory Herb Stuffing  
Mashed Potatoes  
Mashed Sweet Potatoes  
Green Beans with Roasted Shallots  
Turkey Gravy  
Classic Cranberry Relish  
Dinner Rolls  
Traditional Pumpkin Pie  
Cranberry Apple Pie

**\$279.99** SERVES 12, \$23.34 PER PERSON

## LATIN FEAST HOLIDAY DINNER

Spice up your celebration! Turkey is still the star, but the accompanying sides add a nice south of the border twist. You may never be able to do without tamales at the holiday table again.

Fully Cooked Oven Roasted Diestel Turkey, 6-8 lbs  
Pork Tamales  
Spanish Rice  
Black Beans  
Mole Sauce  
Dinner Rolls  
Traditional Pumpkin Pie

**\$79.99** SERVES 4, \$19.99 PER PERSON

## INTIMATE HOLIDAY DINNER

If you're having a smaller get together this option is ideal. It's got everything you want in the portions you need.

Fully Cooked Oven Roasted Diestel Turkey, 6-8 lbs  
Savory Herb Stuffing  
Classic Cranberry Relish  
Mashed Potatoes  
Turkey Gravy  
Dinner Rolls  
Traditional Pumpkin Pie

**\$79.99** SERVES 4, \$19.99 PER PERSON

## INTIMATE ORGANIC HOLIDAY DINNER

A smaller Diestel organic turkey with portions of sides to match. These turkeys are fed the best organic corn and soy feed and given plenty of room to move around, allowing incomparable flavor to develop.

Organic Fully Cooked Oven Roasted Diestel Turkey, 6-8 lbs  
Savory Herb Stuffing  
Classic Cranberry Relish  
Mashed Potatoes  
Turkey Gravy  
Dinner Rolls  
Traditional Pumpkin Pie

**\$89.99** SERVES 4, \$22.50 PER PERSON

## INTIMATE GOOSE NEW HOLIDAY DINNER

Your goose is cooked! For you, that is. Pitman Farms raises these free-range California geese for the holidays. Richer than turkey, these birds are a little smaller, making them an excellent choice for a party of four.



Fully Cooked Goose  
Sweet Potato Mash  
Sage Sausage Sourdough Stuffing  
Cranberry Sauce  
Rolls  
Traditional Pumpkin Pie

**\$139.99** SERVES 4, \$34.99 PER PERSON

## VEGAN HOLIDAY DINNER V

Anyone who thinks they're missing out on the holiday feasting by sticking to plant foods hasn't tried our vegan dinner.

FIELD ROAST STUFFED EN CROÛTE – rich grain meat seasoned with toasted hazelnuts and rosemary stuffed with a sausage style mixture of field roast, cranberries, apples and crystallized ginger wrapped en croûte with a vegan puff pastry.

Stuffed Acorn Squash   
Olive Oil Smashed Potatoes  
Mushroom Gravy  
Classic Cranberry Relish  
Dinner Rolls  
Baked Apples 

**\$79.99** SERVES 4, \$19.99 PER PERSON

## HEALTH STARTS HERE™ NEW HOLIDAY DINNER

Can you really have a healthy holiday dinner? Absolutely. This entire spread fits the parameters of our Health Starts Here program and is so good it'll keep you from feeling like you're missing out.

Butternut Collard Posole  
Stuffed Acorn Squash  
No Oil, No Salt Mashed Potatoes  
Golden Gravy  
Baked Apples

**\$79.99** SERVES 4, \$19.99 PER PERSON

*Every family is unique. If you don't feel like one of our packages is quite right for you, log on to [wholefoodsmarket.com/shop](https://www.wholefoodsmarket.com/shop) and select Build Your Own.*

## FULLY COOKED ENTREES À LA CARTE

**WHOLE ROASTED DIESTEL TURKEY**  
**\$59.99**, 10-12 LBS

**WHOLE ROASTED DIESTEL TURKEY(LARGE)**  
**\$79.99**, 14-16 LBS

**WHOLE ROASTED ORGANIC DIESTEL TURKEY**  
**\$69.99**, 10-12 LBS

**WHOLE ROASTED HEIRLOOM DIESTEL TURKEY**  
**\$119.99**, 16-18 LBS

**ROASTED PETITE DIESTEL TURKEY**  
**\$49.99**, 6-8 LBS

**ROASTED PETITE ORGANIC DIESTEL TURKEY**  
**\$59.99**, 6-8 LBS

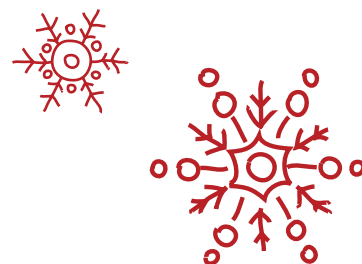
**PITMAN FARMS ROASTED GOOSE**  
**\$99.99**, 6-10 LBS

