

May 2017

# Healthy Advantage™

Great savings, naturally!

# TILLER & RYE

LOCAL GROCER

20 South Main Street • Brewer, Maine • (207) 573-4022  
Open: Monday - Saturday 8am - 8pm  
www.TillerAndRye.com



### Honest Tea

Organic Bottled Tea  
Peach Oo-La-Long  
16 FL OZ  
Selected Varieties

**2/\$3**  
SRP: \$2.09



## Honest

Give Honest Tea Peach Oo-La-Long Tea a try. It is "just a tad sweet" oolong & black tea brew with peach puree and agave syrup.



**Maria And Ricardo's**  
Corn Tortillas  
Traditional Size  
12 CT

**\$1.79**  
SRP: \$2.49



**Dry Soda**  
Lavender Soda  
4/12 OZ  
Selected Varieties

**\$5.49**  
SRP: \$8.29



**Terra Chips**  
Sweets & Beets  
6 OZ  
Selected Varieties

**2/\$5**  
SRP: \$4.09



**Way Better Snacks**  
Tortilla Chips  
Chipotle Barbeque  
Purple Sweet Potato  
5.5 OZ  
Selected Varieties

**2/\$5**  
SRP: \$3.99



**Green Mountain Gringo**  
Salsa  
Medium  
16 OZ  
Selected Varieties

**\$3.99**  
SRP: \$6.25



**Gringo Jack's**  
BBQ Sauce  
Vermont Maple  
12 FL OZ  
Selected Varieties

**\$3.99**  
SRP: \$6.59



**Cardini's**  
Original Dressing  
Caesar  
12 OZ  
Selected Varieties

**\$2.99**  
SRP: \$4.39



**Drew's All Natural**  
Dressing  
Chipotle Ranch  
12 FL OZ

**\$2.99**  
SRP: \$3.89

## Look for these Featured Brands



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**Barbara's Bakery**  
Cereal  
Morning Original  
Oat Crunch  
14 OZ  
Selected Varieties  
**2/\$6**  
SRP: \$6.49



**Kashi**  
Shredded Wheat  
Biscuits Cereal  
Dark Cocoa Karma  
16.1 OZ  
Selected Varieties  
**2/\$7**  
SRP: \$6.99



**Kashi**  
Organic Promise  
Cereal  
Cinnamon Harvest  
16.3 OZ  
Selected Varieties  
**2/\$7**  
SRP: \$6.99



**Munk Pack**  
Oatmeal  
Fruit Squeeze  
Maple Pear Quinoa  
4.2 OZ  
Selected Varieties  
**3/\$5**  
SRP: \$2.49



**Crofter's**  
Organic  
Just Fruit Spread  
Strawberry  
10 OZ  
Selected Varieties  
**\$3.19**  
SRP: \$4.99



**MaraNatha Natural Foods**  
Organic Peanut Butter  
Salted Creamy  
16 OZ  
Selected Varieties  
**\$4.79**  
SRP: \$7.79



**Annie's Homegrown**  
Macaroni & Cheese  
Shells & White Cheddar  
6 OZ  
Selected Varieties  
**2/\$4**  
SRP: \$2.89



**Udi's**  
Gluten Free  
Granola  
Original  
12 OZ  
Selected Varieties  
**\$3.99**  
SRP: \$6.79



**Larabar**  
Nutritional Bar  
Peanut Butter  
Chocolate Chip  
1.6 OZ  
Selected Varieties  
**5/\$5**  
SRP: \$1.89



**That's It**  
Fruit Bar  
Apple & Apricot  
1.2 OZ  
Selected Varieties  
**2/\$3**  
SRP: \$1.89



**Enjoy Life**  
Soft Baked Minis  
Cookies  
Double Chocolate Brownie  
6 OZ  
Selected Varieties  
**2/\$7**  
SRP: \$5.19



**Eternal Artesian Water**  
Artesian Water  
1 LTR  
**2/\$3**  
SRP: \$2.09



**Hubert's**  
Lemonade  
Strawberry  
16 FL OZ  
Selected Varieties  
**2/\$3**  
SRP: \$2.79



**Glutino**  
Gluten Free Crackers  
Original  
4.4 OZ  
Selected Varieties  
**\$2.99**  
SRP: \$4.59



**Ian's Natural Foods**  
Panko Breadcrumb  
Original  
9 OZ  
Selected Varieties  
**\$2.79**  
SRP: \$4.59



**Glutino**  
Gluten Free  
Pretzel Sticks  
8 OZ  
Selected Varieties  
**\$3.49**  
SRP: \$4.59



**Gaea**  
Organic  
Olives Snack  
Kalamata  
2.3 OZ  
**\$2.50**  
SRP: \$3.19



**Ojai Cook**  
Organic Mayonnaise  
16 OZ  
**\$3.99**  
SRP: \$5.89



**Schar**  
Gluten-Free  
Hot Dog Rolls  
8 OZ  
**\$4.29**  
SRP: \$6.49



**Svelte**  
Organic Protein Shakes  
Chocolate  
11 FL OZ  
Selected Varieties

**\$1.79**  
SRP: \$3.09

**Almond Breeze**  
Almond Milk  
Unsweetened Vanilla  
64 FL OZ  
Selected Varieties

**\$3.99**  
SRP: \$5.69

**Vita Coco**  
Coconut Water  
Chilled  
1.5 LTR  
Selected Varieties

**\$4.99**  
SRP: \$7.19

**Maple Hill Creamery**  
Organic  
100% Grass-Fed Cows  
Whole Milk Yogurt  
Plain  
32 OZ  
Selected Varieties

**2/\$10**  
SRP: \$7.65

Fills you up. Keeps you going.  
Gives you organic goodness.

