

Discover

Healthy Advantage™

March 2019

TILLER & RYE

LOCAL GROCER

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



Harmless Harvest
Organic Coconut Water
16 FL OZ
\$3.99
SRP: \$6.59



Almond Breeze
Almond Milk
Unsweetened Vanilla
64 FL OZ
Selected Varieties
2/\$8
SRP: \$5.79



Perfect Bar
Organic Protein Bar
Dark Chocolate Peanut Butter
2.3 OZ
Selected Varieties
2/\$5
SRP: \$3.49



Once Upon A Farm
Organic Story Book Super Smoothie
Strawberry Banana Swirl
4.0 OZ
Selected Varieties
2/\$5
SRP: \$3.69



Tessemae
Organic Dressing
Creamy Ranch
10 OZ
Selected Varieties
\$5.49
SRP: \$7.39



Lifeway Kefir
Lowfat Kefir
Strawberry
8 FL OZ
Selected Varieties
5/\$5
SRP: \$1.79



Hail Merry Snacks
Tart Cups
Meyer Lemon
1.52 OZ
Selected Varieties
2/\$5
SRP: \$3.29



Sigg's Skyr
Non-Fat Icelandic Style Yogurt
Vanilla
5.3 OZ
Selected Varieties
2/\$3
SRP: \$2.29



Nature's Intent
Organic Apple Cider Vinegar
16 FL OZ
\$3.29
SRP: \$4.79



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Chill & Frozen



Tres Latin Foods
Pupusas
Black Bean & Sweet Corn
4/2.5 OZ
Selected Varieties
\$4.49
SRP: \$6.99



Frontera Foods
Fajita Bowl
Chicken
11.3 OZ
Selected Varieties
\$3.99
SRP: \$5.79



Evol Foods
Burrito
Egg & Green Chile
6 OZ
Selected Varieties
2/\$5
SRP: \$3.39



Glutenfreeda
Burrito
Shredded Beef
4 OZ
Selected Varieties
2/\$5
SRP: \$3.79



Gardein
Meat-Free
Crispy Tenders
Seven Grain
9 OZ
Selected Varieties
\$4.49
SRP: \$6.19



Natural Sea
Premium Cod
Sticks
with Multigrain
Breading
8 OZ
Selected Varieties
\$5.49
SRP: \$6.99



Tandoor Chef
Entrée
Palak Paneer
10 OZ
Selected Varieties
\$3.49
SRP: \$4.79



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



Kevita
Organic
Master Brew Kombucha
Pineapple Peach
15.2 FL OZ
Selected Varieties
2/\$5
SRP: \$3.79



Wallaby Organic
Organic Greek
Lowfat Yogurt
Plain
6 OZ
Selected Varieties
2/\$3
SRP: \$2.59



Pantry



From The Ground Up
Cauliflower
Crackers
Cheddar Flavor
4 OZ
Selected Varieties
2/\$6
SRP: \$4.29



Justin's Nut Butter
Almond Butter
Classic
16 OZ
Selected Varieties
\$9.99
SRP: \$14.99



Think! Thin
Protein &
Probiotics
Oatmeal
Maple Pecan
1.94 OZ
\$2.29
SRP: \$3.25



Think! Thin
Protein &
Probiotics
Oatmeal
Blueberry
Harvest
1.94 OZ
\$2.29
SRP: \$3.25



Purely Elizabeth
Nut Butter
Granola
Chocolate Sea Salt
and Peanut Butter
10 OZ
Selected Varieties
\$5.49
SRP: \$8.19



Pur Gum
Sugar-Free
Gum
Bubble Gum
9 CT
2/\$3
SRP: \$1.99



Prana Organics
Organic
Dark Chocolate
Bark
Matcha Magic
4 OZ
Selected Varieties
\$3.49
SRP: \$5.79



Enjoy Life
Mini Chocolate Chips
Semi-Sweet
10 OZ
Selected Varieties
\$4.99
SRP: \$6.89



Bob's Red Mill
Cereal
Old Country Style
Muesli
18 OZ
\$3.79
SRP: \$5.69

Himalania
Goji Berries
Dark Chocolate Covered
6 OZ
Selected Varieties

\$6.99

SRP: \$10.89



Snack Smart

Covered in rich dark chocolate, these Goji Berries will satisfy your craving with a beneficial amount of protein and fiber in each serving. Enjoy from the bag or mix into cereals, yogurt, smoothies, and muffin mixes to add more superfoods in your diet.