**VEGAN STUFFED FIELD ROAST EN CROÛTE**  
**\$24.99**, 2 LBS

**COUNTRY NATURAL NEW YORK STRIP LOIN (PRE-SEASONED & SEARED TO 90° INTERNAL TEMP)**  
**\$99.99**, 3-4 LBS

**PORK TAMALES**  
**\$25.99**, 12 EA

Buy any á la carte bird and get **\$5 off** any stuffing, mashed potatoes or mashed sweet potatoes.



**Note:** please allow up to 3 hours for reheating turkeys.



# EXCEPTIONAL TURKEYS & MEATS



*Our turkey's superior flavor comes from natural juices, not added solutions or injections\*. You'll be planning your second helping after the first bite.*

## FRESH TURKEY & POULTRY

### WHOLE FOODS MARKET™ NATURAL TURKEYS

Our California raised turkeys are a total stand out in flavor and value. The key to their amazing taste is the high protein, vegetarian diet they're fed. Proper nutrition allows them to grow bigger naturally and develop more flavor than the birds you'll find at those other places.

**\$2.29** PER LB, 8-25 LBS

### DIESTEL'S NATURAL WHOLE TURKEYS (HENS & TOMS)

Diessel turkeys are famous for their consistent quality and deliciousness. They've been range raised by the same family of farmers since 1949 in Sonora, CA and their commitment to doing things the right way is why every bite is so good.

**\$2.69** PER LB, HENS 10-26 LBS, TOMS 24-36 LBS

### DIESTEL'S PETITE TURKEYS

Smaller size, same big flavor! These tender, juicy little birds have superior meat-to-bone ratios.

**\$2.69** PER LB, 6-10 LBS

### DIESTEL'S HEIDI'S HENS ORGANIC TURKEYS

Heidi's Hens turkeys enjoy the freedom of being range grown in the Sierra Foothills where they're raised longer to develop flavor naturally. These broad breasted birds are fed an all organic corn and soy diet.

**\$3.99** PER LB, 10-30 LBS

### DIESTEL'S HEIDI'S ORGANIC PETITE TURKEYS

Same size as the petite poultry above, but fed an all organic diet like the big birds.

**\$3.99** PER LB, 6-10 LBS

### DIESTEL'S ORGANIC HEIRLOOM TURKEYS

These very special turkeys descend from Bronze and Auburn family lines. Their breeding delivers uniquely authentic flavor enhanced by traditional farming practices. If you want a turkey that's going to really blow everyone away, this is definitely the one!

**\$4.99** PER LB, 10-30 LBS

### DIESTEL'S PRE-BRINED RAW NATURAL TURKEYS

These turkeys are soaked in a brine bath so all you have to do is enjoy the aroma of your holiday bird cooking just the way you like. Available in Original Buttered, Southwest BBQ and Lemon Herb brines.

**\$4.99** PER LB, 6-10 LBS

### DIESTEL'S NATURAL TURKEY BREASTS

A tasty bone-in turkey breast is perfect for anyone that doesn't need to cook a whole bird. The bone adds flavor, but if you want to have an easier time in the kitchen go for the boneless.

WHOLE BONE-IN BREAST **\$4.99** PER LB

HALF BONE-IN BREAST **\$4.99** PER LB

BONELESS BREAST **\$5.99** PER LB

### DIESTEL'S ORGANIC TURKEY BREASTS

From Sonora, CA raised turkeys fed a diet of organic corn and soy.

WHOLE BONE-IN BREAST **\$6.49** PER LB

HALF BONE-IN BREAST **\$6.99** PER LB

BONELESS BREAST **\$7.99** PER LB

## OTHER POULTRY

Why not try something new?

### FIELD TO FAMILY GAME HENS

Small, tender birds with a well developed flavor profile. They're raised in stress-free environments and fed 100% vegetarian diets.

NATURAL GAME HENS **\$5.49** PER LB

ORGANIC GAME HENS **\$6.49** PER LB

### MARY'S WHOLE PEKIN DUCKS

These rich, juicy free-range ducks are raised in the San Joaquin Valley. An excellent roasting bird that's tender, versatile and pairs well with seasonal fruit.