**Go Veggie!**  
Vegan Cheese Bars  
White Cheddar  
6 OZ

**\$4.79**  
SRP: \$6.29

**Organic Valley**  
Organic Shredded  
Mexican Cheese  
6 OZ  
Selected Varieties

**\$3.99**  
SRP: \$6.29



**Tofutti**  
Better Than Cream  
Cheese  
Non-Hydrogenated Plain  
8 OZ

**\$2.99**  
SRP: \$4.65

**Silk**  
Dairy Free Yogurt  
Peach Mango  
5.3 OZ  
Selected Varieties

**4/\$5**  
SRP: \$1.99

**Jolly Llama**  
Sorbet Pops  
Mango  
4 CT  
Selected Varieties

**\$3.99**  
SRP: \$5.59

**O'Doughs**  
Sandwich Thins  
Original  
18 OZ  
Selected Varieties

**\$4.99**  
SRP: \$6.69

**Udi's**  
Gluten Free Bread  
Whole Grain  
12 OZ  
Selected Varieties

**\$3.99**  
SRP: \$6.99



**Nasoya Foods**  
Organic Tofu  
Vac Pack  
Super Firm  
16 OZ  
Selected Varieties

**\$2.49**  
SRP: \$3.59



**Woodstock**  
Organic Frozen Fruit  
Wild Blueberries  
10 OZ  
Selected Varieties

**\$4.99**  
SRP: \$6.99

**Ian's Natural Foods**  
Entrees  
Wheat & Gluten Free  
Chicken Nuggets  
8 OZ  
Selected Varieties

**\$4.49**  
SRP: \$7.29

**Quorn Foods**  
Meatless Nuggets  
Chik N  
10.6 OZ  
Selected Varieties

**\$3.99**  
SRP: \$6.09

**Amy's**  
Gluten Free  
Rice Crust Pizza  
Spinach  
14 OZ  
Selected Varieties

**\$7.99**  
SRP: \$11.69



**Sunshine Burger Company**  
Organic Barbecue  
Sunshine Burgers  
3/2.67 OZ  
Selected Varieties

**\$4.19**  
SRP: \$5.99

**Ling Ling**  
Potstickers  
Chicken & Vegetable  
13 OZ

**\$4.49**  
SRP: \$6.65



Quinoa, Tri-Color

**\$2.99**

SRP: \$4.01



Adzuki Beans

**\$1.59**

SRP: \$ 2.20



**Castor & Pollux**  
Jerky Strips  
Salmon  
4.5 OZ  
Selected Varieties

**\$4.49**

SRP: \$6.29



**Fruitables**  
Healthy Dog Treats  
Pumpkin & Apple Flavor  
7 OZ

**\$2.99**

SRP: \$4.69

**Fire & Flavor**  
Charcoal Lump  
Oak & Hickory  
8.8 LB

**\$12.99**

SRP: \$12.09



**Golden Temple**  
Hemp Granola  
Strawberry Vanilla

**\$2.99**

SRP: \$4.49



**Lundberg Family Farms**  
Organic Jasmine Rice

**\$2.49**

SRP: \$3.59



**Tender & True**  
Canned  
Cat Food  
Chicken Brown Rice  
5.5 OZ  
Selected Varieties

**\$1.49**

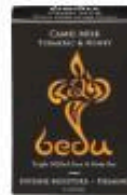
SRP: \$2.29



**Tender & True**  
Canned  
Dog Food  
Chicken Brown Rice  
13.2 OZ

**\$2.19**

SRP: \$3.09



**Bedu**  
Camel Milk Bar Soap  
Turmeric & Honey  
4 OZ  
Selected Varieties

**\$3.99**

SRP: \$6.89



**Giovanni**  
Hair Care Products  
2Chic Ultra Repair  
Shampoo  
Blackberry & Coconut  
Milk  
8.5 FL OZ  
Selected Varieties

**\$5.99**

SRP: \$8.99



**Kiss My Face**  
Sunscreen  
Baby's First Kiss  
50 SPF  
4 FL OZ

**\$9.99**

SRP: \$15.99



**The Honest Company**  
Bug Spray  
4 FL OZ

**\$12.99**

SRP: \$17.19



**Natural Dentist**  
Antiseptic Rinse  
Cool Mint  
16.9 FL OZ  
Selected Varieties

**\$6.99**

SRP: \$10.99

**Kills bad breath germs.**  
**Fights infection.**  
**Gentle on gums.**



**Kyolic**  
Detox & Antiaging  
A,C,E & Herbal  
Antioxidants  
100 CAP

**\$12.99**

SRP: \$16.95



**Earthrise**  
Spirulina  
Gold Plus  
90 TAB

**\$9.49**

SRP: \$17.49



**Nutrition Now**  
PB8 Support  
Immune System  
60 CAP

**\$19.99**

SRP: \$34.99



**Nature's Way**  
Organic Alive!  
Smooth  
Berry Fusion  
15.5 OZ  
Selected Varieties

**\$22.49**

SRP: \$39.99



**Yerba Prima**  
Organic  
Psyllium  
Whole Husks  
12 OZ

**\$9.99**

SRP: \$14.99

