

# Discover | Healthy Advantage™

January 2018



**Manitoba Harvest**  
Organic  
Hemp Hearts Seeds  
Shelled  
7 OZ

**\$9.49**  
SRP: \$13.19



# TILLER & RYE

— LOCAL GROCER —

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



**thinkThin**  
High Protein Bar  
Creamy Peanut Butter  
2.1 OZ  
Selected Varieties

**2/\$3**  
SRP: \$2.29



**C20 Pure Coconut Water**  
Pure Coconut Water  
Original  
33.8 FL OZ  
Selected Varieties

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



**Celestial Seasonings**  
Green Tea  
Decaffeinated  
20 BAG  
Selected Varieties

**\$2.79**  
SRP: \$4.29



**Thayers**  
Slippery Elm  
Lozenges  
Cherry  
42 CT  
Selected Varieties

**2/\$8**  
SRP: \$4.95



**Kevita**  
Organic Sparkling  
Probiotic Drink  
Lemon Cayenne  
15.2 FL OZ  
Selected Varieties

**2/\$5**  
SRP: \$3.79



**Nasoya Foods**  
Organic Tofu  
Extra Firm Twin  
Pack  
15.50 OZ

**2/\$5**  
SRP: \$3.49



**Lily Of The Desert**  
Organic Aloe  
Vera Juice  
Whole Leaf  
32 FL OZ  
Selected Varieties

**\$6.99**  
SRP: \$9.88



**Emergen-C**  
Hydration Plus  
Orange Spritz  
18 PKT  
Selected Varieties

**\$10.99**  
SRP: \$16.69

## Look for these FEATURED BRANDS

**Kashi**



**Lifeway**  
MAKING KEFIR SINCE 1986



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**Evolution Fresh**  
Defense Up  
Smoothie  
Fruit Blend  
32 FL OZ