**\$4.99** PER LB

### MARY'S WHOLE GEESE

A traditional goose makes an extraordinary alternative to turkey or ham. If you're a fan of dark meat you should definitely try this family farm raised bird.

**\$9.99** PER LB

*\*Brined turkeys are the exception, spending some time in a natural flavor bath of salt, sugar and spices.*

### PORTION GUIDE:

#### TURKEY

Boneless – ½ to ¾ lbs per person

Bone-in – 1 to 1 ½ lbs per person

#### ROASTS

Boneless – ½ lb per person

Bone-in – ¾ lb per person

*Our ranchers, processors and butchers work together to bring you the very best quality, humanely raised meats available.*

## HAM, BEEF AND LAMB

### WELLSHIRE FARMS SEMI-BONELESS HAMS

This high quality nitrate free ham is expertly prepared for a beautiful presentation and an exquisite flavor with less fat than a conventional ham. This is simply the best tasting ham out there.

HALF \$4.99 PER LB  
WHOLE \$4.49 PER LB

### SPIRAL SLICED SEMI-BONELESS HAM

A spiral sliced ham is a thing of beauty, easy to serve and enjoy, especially when it's prepared without chemical preservatives.

HALF & WHOLE \$4.99 PER LB

### SPIRAL SLICED GLAZED BONELESS HAM

This ham is enhanced with a delicious, sweet glaze that has a unique sugary texture, not a rock hard, candy shell.

HALF \$7.99 PER LB  
WHOLE \$7.49 PER LB

### OLD FASHIONED TRADITIONAL BONELESS HAM

A moist and tender ham with flavor that's sure to inspire fond memories the rest of the year. Based on traditional recipes and cured without artificial ingredients.

\$5.99 PER LB

### BLACK FOREST BONELESS BUFFET HAM

From pork raised to be juicy and flavorful, prepared in the traditional German way giving the ham a bold, savory taste you'll crave. Sliced thin for sandwiches and rolled apps.

\$6.99 PER LB

### VIRGINIA BUFFET HAM

Another ham option with old fashioned flavor from a time tested recipe.

\$6.99 PER LB

## COUNTRY NATURAL BEEF ROASTS

This West Coast ranching co-op produces some of the most tender beef around while maintaining good farming practices that preserve natural resources.

### BONE-IN RIB ROASTS

This roast is a rockstar holiday centerpiece that must be experienced. Big, beefy flavor and really tender.

\$11.99 PER LB, 2-7 RIBS

### BONELESS RIB ROASTS

This rib roast is very tender and easy to carve. All natural, pasture raised, never fed artificial growth hormones.

\$13.99 PER LB, 2-10 LBS

### NEW YORK ROASTS

The New York roast is one of the most popular due to its great, perfectly balanced beef flavor (not too bold or mellow), nice marbling and tenderness.

\$10.99 PER LB, 2-7 LBS

### TENDERLOIN ROASTS

A whole roast of the tenderest meat you can buy. Superb texture and flavor are the hallmark of this lovely cut which is often broken down into individual filet mignons.

\$25.99 PER LB, 2-5 LBS

### TOP SIRLOIN ROASTS

Known as the "Baron of Beef", this roast has a bold flavor popular amongst serious meat lovers. Any good roast beef recipe will work with this cut just fine.

\$6.49 PER LB, 2-5 LBS

### SIRLOIN TIP ROASTS

Nice lean roast with a mellow flavor and tenderness somewhere between a chuck roast and an eye of round.

\$4.99 PER LB, 2-5 LBS

## ATKINS RANCH NEW ZEALAND LAMB

This ranch offers 100% grass fed, pasture raised lamb. Innovative shipping practices and sustainable farming keep their carbon footprint low.

### LAMB CROWN ROAST

A centerpiece meal fit for royalty. Cut from half of the rib and shaped to resemble a crown. Chefs roast this tender meat with stuffing in the middle.

\$19.99 PER LB, 14 RIBS

### FRENCHED LAMB RACK

The tenderest cut of lamb available. Cook medium rare to experience an exquisite flavor like no other.

\$18.99 PER LB, 7 RIBS

### BONE-IN LAMB LEG

Often associated with Easter; this roast works well for any holiday. The tender, mellow flavor and centerpiece status presentation are enhanced by the bone.

