

## maryland

ANNAPOLIS 200 Harker Place, Suite 100 410.573.1800  
BETHESDA 5269 River Road 301.984.4860  
FRIENDSHIP HEIGHTS 4420 Willard Avenue 301.657.1520  
HARBOR EAST 1001 Fleet Street, Suite A, Baltimore 410.528.1640  
KENTLANDS 316 Kentlands Boulevard, Gaithersburg 301.258.9500  
MT. WASHINGTON 1330 Smith Avenue, Baltimore 410.532.6700  
ROCKVILLE 1649 Rockville Pike 301.984.4880  
SILVER SPRING 833 Wayne Avenue 301.608.9373

## virginia

ALEXANDRIA 1700 Duke Street 703.706.0891  
ARLINGTON 2700 Wilson Boulevard 703.527.6596  
FAIR LAKES 4501 Market Commons Drive 703.222.2058  
CHARLOTTESVILLE 300 Shoppers World Court 434.973.4900  
RESTON 11660 Plaza America Drive 703.736.0600  
RICHMOND 11173 West Broad Street 804.364.4050  
SPRINGFIELD 8402 Old Keene Mill Road 703.644.2500  
TYSONS CORNER 7511 Leesburg Pike 703.448.1600  
VIENNA 143 Maple Avenue East 703.319.2000

## washington, dc

GEORGETOWN 2323 Wisconsin Avenue, NW 202.333.5393  
P STREET 1440 P Street, NW 202.332.4300  
TENLEY 4530 40th Street, NW 202.237.5800

## pennsylvania

CENTER CITY 2001 Pennsylvania Avenue 215.557.0015  
DEVON 821 Lancaster Avenue 610.688.9400  
JENKINTOWN 1575 The Fairway 215.481.0800  
NORTH WALES 1210 Bethlehem Pike 215.646.6300  
PITTSBURGH 5880 Centre Avenue 412.441.7960  
PLYMOUTH MEETING 500 W. Germantown Pike 610.832.0010  
SOUTH STREET 929 South Street 215.733.9788  
WYNNEWOOD 339 East Lancaster Avenue 610.896.3737

## new jersey

MARLTON 940 Route 73 North 856.797.1115  
PRINCETON 3495 Us Route 1 South 609.799.2919

## kentucky

LOUISVILLE 4944 Shelbyville Road 502.899.5545  
LEXINGTON 161 Lexington Green Circle 859.971.8600

## ohio

CINCINNATI 2693 Edmondson Road 513.531.8015  
MASON 5805 Deerfield Road 513.398.9358  
COLUMBUS 3670 W. Dublin-Granville Road 614.760.5556  
UPPER ARLINGTON 1555 West Lane Avenue 614.481.3400  
CLEVELAND 13998 Cedar Road 216.932.3918  
WOODMERE 27249 Chagrin Boulevard 216.464.9403



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# THANKSGIVING MENU

TURKEY



Our turkeys are fed a 100% vegetarian diet of high quality grains, free of animal by-products and antibiotics. They are allowed room to roam in large open barns with access to the outside where fresh air and sunlight create optimal conditions for healthy growth. They are given adequate time to mature so that their size is the result of nature. All of this guarantees a tender, flavorful, all natural turkey for your dinner table. We recommend you pre-order your turkey to ensure the bird of your choice.

*fresh natural free range turkeys*

\$2.49 LB – 8 TO 30+ POUNDS

*fresh organic turkeys*

\$3.49 LB – 10 TO 20 POUNDS

ORDER EARLY, SUPPLIES ARE LIMITED

*fresh brined turkeys*

\$2.49 LB – 10 TO 20 POUNDS

WE DID THE WORK FOR YOU!