**\$6.49**  
SRP: \$9.99



**Mamma Chia**  
Organic Chia Vitality  
Blackberry Hibiscus  
10 FL OZ  
Selected Varieties

**2/\$5**  
SRP: \$3.79



**Ripple Foods Pbc**  
Unsweetened Milk  
Vanilla  
48 OZ  
Selected Varieties

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



**Horizon Organic Dairy**  
Organic  
Singles Cheese  
American  
8 OZ  
Selected Varieties

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



**Farmhouse Culture**  
Organic Kraut  
Classic Caraway  
16 OZ  
Selected Varieties

**\$6.49**  
SRP: \$8.39



**Wildbrine**  
Kimchi Live  
Shots  
Spicy Korean  
8 OZ  
Selected Varieties

**\$3.29**  
SRP: \$5.19



**Lightlife Foods**  
Organic Tempeh  
Original  
8 OZ  
Selected Varieties

**2/\$6**  
SRP: \$4.19



**Lifeway Kefir**  
Low Fat Kefir  
Plain  
32 FL OZ  
Selected Varieties

**2/\$6**  
SRP: \$4.89



**Stonyfield Farm**  
Organic  
Whole Milk Smooth &  
Creamy Yogurt  
Plain  
32 OZ  
Selected Varieties

**\$3.99**  
SRP: \$5.99



**Wallaby Organic**  
Organic Greek  
Nonfat Yogurt  
Plain  
6 OZ  
Selected Varieties

**\$1.79**  
SRP: \$2.59



**Van's Natural Foods**  
Waffles  
Blueberry  
9 OZ  
Selected Varieties

**\$2.99**  
SRP: \$3.95



**Alexia Foods**  
Frozen  
Julienne Fries  
Sweet Potato  
15 OZ  
Selected Varieties

**2/\$6**  
SRP: \$4.39



**Cascadian Farm**  
Organic Frozen  
Vegetables  
Riced Cauliflower  
12 OZ

**2/\$6**  
SRP: \$4.19



**Cascadian Farm**  
Organic Frozen  
Potatoes  
Spud Puppies  
16 OZ  
Selected Varieties

**2/\$6**  
SRP: \$4.09



**Sambazon**  
Organic  
Superfood Packs  
Original Blend Acai  
Berry  
4/100G RM  
Selected Varieties

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



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

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



**Dr. Praeger's**  
Veggie Burgers  
Black Bean  
10 OZ  
Selected Varieties

**\$4.49**  
SRP: \$5.65



**Gardein**  
Meat-Free  
Crispy Tenders  
Seven Grain  
9 OZ  
Selected Varieties

**\$3.99**  
SRP: \$6.15



**Nate's**  
Meatballs  
Classic  
Vegan  
10.5 OZ

**\$3.99**  
SRP: \$5.99



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

**\$3.99**  
SRP: \$5.99





**Balance Nutrition**  
Nutrition Bar  
Cookie Dough  
1.76 OZ  
Selected Varieties

**5/\$5**  
SRP: \$1.29



**Enjoy Life**  
Snack Bars  
Caramel Blondie  
5.75 OZ  
Selected Varieties

**2/\$7**  
SRP: \$4.99



**Ancient Harvest**  
Organic Quinoa  
Traditional White  
Grains  
12 OZ  
Selected Varieties

**\$4.79**  
SRP: \$8.79



**Lundberg Family Farms**  
Organic Thai Rice  
White Jasmine  
8 OZ  
Selected Varieties

**2/\$5**  
SRP: \$3.59



**Sambazon**  
Organic Amazon  
Energy Drink  
Acai Berry  
12 FL OZ  
Selected Varieties

**\$1.99**  
SRP: \$2.99



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

**2/\$4**  
SRP: \$3.09



**Yumearth Organics**  
Organic Sour Twist  
Watermelon Lemonade  
3.5 OZ  
Selected Varieties

**2/\$7**  
SRP: \$4.79



**Woodstock**  
100% Organic  
Oatmeal  
Irish Style  
18.5 OZ

**2/\$6**  
SRP: \$4.49



**Barbara's Bakery**  
Cereal  
Morning Original Oat  
Crunch  
14 OZ  
Selected Varieties

**2/\$6**  
SRP: \$5.99



**Kashi**  
GoLean Cereal  
Crunch  
13.8 OZ  
Selected Varieties

**2/\$7**  
SRP: \$6.45



**Barbara's Bakery**  
Cheese Puffs  
Original  
7 OZ  
Selected Varieties

**2/\$4**  
SRP: \$3.59



**Dang**  
Toasted  
Coconut Chips  
Original  
3.17 OZ  
Selected Varieties

**2/\$7**  
SRP: \$4.99



**Way Better Snacks**  
Tortilla Chips  
A Nacho Above  
5.5 OZ  
Selected Varieties

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



**Annie's Homegrown**  
Bunny Crackers  
Cheddar  
7.5 OZ  
Selected Varieties

**\$3.39**  
SRP: \$5.00



**Seeds of Change**  
Organic Basmati  
Rice  
Rishikesh Brown  
8.5 OZ  
Selected Varieties

**\$2.99**  
SRP: \$3.99



**Tasty Bite**  
Heat & Eat Indian  
Cuisine Entrée  
Hot & Spicy Vindaloo  
10 OZ  
Selected Varieties

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



**Horizon Organic Dairy**  
Macaroni & Cheese  
Mild Cheddar  
6 OZ  
Selected Varieties

**\$1.49**  
SRP: \$2.69



**Lundberg Family Farms**  
Organic Brown Rice Cakes  
Lightly Salted  
8.5 OZ  
Selected Varieties

**2/\$6**  
SRP: \$4.69



**Drew's All Natural**  
Organic  
Thick & Chunky Salsa  
Medium  
12 OZ  
Selected Varieties

**2/\$6**  
SRP: \$5.29



**Imagine Foods**  
Organic Soup  
Creamy Tomato  
32 OZ  
Selected Varieties

**2/\$7**  
SRP: \$5.69



**Annie Chun's**  
Soup Bowl  
Miso  
5.9 OZ  
Selected Varieties

**\$2.99**  
SRP: \$4.59



**Fishpeople**  
Chowder  
Dungeness Crab  
And Pink Shrimp  
10 OZ  
Selected Varieties

**\$4.49**  
SRP: \$6.19



Organic Raisins  
Thompson Seedless

**\$3.09/lb**

SRP: \$4.05

100% Organic Peas  
Blackeyed

**\$1.89/lb**

SRP: \$2.63

Organic Pistachios  
Roasted & Salted

**\$8.79/lb**

SRP: \$11.87

100% Organic Chia Seeds  
Black

**\$3.19/lb**

SRP: \$4.39



**Kabrita**  
Toddler  
Formula  
Goat Milk  
14 OZ

**\$18.99**

SRP: \$31.19



**Celestial**  
Seasonings  
Herbal Tea  
Bengal Spice  
20 BAG

**\$2.79**

SRP: \$4.29



**Biokleen**  
Laundry Liquid  
Detergent  
Citrus Essence  
64 FL OZ  
Selected Varieties

**\$9.99**

SRP: \$14.59



**Caboo**  
Facial Tissue  
90CT

**\$1.99**

SRP: \$2.89



**Avalon Active**  
Organics  
Conditioner  
Thickening Biotin  
B-Complex  
14 FL OZ

**\$8.49**

SRP: \$12.09



**Avalon Active**  
Organics  
Shampoo  
Thickening Biotin  
B-Complex  
14 FL OZ  
Selected Varieties

**\$8.49**

SRP: \$12.09



**Tom's Of Maine**  
Anti plaque &  
Whitening  
Toothpaste  
Peppermint  
5.5 OZ

**\$4.99**

SRP: \$7.25



**Alba Botanica**  
Very Emollient  
Body Lotion  
Unscented  
32 FL OZ

**\$12.99**

SRP: \$18.59



**Desert**  
Essence  
Jojoba Oil  
100% Pure  
4 FL OZ

**\$9.99**

SRP: \$13.99



**Tea Tree Therapy**  
Chest Rub  
Eucalyptus  
2 OZ

**\$6.99**

SRP: \$11.45



**Nature's Way**  
Umcka Coldcare  
for Kids  
Cherry  
4 FL OZ  
Selected Varieties

**\$9.49**

SRP: \$11.99



**Nuun Hydration**  
Electrolyte Drink  
Tabs  
Lemon And Lime  
10 TAB  
Selected Varieties

**2/\$10**

SRP: \$7.29



**Organic Valley**  
Organic  
Powder  
Vanilla Fuel  
12 OZ

**\$23.99**

SRP: \$35.05

