

December 2017

Healthy Advantage™

Great savings, naturally!



Lifeway Kefir
Kefir
Cranberry Crème
Brulee
32 FL OZ
Additional Holiday
Flavors Available

2/\$7
SRP: \$5.09



Lifeway
MAKING KEFIR SINCE 1986

Look for their Limited Edition Cranberry Crème Brulee Low Fat Kefir during the winter months.

Lifeway Low Fat Kefir is 99% lactose-free, gluten-free, and made with all natural, non-GMO ingredients. Kefir is a tart and tangy cultured dairy drink packed with protein, calcium, and 12 live and active probiotic cultures. Lifeway's Limited Edition Cranberry Crème Brulee Low Fat Kefir is lightly sweetened with 1g of added cane sugar per ounce. You can use it in smoothies, dips, and other recipes. Or simply pour yourself a glass. After all, it is the Champagne of Dairy.

Look for these Featured Brands



Ciao Bella
Gelato
Strawberry
Chocolate Chip
16 FL OZ
Selected Varieties

\$4.49
SRP: \$6.45



King Arthur
Flour
Unbleached
All-Purpose
5 lb

\$4.99
SRP: \$7.59



Chocolove Xoxo
Dark Chocolate
Bar
Salted Caramel
3.2 OZ
Selected Varieties

2/\$5
SRP: \$3.55



**Newman's Own
Organics**
Dog Treat
Beef Jerky
5 OZ
Selected Varieties

\$5.49
SRP: \$7.59



Ghirardelli
Chips
Bittersweet Chocolate
10 OZ
Selected Varieties

\$3.99
SRP: \$6.29



R.W. Knudsen
Sparkling Juice
Crisp Apple
750 ML
Selected Varieties

2/\$7
SRP: \$4.79



Paesana
Marinara Sauce
25 OZ
Selected Varieties

\$4.99
SRP: \$7.49

Italian Heritage
with great taste.



Ahlaska
Organic
Chocolate Syrup
22 FL OZ

\$4.79
SRP: \$6.99



TILLER & RYE

LOCAL GROCER

20 South Main Street • Brewer, Maine • (207) 573-4022

Open: Monday - Saturday 8am - 8pm

www.TillerAndRye.com



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203.034.9999.91 12.1.2017 1 E HA