*bone-in turkey breast*

\$3.99 LB – 4 to 12 pounds

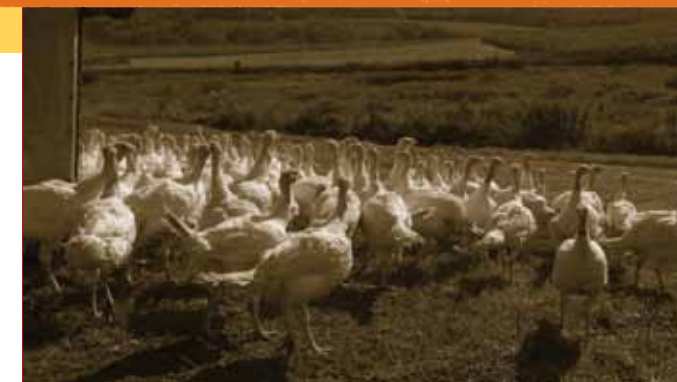
*fresh kosher turkeys*

\$3.49 LB – 10 to 20 pounds



**KOCH'S TURKEY FARM**

The Koch Family has been raising turkeys for three generations. Duane Koch runs Koch's Turkey Farm with the help of his three sisters, and together they raise free-range turkeys using an all-vegetarian diet of locally grown corn and roasted soybeans. With the feed mill, turkey houses and processing facility all located on the family property near Tamaqua, Pennsylvania, the turkeys are able to live their entire lives on the same land.



**TURKEY EXTRAS**

**turkey brining kits** For an extraordinarily moist and flavorful turkey. Kit includes a brining bag and brine blend in Herb or Apple Sage. **\$8.99 ea.**

**turkey glaze** Whole Foods Market's own signature glazes available in apple thyme or bourbon. **\$3.99 ea.**

## READY MADE TURKEYS, DINNERS AND SIDES

What could be easier? Our Oven Ready Turkey comes ready to cook, already rubbed with herb butter, resting on a bed of mire poix (chef's blend of chopped onion, carrots and celery) in a disposable roasting pan. Simply unwrap it and place it in the oven in the morning. By late afternoon, a golden roasted turkey is ready for your table. Heat the prepared sides, dish up the cranberry relish and the feast is on!

### TRADITIONAL TURKEY DINNER FOR 8

**\$129.99** | Uncooked, oven ready turkey, prepared for home oven roasting

INCLUDES SAGE STUFFING, HOMESTYLE MASHED POTATOES, CRANBERRY ORANGE RELISH, TURKEY GRAVY, AND YOUR CHOICE OF TWO OF OUR VEGETABLES OR HOMESTYLE CASSEROLES.

### SOUTHERN TURKEY DINNER FOR 8

**\$129.99** | Uncooked, oven ready turkey, prepared for home oven roasting

INCLUDES BOURBON GLAZE FOR THE TURKEY, SOUTHERN CORNBREAD STUFFING, HOMESTYLE MASHED POTATOES, CRANBERRY APPLE CONSERVES, TURKEY GRAVY, AND YOUR CHOICE OF TWO OF OUR VEGETABLES OR HOMESTYLE CASSEROLES.

### TURKEY DINNER FOR 2 plus a few

**\$59.99** | Fully cooked boneless turkey breast, simply heat and eat

IDEAL FOR A COUPLE WITH SMALL CHILDREN. FULLY COOKED, READY TO HEAT, ROASTED HERB TURKEY BREAST, TURKEY GRAVY, SAGE STUFFING, CRANBERRY ORANGE RELISH, MASHED POTATOES, GREEN BEANS WITH ROASTED SHALLOTS.

### VEGAN DINNER FOR 2 plus a few

**\$59.99** | Vegan Gardein™ roast, simply heat and eat

FULLY COOKED, READY TO HEAT, GARDEIN ROAST, MUSHROOM GRAVY, MULTIGRAIN STUFFING, CRANBERRY ORANGE RELISH, OLIVE OIL MASHED POTATOES, AND GREEN BEANS WITH ROASTED SHALLOTS.

**point.click.YUM!** | YOU CAN NOW PLACE YOUR HOLIDAY ORDER ONLINE!  
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YOU CAN ALSO VISIT THE HOLIDAY TABLE IN ANY OF OUR STORES OR CALL 1.866.554.4WFM



### JUST THE BIRD

FROM OUR PREPARED FOODS DEPARTMENT

#### roasted turkey

COOKED turkey, simply heat and eat.

