

Discover

Healthy Advantage™

September 2018



Yogi
Cold Season
Tea Sampler
16 BAG
Selected Varieties

\$3.49
SRP: \$5.29



Look inside for these featured brands



TILLER & RYE

LOCAL GROCER

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



Van's Natural Foods
Waffles
Blueberry
9 OZ
Selected Varieties

2/\$6

SRP: \$3.95



Clif Kid Zbar
Organic
Kids Zbar
Chocolate Chip
7.62 OZ
Selected Varieties

\$4.49

SRP: \$6.59



Eternal Artesian Water
Artesian Water
Silica Rich
1 LTR

\$1.49

SRP: \$2.29



Vosges Haut-Chocolat
72% Cocoa Burnt
Caramel Bar
Black Salt
3 OZ
Selected Varieties

\$5.49

SRP: \$7.99



Grandy Oats
Organic Granola
Original Coconola
9 OZ
Selected Varieties

\$5.99

SRP: \$9.09



Gogo Squeez
Applesauce
On The Go
Apple Apple
4/3.2 OZ
Selected Varieties

\$2.49

SRP: \$4.39



Gimme Seaweed Snacks
Organic
Seaweed Snack
Toriyaki
6/1.7 OZ
Selected Varieties

\$4.79

SRP: \$6.89



Boiron
ColdCalms
for Children
Liquid Cold Relief
30 DOSE

\$10.99

SRP: \$14.69

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Good Culture
Organic Cottage Cheese
Classic
16 OZ

\$4.79
SRP: \$6.79



Miyoko's Creamery
Organic Vegan Butter
Cultured
8 OZ

\$5.29
SRP: \$7.69



Health-Ade
Organic Kombucha
Ginger-Lemon
16 FL OZ
Selected Varieties

2/\$7
SRP: \$4.59



Bubbies Of San Francisco
Sauerkraut
Spicy
25 OZ

\$6.79
SRP: \$9.29



Miso Master
Organic Miso
Traditional Red
16 OZ
Selected Varieties

\$8.79
SRP: \$12.79



LifeWay Kefir
Lowfat Kefir
Strawberry
8 FL OZ
Selected Varieties

4/\$5

SRP: \$1.69



Siggi's Skyr
Non-Fat Icelandic
Style Yogurt
Vanilla
5.3 OZ
Selected Varieties

2/\$3

SRP: \$2.29



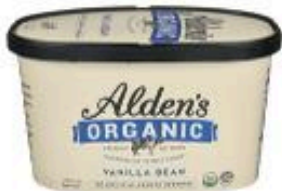
Wallaby Organic
Organic Aussie Dip
Spicy Red Pepper
10 OZ
Selected Varieties

\$2.99
SRP: \$4.99



Shelton's Poultry
Ground Turkey
1 LB

\$4.99
SRP: \$7.39



Alden's Organic
Organic Ice Cream
Vanilla Bean
48 FL OZ
Selected Varieties

\$7.99
SRP: \$11.49



Jolly Llama
Sorbet Pops
Strawberry
4 CT
Selected Varieties

\$3.79
SRP: \$5.59



Sunshine Burger Company
Organic Veggie Burgers
Black Bean South West
3/2.67OZ
Selected Varieties

\$4.49
SRP: \$6.59



Tres Latin Foods
Pupusas
Black Bean & Sweet Corn
4/2.5 OZ
Selected Varieties

\$4.99
SRP: \$7.19



Evol Foods
Frozen Meal
Truffle Parmesan
Mac & Cheese
8 OZ
Selected Varieties

\$3.99
SRP: \$5.69



Natural Sea
Premium
Cod Sticks
with Multigrain
Breading
8 OZ

\$4.99
SRP: \$6.99

Happy Baby
Organic Whole Grains Baby Cereal Oatmeal 7 OZ
2/\$6
SRP: \$4.99



Larabar
Kid's Brownie Bars Chocolate 4.96 OZ
2/\$8
SRP: \$6.09



Boulder Canyon Natural Foods
Kettle Chips Totally Natural Olive Oil 5 OZ Selected Varieties
\$2.29
SRP: \$3.49



High Brew Coffee
Cold Brew Coffee Creamy Cappuccino 8 FL OZ Selected Varieties
2/\$4
SRP: \$2.79



Apple & Eve
Organic 100% Juice Apple 48 FL OZ
\$3.79
SRP: \$5.89



Pur Mint
Sugar-Free Mints Spearmint 22 GRM Selected Varieties
2/\$3
SRP: \$2.39



Natural Sea
Solid White Albacore Tuna Pouch No Salt 3 OZ
\$2.99
SRP: \$4.09



Makers
Organic Overnight Oats Jar Mulberry & Chia Selected Varieties
\$5.99
SRP: \$9.09