\$8.99 PER LB, 4-5 LBS

### BONELESS LAMB LEG

This is probably the easiest lamb roast to deal with. Just rub some herbs and olive oil on it and toss it in the oven. Don't worry though; the flavor is to die for.

\$9.99 PER LB, 3-4 LBS

## AMERICAN HOMESTEAD NATURAL PORK

This well marbled Hampshire breed pork comes to us from an independent hog farmer in the Midwest. They raise their pigs on pasture and treat them right.

### FRENCHED PORK RACKS

The Frenched rack is truly a work of porky art. Similar in presentation to a standing beef rib roast, the tenderness and flavor of this cut is unsurpassed.

\$8.99 PER LB, 4-9 RIBS

### PORK CROWN ROASTS

Crown roasts are the ultimate holiday centerpieces for pork lovers. They're Frenched and set into a round shape for roasting with stuffing in the middle.

\$8.99 PER LB, 14-18 RIBS

### FRESH BONE-IN PORK LEG

Fresh pork legs make a superb holiday roast, or if you're adventurous, your own special cured ham.

\$3.49 PER LB, 16-19 LBS

#### COOKING GUIDE:

##### BEEF & LAMB (USDA MINIMUM: 145°F)

- Raw less than 125°F (52°C)  
Bright purple-red, cool, stringy, slightly juicy
- Rare 125-130°F (52-54°C)  
Red center, warm, tender, juicy
- Medium rare 130-140°F (54-60°C)  
Pink center, warm, firm, can be juicy
- Medium 140-150°F (60-66°C)  
Tan with hints of pink, firm, not very juicy
- Medium well 150-160°F (66-71°C)  
Tan center, firm to tough, little juice
- Well done more than 160°F (71°C)  
Tan to brown center, tough, little juice

##### PORK STEAKS, CHOPS, AND ROASTS (USDA MINIMUM: 160°F)

- Raw less than 125°F (52°C)  
Bright pink center, cool, stringy, slightly juicy
- Rare 125-130°F (52-54°C)  
Pale pink center, warm, tender, very juicy
- Medium rare 130-140°F (54-60°C)  
Creamy with a slight pink tinge, tender, juicy
- Medium 140-150°F (60-66°C)  
Cream colored, firm, slightly pink juices
- Well done more than 150°F (66°C)  
Cream colored, firm to tough, clear juices

##### PORK SHOULDERS AND BEEF BRISKET, COOK LOW AND SLOW AT 225°F

- Tender and juicy 190°F (88°C)  
Pale white to tan center, tender, clear juices

##### TURKEY (USDA MINIMUM: 165°F)

- Safe and moist 165°F (74°C)  
Cream colored, tender, clear juices





# STARTERS & SIDES



*Supplement your own family recipes  
or completely build your menu with our  
à la carte sides and side collections.*

## STARTERS AND SIDES

### STARTERS

Caesar Salad **\$14.99**, PARTY BOWL  
Deviled Eggs **\$9.99**, DOZEN  
Field Greens Salad **\$24.99**, PARTY BOWL  
Garlic Baked Brie en Croûte **\$11.99**, 8 OZ EA

### SOUPS

Butternut Squash & Apple Soup **\$6.99**, 24 OZ  
Chestnut Soup **\$9.99**, 24 OZ  
Butternut Collard Pozole **\$6.99**, 24 OZ

### HOLIDAY CATERING & PARTY PLATTERS

#### CRUDITÉS PLATTER

An assortment of fresh, crisp vegetables served with house made dip. Includes local and organic when available. **\$14.99**, 3 LBS

#### FRUIT PLATTER

Beautifully displayed fresh, seasonal fruit served with a honey dipping sauce. **\$29.99**, 3 LBS

#### CHEESE AND FRUIT PLATTER

Includes Point Reyes Blue Cheese, Saint André Triple Cream Brie, Chevre and seasonal fruit. **\$39.99**, 3 LBS

#### EGG NOG & SOY NOG

For even more holiday cheer add a little nip of your favorite adult beverage and a dash of cinnamon or nutmeg. **\$8.99** EA

## CLASSIC SIDES

### À LA CARTE

Baked Apples **\$13.99**, 4 EA  
Brussels Sprouts with Shallots & Pecans **\$17.99**, 2 LBS  
Cranberry Relish **\$6.99**, 1 PINT  
Green Bean Casserole **\$17.99**, 2 LBS  
Green Beans with Roasted Shallots **\$17.99**, 2 LBS  
Mashed Potatoes **\$9.99**, 2 LBS  
Mushroom Gravy **\$8.99**, 1 QUART  
Savory Herb Stuffing **\$9.99**, 2 LBS  
Turkey Gravy **\$8.99**, 1 QUART  
Olive Oil Smashed Potatoes **\$9.99**, 2 LBS  
No Salt, No Oil Mashed Potatoes **\$9.99**, 2 LBS  
Golden Gravy **\$8.99**, 1 QUART