Lily's Sweets
Baking Chips
Dark Chocolate
9 OZ

\$5.49
SRP: \$7.99



Rapunzel
Organic
Cocoa Powder
Unsweetened
& Non-Alkaline
7.1 OZ

\$6.99
SRP: \$10.79



Izze
Sparkling Beverage
Clementine
4/12 FL OZ
Selected Varieties

2/\$8
SRP: \$7.25



**Endangered Species
Chocolate**
Dark Chocolate Bar
With Caramel & Sea Salt
3 OZ
Selected Varieties

2/\$5
SRP: \$3.65



Prince Of Peace
Chews
Ginger Mango
3 OZ
Selected Varieties

\$1.69
SRP: \$2.39



Pur Gum
Bubble Gum
Sugar Free
9 CT
Selected Varieties

4/\$5
SRP: \$1.99



Wholesome
Organic Candy
DelishFish
2 OZ

2/\$3
SRP: \$2.09



Good Health
Avocado Oil
Kettle Chips
Sea Salt
5 OZ
Selected Varieties

2/\$6
SRP: \$3.79



Kettle Brand
Organic
Potato Chips
Sea Salt
5 OZ
Selected Varieties

2/\$5
SRP: \$3.59



Lundberg Family Farms
Organic
Brown Rice Cake
Low Salt
5.9 OZ
Selected Varieties

2/\$5
SRP: \$3.69



**Lundberg
Family Farms**
Organic
Rice Cakes
Dark Chocolate
3.2 OZ

\$2.79
SRP: \$3.99



**Lundberg Family
Farms**
Rice Chips
Sea Salt
6 OZ
Selected Varieties

2/\$5
SRP: \$3.79



Pretzel Crisp
Pretzel Crisp
Original
7.2 OZ
Selected Varieties

2/\$5
SRP: \$3.85



Nature's Bakery
Whole Wheat Fig Bar
Raspberry
2 OZ
Selected Varieties

4/\$3
SRP: \$0.95



Near East
Couscous
Toasted Pine Nut
5.6 OZ
Selected Varieties

2/\$4
SRP: \$2.89



Spectrum Essentials
Chia Seeds
Omega-3 & Fiber
12 OZ

\$7.99
SRP: \$13.29



Newman's Own Organics
Training Treats
Chicken & Rice
4 OZ
Selected Varieties

2/\$6
SRP: \$4.19



Green Mountain Gringo
Salsa
Medium
16 OZ
Selected Varieties

\$3.99
SRP: \$6.25



Woodstock
Organic Sugar
Pure Cane
24 OZ

\$3.99
SRP: \$5.99



Watermelon Water
Watermelon
Water
Cold Pressed
12 FL OZ
Selected Varieties

\$2.99
SRP: \$4.59



Miyoko's Creamery
Organic
Non Dairy Cheese
Smoked Farmhouse
6.5 OZ

\$8.49
SRP: \$12.69



Earth Balance
Buttery Spread
Original
15 OZ
Selected Varieties

\$3.99
SRP: \$5.99



Woodstock
Organic Frozen
Vegetables
Petite Peas
10 OZ
Selected Varieties

2/\$5
SRP: \$3.49



Julie's
Organic Ice Cream
Strawberries and Cream
PINT
Selected Varieties

\$4.99
SRP: \$6.99



Luna & Larry's
Coconut Bliss
Organic Coconut
Bliss Sandwich
Vanilla
5.25 OZ

\$4.49
SRP: \$6.09



Chobani
Non-Fat
Greek Yogurt
Plain
32 OZ
Selected Varieties

\$5.99
SRP: \$8.49



Julie's
Organic Ice Cream
Sandwiches
Vanilla
6/3.65 OZ
Selected Varieties

\$5.49
SRP: \$7.65



Ling Ling
Potstickers
Chicken &
Vegetable
13 OZ

\$4.49
SRP: \$6.65



American Flatbread
Pizza
Cheese & Herb
13.8 OZ
Selected Varieties

\$10.49
SRP: \$14.29



Shelton's Poultry
Meatballs
Free Range
Turkey
10 OZ

\$5.49
SRP: \$8.19



Bar Harbor
Chowder
New England Style
Clam
15 OZ
Selected Varieties

2/\$7
SRP: \$4.79



Simply Organic
Organic Spice
Cinnamon
2.45 OZ

\$4.19
SRP: \$6.29



Simply Organic
Organic Spice
Pumpkin
1.94 OZ

\$4.49
SRP: \$6.39



Simply Organic
Organic Spice
Whole Cinnamon
Sticks
1.13 OZ

\$4.99
SRP: \$6.99



Better Than Bouillon
Base
Chicken
8 OZ
Selected Varieties

2/\$7
SRP: \$5.59



Lundberg Family Farms
Organic Rice
Wild Blend
2 LB
\$6.99
SRP: \$10.89



Organic
Chocolate Chips
Dark
\$6.39/lb
SRP: \$8.99
100% Organic
Quinoa
Tri-Color
\$2.69/lb
SRP: \$3.59

Organic Sugar
\$1.39/lb
SRP: \$1.89

Golden Temple
Multi-Grain Granola
\$2.99/lb
SRP: \$4.49
Selected Varieties



Biokleen
Bac-Out
Stain And Odor
Remover
32 FL OZ
\$6.49
SRP: \$9.59



California Olive Ranch
Olive Oil
Extra Virgin
16.9 FL OZ
\$8.49
SRP: \$13.79



World Centric
9 inch Plate
Fiber
20 CT
Selected Varieties
2/\$7
SRP: \$4.59



Jason Natural Products
Body Wash
Tea Tree Satin
30 FL OZ
Selected Varieties
\$9.99
SRP: \$12.99



Alba Botanica
Natural Acnedote
Wash
Deep Pore
6 FL OZ
Selected Varieties
\$6.99
SRP: \$10.49



Andalou Naturals
Leave-In
Conditioner
Argan Oil Plus+
6.8 FL OZ
\$6.49 **OF 10 items**
SRP: \$9.95



Naturtint
Permanent Hair
Color
5N Light Chestnut
5.28 FL OZ
Selected Varieties
\$10.49
SRP: \$17.99



Kiss My Face
Triple Action Gel
Toothpaste
Cool Mint
4.5 OZ
Selected Varieties
\$3.99
SRP: \$5.99



Earth Therapeutics
Cosmetic Brush Set
CT
\$12.49
SRP: \$17.99



Chandrika
Bar Soap
Ayurvedic
2.65 OZ
99¢
SRP: \$1.49



Yerba Prima
Men's Rebuild
Internal
Cleansing System
CT
\$19.99
SRP: \$29.99



Yerba Prima
Women's Renew
Internal Cleansing
System
CT
\$19.99
SRP: \$29.99



Organic Valley
Organic Powder
Vanilla Fuel
12 OZ
\$21.99 **OF 10 items**
SRP: \$35.05



Boiron
Oscilloccinum
6 DOSE
\$11.49
SRP: \$15.69



Natrol
Cognium
60 TAB
\$22.49
SRP: \$32.99



Neocell
Beauty Bursts
Gourmet Collagen
Chews
Super Fruit Punch
60 CHEW
Selected Varieties
\$14.49
SRP: \$19.99