Peace Cereals
Clusters & Flakes Cereal Vanilla Almond 11 OZ Selected Varieties
\$2.99
SRP: \$5.19



Lundberg Family Farms
Organic Risotto Creamy Parmesan 5.5 OZ Selected Varieties
\$2.79
SRP: \$4.05



Good Health
Veggie Straws Sea Salt 6.75 OZ Selected Varieties
\$2.79
SRP: \$4.45



Kettle Brand
Organic Potato Chips Sea Salt & Vinegar 5 OZ Selected Varieties
2/\$5
SRP: \$3.99



Snikiddy Snacks
Organic Baked Puffs Mac N' Cheese 4 OZ
\$2.29
SRP: \$3.65



Newman's Own Organics
Fig Newmans Low Fat 10 OZ Selected Varieties
\$3.79
SRP: \$5.59



Lundberg Family Farms
Organic Risotto Alfredo 5.5 OZ Selected Varieties
\$2.79
SRP: \$4.05



Modern Table
Lentil Pasta Meal Kit Parmesan Pesto 9.67 OZ Selected Varieties
\$4.79
SRP: \$6.39



If You Care
Paper Bags Snack & Sandwich 48 CT
\$3.99
SRP: \$5.89



Graze
Snack Mix Deconstructed Dark Chocolate Cherry Tart 1.6 OZ Selected Varieties
2/\$3
SRP: \$2.89



Muir Glen
Organic Pasta Sauce Italian Herb 25.5 FL OZ Selected Varieties
2/\$6
SRP: \$4.69



Petguard
Canned Cat Food Premium Feast Dinner 13.2 OZ Selected Varieties
2/\$4
SRP: \$3.39



Koyo
Ramen Asian Vegetable 2.1 OZ Selected Varieties
5/\$5
SRP: \$1.39



Re purpose
100% Compostable Cold Cups 20 CT
\$2.99
SRP: \$4.49



The Maple Guild
Organic Syrup Vermont Maple 500 ML
\$11.49
SRP: \$16.29






buy in bulk

Organic Mission Figs
Black

\$5.49/lb

SRP: \$7.39

100% Organic Quinoa
White Royal

\$2.09/lb

SRP: \$2.89

Organic Walnuts
Halves & Pieces

\$10.29/lb

SRP: \$13.86

Organic
Pumpkin Seeds

\$3.19/lb

SRP: \$4.39



Biokleen
Stain + Odor
Remover
Bac-Out
32 FL OZ

\$5.99

SRP: \$9.89



Nature's Answer
Sambucus
Mega Gummies
7X Elderberry
30 CT

\$16.99

SRP: \$30.19



Andalou Naturals
Enlighten
Serum
Turmeric + C
1.1 FL OZ

\$16.49

SRP: \$24.95



**Jason Natural
Products**
Shampoo +
Conditioner
Dandruff Relief
12 FL OZ

\$9.49

SRP: \$13.85

really clean clothes



Greenshield Organic
Organic Laundry
Detergent
Free & Clear
100 FL OZ
Selected Varieties

\$12.49

SRP: \$16.99



confidence is everything



Oral Essentials
Teeth
Whitening Strips
14 CT

\$23.99

SRP: \$37.99



Tom's of Maine
Antiplaque
& Whitening
Toothpaste
Peppermint
5.5 OZ

\$4.79

SRP: \$7.25



Eco-Dent
GentleFloss
Mint
100 YD
Selected Varieties

\$3.99

SRP: \$5.99



Quantum Research
Organic TheraZinc
Lozenges
Elderberry Raspberry
18 CT

\$4.29

SRP: \$6.09



Everyone
Kids Soap
Orange Squeeze
32 FL OZ
Selected Varieties

\$7.49

SRP: \$10.99



Everyone
Kids Soap
Tropical
Coconut Twist
32 FL OZ
Selected Varieties

\$7.49

SRP: \$10.99



Everyone
Kids Soap
Lavender Lullaby
32 FL OZ
Selected Varieties

\$7.49

SRP: \$10.99



Natrol
Kids'
Multi Vitamin
Gummies
Berry, Cherry
& Grape
90 CT
Selected Varieties

\$9.49

SRP: \$14.59



**Quantum
Research**
Digital Blue
Eye Health
60 SGEL

\$15.49

SRP: \$21.99