

# Discover | Healthy Advantage™

March 2018



**Mrs. Meyer's Clean Day**  
Hand Soap  
Mint  
12.5 FL OZ  
Selected Varieties  
**\$3.99**  
SRP: \$5.59

# TILLER & RYE

— LOCAL GROCER —

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



**American Flatbread**  
Frozen Pizza  
Vegan Harvest  
10.2 OZ  
Selected Varieties  
**\$5.99**  
SRP: \$10.29



**Amy's**  
Enchilada Meal  
Cheese  
9 OZ  
Selected Varieties  
**\$4.99** **GF**  
SRP: \$6.79



**Endangered Species Chocolate**  
Dark Chocolate Bark  
Almonds & Peanuts  
4.70 OZ  
Selected Varieties  
**2/\$7** **GF**  
SRP: \$5.29



**Barbara's Bakery**  
Organic Cereal  
Original Honest O's  
8 OZ  
Selected Varieties  
**2/\$7** **USDA ORGANIC**  
SRP: \$6.19



**Annie Chun's**  
Entrée  
Indian-Style Red Curry  
9 OZ  
Selected Varieties  
**\$2.99** **GF**  
SRP: \$4.59



**Divina**  
Stuffed Olives  
Feta Cheese  
7.8 OZ  
Selected Varieties  
**\$5.49**  
SRP: \$8.69



**Harmless Harvest**  
Organic Coconut Water  
100% Raw  
16 FL OZ  
Selected Varieties  
**\$3.99**  
SRP: \$6.59



**Lifeway Kefir**  
Probugs  
Children's  
Daily Probiotic  
Vitamins C & D,  
Grape  
30 CT  
**\$10.99** **GF**  
SRP: \$16.69

Look inside for these featured brands



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**Calia Farms**  
Dairy Free Cold Brew  
Coffee With Almondmilk  
XX Espresso  
48 FL OZ  
Selected Varieties