### COLLECTIONS

**\$49.99** SERVES 4

Savory Herb Stuffing 2 LBS  
Mashed Potatoes 2 LBS  
Turkey Gravy 1 PINT  
Classic Cranberry Relish **½ PINT**  
Dinner Rolls **½ DOZEN**  
Traditional Pumpkin Pie 8"

**\$69.99** SERVES 8

Savory Herb Stuffing 4 LBS  
Mashed Potatoes 4 LBS  
Turkey Gravy 1 QUART  
Classic Cranberry Relish **1 PINT**  
Dinner Rolls DOZEN  
Traditional Pumpkin Pie 9"

## FOODIE FAVORITES

### À LA CARTE

Apricot Glazed Sweet Potatoes **\$17.99**, 2 LBS  
Broccoli Cheddar Potato Gratin **\$17.99**, 2 LBS  
Dungeness Crab Brie Mac n Cheese **\$23.99**, 2 LBS  
Oyster Stuffing **\$19.99**, 2 LBS  
Roasted Butternut Squash Salad **\$17.99**, 2 LBS  
Roasted Root Vegetables **\$13.99**, 2 LBS  
Roasted Tomato Cheddar Mac n Cheese **\$21.99**, 2 LBS  
Sage Sausage Sourdough Stuffing **\$17.99**, 2 LBS  
Stuffed Acorn Squash **\$5.99**, 1 EA  
Sweet Potato Mash **\$13.99**, 2 LBS  
Wild Rice & Cranberry Medley **\$15.99**, 2 LBS  
Yukon Gold Potato Gratin **\$15.99**, 2 LBS

### COLLECTIONS

**\$69.99** SERVES 4

Sweet Potato Mash 2 LBS  
Mushroom Gravy **1 PINT**  
Sage Sausage Sourdough Stuffing 2 LBS  
Broccoli Cheddar Potato Gratin 2 LBS  
Cranberry Relish **½ PINT**  
Rolls 8 EA  
Apple Cranberry Pie 9"

**\$99.99** SERVES 8

Sweet Potato Mash 4 LBS  
Mushroom Gravy **1 QUART**  
Sage Sausage Sourdough Stuffing 4 LBS  
Broccoli Cheddar Potato Gratin 4 LBS  
Cranberry Relish **1 PINT**  
Rolls 16 EA  
Cranberry Apple Crunch Pie 9"



*We build partnerships with farmers and fishermen that are committed to your health, the environment and the integrity of our oceans.*

## SEASONAL SEAFOOD

### SHELLFISH

#### WHOLE COOKED DUNGENESS

Our crab comes from California, Oregon, Washington and Alaska. It's rated Super Green by the Monterey Bay Aquarium Seafood Watch Program.

WHOLE COOKED **market price** PER LB  
PRE-CRACKED & CLEANED **market price** PER LB

#### KEY WEST LOBSTER TAILS

Craig's is the only lobster producer that meets our high standards for animal compassion. Lobsters are harvested by day-boat fishermen and processed the same day. **\$39.99** PER LB

#### JAR OYSTERS

These Pacific oysters are a good ingredient to have around. Try making your own oyster stuffing. SEA ROCK **\$5.99** EA

### SEAFOOD PLATTERS

#### SHRIMP RING

1 lb of medium sized, cooked, natural farm raised shrimp with zesty cocktail sauce and lemons. **\$11.99** SERVES 2-4

#### LARGE SHRIMP PLATTER

2 lbs of medium sized, cooked, natural farm raised shrimp with zesty cocktail sauce and lemons. **\$23.99** SERVES 4-8



#### CAJUN SHRIMP PLATTER

1 ½ lbs of Cajun peel & eat shrimp. Cooked in the shell for more flavor. **\$19.99** SERVES 4-8

#### SHRIMP & DUNGENESS CRAB MEAT PLATTER

1 lb of fresh Dungeness crab meat and 1 lb of jumbo shrimp. Served with zesty cocktail sauce and lemons. **market price** SERVES 8-10

#### CRACKED DUNGENESS CRAB PLATTER

2 lbs of our Dungeness crab served with zesty cocktail and aioli sauce. **market price** SERVES 4-8

#### OYSTER PLATTER

Fresh shucked Pacific oysters Served with mignonette sauce on a salt bed.

