

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



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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