**\$5.49**  
SRP: \$6.85 **GF**



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

**\$4.99**  
SRP: \$6.25 **GF**



**Chia Pod**  
Chia Pod  
Coconut  
6 OZ  
Selected Varieties

**\$3.99**  
SRP: \$4.69 **GF**



**Hail Merry Snacks**  
Cookie  
Dough Bites  
Chocolate Chip  
3.5 OZ  
Selected Varieties

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

FEATURED BRAND



**Horizon**  
Organic Dairy  
Organic 4 Stick  
Butter  
Non Salted  
16 OZ

**\$6.99**  
SRP: \$11.09 **USA**



**Immaculate Baking**  
Cookie Dough  
Gluten Free  
Chocolate Chunk  
14 OZ  
Selected Varieties

**2/\$8**  
SRP: \$5.89 **GF**



**Mongibello**  
100% Juice  
Blood Orange  
32 FL OZ

**\$5.49**  
SRP: \$7.89



**Sunja's**  
Oriental Foods  
Kimchee  
Medium Spicy  
16 OZ  
Selected Varieties

**\$5.99**  
SRP: \$7.99

**Green Valley Organics**  
Organic Lactose  
Free Low Fat  
Yogurt  
Plain  
6 OZ  
Selected Varieties



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

**GF** **USA**

FEATURED BRAND



**Wallaby Organic**  
Organic Creamy  
Australian Low Fat  
Yogurt  
Strawberry  
6 OZ  
Selected Varieties

**5/\$5**  
SRP: \$1.65

**GF** **USA**



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

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



**Cascadian Farm**  
Organic Frozen  
Vegetables  
Petite Sweet Peas  
10 OZ  
Selected Varieties

**2/\$5**  
SRP: \$3.39 **USA**



**Woodstock**  
Organic Frozen  
Vegetables  
Green Peas  
10 OZ  
Selected Varieties

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

**GF** **USA**



**Organic Valley**  
Organic Eggs  
Hard-Boiled  
2 CT

**2/\$3**  
SRP: \$2.59

**USA**



**Gardein**  
Meat-Free  
Crispy Chick'n  
Mandarin  
Orange  
10.5 OZ

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



**Evol Foods**  
Burrito  
Cilantro Lime  
Chicken  
6 OZ  
Selected Varieties

**\$1.99**  
SRP: \$3.29



**Natural Sea**  
Premium  
Cod Sticks  
with Multigrain  
Breading  
8 OZ

**\$5.49**  
SRP: \$7.49





**Larabar**  
Nutritional Bar  
Peanut Butter  
Chocolate Chip  
1.6 OZ  
Selected  
Varieties

**4/\$5**  
SRP: \$1.89  
**GF**



**Vita Coco**  
Coconut Water  
Pure  
1 LT  
Selected Varieties

**\$3.49**  
SRP: \$5.89  
**GF**



**Zevia**  
Zero Calorie  
Energy Drink  
Kola  
12 FL OZ  
Selected Varieties

**2/\$3**  
SRP: \$2.19  
**GF**



**California Farms**  
Organic  
Evaporated Milk  
12 FL OZ

**\$2.99**  
SRP: \$4.19  
**USA**



**Tejava Premium**  
Iced Tea  
Unsweetened  
Black Tea  
Original  
16.9 FL OZ

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



**Ice Chips Candy**  
Ice Chips Candy  
Real Peppermint  
1.76 OZ  
Selected Varieties

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



**Pur Mint**  
Mints  
Tangerine Tango  
22 GRM  
Selected Varieties

**2/\$3**  
SRP: \$2.39  
**GF**



**Wild Planet**  
Wild Sardines  
Extra Virgin Olive Oil  
4.4 OZ  
Selected Varieties

**\$1.99**  
SRP: \$3.29  
**GF**



**Food Should**  
Taste Good  
Tortilla Chips  
Multigrain  
5.5 OZ  
Selected Varieties

**2/\$5**  
SRP: \$3.89  
**GF**



**Good Health**  
Olive Oil Kettle  
Chips  
Sea Salt  
5 OZ  
Selected Varieties

**2/\$4**  
SRP: \$3.49



**Snikiddy Snacks**  
Organic  
Baked Puffs  
Mac N' Cheese  
4 OZ  
Selected Varieties

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



**Lundberg**  
Family Farms  
Organic Risotto  
Butter & Chive  
5.5 OZ  
Selected Varieties

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



**Ancient Harvest**  
Organic Quinoa  
With Sea Salt  
8 OZ  
Selected Varieties

**\$3.49**  
SRP: \$4.49  
**USA**



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

**\$3.29**  
SRP: \$4.85

**Annie's Homegrown**  
Macaroni & Cheese  
Shells & White  
Cheddar  
6 OZ  
Selected Varieties

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



**Muir Glen**  
Organic  
Pasta Sauce  
Tomato Basil  
25.5 FL OZ  
Selected Varieties

**2/\$7**  
SRP: \$4.69  
**USA**



**Seapoint Farms**  
Organic Spaghetti  
Edamame  
7.05 OZ

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



**Better Than Bouillon**  
Base  
Chicken  
8 OZ  
Selected Varieties

**\$3.49**  
SRP: \$5.59



**Koyo**  
Ramen Singles  
Asian Vegetable  
2.1 OZ  
Selected Varieties

**5/\$5**  
SRP: \$1.39



**The Maple Guild**  
Organic Syrup  
Vermont Maple  
250 ML

**\$6.99**  
SRP: \$9.49  
**USA**



**Wholesome Sweeteners**  
Organic Cane Sugar  
Evaporated Cane Juice  
2 LB

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



**Kikkoman**  
Tamari Soy Sauce  
Naturally Brewed  
10 FL OZ  
Selected Varieties

**\$2.49**  
SRP: \$3.89  
**GF**



**Bionaturae**  
100% Organic  
Tomatoes  
Strained  
24 OZ

**\$2.99**  
SRP: \$4.35  
**USA**





**Colavita**  
Olive Oil  
Extra Virgin  
17 FL OZ

**\$8.99**  
SRP: \$12.89



*Quality Bulk*

100% Organic  
Coconut  
Medium Shredded  
**\$2.89/lb**

SRP: \$3.96

Organic Mangos  
Unsweetened  
**\$10.29/lb**

SRP: \$13.87

Organic  
Chocolate Chips  
Dark  
**\$6.69/lb**

SRP: \$8.99

Organic Pistachios  
Roasted & Salted  
**\$8.79/lb**

SRP: \$11.87



**Biokleen**  
Stain + Odor  
Remover  
Bac-Out  
32 FL OZ

**\$5.99**  
SRP: \$9.59



**Naturint**  
Permanent Hair  
Color  
5N Light Chestnut  
5.28 FL OZ  
Selected Varieties

**\$11.49**  
SRP: \$17.99



**Kiss My Face**  
Liquid Rock Deodorant  
Lavender  
3 OZ  
Selected Varieties

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



**Andalou Naturals**  
Color Care Shampoo  
1000 ROSES Complex  
11.5 FL OZ  
Selected Varieties

**\$6.49**  
SRP: \$9.95



**Eco-Dent**  
GentleFloss  
Mint  
100 YD

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



**South Of France**  
Bar Soap  
Lavender Fields  
6 OZ  
Selected Varieties

**\$3.49**  
SRP: \$4.69



**Nutra-Bio**  
The Arnica Rub  
4 OZ

**\$8.49**  
SRP: \$12.69



**Bach**  
Rescue Remedy  
Natural Stress  
Relief  
20 ML

**\$15.99**  
SRP: \$23.99



**Hyland's**  
Homeopathic  
Sleep Aid  
Calms Forte  
100 TAB

**\$7.99**  
SRP: \$11.19

**tera'swhey.**

new & improved  
**tera'swhey**  
Organic Whey Protein  
Bourbon Vanilla  
12 OZ  
Selected Varieties

**\$22.99**  
SRP: \$37.49

**GF** **USDA**



**Nutrition Now**  
Kid's Multi-Vitamin  
Rhino Gummies  
190 CHEW

**\$16.99** **GF**  
SRP: \$24.99