SMALL, 12 OYSTERS **\$15.99**  
LARGE, 24 OYSTERS **\$30.99**

#### JUMBO ASSORTED SMOKED SEAFOOD PLATTER

8 oz of cold smoked salmon, 8 oz hot smoked salmon, 8 oz smoked trout, 8 oz gravelox, 4 oz smoke oysters and 4 oz of natural mustard dill sauce. Smoked using a naturally chemical free process. **\$59.99** SERVES 10-15

#### NEPTUNE PLATTER

1 lb fresh Dungeness crab meat, 1 lb medium cooked shrimp, 1 ½ lbs of King Crab legs with lemon and cocktail sauce. **market price** SERVES 8-10

For more seafood platter options, check online at [wholefoodsmarket.com/shop](http://wholefoodsmarket.com/shop). For current market prices call your local Whole Foods Market.

#### PACIFIC RIM RIESLING

Made with organically grown grapes by request of Whole Foods Market, this riesling has aromas of jasmine and citrus with subtly sweet flavors, balanced by refreshing acidity. **\$13.99** 750ML

#### H & G CHALK HILL CABERNET SAUVIGNON

This limited release Cabernet Sauvignon offers complex aromas of rich, dark berries, coffee and mocha with brilliant flavors of bright red and jammy black fruits. Whole Foods Market exclusive. **\$14.99** 750ML

#### BENZIGER SAUVIGNON BLANC

Bright citrus and floral aromas are followed by subtle notes of grapefruit, guava, melon and lemon in the glass. Certified sustainable farming methods. **\$12.99** 750ML

#### TARIMA MONASTRELL

This complex wine offers a dark, purple tinged color with aromas of cedar and baking spices with notes of licorice and blackberries on the palate. Made with organically grown grapes just for Whole Foods Market. **\$11.99** 750ML

## HAPPY HANUKKAH

*We have plenty of fare for the Festival of Lights whether you're the host or a guest.*

Matzoh Ball Soup **\$6.99**, 24 oz  
Chopped Chicken Liver **\$17.99**, 2 LBS  
Beef Brisket **\$29.99**, 2 LBS  
Tzimmes **\$11.99**, 2 LBS  
Potato Latke **\$13.99**, 2 LBS  
Parsnip Pancake **\$13.99**, 2 LBS  
Apple Sauce **V \$6.99**, 1 PINT  
Sufganyot **\$5.99**, 4 EA  
Roasted Chicken **\$9.99**, 2-3 LBS  
Roasted Petite Diestel Turkey **\$49.99**, 6-8 LBS  
Green Beans with Roasted Shallots **V \$17.99**, 2 LBS  
Field Greens Salad **V \$24.99**, PARTY BOWL

### BUILD YOUR OWN HANUKKAH DINNER

**\$119.99** SERVES 8

#### CHOICE OF ENTRÉE

Brisket, 4 LBS  
Roast Turkey, 10-12 LBS  
Roast Chicken, 6-9 LBS  
Vegan Stuffed Field Roast en Croûte, 4 LBS

#### SIDES INCLUDED

Matzoh Ball Soup, 3 QUARTS  
Chopped Chicken Liver, 2 LBS  
Tzimmes, 4 LBS  
Apple Sauce, 1 QUART  
Potato Latke, 12 EA  
Rolls, 12 EA  
Sufganyot, 12 EA



#### CANTORA CARMÉNÈRE & CABERNET SAUVIGNON BLEND

The ripe and spicy flavors of Carménère combine with red fruit flavors of Cabernet Sauvignon make a delicious medium-bodied wine. Fair Trade certified. **\$9.99** 750ML

#### DOMAINE ALLIMANT LAUGNER CREMANT D'ALSACE ROSE

(not available in Reno)

Without question, the best value in sparkling wine (we think so anyway). Traditionally made, this dry sparkling Rose has citrus and floral aromas. Try pairing it with poached chicken, caviar, or crème fraîche. Perfect for a pre-dinner toast! **\$17.99** 750ML

#### PRESTO PROSECCO

An intense fruity bouquet with flavors of golden apples, citrus fruits and a hint of yeastiness. It is very dry, fresh, light in body and well-balanced with a lingering finish reminiscent of lemon and minerals. Whole Foods Market exclusive. **\$11.99** 750ML



