

swarthmore food cooperative

serving the community since 1937

341 Dartmouth Ave
Swarthmore, PA 19081
610.543.9805



swacoop@comcast.net
www.swarthmore.coop

a full service food market open to everyone!
natural, organic, locally owned

ORGANIC PRODUCE VALUES

Organic
TOMATOES.....\$2.49 lb.
Organic
HASS AVOCADOS.....2 for \$2.00
Organic
RED/YELLOW/ORANGE PEPPERS.....\$3.49 lb.

YOUR SOURCE FOR QUALITY, FRESH SEAFOODS

21/25 WILD SHRIMP.....\$6.95 lb.
COOKED SHRIMP.....\$9.95 lb.
Farm Raised--Fresh Hand Cut
ATLANTIC SALMON\$8.95 lb.
Wild Caught Alaskan
FLOUNDER FILETS.....\$6.95 lb.
(Previously Frozen)

CO-OP KITCHEN

ALL BEEF MEATLOAFS.....\$4.99 ea.
SHEPHERD'S PIE.....\$9.95 Family pk.
GRILLED LEMON GRASS SALMON.....\$12.95 lb.

CO-OP MEAT DEPARTMENT SPECIALS

EYE ROAST.....\$4.99 lb.
Our Own Freshly
GROUND ROUND.....\$3.49 lb.
Leidy's
PORK TENDERLOIN.....\$4.95 lb.
LONDON BROILS.....\$3.99 lb.

Visit us @ www.swarthmore.coop for directions and more
specials.

Specials effective till 02/10/10