**\$59.99** EA — SERVES 6 TO 8

#### roasted boneless turkey breast

Three varieties of whole boneless turkey breast: Herb Roasted, Apple Thyme Glazed or Bourbon Glazed. COOKED turkey, simply heat and eat.

**\$39.99** EA — ENOUGH FOR UP TO 4 PEOPLE

#### oven ready turkey

Skip the mess! Our Oven Ready Turkey comes ready to cook, rubbed with herb butter, resting on a bed of mire poix in a disposable roasting pan. Just unwrap and place in the oven. UNCOOKED turkey, prepared for home roasting.

**\$49.99** EA — SMALL, SERVES 6 TO 8

**\$69.99** EA — MEDIUM, SERVES 9 TO 11

**\$84.99** EA — LARGE, SERVES 12 OR MORE

#### oven ready boneless turkey breast

Ideal for the smaller Thanksgiving feast, or to supplement a whole turkey, we prepare this turkey breast just like the Oven Ready Turkey, rubbed with herb butter and ready to roast in its own disposable roasting pan. UNCOOKED turkey, prepared for home roasting.

**\$29.99** EA — ENOUGH FOR UP TO 4 PEOPLE



### MAPLE LAWN FARM

Thelager family has been farming the land at Maple Lawn in Fulton, Maryland, since 1839. Today they continue to raise free-range turkeys, providing these birds with the best quality grains and giving them plenty of fresh air and room to exercise. The nutritional needs of the turkeys are overseen by a Ph.D. nutritionist, who constantly monitors the flock's growth and progress. Maple Lawn turkeys are born, raised, and processed on the lager family's land, in order to provide customers the healthiest and freshest birds.





### KREIDER FARMS DAIRY

Nestled in scenic Lancaster County, Pennsylvania, Kreider Farms is a third generation working farm that supplies Whole Foods Market with the wholesome dairy products used in many of our Thanksgiving favorites including gravies, soups, mashed potatoes and casseroles.



### MOTHER EARTH ORGANIC MUSHROOMS

Growing organically since 1989, Mother Earth was the first certified organic white mushroom farm in the United States. Their amazing mushrooms come to us directly from their farm in West Grove, Pennsylvania and are then blended into our delicious mushroom gravy and brandied mushroom soup.

ITEMS MARKED WITH A "\*" CONTAIN NO DAIRY OR ANIMAL PRODUCTS.

## vegan entrée

**stuffed holiday gardein®\*** – \$3.99 EA SERVES 1

AN INDIVIDUAL "ROAST" STUFFED WITH CRANBERRIES AND WILD RICE.

## a la carte

**soup from our kitchen** – \$6.50 23 oz

TRIPLE SQUASH, CURRIED PUMPKIN\* OR BRANDIED MUSHROOM

**STUFFINGS** – small serves 4 to 6, large serves 6 to 8

**traditional sage stuffing** – \$8.99 SM \$14.99 LG

**sausage apple/raisin stuffing** – \$11.99 SM \$18.99 LG

**southern cornbread stuffing** – \$10.99 SM \$17.99 LG

**cranberry and pecan wholegrain stuffing\*** – \$10.99 SM \$17.99 LG

**SIDES** – small serves 4 to 6, large serves 6 to 8

**mashed potatoes** – \$10.49–\$12.49 SM \$16.99–\$18.99 LG

HOMESTYLE, BUTTERMILK BLUE, CHEDDAR, GARLIC & CREME FRAICHE, OLIVE OIL\*

**maple sweet potatoes\*** – \$11.99 SM \$17.99 LG

**southern succotash\*** – \$8.99 SM \$14.99 LG

**glazed carrots w candied pecans** – \$8.99 SM \$15.99 LG

**creamed spinach with roasted garlic** – \$8.99 SM \$15.99 LG

**roasted autumn vegetables\*** – \$7.99 SM \$14.99 LG

**roasted brussels sprouts\*** – \$7.99 SM \$14.99 LG

**green beans with roasted shallots\*** – \$7.99 SM \$14.99 LG

**homestyle casseroles** – \$9.99 SM \$17.99 LG

CORN PUDDING, BUTTERNUT SWEET POTATO WITH MARSHMALLOW TOPPING, GREEN BEAN WITH FRIED ONION TOPPING, MACARONI & CHEESE

**SAUCES & GRAVIES** – serves 4 to 6

**turkey gravy** – \$6.99 23 oz

**wild mushroom gravy\*** – \$7.99 23 oz

**cranberry orange relish\*** – \$4.99 11 oz

**cranberry apple conserves\*** – \$5.49 11 oz

# expecting guests? good!

USE THIS HANDY HOLIDAY CALCULATOR TO MAKE SURE YOU ORDER EXACTLY WHAT YOU NEED.