*Whether you're having an impromptu get together or throwing a black tie event, we'll have something to delight.*

## WINE

#### DON & SONS SONOMA COAST PINOT NOIR

Jump start the holidays with freshly crushed strawberries on the nose, followed by flavors of raspberry and dried cherry, with some earthy notes. **\$14.99** 750ML

#### ROMERHOF RIESLING BEERENAUSSLESE

A classic German dessert wine from a 5th generation Austrian winemaker. Smooth viscosity and vibrant sweetness. Pair with fruit tarts or pies. **\$19.99** 375ML

#### GRAND CLARET CÔTES DE BORDEAUX

Beautiful purple color and red fruit fragrances complement this red wine's round, spicy notes and velvety finish. **\$11.99** 750ML

# SHARE SCRUMPTIOUS SWEETS





*Save room for dessert! All of our bakery items are made without trans-fats or anything artificial. Go ahead and indulge, you can diet after the holidays.*

## SWEET ENDINGS

### PIES

#### PUMPKIN PIE

Our pumpkin pies are made with the freshest, all-natural fillings and a flaky crust made with sweet cream butter. **\$12.99, 9"**

#### PECAN PIE

Well seasoned with a perfect balance of sweet and nutty. The San Francisco Chronicle's Best Pecan Pie of 2010. **\$16.99, 9"**

#### APPLE PIE

Sweet Oregon grown apples, a hint of cinnamon and a hand rolled flaky crust combine to form a pie that would probably disappear if you let it cool on your windowsill. **\$14.99, 9"**

#### MARIONBERRY PIE

Marionberries are deep flavored relatives of the blackberry sometimes referred to as the Cabernet of berries. We heap them into a delicious all-natural flaky, crust. **\$14.99, 9"**

#### CRANBERRY APPLE CRUNCH PIE

A hand rolled crust filled with fresh fruit from the Willamette Valley under a crunchy cranberry top sprinkled with toasted almonds. This is a Whole Foods Market Team Member favorite! **\$14.99, 9"**

### SUGAR FREE PIES

Sweetened naturally without any artificial ingredients.

**APPLE PIE \$14.99, 9"**

**MARIONBERRY PIE \$14.99, 9"**

### VEGAN PIES

These all natural holiday pies are made without any animal products at all. Made locally.

#### PUMPKIN PIE V

5" **\$6.99**

8" **\$16.99**

#### PECAN PIE V

5" **\$7.99**

8" **\$19.99**

### GLUTEN FREE PIES

No one has to miss out on the holiday experience of passing out in front of the tube after dessert. These pies are delicious and completely free of gluten!

**PUMPKIN \$9.99, 8"**

**PECAN PIE \$13.99, 8"**

### CAKES

#### BÛCHE DE NOËL VANILLA OR CHOCOLATE HAZELNUT

Experience a genuine Yule Log. These impressive cakes rolled into a log shape make beautiful edible centerpieces! **\$29.99**

#### STOLLEN

Stollen are traditional holiday cakes made with yeast, dried fruit and spices. These are handcrafted from scratch in the European style using real butter and natural dried fruit. **\$15.99**

### PLATTERS

#### SWEET PETITE PARTY PLATTER

Your whole party will be saying "just one more and then I'm done" over and over again when you serve these addictively delicious sweets

Includes:

4 Chocolate Cheesecakes

4 Vanilla Cheese Cakes

4 Fruit Tarts

4 Lemon Tarts

4 Cannoli

4 Éclairs or Cream Puffs

**\$29.99**

#### BREAKFAST PLATTER

The morning of your big feast you probably don't want to mess up the kitchen before you start. Make sure everyone (including the cook) is well fed with this breakfast spread.

Includes:

4 Assorted Muffins

2 Croissants

2 Danish or Cinnamon Rolls

2 Scones

**\$19.99**

# SET A FESTIVE MOOD



*Let our Floral Specialists help you set the holiday mood with our lovely seasonal arrangements, plants, wreaths and bouquets.*

## HOLIDAY FLORAL



### HOLIDAY FLORAL VASE ARRANGEMENTS

A tasteful balance of seasonal accompaniments in a vase that's sure to find use long after the holidays are over. **\$19.99 – \$39.99**

### WHOLE FOODS MARKET™ BOUQUET

Bountiful and affordable flowers to get you in the holiday spirit. Great gift for a host. **\$12.99**