Annie's Homegrown
Organic
Snack Mix
Original
9 OZ
Selected Varieties

\$4.49

SRP: \$6.49



SkinnyPop Popcorn
Popcorn
Black Pepper
4.4 OZ
Selected Varieties

2/\$6

SRP: \$4.59



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

2/\$5

SRP: \$3.75



Epic
Salmon Fillet
Strip
Smoked Maple
.8 OZ
Selected Varieties

\$1.69

SRP: \$2.29



Epic
Uncured
Bacon Bits
Hickory Smoked
3 OZ
Selected Varieties

\$5.49

SRP: \$7.89



Pacific Natural Foods
Organic Soup
Chicken Noodle
17 OZ
Selected Varieties

\$3.99

SRP: \$6.29



Koyo
Ramen
Asian Vegetable
2.1 OZ
Selected Varieties

99¢

SRP: \$1.39



Rao's Specialty Food
Pasta Sauce
Marinara
24 OZ
Selected Varieties

\$7.49

SRP: \$10.39



Sweet Leaf
Organic Sweetener
Stevia
70 CT

\$5.29

SRP: \$8.29



Lundberg Family Farms
Organic Risotto
Creamy Parmesan
5.5 OZ
Selected Varieties

\$2.79

SRP: \$4.19



Lucini Italia
Organic
Extra Virgin Olive Oil
Premium Select
16.9 FL OZ

\$16.99

SRP: \$27.29



Wild Planet
Wild Albacore
Tuna
5 OZ
Selected Varieties

\$3.29

SRP: \$5.39



Jim's
Organic Coffee
100% Organic
Coffee Beans
Sweet Love Blend
11 OZ
Selected Varieties

\$9.99

SRP: \$14.59



Vita Coco
Coconut
Water
Pure, 1 LTR

2/\$7

SRP: \$5.89



blk. Beverages
Alkaline Fulvic
Trace Mineral
Infused Water
16.9 FL OZ

\$1.79

SRP: \$2.59



Honest Tea
Organic
Just Green
Tea
Unsweetened
16 FL OZ

2/\$3

SRP: \$2.09



Honest Tea
Organic
Sports Drink
Berry
16.9 FL OZ
Selected Varieties

2/\$3

SRP: \$2.19



Reed's
Extra Ginger
Brew
Ginger Beer
4/12 FL OZ
Selected Varieties

\$5.49

SRP: \$8.39



For the Home



Biokleen
Laundry Liquid
Free & Clear
64 FL OZ
Selected Varieties

\$8.99

SRP: \$14.79



Biokleen
Laundry Powder
Premium Plus
5 LB

\$10.79

SRP: \$16.29



PetGuard
Premium Dry Cat Food
Wholesome Chicken & Brown
Rice
4 LB

\$13.49

SRP: \$18.69



**Guarding
your
Pet's
Health**



buy in bulk

Organic Dates
Large Medjool
\$6.59/lb
SRP: \$8.99

Deluxe Mixed Nuts
Roasted & Salted
\$11.49/lb
SRP: \$15.47

Organic
Chocolate Chips
Dark
\$6.89/lb
SRP: \$9.39

Lundberg Family Farms
Organic Quinoa
Tri Color Blend
\$4.99/lb
SRP: \$8.09



Look Good, Feel Good



South Of France
Hand Wash
Lavender Fields
8 FL OZ
Selected Varieties

\$3.29

SRP: \$4.69



Kirk's Natural
Castile Bar Soap
Original Fresh Scent
4 OZ
Selected Varieties

\$1.59

SRP: \$2.29



Eco-Dent
GentleFloss
Mint
100 YD

\$3.99

SRP: \$5.99



Eco-Dent
Ultimate Essential
MouthCare Rinse
Sparkling Clean Mint
8 FL OZ

\$7.29

SRP: \$10.99



Andalou Naturals
Body Lotion
Mandarin Vanilla
8 FL OZ
Selected Varieties

\$6.49

SRP: \$9.99



Grandpa Soap
Shampoo
Witch Hazel
8 FL OZ
Selected Varieties

\$5.99

SRP: \$8.49



Naturint
Permanent
Hair Color
1N Ebony Black
5.6 FL OZ
Selected Varieties

\$10.99

SRP: \$17.99



Topricin
Pain Relief
Cream
4 OZ

\$15.99

SRP: \$24.99



Bach
Rescue
Remedy
Natural
Stress Relief
20 ML

\$16.49

SRP: \$25.19



Kyolic
Immune Formula 103
Vitamin C, Astragalus,
Mushrooms
100 CAP

\$10.99

SRP: \$15.59



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

\$5.99

SRP: \$8.69



Organic India
Organic
Turmeric Formula
90 VCAP

\$20.99

SRP: \$29.99



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

\$16.49

SRP: \$24.99



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