MENU ITEM	PER PERSON	4 GUESTS	8 GUESTS	12 GUESTS	20 GUESTS
<b>SOUP</b>	1 CUP	2 CONTAINERS	4 CONTAINERS	5 CONTAINERS	6 CONTAINERS
<b>RAW TURKEY</b>	1¼ LBS	8-10 LBS	10-12 LBS	16-18 LBS	24-26 LBS
<b>RAW TURKEY WITH LEFTOVERS</b>	1¾ LBS	8-10 LBS	12-14 LBS	21-24 LBS	2-18 LB TURKEYS
<b>OVEN READY TURKEY</b>	1¼ LBS	SMALL	MEDIUM	MEDIUM OR SMALL + OVEN READY BREAD	2 MEDIUM OR 1 LARGE + OVEN READY BREAD
<b>OVEN READY BREAST OR COOKED TURKEY BREAST</b>	1 SERVES UP TO 4 PEOPLE	1 TURKEY BREAST	2 TURKEY BREASTS	3 TURKEY BREASTS	5 TURKEY BREASTS
<b>MASHED POTATOES</b>	4-8 OZ	1 SMALL	1 LARGE	1 LARGE + 1 SMALL	3 LARGE
<b>STUFFING</b>	4-8 OZ	1 SMALL	1 LARGE	1 LARGE + 1 SMALL	3 LARGE
<b>VEGETABLE SIDES</b>	4-8 OZ	1 SMALL	1 LARGE	1 LARGE + 1 SMALL	3 LARGE
<b>HOMESTYLE CASSEROLES</b>	1 LARGE SERVES 8	1 LARGE	1-2 LARGE	2 LARGE	2-3 LARGE
<b>GRAVY</b>	3-4 OZ	1 CONTAINER	2 CONTAINERS	3 CONTAINERS	4 CONTAINERS
<b>RELISH &amp; CONSERVE</b>	2 OZ	1 CONTAINER	2 CONTAINERS	2-3 CONTAINERS	3-4 CONTAINERS
<b>PIE</b>	9" PIE FEEDS 6	1 PIE	1-2 PIES	2 PIES	3-4 PIES
<b>HEAT &amp; SERVE ROLLS</b>	1-2 ROLLS	1-12 PACK	1-12 PACK	2-12	2-12 PACKS
<b>WINE</b>	4-5 SERVINGS/BOTTLE	1-2 BOTTLES	2-3 BOTTLES	4-5 BOTTLES	7-8 BOTTLES

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### SHARON'S SWEET POTATO PIE

Sharon Clayton has been a Bakery Team Member in our Annapolis store for over 10 years, but has been baking since she was a teenager! Her sweet potato pies are a delicious blend of sweet potato and spices in a rich buttery crust and are so good that we use her recipe to bake these pies in all of our Mid-Atlantic stores. She recommends that you serve this traditional treat slightly warm with a heaping spoonful of vanilla ice cream.



## FROM THE BAKERY

### *table breads*

- organic heat & serve rolls\* white or wheat – \$3.49 12 PK
- pumpkin bread\* a savory loaf – \$4.99 LOAF
- cranberry walnut bread\* – \$6.49 LOAF
- cornbread – \$4.29 ea 1 LB LOAF
- cornbread with cranberries – \$4.49 ea 1 LB LOAF

### *stuffing cubes*

- homemade from our own bread – \$3.99 lb
- gluten free stuffing cubes – \$5.99 8 OZ

### *pies*

- pumpkin pie – \$9.99 9"
- sharon's sweet potato pie – \$10.99 9"
- fruit or pecan pies – \$15.99 to \$16.99 9"

APPLE, APPLE CRANBERRY, CHERRY, MIXED BERRY, PECAN, DARK CHOCOLATE PECAN

- pumpkin pumpkin mousse pie – \$19.99 9"
- vegan pies\* – \$6.99 8"

PUMPKIN, HARVEST BERRY, APPLE

- ready to bake pie shells – \$5.99 2 PACK

CRIMPED AND READY FOR YOUR OWN FILLING.