### RED POINSETTIA 6"

These gorgeous, long lasting, florist quality poinsettias are grown in Half Moon Bay, CA by the Bay City Flower Company. **\$9.99**

### HOLIDAY WREATHS

Fresh and dried seasonal wreaths. **\$14.99 – \$59.99**

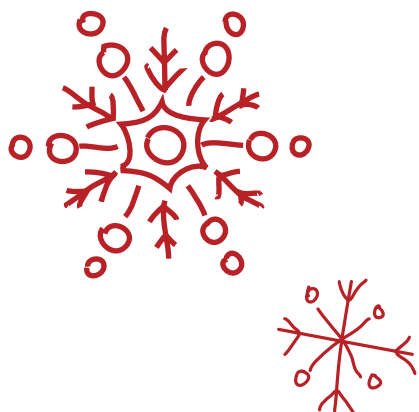
### TREES

#### LARGE CHRISTMAS TREE

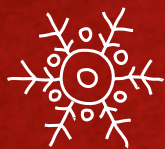
6'-7' fresh cut noble fir trees from Oregon and Washington. **\$39.99**

#### TABLE TOP CHRISTMAS TREE

2 ½' - 4' fresh cut noble fir trees perfect for a centerpiece or small apartment. Includes water bowl. **\$19.99**







# CLICK & FEAST

TWO CONVENIENT WAYS TO ORDER YOUR HOLIDAY FEAST:

1. Online at: [wholefoodsmarket.com/shop](http://wholefoodsmarket.com/shop)

2. At our in-store holiday table

PLEASE PLACE YOUR ONLINE ORDERS NO LATER THAN:

For Thanksgiving 11/22/2011

For Christmas 12/22/2011

In-store holiday table dates will vary by store. Please call the store you'd like to pick up your order at for details. Please allow at least 48 hours notice for all orders. Order cancellation requires 24 hours notice. Prices do not include sales tax.



#### NORTHERN CALIFORNIA:

**Berkeley** 3000 Telegraph Ave. (510) 649-1333  
**Campbell** 1690 S. Bascom Ave. (408) 371-5000  
**Capitola** 1710 41st Ave. (831) 464-2900  
**Cupertino** 20955 Stevens Creek Blvd. (408) 257-7000  
**Folsom** 270 Palladio Parkway (916) 984-8500  
**Fresno** 650 W. Shaw Ave. (559) 241-0300  
**Lafayette** 3502 Mt. Diablo Blvd. (925) 284-5305  
**Los Altos** 4800 El Camino Real (650) 559-0300  
**Los Gatos** 15980 Los Gatos Blvd. (408) 358-4434  
**Mill Valley** 414 Miller Ave. (415) 381-1200  
**Mill Valley** 731 East Blithedale (415) 381-3900  
**Monterey** 800 Del Monte Center (831) 333-1600  
**Napa** 3682 Bel Aire Plaza (707) 224-6300  
**Novato** 790 De Long Avenue (415) 878-0455  
**Oakland** 230 Bay Place (510) 834-9800  
**Palo Alto** 774 Emerson St. (650) 326-8676  
**Petaluma** 621 E. Washington St. (707) 762-9352  
**Redwood City** 1250 Jefferson Ave. (650) 367-1400

**Roseville** 1001 Galleria Blvd. (916) 781-5300  
**Sacramento** 4315 Arden Way (916) 488-2800  
**San Francisco** 1765 California St. (415) 674-0500  
**San Francisco** 3950 24th St. (415) 282-4700  
**San Francisco** 399 4th St. (415) 618-0066  
**San Francisco** 450 Rhode Island St. (415) 552-1155  
**San Francisco** 690 Stanyan St. (415) 876-6740  
**San Jose** 1146 Blossom Hill Rd. (408) 266-3700  
**San Mateo** 1010 Park Place (650) 358-6900  
**San Rafael** 340 Third St. (415) 451-6333  
**San Ramon** 100 Sunset Dr. (925) 355-9000  
**Santa Cruz** 911 Soquel Ave. (831) 426-9901  
**Santa Rosa** 1181 Yulupa Ave. (707) 575-7915  
**Santa Rosa** 390 Coddington Mall (707) 542-7411  
**Sebastopol** 6910 McKinley St. (707) 829-9801  
**Sonoma** 201 W. Napa St. (707) 938-8500  
**Walnut Creek** 1333 E. Newell Ave. (925) 274-9700  
NEVADA:  
**Reno** 6139 S. Virginia St. (775) 852-8023