### *desserts*

- pumpkin roll – \$15.99 ea
- pumpkin cheesecake – \$18.99 8"

### *gluten free desserts*

- pumpkin pie – \$8.99 6"
- pecan pie – \$11.99 6"
- moondance heavenly desserts™
- pumpkin cheesecake – \$16.99 6"
- sweet sin™ apple crumb pie – \$19.99 9"



### UPPER CRUST BAKERY

Upper Crust Bakery breads are made with the very best ingredients by following traditional artisanal techniques. Started by David Neville, a 36-year veteran in the bakery business, Upper Crust operates a 13,000 square foot bakery facility to produce hand-made, frozen and brown and serve products for Whole Foods Market which we bake off fresh in our stores each day. As experts in their field, we are proud to bring you these high quality breads.

## APPS & PLATTERS



### *signature spiced nuts*

spiced candied pecans, orange ginger almonds\*, or spicy thai cashews – \$7.99 10 oz

### *holiday brie* - a guaranteed crowd favorite!

**brie en croute** – \$11.99 ea

BRIE WRAPPED IN PASTRY DOUGH

**stuffed brie en croute** – \$12.99 ea

OUR BRIE EN CROUTE STUFFED WITH EITHER FIG SPREAD AND MARCONA ALMONDS OR ROASTED TOMATOES AND PESTO

### *appetizer platters* - serves 4 to 8

**crudité platter** – \$14.99 ea

FRESH VEGETABLES WITH RANCH DIPPING SAUCE

**cheese platter** – \$17.99 ea

BRIE, BLEU, DILL HAVARTI AND AGED CHEDDAR

**antipasto platter** – \$21.99 ea

SOPRESSATA, GENOA SALAMI, MARINATED MOZZARELLA, ARTICHOKE, ROASTED RED PEPPERS

### *seafood platters* with cocktail or tartar sauce and lemon and lime wedges

small serves 10 to 12, medium serves 20 to 24, large serves 30 to 36

**jumbo cooked cocktail shrimp**

\$32.99 SM    \$63.99 MED    \$89.99 LG

**large cooked cocktail shrimp**

\$24.99 SM    \$46.99 MED    \$69.99 LG

**mini crab cakes**

\$32.99 SM    \$63.99 MED    \$89.99 LG

**cocktail crab claw platters**

\$32.99 SM    \$63.99 MED    \$89.99 LG

**spiced peel and eat shrimp**

\$25.99 MED    \$49.99 LG

CHOOSE FROM OLD BAY, CHESAPEAKE, CAJUN, ASIAN, MEDITERRANEAN, TEQUILA LIME



### *floral*

**Whole Trade Fall Splendor Bouquet** – 14.99 ea

A BEAUTIFUL MIX OF ALSTROMERIA, VIKING, CUSHION AND DAISY POMS, CARNATIONS, ROSEMARY, LIMONIUM, AND TI LEAVES IN BRIGHT, SEASONAL COLORS.

**Whole Trade Sunset Bouquet** – 9.99 ea

FRESH GERBERA DAISIES, ROSES, SOLIDAGO, ALSTROMERIA, HYPERICUM AND RUSCUS IN FALL COLORS.

**Whole Trade Flowers:** *For every dollar*

*Whole Foods Market pays to the farm in Bogota, Columbia, for flowers, an additional 10 cents (called a social premium) is given to a local foundation providing health care, education and meals to the children of farm workers who cannot afford to give their children this opportunity. Whole Foods Market also donates 1% of retail sales to the Whole Planet Foundation. Our Whole Trade flowers are Rainforest Alliance Certified.*

